





U7 MLU Player Development Week 4

Activity 1	Activity Description	Coaching Considerations
	<p>Gate Passing In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point.</p> <p>Coach: Players count how many points they score in a minute. Repeat asking the players to beat the score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with their other foot.</p>	<ul style="list-style-type: none"> • Passing and receiving technique • Dribbling technique • Decision making • Weight and accuracy of the pass • Communication and mobility <p>Time: 8 minutes</p>
Activity 2	Activity Description	Coaching Considerations
	<p>Ball Tag All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.</p> <p>Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points.</p>	<ul style="list-style-type: none"> • Dribbling technique • Passing technique • Weight of the pass • Accuracy of the pass <p>Time: 8 minutes</p>
Activity 3	Activity Description	Coaching Considerations
	<p>Capture the Balls 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>2v2 to 4 Goals Divide the 20x25 yard grid into two equal grids of 12x20 yards with a one yard buffer zone in between. Place a two 2 yard goal with cones close to the each corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p> <p>Coach: Have two games going at the same time. If you have extra players, make sure you sub them in.</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