



October 23rd - 29th

First Kicks: U7/8 Game day # 1

Yasamin Alipour

Category: Technical: Dribbling

Tag game

Organization:

Field size: 25m x 30m

Make 5 gates with small cones (see the diagram).

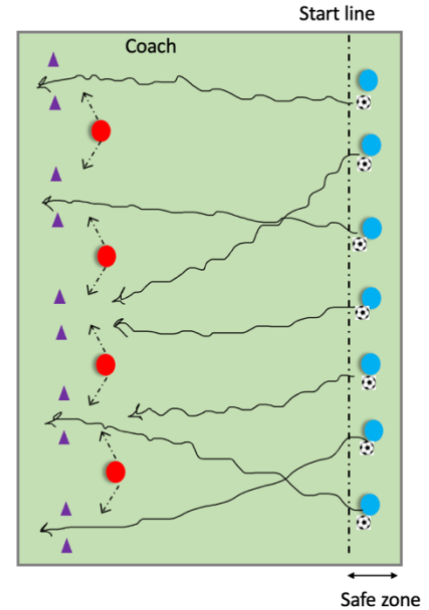
Choose four players as taggers. The other players are dribblers and must have a ball each and line up on the start line. Taggers must stay between the gates while turning their back to the dribblers. Coach gives a hand signal to the players with the ball to start dribbling and pass through one of the gates without being tagged to get the point. The player who gets the most points is the winner.

Switch the taggers every 2 minutes.

Progression:

If the coach says “attack”, the taggers can turn and chase the dribblers to tag them, while dribblers have to run back to the start line to be safe.

Duration: 10-15 min



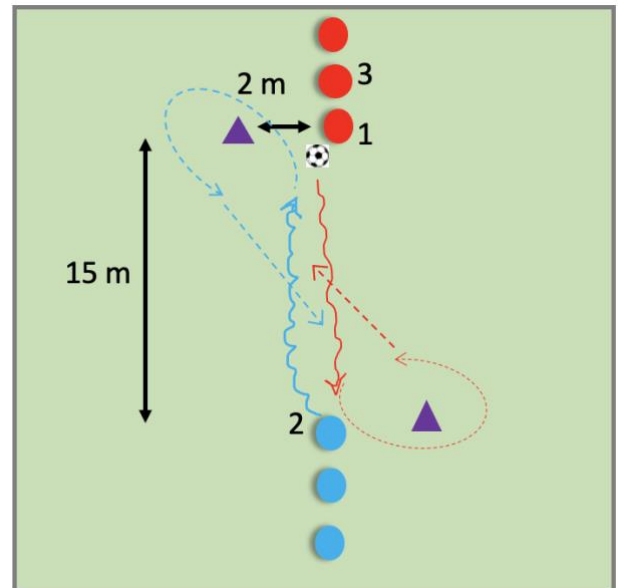
Dribbling Race

Divide players into two teams: red and blue. Reds start with the ball. Player 1 starts dribbling toward player 2 and relay the ball for player 2 when they get as close as possible. Then, player 2 starts dribbling towards player 3, while player 1 runs to the jumbo cone, turns around it and tries to tag player 2. If player 1 tags player 2, she/he earns one point for the red team. Now, player 2 relays the ball for player 3, turns around the jumbo cones, and chases player 3 to tag her/him and earn a point for the blue team. The game will continue till one team gets 5 points.

Progression:

If a player is being tagged, she/he is out, and the game continues till all the players of one of the teams get out of the game

Duration: 10-15 min



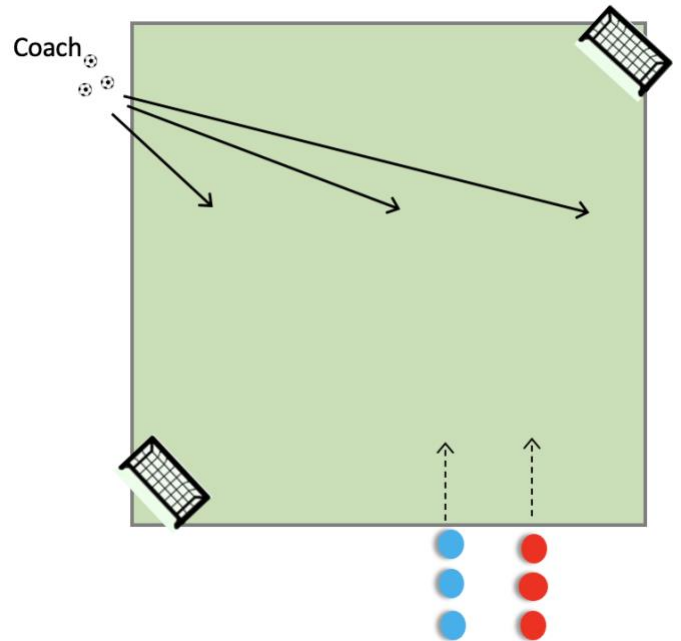
Directional game

Organization:

Field size: 25m x 30m

Divide players into two groups. Both groups must line up on the same side of the field. Coach plays a ball to a random spot. The first players in the line must compete to gain the possession and strike to either pug. As the 1v1 game is going and the striker is getting close to one of the pugs to score, the coach should call 'Turn,' and the striker must change the direction and attack the other pug.

Duration: 15-20 min



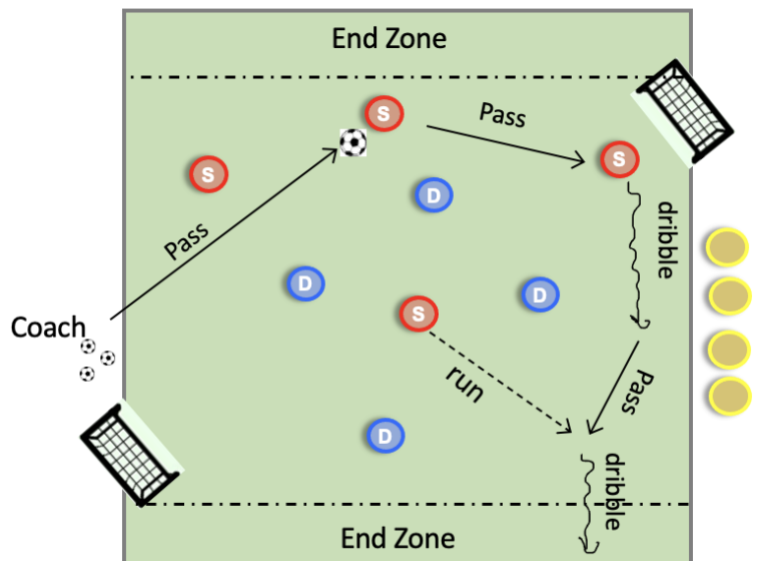
End line game

Divide players into three groups: red, blue and yellow. Two teams start a 4v4 game, while the third team is on the break. The coach always passes the ball. The team with the ball must keep the possession and score by dribbling to the end zone. The team without the ball must win the ball and score in the pugs. After each score, the team who scores stays and the other team must switch with the team on the break.

Progression:

- players must make three passes before scoring a goal.

Duration: 10-15 min



Scrimmage

Organization:

Field size: 25m x 30m

Play 4v4. Game rules apply.

Coaching points:

- Team shape (i.e., diamond)
- Dribbling 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

