





U7 MLU Player Development Week 2

Activity 1	Activity Description	Coaching Considerations
	<p>Shadow Dribble</p> <p>Two players (Leader and Shadow) each with a ball will dribble their soccer balls in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader.</p> <p>Coach: Call the change from leader to shadow.</p> <p>Version 2: Use only favorite foot or other foot.</p> <p>Version 3: Leader must make a move.</p>	<ul style="list-style-type: none"> • Dribbling with head up • Running with the ball • Using different foot surfaces • Changing direction <p>Time: 6 minutes</p>
Activity 2	Activity Description	Coaching Considerations
	<p>Sharks and Minnows</p> <p>In a 20x25 yard grid, have 3-4 players acting as the sharks. The minnows are in one end of the grid with their soccer balls. When the coach says "GO", the minnows try to dribble to the other end of the grid and the sharks are trying to kick the ball out. When the dribbler's ball goes out, he/she becomes a shark. If the minnows reach the other end, they will wait for the coach's command to play again. The game continues until all players turn into sharks.</p>	<ul style="list-style-type: none"> • Changing speed and direction • Running with the ball • Keep the ball close • 1v1 defending <p>Time: 8 minutes</p>
Activity 3	Activity Description	Coaching Considerations
	<p>Capture the Balls</p> <p>Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.</p> <p>Coach: Call time and each team counts the balls they have collected.</p>	<ul style="list-style-type: none"> • How to get the balls from the center or other home bases • How to defend their home base • Decision making: pass or dribble <p>Time: 8 minutes</p>
Activity 4	Activity Description	Coaching Considerations
	<p>3v3 to 4 Goals</p> <p>In a 20x25 yard grid, place a two yard goal with cones close to the corners of each endline. Players will score by dribbling or passing through any of the two goals they are attacking.</p>	<ul style="list-style-type: none"> • Application of dribbling, passing-receiving and shooting technique under pressure • 1v1 defending • Decision making <p>Time: 8 minutes</p>
Scrimmage	Activity Description	Time
4v4 Scrimmage	Set up two fields of 20x25 yards with a 5yd space between them in order to keep the majority of your team playing.	30 minutes