

WINTER RECREATION 2021



7U - 8U

ACCOUNTING FOR WATER BREAKS AND ORGANIZING INTO TEAMS, THE TOTAL SESSION TIMES SHOULD BE 1 HOUR.

WEEK 1

<p>5 MINUTES</p>	<p>WARM UP</p>	<p>Challenge players to copy your actions... Bounce ball & catch. How many bounces & catches in 20 sec? Can you drop and trap with foot? Can you trap with butt?</p>
<p>10 MINUTES</p>	<p>BODY PART DRIBBLE</p>	<p>Players dribble around and coach shouts different body parts to stop the ball with. Knee, elbow, butt, head, etc. Challenge players to keep ball close.</p>
<p>10 MINUTES</p>	<p>FETCH</p>	<p>Coach stands in the middle of the field. Players get into pairs with one ball between two, and circle around the coach. One at a time, each pair gives their ball to the coach who kicks the ball into a space on the field. The coach gives a general instruction on how all the pairs must bring the ball back. Examples: "Bring it back by making as many short passes to each other as possible". "Bring the ball back with as few long passes to each other as possible." "Bring the ball back without using your hands or your feet." "Bring the ball back by passing it through each other's legs."</p>
<p>30 MINUTES</p>	<p>SCRIMMAGE 4 v 4</p> <ul style="list-style-type: none"> • 2 x 10 min halves • 5 minute half time 	<p>Using jersey color (yellow-black or light-dark) or bibs divide the players into two teams. Keep instructions very basic and simple... Which goal to score in. Stop play when ball out of bounds. Most important, keep it fun and let the kids play!</p>

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WEEK 2

<p>5 MINUTES</p>	<p>WARM UP</p>	<p>Challenge players to copy your actions... Bounce ball & catch. How many bounces & catches in 20 seconds? Can you drop and trap with foot? Can you trap with butt?</p>
<p>10 MINUTES</p>	<p>GATE GOALS</p>	<p>Set up 4 or 5 goals with cones around the field. Players are challenged to dribble and score as many goals as possible in 30 seconds. Be sure to ask the players how many goals they scored and challenge them to beat their total each round. For the last two rounds, give the players a 5 second countdown to finish off by scoring in a 'real' goal at either end of the field.</p>
<p>10 MINUTES</p>	<p>FREEZE TAG</p>	<p>The coach is Mr/Ms Freeze. Players dribble around the field trying to avoid being tagged and frozen by Mr/Ms Freeze. When a player is frozen, they hold their ball above their head, and stand with their legs wide apart. The other players can 'defrost' a frozen player by kicking their ball between their legs. Repeat several times and allow two players to be Mr/Ms Freeze.</p>
<p>30 MINUTES</p>	<p>SCRIMMAGE 4 v 4 • 2 x 10 min halves 5 minute half time</p>	<p>Using jersey color (yellow-black or light-dark) or bibs divide the players into two teams. Keep instructions very basic and simple... Which goal to score in. Stop play when ball out of bounds. Most important, keep it fun and let the kids play!</p>

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WEEK 3

<p>5 MINUTES</p>	<p>WARM UP</p>	<p>Drop & trap ball under foot. Toe Taps - alternate tapping the top of the ball with bottom of left and right feet. Tick Tocks - alternate tapping on the outside using the inside of the left and right feet.</p>
<p>10 MINUTES</p>	<p>BUMPER BALL</p>	<p>The coach is the bumper and tries to capture players by 'bumping' (kicking) his/her ball against theirs. When a player is captured, they join the coach and try to 'bump' their ball against other players. Designate two new 'bumper' players each round.</p>
<p>45 MINUTES</p>	<p>SCRIMMAGE 4 v 4 • 4 x 10 min quarter 2 minute breaks</p>	<p>Using jersey color (yellow-black or light-dark) or bibs divide the players into two teams. Keep instructions very basic and simple... Which goal to score in. Stop play when ball out of bounds. Most important, keep it fun and let the kids play!</p>

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WEEK 4

<p>5 MINUTES</p>	<p>WARM UP</p>	<p>Drop & trap ball under foot. Toe Taps - alternate tapping the top of the ball with bottom of left and right feet. Tick Tocks - alternate tapping on the outside using the inside of the left and right feet.</p>
<p>10 MINUTES</p>	<p>GATE GOALS (in pairs)</p>	<p>Set up 4 or 5 gate goals with cones around the field. Players get into pairs and are challenged to dribble and pass through as many goals as possible in 30 seconds. Be sure to ask the players how many goals they scored and challenge them to beat their total each round. For the last two rounds, the coach becomes a defender who can try to block or steal the ball.</p>
<p>45 MINUTES</p>	<p>SCRIMMAGE 4 v 4 • 4 x 10 min quarter 2 minute breaks</p>	<p>Using jersey color (yellow-black or light-dark) or bibs divide the players into two teams. Keep instructions very basic and simple... Which goal to score in. Stop play when ball out of bounds. Most important, keep it fun and let the kids play!</p>