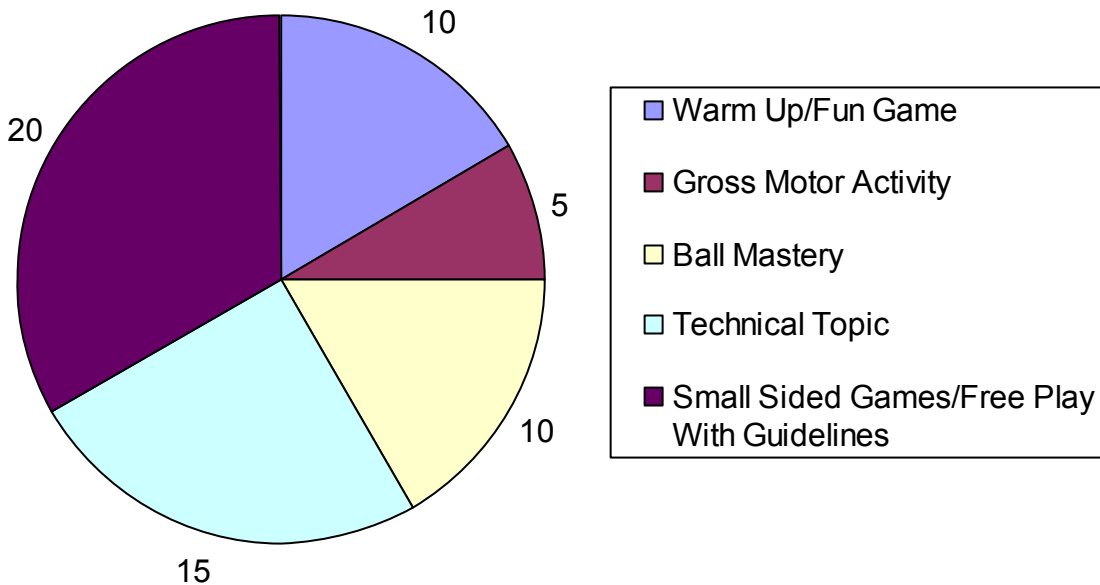


## U7 & U8 SESSION PLANNER

### SESSION OUTCOMES

1. Fun games that increase coordination and spatial awareness
2. Fun games that improves social interaction
3. Gross motor activities through repetition
4. Ball Mastery that improve both feet and comfort on the ball
5. Introduction of passing and receiving
6. Introduction of 1 v 1 skills in small sided games.
7. Introduce finishing skills in 1 v 1 situations.



### TRAINING FACTORS

The duration of the session is to be 60 minute in length with short drink breaks every 10 minutes. The session is to be highly dynamic and motivating for all players. Quick changes of activities and clear simple coaching points must be adhered to. Cue words, self talk and step by step approach to the breakdown of skills are important. Repetition of exercise and drills from week to week with new skills added once players have demonstrated competency.

#### Technical Topics:

- Passing (two touch / one touch: 5m-15m)
- Receiving (inside / outside / thigh)
- 1 v 1 Moves to beat opponents (No / Limited Pressure)
- 1 v 1 Games (One dimensional games: attack and defence)
- Finishing (No pressure / GK / 1 v 1 full pressure)