



## Dribbling | Beating the Defender

Category: Technical: Dribbling and RWB

Difficulty: Beginner

NVFC U6/U7 Session Plan, North Vancouver, Canada  
Individual-Adult Member

### Dribbling | Warm Up

Set up 10-12 gates within your field and have each player with a ball at their feet. Players dribble around the area, using both feet and different techniques. On the coaches command, players are dribble quickly and stand in between a gate. Be sure to have at least the same amount of gates as players. Repeat for 2-3 minutes.

Progression 1 - On the coaches command, players are to dribble and stop their ball between one gate and then carry on with their ball to a 2nd gate and stop again.

Progression 2 - On the coaches command, players have to dribble around 3 different cones doing a full circle around each cone.

Progression 3 - On the coaches command, players are to dribble and do a figure 8 around one of the gates and then to their ball between the gate.

Progression 4 - On the coaches command, players need to dribble through as many gates as they can in 60 seconds while the coaches put up passive resistance as defenders.

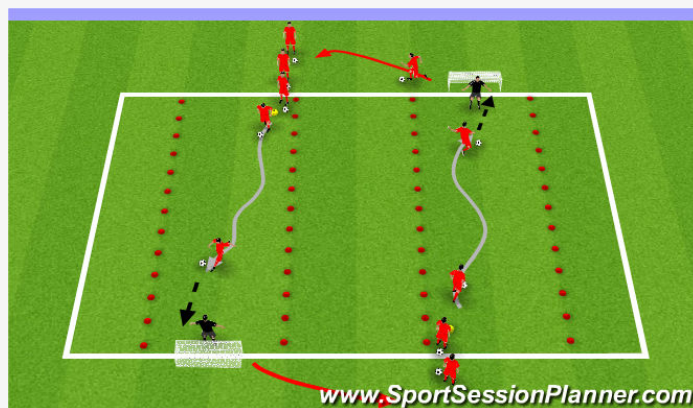


### Dribbling | Technique

Set up 2 channels that are 5-6 yards wide and 20-25 yards long. Have two goals set up, one in each channel, on opposite sides of each other. Set up a cone in one corner of the channel, furthest from the goal and have the players dribble using good technique. You can progress into different dribbling techniques as you go. For example you may have the players dribble inside-outside, or only with a certain foot. Once the player has dribbled to about 6-8 yards from the goal he can have a shot. Have coaches/parents play as GK's. The next person in line may only go once the person in front of him has shot. After shooting, the player grabs his ball and joins the line that is across from his goal he just shot on.

Progression 1 - Add obstacle cones within the channel that the players must avoid by dribbling around before shooting.

Progression 2 - Have players shoot only with their weaker foot. You may want to change the corner that the starting cone is to create a different shooting angle.



### Dribbling | Beating the Defenders

Split the team into two different teams and set up two side by side fields with 3 channels running across the field. Players start dribbling and must beat the first defender in the first channel before they can get to the 2nd channel. Defenders are only allowed to stay within their given channel. Have the same defenders defend for 60 seconds and then switch. Coaches/parents can act as GK's.

Progression - Make it competitive by having a points system. 1 point for getting past the first defender, 2 points for getting past the 2nd defender, and 3 points for getting past the 2nd defender and scoring.



## Endzone Game

Create 2 endzones that are about 5 yards in depth on each side of the pitch. To score a point, players must dribble the ball under complete control into the endzone. 4 v 4





## Dribbling | Changing Direction

**Category:** Technical: Coerver/Individual Skills  
**Difficulty:** Beginner

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Individual-Adult Member

### Description

#### Dribbling | Warm-Up (10 mins)

Players dribble around a 15m x 15m square with a ball each and perform different juggling, dribbling, and ball control exercises.



#### Dribbling | Turns (10 mins)

Players dribble around the cones using different parts of their feet and utilizing different types of turns. Inside foot, outside foot, roll turn, Cruyff turn etc. Progress into a relay type race after the technical portion is done. Lines of no more than 3 players max.



#### Dribbling | 1 v 1 through Gates (10 mins)

Player A is in a 1 v 1 situation with Player B. Player A's objective is to try and dribble past Player B and dribble through one of the orange gates under control. If Player B wins the ball back, he can try and score on the mini net. Have players attack for 3 minutes and then switch. Repeat twice keeping track of score if possible.



## Small Sided Game (10 mins)

4 v 4 Small Sided Game without keepers.







## Passing | Possession

Category: Technical: Passing & Receiving

Difficulty: Beginner

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Individual-Adult Member

### Passing | Warm Up

Inside a 20-30 yard area, have players pair up with a ball between two. Players are to pass and move around the area focusing on good passing technique and opening up their body to receive the ball. Try and make sure there is good spacing and passes are all 5-8 yards in length.

Progression 1 - Have players pass with their weak foot only.

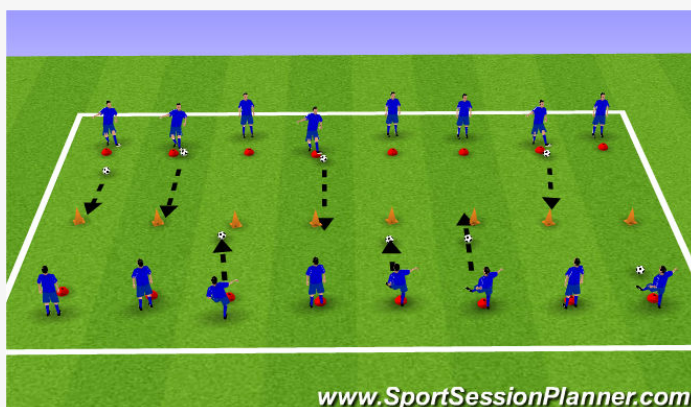
Progression 2 - Split the players into 3 groups and give them one ball per group. Each group passes amongst themselves. Make sure to have them disperse around the area and not congregate as a group too much.



### Passing | Cone Knockdown

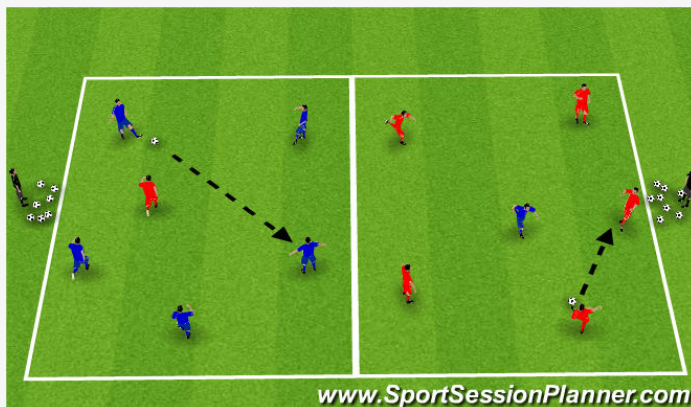
Set up enough pylons, or cones will a ball on it, and split the players into pairs. Have them about 15 yards apart on a cone. Players are passing across trying to knock down the pylon or the ball on the cone. Make sure they focus on proper passing technique and that the ball is played along the surface and not in the air.

Progression 1 - Have the players keep track of score and time them in 60-90 second games against their partner. Implement a King's Court structure and have the winners move up the ladder.



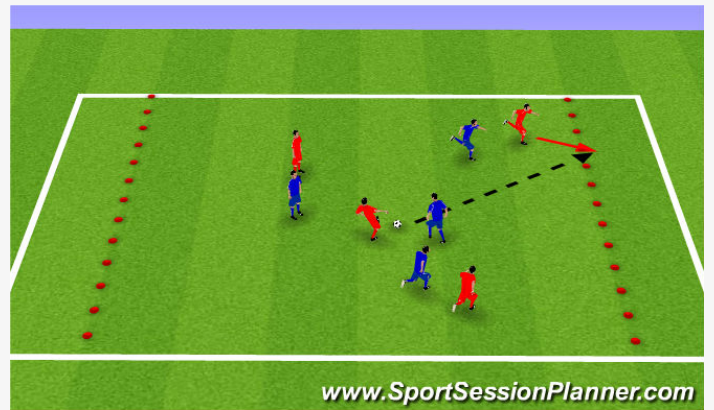
### Passing | Keep Away

Make two 15 x 15 yard squares side by side. Break the group into two teams and assign them a square. Send 1 defender in to try and win the ball off the team in possession. Anytime the ball goes out of bounds or the defender gets a significant touch on the ball count a point for the defending team. Anytime the team in possession makes 3 passes consecutively they get a point. Have the same defender in the grid for 60-90 seconds and then switch them. Make sure to have the coaches play a new ball in when it goes out of bounds. Make sure to have at least a 4 to 1 ratio of players in possession compared to defenders.



## Small Sided Game | Endzone Game

Set up 2 Endzones and have teams play 4 v 4. To score a point a team must pass to another team mate inside the endzone. Try to have players avoid standing inside the endzone and encourage them to receive the ball on the move.





## Shooting

Category: Technical: Shooting

Difficulty: Beginner

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Individual-Adult Member

### Warm Up

Inside a 25 x 25 yard square, have players with a ball each dribbling around the square. Have players perform different moves and turns.

Progression 1 - Cannonball - Pick 1-2 players to have a ball in their hands, their job is to try and throw their ball and hit the players' balls that are dribbling around the square. The last player to get their ball hit is the winner. Switch players around and repeat for 2-3 rounds,



### Shooting | Score on the Parents

Set up 6 goals around the edge of the area. Use cones to make goals if you do not have enough nets. Place coaches and parents in the goals as goalkeepers. Players dribble around the square and try and score as many goals as they can in 2-3 minutes. No rebound.

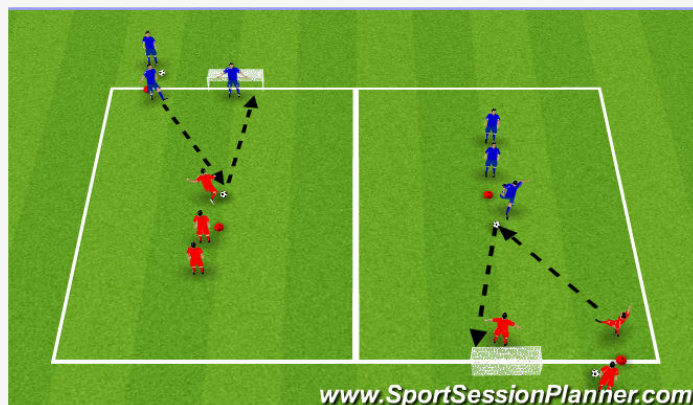
Progression - Add a 10 x 10 yard box in the middle of the area and have players perform a move before shooting on a goal.



### Shooting | Technique

Set up two nets and break the group into 2 teams. Have one team be the passers/keepers and the other team be the shooters. The passers/keepers will rotate between shagging the ball, being the goalkeeper, and being the passer. The shooters will shoot first time off of the pass. Have the same shooters for 2-3 minutes and then switch.

Progression - Change the shooting dynamic by having them take a first touch or shoot with their weak foot.



## Small Sided Game

Small Sided Game - 4 v 4 without Keepers







## Shooting | Technique

Category: Technical: Shooting

Difficulty: Beginner

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Individual-Adult Member

### Warm Up | Capture the Eggs

Break the group into 4 different teams, each with their own space in a corner to use as their "Ball Nest." Place all of the balls into the middle area and line each team behind their starting yellow cone. On the coaches command, each team sends their first player to grab a ball from the middle area with their hands. That player then brings the ball back to his respective "Nest" and leaves it there. Once that player enters the "Nest" the next player in line may go. Please note that only one player from each team can be on the field retrieving balls at a time. Once all of the balls from the middle have been taken, players may steal balls from their opponents "Nests" one at a time.

Progression 1 - Players use their feet and dribble the ball instead of carrying it.

Progression 2 - Players must pass the ball into a player inside their "Nest" instead of dribbling it in.



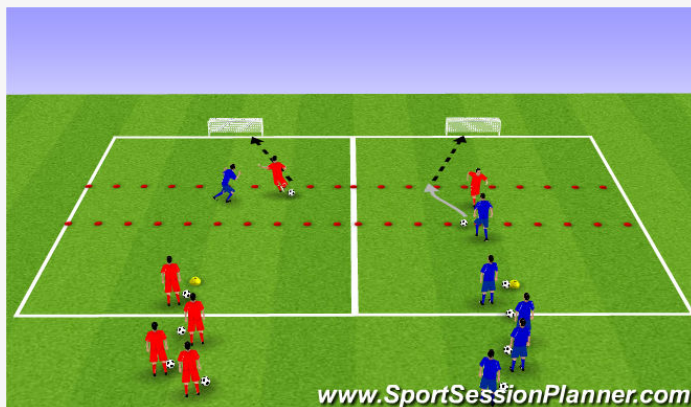
### Shooting | Technical

Set up 2 goals, with a cone to act as an obstacle about 10 yards from that goal. Split your group up into 2 teams and have them line up behind the cone. Assign 1-2 players to stand behind the net to retrieve and return balls during the exercise. On the coaches command, the first player in each line will dribble towards the obstacle cone and perform a move to go past it. Once the player has passed the cone he may shoot on goal. The next player in line may begin his dribble once the player in front of him has shot. Have each team count how many goals are scored in a 60-90 second time frame and then switch the players who are retrieving the balls.



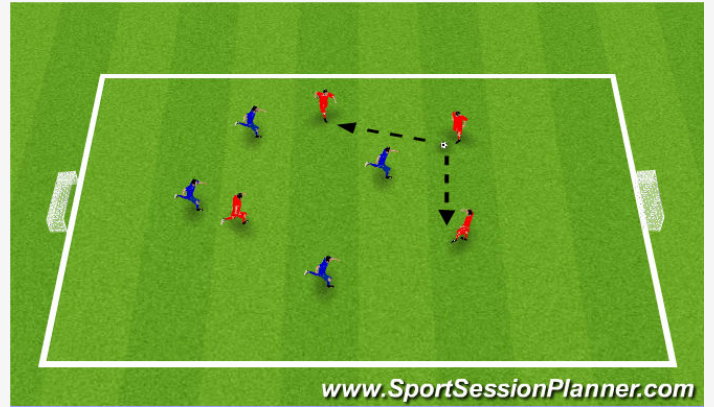
### Shooting | Opposed

Using the same teams as the previous exercise, layout a 5 yard channel and add a defender from the opposite team into the channel. On the coaches command, the first player in the group will dribble towards the defender and try to either beat the defender and go past before getting a shot on goal, or find an angle in order to shoot towards goal. The next player may only start once the person before them has either had a shot or has lost the ball to the defender. The defender is not allowed to leave the channel. Play for 2 minutes and then switch the defenders.



## Small Sided Game

4 v 4 Small Sided Game without GK's





## Passing | Technique

Category: Technical: Passing & Receiving

Difficulty: Beginner

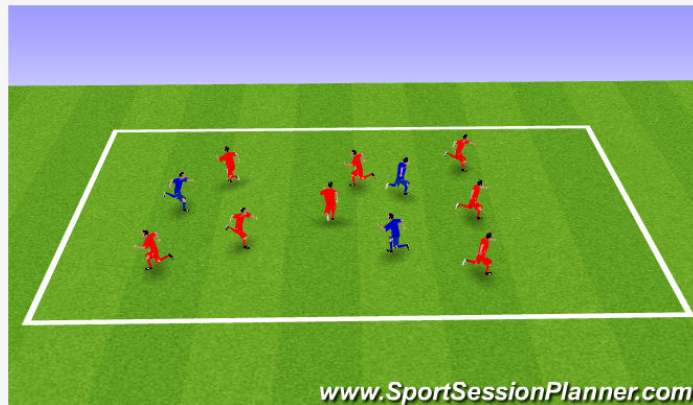
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### Description

#### Warm Up

**Freeze Tag** - Select 2-3 players that are designated as taggers and the rest are runners, trying to avoid being tagged. The taggers' objective is to tag as many players as possible. If a runner gets tagged they are frozen and must hold their arms out to their side. The only way to become unfrozen is for another runner to unfreeze them by running under their arms. Continue for 1-2 minutes and then switch the taggers.

**Progression 1** - Runners have a ball each and are dribbling around the space. The taggers now must tag the ball with a cone in order to freeze the runners. Once frozen the runners must hold the ball above their head and can only be unfrozen if another runner passes the ball through their legs. Continue for 1-2 minutes and then switch taggers.

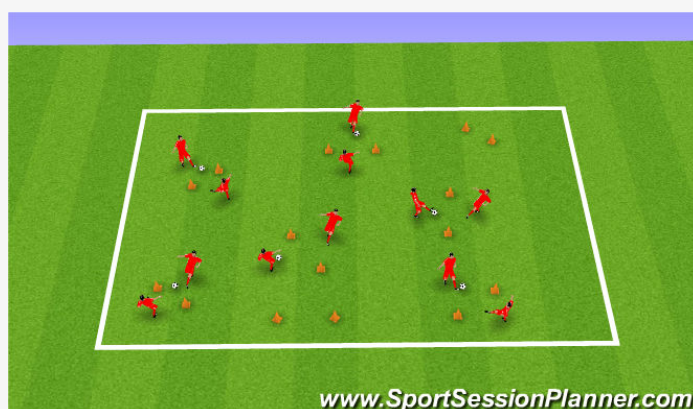


#### Passing | Technique

Each player finds a partner, 1 ball between 2, and passes the ball with the inside of their foot through the gate trying to perform each pass on 2 touch. Each pair must make 5 passes between each gate before moving on to find another gate.

**Progression 1** - Players are to try and finish as many gates as they can in 60 seconds, only making one pass per gate.

**Progression 2** - One pair of players acts as defenders and tries to block passes from going through the gate. Players passing are to try and pass through as many gates as possible without being blocked.



#### 2 v 2 | Endzone

Players play in a 2 v 2 mini endzone game where the objective is to get the ball under control in the endzone. Each pair must make at least 1 pass before they are able to score by entering the endzone.

The coach will be in control of the spare balls and in the case of the ball going out he/she will either pass in another one and say "New Ball" or will say "Switch" and two new players will enter.

**\*\*Please note:** If you have more than 8 players, set up two identical fields and run two side by side 2 v 2 endzone drills



## Small Sided Game

4 v 4 Small Sided Game without keepers.

