Week of July16– U7-U8

Information	Images
Organization: A 25mx25m field. 10 players. **Procedure**: Encouraging players to do different soccer movements such as running, shuffling, running backwards, and jumping. **Progression**: This activity could be done with the ball.	
Organization: Place 2 cones side by side 10 m apart. Lay out 4 poles 50 cm intervals, starting 3 m in front of the starting cones. Players lineup in 2 equal teams behind the starting cone. **Procedure**: On the coach's signal, first player from each line, shuffle between poles and run back to the end of the line. **Progression**: Same activity using soccer ball, and finishing with shooting.	
Organization: A 20mx20m field. Place 4 cones inside the grid to make a 5mx5m square. Players line up in equal numbers at each comer. Each player has a ball. **Procedur**e: At coach's signal, first player of each line will dribble around the near cone and return to their line. Progression: Player dribble to near cone, and do a fake move, and dribble to a Cone on the right or left.	
5V5 with the Retreat line. **Organization**: Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line. 2 goals are located at each end **Procedure**: Once the ball goes out for a goalkick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live. When scoring a goal team in possession has two goals to score on. If you have odd numbers you can have the extra player become a neutral player in the game who plays for the team in possession.	