

# Training Session Planner



Learn how to [manage your soccer team](#) with TeamSnap or [view more soccer skills and drills](#).

**Football Specific Theme: Soccer 7's Fast Attack**

**Age Group: Children 8- 12 Years**

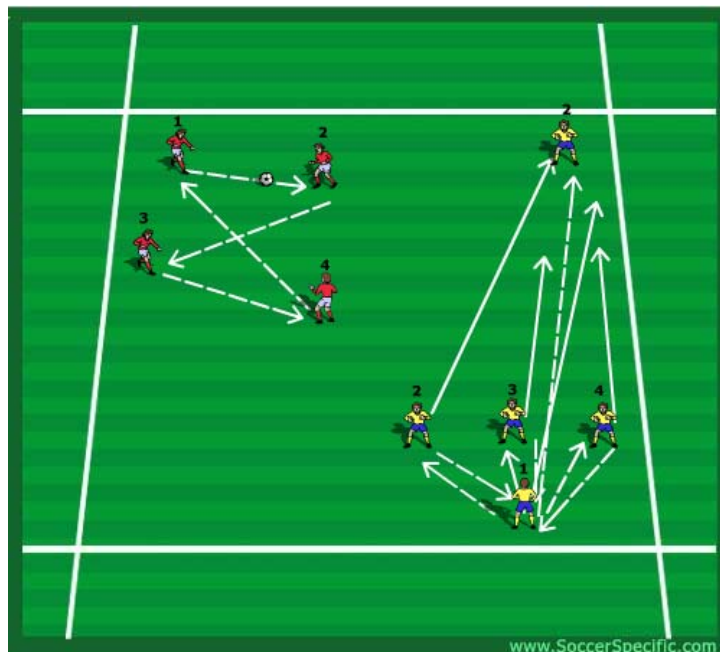
## WARM UP

**Set Up:** Mark out Area based on the number of players you will have, the area should be big enough to allow long passes to be played as the drill progresses. Each group of 4 players will be given a ball between 4. Begin with players passing the ball short distances as they move about in a set area.

**Objective:**

Players pass the ball in number order and move in the area.

**Progression:** To progress player 1 plays a wall pass (one-two) with player 2. Player 2 takes off on a run of at least 15 meters, player 1 then plays a wall pass with the rest of the group before playing a long pass to the player 2 who has just made the run. The other players run towards the player with the ball and continues the sequence.



**Coaching Points:** encourage movement at slow pace, increasing the tempo as the warm progresses. Short passes with open body side foot, long passes driven with laces.

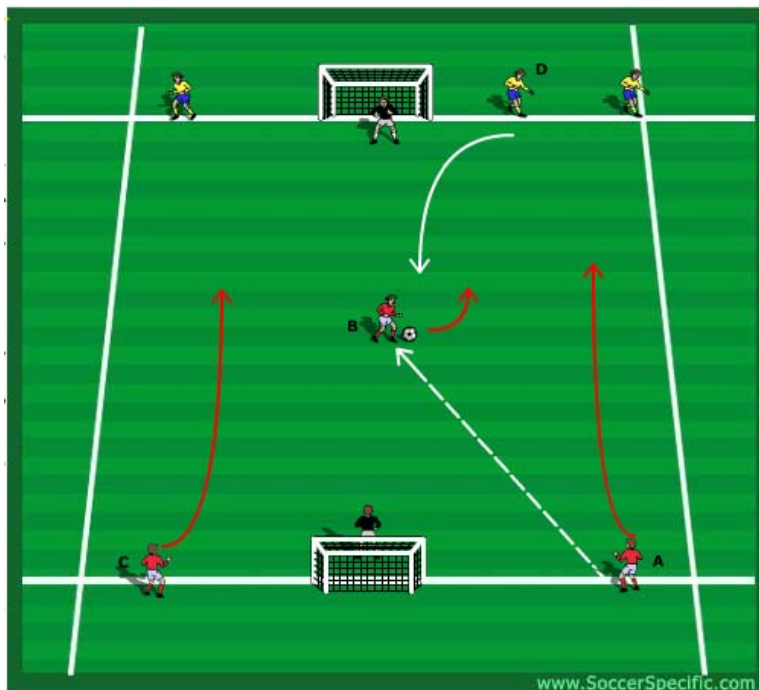
## DRILL

**Set Up:** 2 goals. Players are put into 2 teams. A plays pass to striker B. B turns quickly to attack goal.

**Objective:**

To provide midfield support to attacking player and shoot on goal.

**Progression:** A and C support quickly. Defender D can move out to defend passively only when striker B receives the ball. Play alternates as waves of attack from each end.



**Coaching Points:** Encourage accurate and well weighted passes forward and quick turns by strikers as well as quick support play.

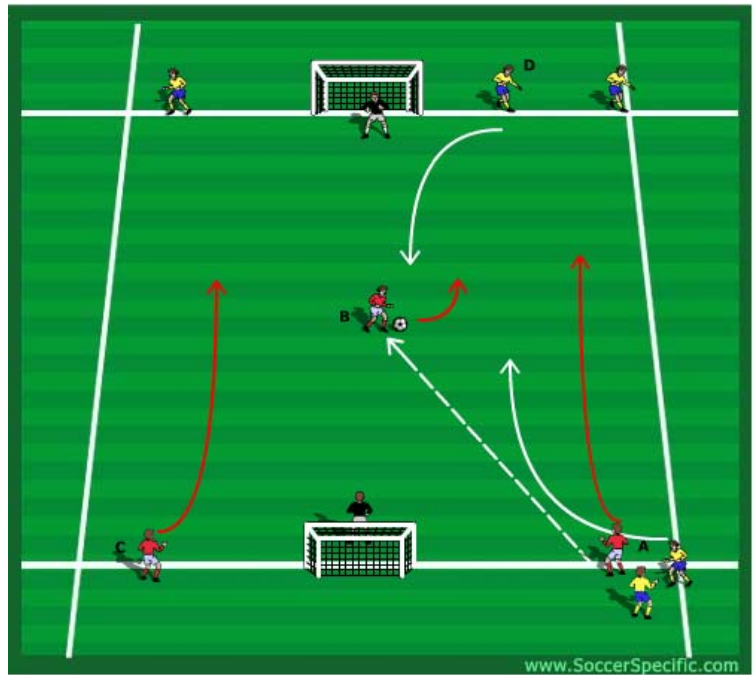
## GAME RELATED PRACTICE

**Set Up:** 2 goals. Players are put into 2 teams. As in the drill, however, defender can tackle and a second recovering defender can support when striker B touches the ball.

**Objective:**

To provide midfield support to attacking player and shoot on goal.

**Progression:** Defender D can be positioned next to the goal when pass is played or alternatively allowed to man mark striker B closely. Instead of 3v1 + recovering defender progress to 2v1 + recovering defender.



**Coaching Points:** Encourage accurate and well weighted passes forward and quick turns by strikers as well as quick support play.

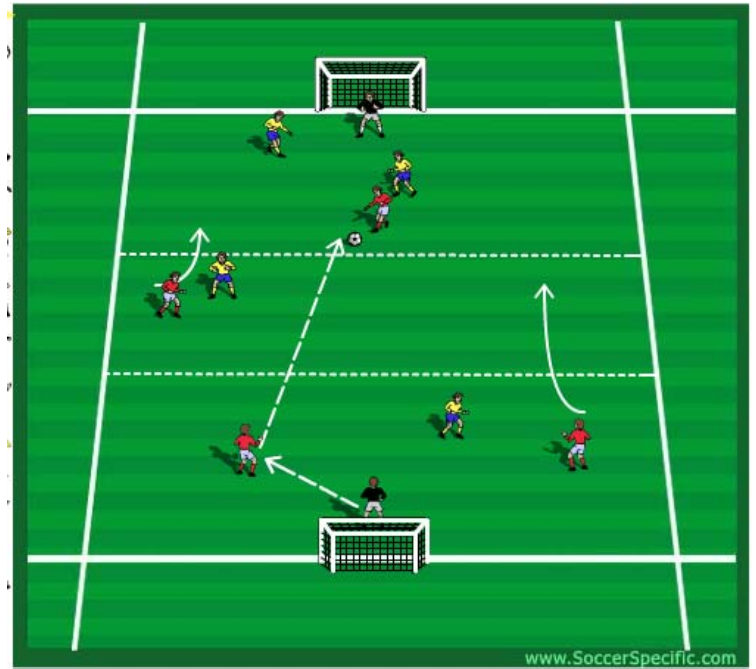
## CONDITIONED GAME

**Set Up:** 2 goals. Players are put into 2 teams. 4v4 or 5v5 plus GKs. Set out 3 zones.

**Objective:**

To provide midfield support to attacking player and shoot on goal.

**Progression:** Team in possession can move players forward zones, defending team cannot move back to defend at first. This can be progressed to allow players to move freely in all areas.



**Coaching Points:** When possession is won encourage teams to play forward quickly and support with numbers.

## COOL DOWN

**(Please include a cool down at the end of every session)**

**Objective:** Gradual decrease of players heart rate.

Example Cool Down: Half the group dribble freely in a defined area, whilst the other half follow static stretching activity. Switch group every 60 seconds. Players in possession can attempt to nutmeg or pass round and retrieve players performing stretches.