



UHL Session 10 U7-U8

Category: Technical: Passing & Receiving
Difficulty: Beginner

Am-Club: Oakville Soccer Club
Gareth Davies, Oakville, Canada

Warm Up/Physical literacy (10 mins)

Organization

- Players Line up in a single file line in the centre of a 20 x 20 square

Activity

- The players line up in a single file line in front of the coach
- The coach names the line either side as different football teams
- The coach will then run through some actions that the players have to perform on the shout
- Down - Touch the floor with one hand
- Up - Jump for a header call your name
- Right - Put your right hand up
- Left - Put your left hand up
- Spin - 180 turn
- On the call of the teams the players will sprint to that line and back
- Give the players 4-5 practices
- Make it competitive by last person back is out

Progression

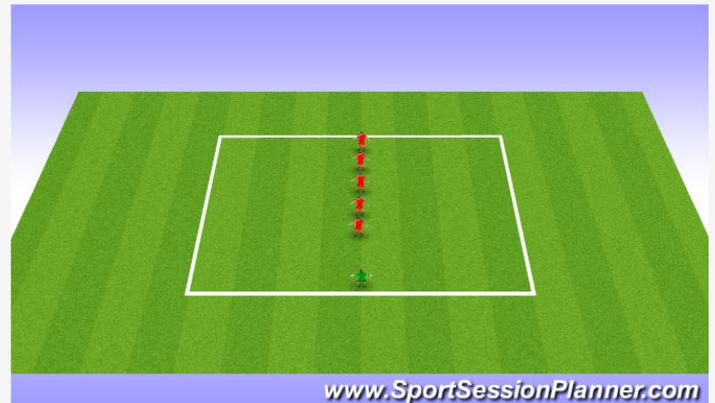
- All calls are opposite

Progression

- Add the ball in with players doing different ball manipulations when in line.

Coaches Emphasis

- FUN
- Quick reactions



Initial Game (15 mins)

Organization

- 25 x 25 area
- 4v4 in the centre
- Each team has a player at the opposite end to where the rest of the team starts

Activity

- The teams play a 4v4 game in the centre
- To score they must pass the ball in to their team mate who is standing at the outside line

Coaches emphasis

- Use the full area
- Forwards when possible
- Body shape to receive the ball
- Have a Plan
- FUN



Activity (15 mins)

Organization

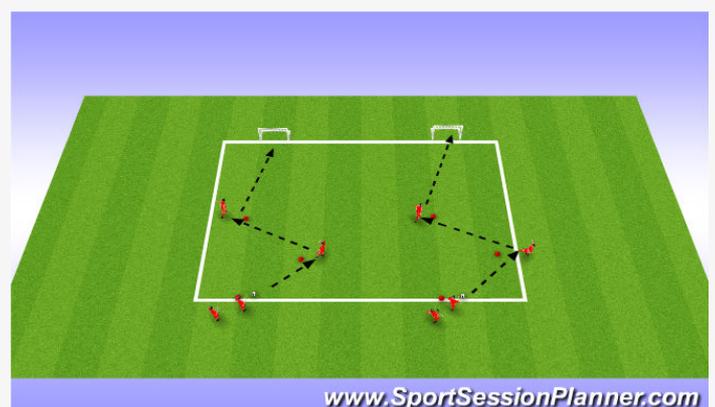
- 25 x 25 area
- Zig Zag cones x 3

Activity

- Players on each of the three cones
- The player on the first cone plays to the player at the second cone who has dropped off to receive on their back foot
- The receiving player then opens up and plays out in to the third cone
- The player at the third cone receives on the back foot and drives out to score
- Players always follow their pass
- Once they have scored they then go to the back of the line

Progression

- Make the session competitive by seeing who can get to 10 goals first



- Make sure to put a limit on where the final player can finish from

Coaches Emphasis

- Good body shape
- Receive on the back foot
- Play a firm pass

Final Game (15 mins)

Organization

- 5v5 game

Activity

- The players play a standard game for their age and stage
- The role of the coach is to allow the players to play and demonstrate what they have taken from the session, while offering positive encouragement.

Coaches emphasis

- Encourage Players to be positive
- Make good decisions
- Quality of pass
- Awareness of players and space
- Confidence on the ball

