

U7 Basics:

Practices:

- Twice a week
- 45 – 60 minutes

Games:

- 2 – 20 minute halves
with a 3 minute break in the middle
of each half to rotate positions
- 5 minute halftimes

Coaching Staff:

- Ideally: 3 Parents
 1. Offense – talks to forwards,
not to the defense
 2. Defense – talks to defenders,
not to the forwards
 3. Bench – keeps the resting
players' heads in the game
talking strategy
- Team Parent
 - Communications

Teaching Goals:

- Play in your area, not the entire field
- Throw-ins –
reminding them to keep two feet on the ground
- Have lots of fun

Parents' game responsibilities:

- Encourage our players
- Give consistent directions
- Make a 'tunnel' at the end of each game

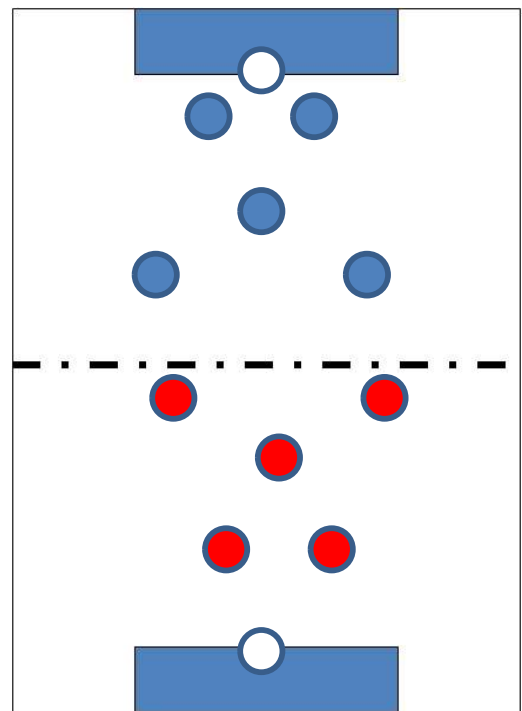
Practice Agenda:

- Stretching – 5-10 minutes
 - Allows time for everyone to arrive
 - Ask “ice-breaking questions” –(get to know them)
 - What school do you go to?
 - What's your favorite subject?
 - What's your favorite color?
- Run a lap (“to the fence”, “around a tree” , etc.)
 - Early in the season – without a ball
 - Later in the season – while dribbling their ball
- Skill training – 10 minutes
 - Demonstrate
 - Watch
 - Practice
- Game that reinforces one of the skills – 10 minutes
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- Game that reinforces one of the skills – 10 minutes
- Scrimmage
 - The game is the BEST teacher!

Formation:

- 1 - Keeper
- 2 – Defense
- 1 – Mid-field
- 2 – Offense

6 v. 6



Teaching the basics at the U7 Level

– starting with what they understand

The concept of “offense” and “defense” are somewhat foreign to 6 and 7 yr. olds. An alternative way to teach the concept is to incorporate the use of something more familiar to children. In this example, animals are being used.

The ‘Octopus’ (Keeper) is new at U7

- No use of hands
- No goal kicks – throw-ins from 10’ up from the baseline



Puppy Dogs
stay on the land
(Offense)



Frogs
Land and Sea
(Mid-Fielders)



Dolphins
Stay in the sea
(Defense)



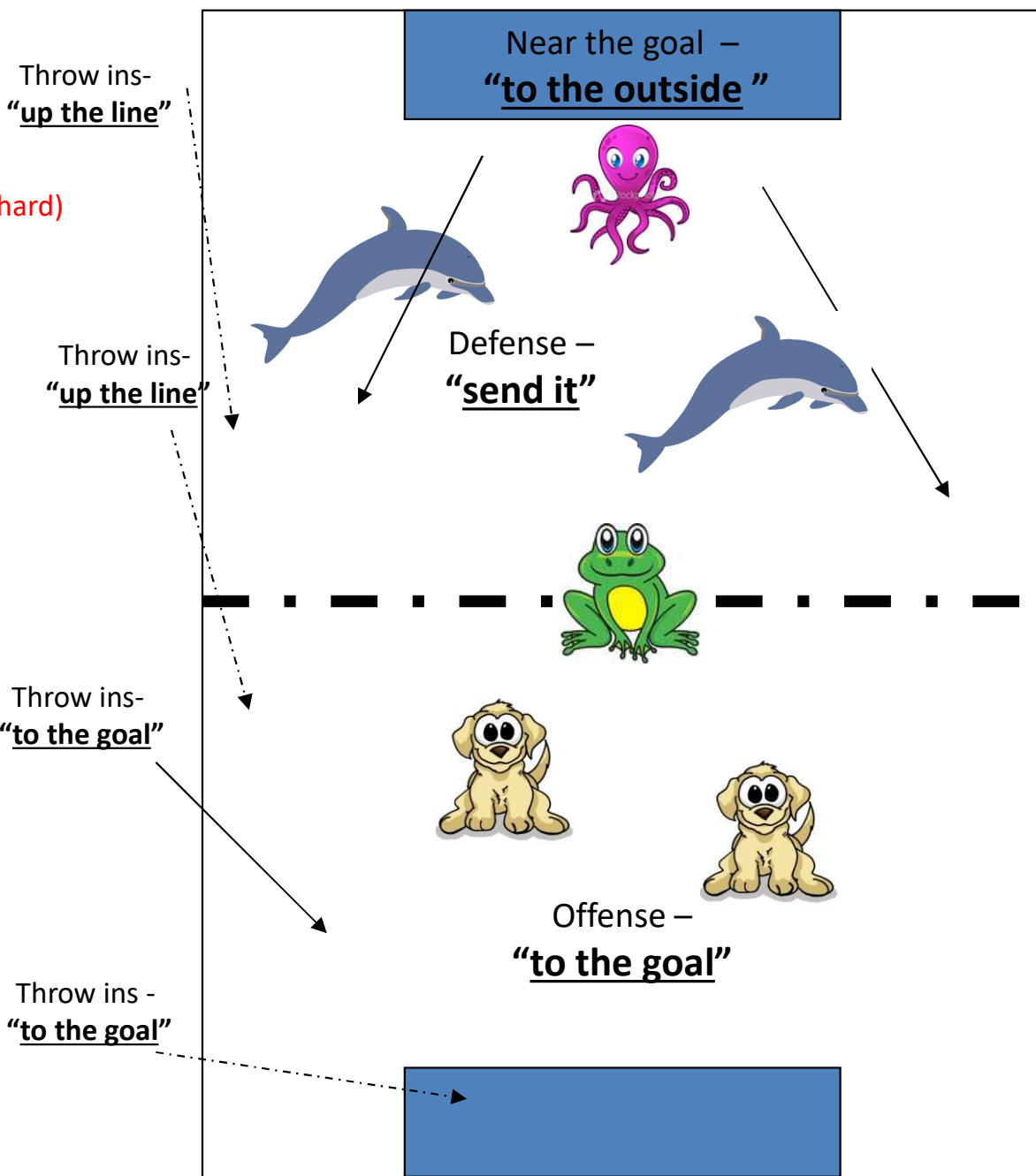
Octopus
Stay in the cave
(Keeper)

Keeping the directions simple:

- Defensive directions:
either “send it” (kick it hard)
or “to the outside”

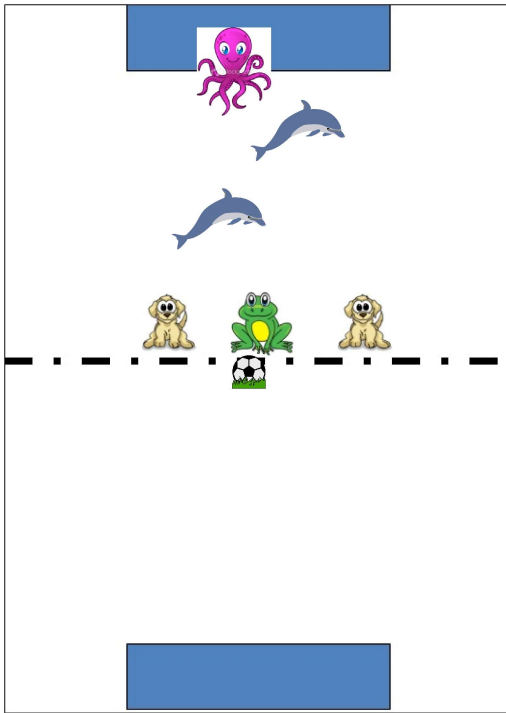
- Throw ins:
either “Up the Line” or
“To the Goal”

- Offensive directions:
either “to the goal”
or “send it”



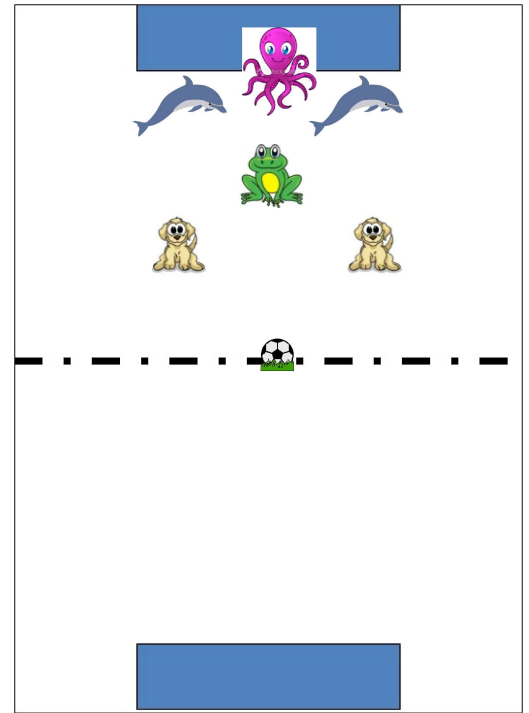
Your team is kicking-off:

- Frog/Puppy Dog is kicking the ball (must be kick forward)
- One Dolphin front, one Dolphin back



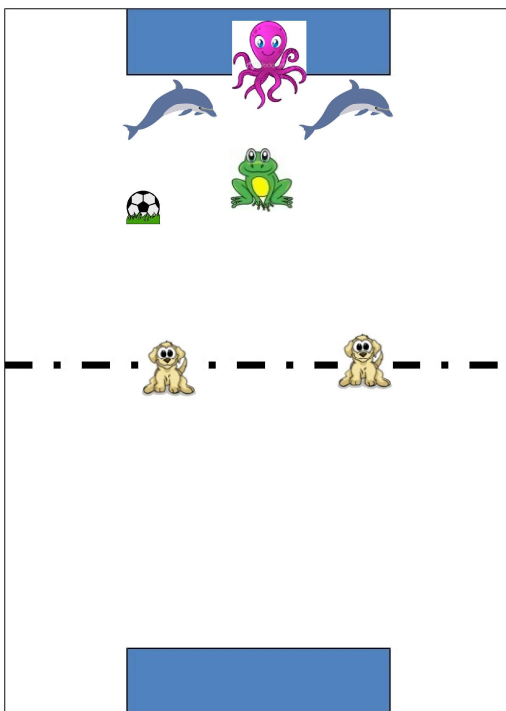
Your team isn't kicking-off:

- Puppy Dogs are playing in the puddles
- Frog is swimming
- Dolphins are deep in the sea



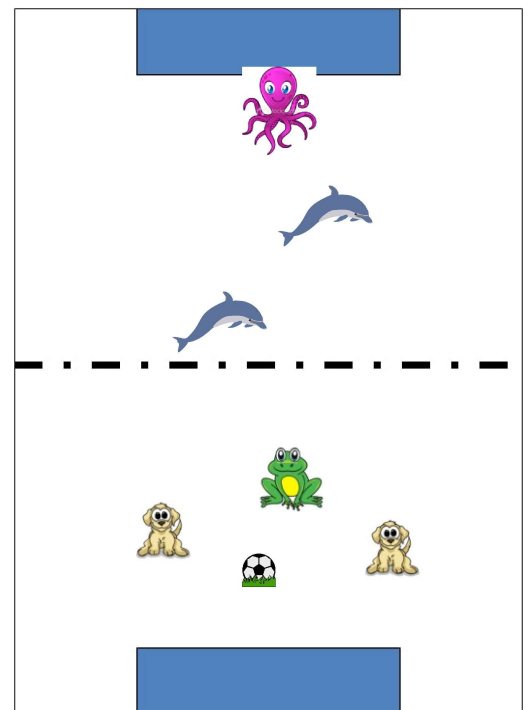
Ball is deep in your area:

- Puppy Dogs are waiting on shore
- Frog is helping dolphins
- Dolphins are trying to send it to Puppy Dogs



Your team is about to score:

- Puppy Dogs are trying to score
- Frog is helping Puppy Dogs
- One Dolphin is flipping at the surface and one Dolphin is swimming deep



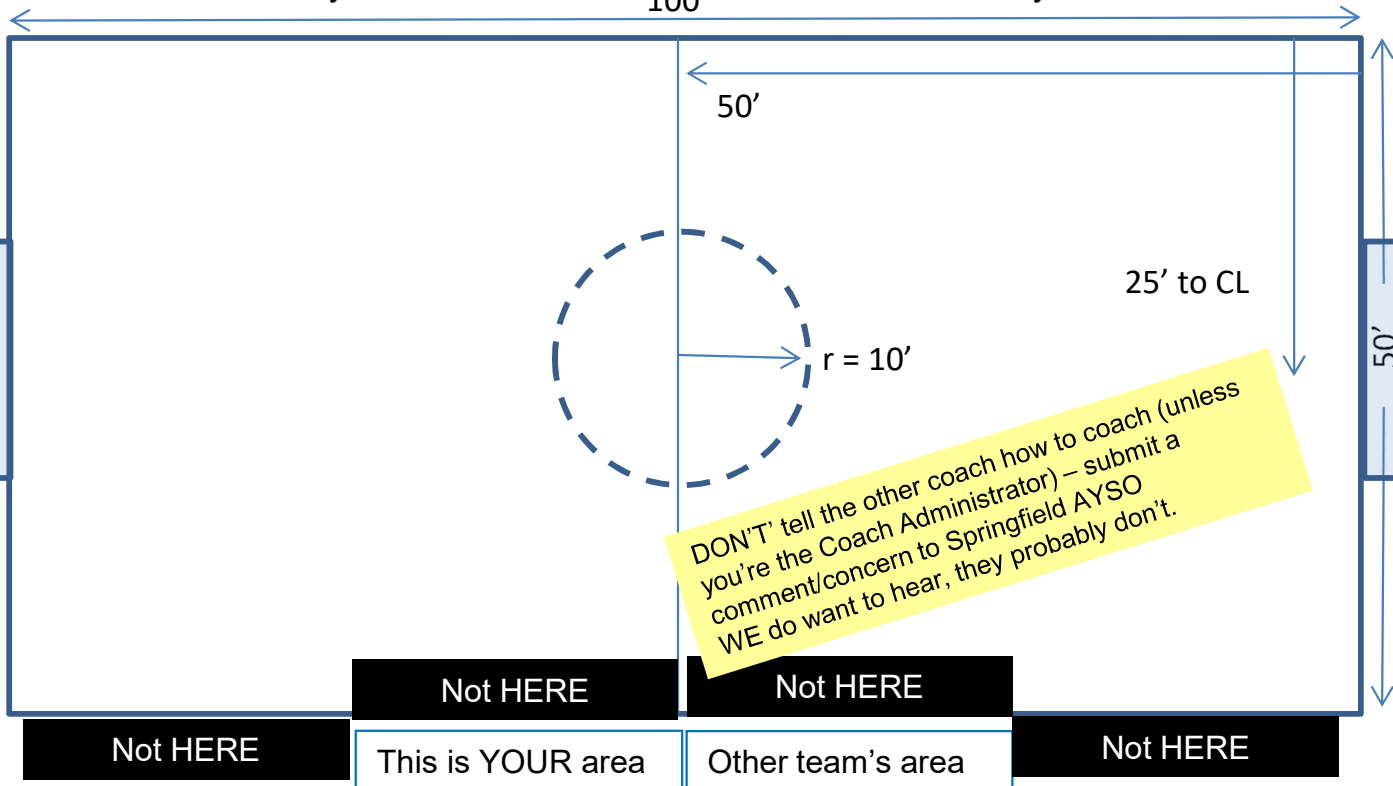
Friends and Family of both teams

100'

Friends and Family of both teams

Photographers ONLY

Photographers ONLY



Organizing your Coaching Staff

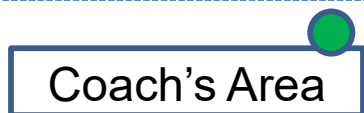


If you are both coaching the Offense . . . who's coaching the Defense?

- Offensive Coach – best time to reinforce coaching strategy is when your forwards are 'resting' (i.e. while your team is on defense)
- Bench Coach – your role is to keep the benched player's heads in the game. Be aware of the game in case an injury substitution is needed. Try to answer their questions and allow the Offensive and Defensive Coaches to control the game
- Defensive Coach – best time to reinforce coaching strategy is when your Defenders are 'resting' (i.e. while your team is on offense).



- Offensive Coach – best time to reinforce coaching strategy is when your forwards are 'resting' (i.e. while your team is on defense)
AND you're the **Bench Coach** when you're team in on defense.
- Defensive Coach – best time to reinforce coaching strategy is when your Defenders are 'resting' (i.e. while your team is on offense).
AND you're the **Bench Coach** when you're team in on offense.



- If you are the only coach, I would suggest that you look for some one that comes to practices frequently that you might be able to utilize as a Bench Coach