



January 15<sup>th</sup> -21<sup>st</sup>

## First Kicks: U7/8 Game day # 2

Yasamin Alipour

Category: Technical: Passing

### Tag game

#### Organization:

Field size: 25m x 30m

Divide players into groups of two. Each group has a ball except one group who is the tagger. The sets of partners with the ball start dribbling while partners holding each other's hands, while taggers try to tag them. If either of partners are tagged, they must freeze till

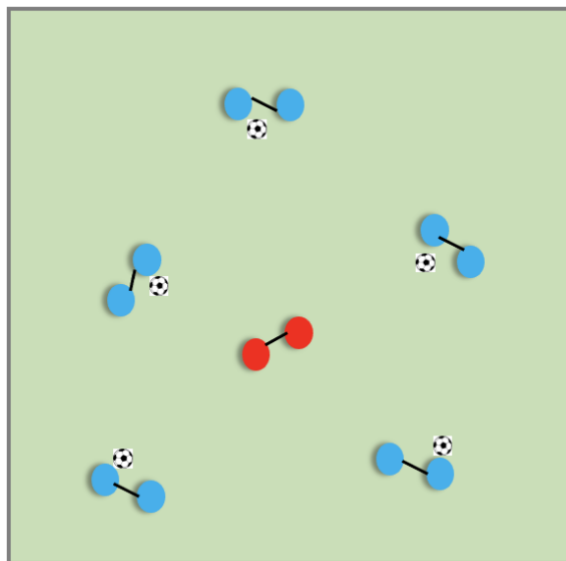
1. Another group comes and unfrozen them by dribbling their ball between the legs of one of the frozen partners.
2. Another group come and unfrozen them by switching their ball with the frozen players' ball.

Switch the taggers every 2 minutes.

#### Progression:

If a partner can switch their ball with another partner, they will get one point each. The partner who earns more points in 2 minutes is the winner.

**Duration:** 10-15 min



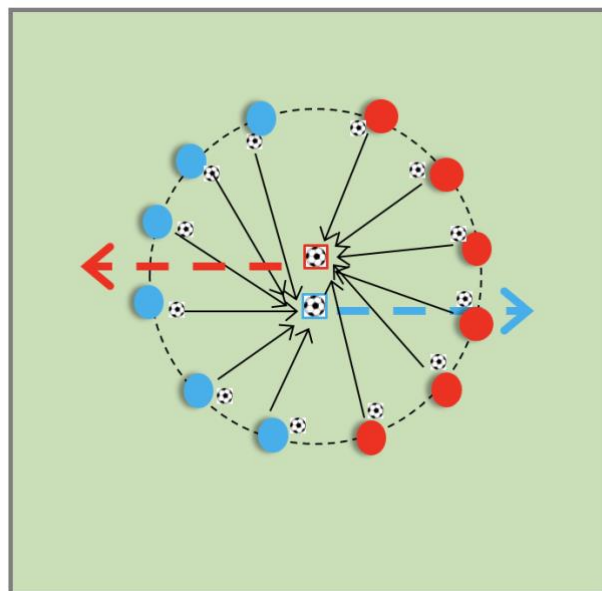
### Laser ball

Make a circle with small cones. Divide players into two teams: red and blue. Each team must stay on one side of the circle (see the diagram). Each player has a ball. Put one ball for each team in the centre of the circle. Both teams must kick their ball in the centre enough times to make it cross on the other side of the circle on the coach's signal.

#### Progression:

- Players are allowed to kick the other team's ball to undo the opponent's attempts.

**Duration:** 10-15 min



## Passing Race

### Organization:

Field size: 25m x 30m

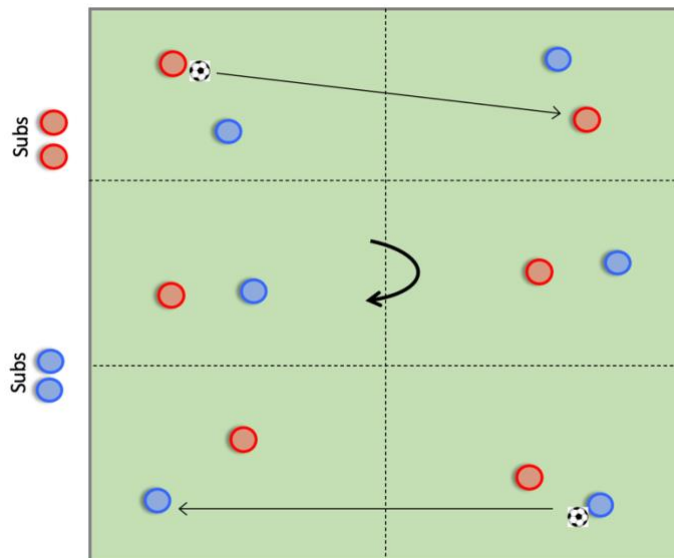
Divide players into two teams: red and blue. Use small cones to divide the field into 6 boxes. One player from each team must stand in each box. Give one ball to the red player in box#1 and another ball to the blue player in box#4. At the same time, both teams start passing the ball to their teammate in the next box clockwise. The first team to pass the ball to all six boxes twice is the winner. If any player cannot pass the ball to the next box, they should retrieve the ball and try again.

### Progression:

- Only one team has the ball and the other team is defending. Each team can score by completing a full round of passing (box 1 to 6). The first team who gets 3 points is the winner.

**Note!** You can play this game with 4 boxes and have substitutions.

**Duration:** 15-20 min



## Looking for the colour

### Organization:

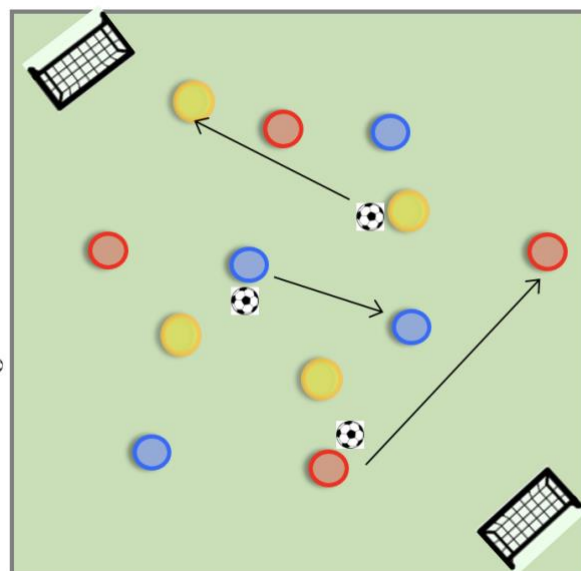
Field size: 25m x 30m

Divide players into three teams: red, blue, and yellow. Players must spread out in the field. One player from each team has a ball. Players move all around the field and pass the ball to their teammates. The winner is the first team who makes 10 passes in a row (without any interruptions such as kicking the ball to other players or passing it outside of the field).

### Progression:

- After 5 passes, teams are allowed to score on either goal.

**Duration:** 10-15 min



## Scrimmage

### Organization:

Field size: 25m x 30m

Play 4v4. Game rules apply.

### Coaching points:

- Team shape (i.e., diamond)
- Pass and move forward

### Progression:

You can give different tasks to the players of the team on the break to monitor and discuss the performance of a specific team. Tasks should be related to the coaching points.

**Duration:** 15-20 min

