



Session Guide Introductory Phase: U6 - U8



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INTRODUCTION

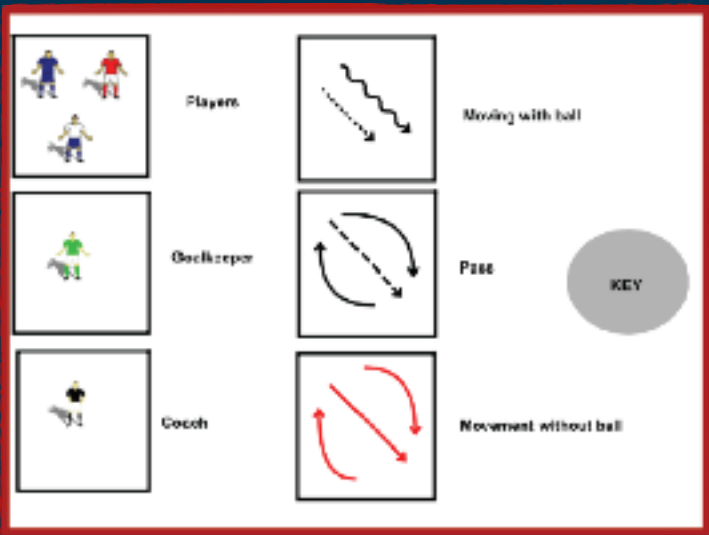
Dear Coach,

Welcome to a new season with your U6-U8 team. In this manual you will find session plans to take you through your entire season. Each session is specifically designed for players in the Introductory Phase of Development, with progressions allowing you to keep things challenging for every skill level.

Session plans consist of two activities, building in pressure, until the session concludes with 15 minutes of small sided/free play. There is also a separate warm up page, which has three warm ups focusing on maximizing touches.

Coaching coordinators will send out a recommended order in which to run the sessions throughout the season.

This manual should be used alongside the 24-7 Technique Guide for Players and Coaches, as this contains the breakdown of all techniques used in this resource. Fig. 1 shows the symbols used in the diagrams, so that the activities in the sessions are even easier to understand.



We are sure you will find this a useful resource when working with your team(s) and assisting in the development of the players, allowing them to flourish in a fun and relaxed environment.

Sincerely,

24-7 UK Soccer Academy

Coach

Session date

Team/Age Group

Theme Warm Up's:
Three Different Choices.
Emphasis is on the players getting as many touches on the ball as possible.

Time available



Explanation:

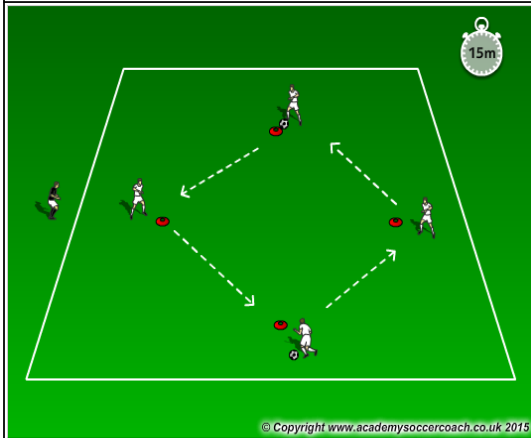
- 20x20 Grid
- Players dribble the ball in the area, when the coach says 'Go', the players must try and kick each others ball out while protecting their own. Person with ball at the end wins.

Add numbers which should be called out throughout to increase there touches.

1. Toe Taps
2. Boxes
3. Accelerate with ball for 3 seconds.
4. V's
5. Box-Box-Roll

Progression:

- Make the grid smaller
- If no-one is attempting to kick other balls out, add a Defender.

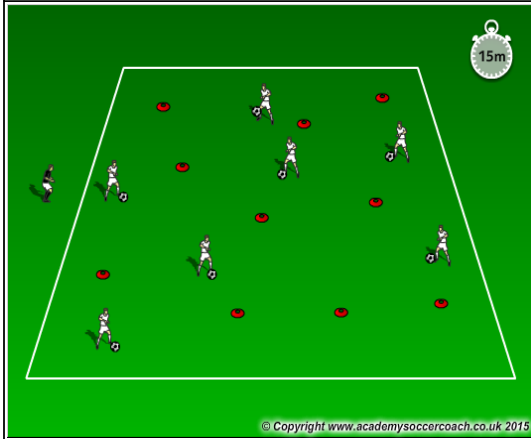


Explanation:

- Players set up in a diamond formation (this will give the players a good idea when it comes to setting up in a game)
- Start with one ball.
- Player passes ball then follows pass to the next cone.
- Players encouraged to take three touches, 1. to control, 2. to set up, 3. to pass (some players may only need two touches).
- Change direction.

Progression:

- Add a second ball.



Explanation:

- Each side of the grid will be given the name of a soccer team.
- Cones placed inside the grid randomly.
- Players dribble in the grid, when coach calls out a soccer team, players have to dribble to that side.
- If player dribbles into a cone, must perform fivetoe taps before continuing.
- Use numbers from warm up one to get additional coaches.

Progression:

- Make it a competition, players must make it to the side in under 5 seconds.
- Last player to the side has to do 10 boxes.

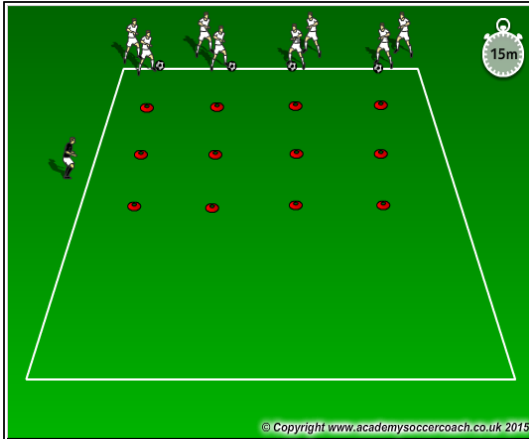
Action Points/Notes:

1 Ball per Player

As many touches as possible during every warm up.

During the sessions make sure the coach calls out the numbers. Can add a few different numbers if coach has a few ideas.

Coach	Alex King	Session date		Team/Age Group	U6-8
Theme	Basic Dribbling 1 Teach Players how to dribble the ball under close control with different parts of the foot.			Time available	60 Minutes



Explanation:

- Players must dribble the ball around the cones in their lane. When they get past the last cone dribble ball to the back of their line.
- Use different parts of the feet (Inside, Outside, Soul, Laces).
- Use both feet.

Progression:

- Make it a competition (left foot only, inside only).
- Put cones closer together.



Explanation:

- 20x20 Grid.
- White (Attackers).
- Blue (Defender).
- White must dribble to the other end of the grid.
- Blue must steal the ball and knock it out of the square, using their feet.
- If defender steals the ball from the attacker then that attacker becomes defender.
- Last attacker left wins.

Progression:

- Make grid smaller or bigger depending on success.
- Add extra defender(s) to start.
- Non preferred foot only.



Explanation:

- Play 5v5.
- Play against team opposite (1 GK and 4 on the field).
- Depending on numbers and coaches discretion, use subs and rotate or play more on the field.
- Players should play an 'airplane formation'
 - Tail (defender)
 - Nose (forward)
 - Wings (left and right midfield)

Progression:

- Add conditions based upon session theme.
- Put some gates in for players to dribble through for an additional goal.

Action Points/Notes:

1 Ball per player
12 cones.

Focus on players keeping the ball under close control and not just kicking and chasing it. Small touches to keep the ball under control.

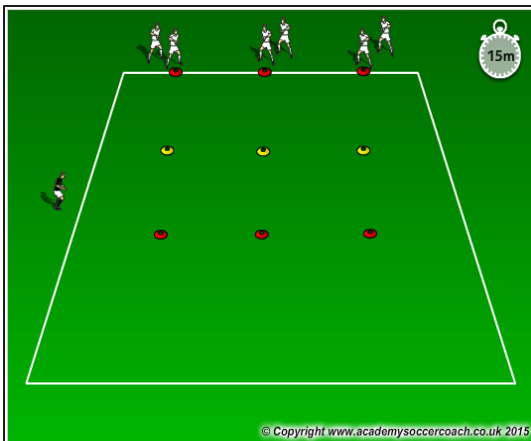
Coach

Session date

Team/Age Group

Theme

Time available

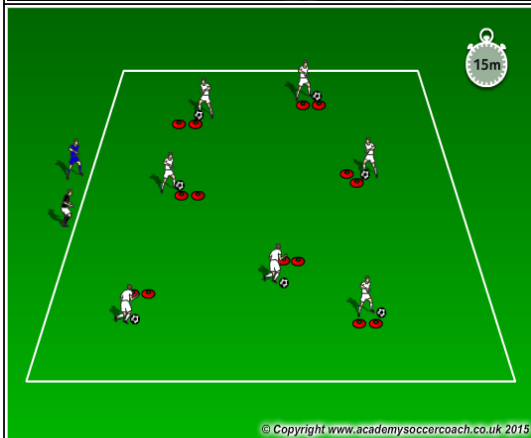


Explanation:

- Place cone in the middle 5 yards away from either end.
- Player starts with the ball and dribbles up to the yellow cone
- When at cone, player does a move past it and dribbles to opposite red cone.
- Next player goes, once partner is at opposite red cone.
- When both players have gone, repeat on the way back.
- Start with 'Matthews Move' and then progress onto 'Scissors'

Progression:

- Increase pace of approach to the cone.
- Do moves on both right and left foot.
- Have players start at opposite cones and go at the same time.



Explanation:

- Players must dribble to the cones and go around as many different cones as they can in a designated time.
 - Players must use either the 'Matthews Move' or 'Scissors'.
 - Players must use a certain part of the foot.
- Attackers count the number of cones they go around.

Progression:

- Make it a competition, first player to do 5 moves correctly.
- Add a Defender to tag Attacker on the shoulder to get a point. Attacker has to do 10 toe taps before continuing after getting tagged.



Explanation:

- Play 5v5.
- Play against team opposite (1 GK and 4 on the field).
- Depending on numbers and coaches discretion, use subs and rotate or play more on the field.
- Players should play an 'airplane formation'
 - Tail (defender)
 - Nose (forward)
 - Wings (left and right midfield)

Progression:

- Add conditions based upon session theme.

Action Points/Notes:

1 Ball per player
14 Cones.

Focus on breaking down the technique of each move. Emphasis on the execution of each move.

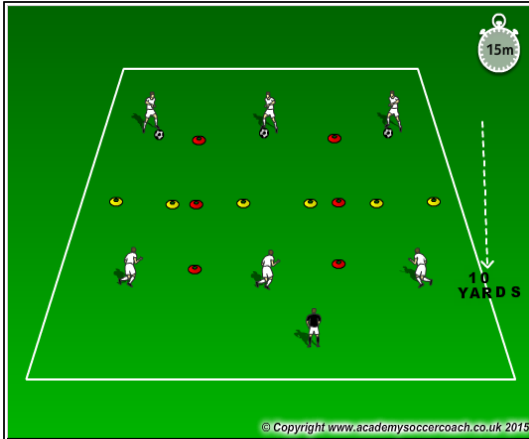
Coach

Session date

Team/Age Group

Theme

Time available

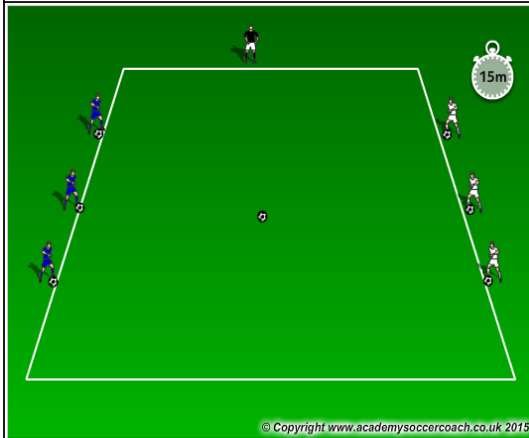


Explanation:

- Players both start five yards away from middle gate.
- Players in pairs, with one ball between two.
- Players take it in turns trying to pass between the two cones.
- Point awarded if pass goes through the gate.
- Play for one minute against partner.
- Switch partners after one minute.

Progression:

- Increase distance
- Players to use non preferred foot



Explanation:

- 10x10 Grid.
- Split teams into two. Each player with a ball.
- One ball in the middle (preferably a different colour)
- Players must stand behind their line and pass the ball, with the inside of the foot, trying to hit the ball in the middle.
- Each team is trying to knock the ball in the middle past the oppositions line.
- Players can go in and get any ball, but cannot touch the middle ball, or pass from in front of the line

Progression:

- Increase/decrease distance, depending on ability
- Have coach pass the ball across the grid, forcing players to hit a moving target.



Explanation:

- Play 5v5.
- Play against team opposite (1 GK and 4 on the field).
- Depending on numbers and coaches discretion, use subs and rotate or play more on the field.
- Players should play an 'airplane formation'
 - Tail (defender)
 - Nose (forward)
 - Wings (left and right midfield)

Progression:

- Add conditions based upon session theme.

Action Points/Notes:

1 Ball per player
12 cones.

Focus on players making contact with their inside of the foot only. Make sure non kicking foot is just beside ball, pointing to the target.

Coach	Alex King	Session date		Team/Age Group	U7/8
Theme	Basic Passing 2: -Teach players the correct technique of a push pass.			Time available	60 Minutes

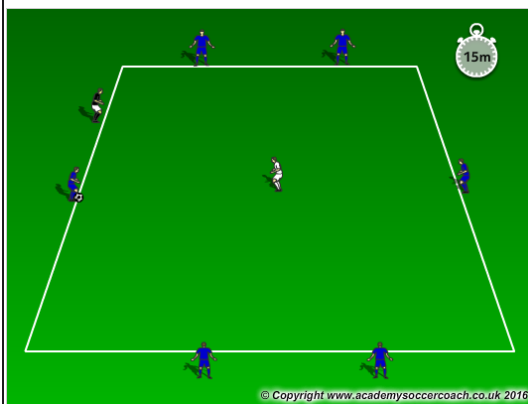


Explanation:

- 20x20 Grid
- Everyone has a ball
- On Coach's command White players have to dribble the ball to the other side.
- Blue team must stand behind the line and pass the ball in attempting to hit the white players ball or feet.
- If white player ball or foot is hit they become one of the Blue players until one White is left.
- When white make it to the other side, blue players collect the balls and get ready to go again.

Progression:

- Make grid smaller



Explanation:

- 30x20
- Have one player as the defender (white)
- The remaining players are the attackers (blue), trying to keep the ball away from the defender.
- If defender wins the ball, change defender. Attacking players stay on the outside of the square.
- If Attacking team can make 5 passes they get a point, if the Defender steals the ball they get a point. Defender can only steal ball from pass, can't pressure outside players when they have ball.

Progression:

- Add extra defender.
- Make grid smaller or bigger depending on success.
- Give attackers touch limit, encourage them to pass more instead of dribbling.



Explanation:

- Play 5v5
- Play against team opposite (1 GK and 4 on the field)
- Depending on numbers and coaches discretion either have subs and rotate or play more on the field.

Action Points/Notes:

- 1 Ball per player
- 12 Cones.

Focus on players making contact with their inside of the foot only. Make sure non kicking foot is just beside ball, pointing to the target.

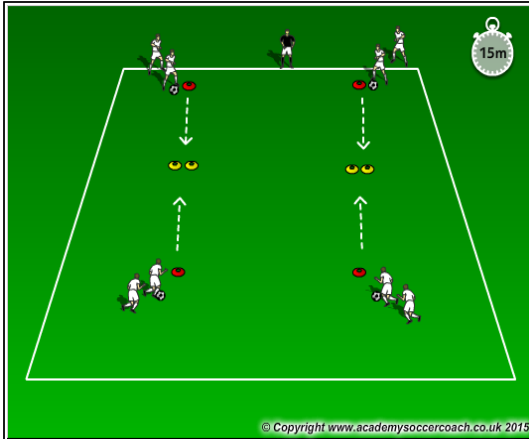
Coach

Session date

Team/Age Group

Theme

Time available

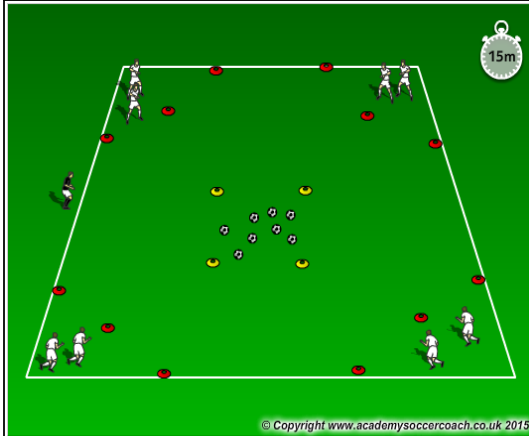


Explanation:

- Players split up into four lines
- Players dribble towards the two cones, perform the turn then dribble back to their partner.
- Players can start by walking up to the cones, then increasing the speed when comfortable.
- Coach selects turn to be performed.

Progression:

- Perform turns with weaker foot.



Explanation:

- Stick all the balls in the coned area in the middle of the grid.
- Split the group into four teams. (If not enough players just use 2/3 teams)
- One player at a time from each group comes into the middle, performs a turn on the ball, then dribbles back to his team. Next player does the same.
- Continue until all the balls are gone. Put balls back and repeat.

Progression:

- Make it a competition. Team with most balls at end of the game.
- Players may only perform a certain turn



Explanation:

- Play 5v5.
- Play against team opposite (1 GK and 4 on the field).
- Depending on numbers and coaches discretion, use subs and rotate or play more on the field.
- Players should play an 'airplane formation'
 - Tail (defender)
 - Nose (forward)
 - Wings (left and right midfield)

Progression:

- Add conditions based upon session theme.

Action Points/Notes:

1 Ball per Player
16 cones.

Focus on correct technique of each turn, making contact on the correct part of the ball with the correct part of the foot.

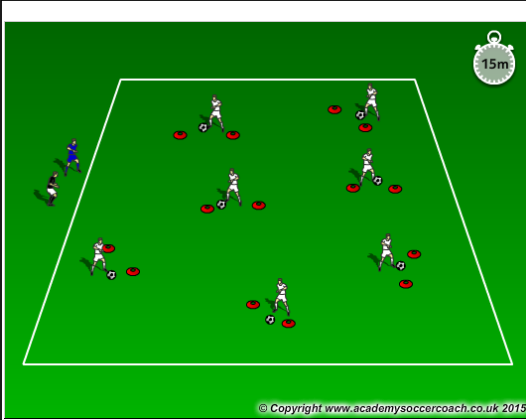
Coach

Session date

Team/Age Group

Theme **Basic Turning 2:**
-Recap the 3 turns (drag back, inside and outside hook). Look to perform these under a bit of pressure.

Time available

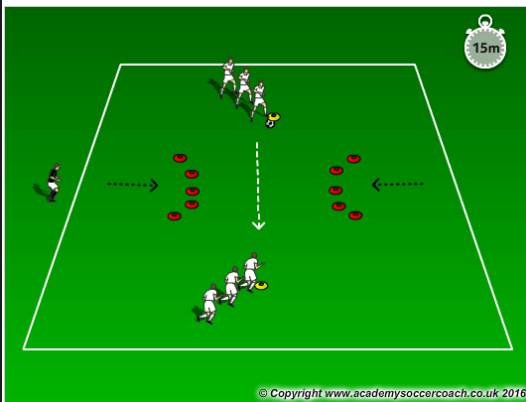


Explanation:

- Spread out cones spaced 2 yards apart inside the grid
- Players must practice the 3 turns
- Players must dribble through the gate then do a turn back through it. Encourage them to take the ball in a straight line when performing the turn.

Progression:

- Make a competition, how many turns in 1 minute.
- Add a defender, defender has to tag an attacker, if so attacker has to do 10 toe taps before continuing.
- Attackers count how many gates they dribble through, defenders count how many attackers they can tag.



Explanation:

- 20x20 Grid
- 2 sets of goals.
- Can only score in the direction of the black arrow.
- Player passes ball to target opposite then goes to defend. If defender wins ball they become the attacker.
- Rotate, so players start as both an Attacker and a Defender.

Progression:

- Add extra goals if players aren't having success



Explanation:

- Play 5v5
- Play against team opposite (1 GK and 4 on the field)
- Depending on numbers and coaches discretion either have subs and rotate or play more on the field.

Action Points/Notes:

1 Ball per player
14 cones.

Focus on the execution of the turns making sure they turn away from pressure.

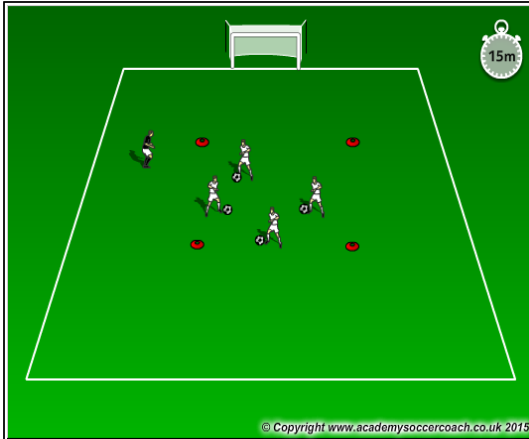
Coach

Session date

Team/Age Group

Theme

Time available



Explanation:

- 15x15 Grid.
- Players dribble inside red square.
- Coach calls out a players name; that player dribbles out of the square to goal and shoots.
- Player retrieves ball and goes back into the square to continue dribbling.
- Start without GK, working on laces technique.

Progression:

- Use weaker foot.
- Shot must be taken under 5 seconds after the coach has called out the name.
- Add GK
- Add a line for players to shoot behind

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Explanation:

- Two lines going at the same time.
- Players start at the Yellow cone (10 yards away) and dribble the ball towards the next yellow cone (5 yards away), before shooting on goal.
- Players get ball and join the back of their line.
- Rotate GK's

Progression:

- Increase distance.
- Shoot with non preferred foot only.
- Make a competition. Play against other team. First team to three goals wins.

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Explanation:

- Play 5v5.
- Play against team opposite (1 GK and 4 on the field).
- Depending on numbers and coaches discretion, use subs and rotate or play more on the field.
- Players should play an 'airplane formation'
 - Tail (defender)
 - Nose (forward)
 - Wings (left and right midfield)

Progression:

- Add conditions based upon session theme.

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Action Points/Notes:

1 Ball per Player
6 cones.

Focus on shooting with just the laces part of the foot. Keeping toe pointing down and making contact with the center of the ball.

Coach

Session date

Team/Age Group

Theme

Time available

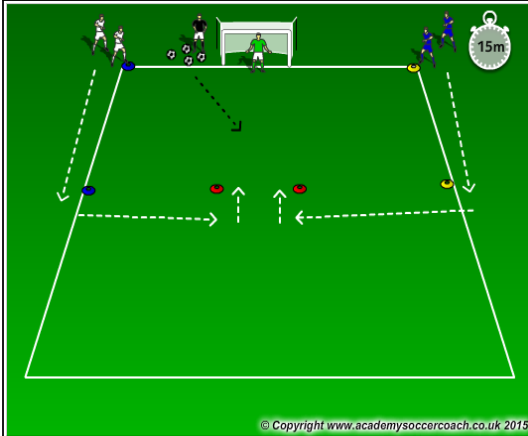


Explanation:

- Players split up as shown.
- No GK to start with.
- White plays to white. Blue plays to blue.
- Cones 10 yards out from goal.
- Players play ball to teammate, who takes a touch to set up a shot on goal.
- Change lines after shot.

Progression:

- Add GK.
- Use weaker foot.
- Increase distance



Explanation:

- Coach stands beside goal with soccer balls.
- Two lines starting 10 yards either side of the goal.
- Two cones 10 yards away from the goal.
- Players split into two lines, and given a number.
- Coach calls a number, player from each line has to run down and around cone, then must run through the 2 red cones (see line on diagram)
- Coach will throw ball in and 2 players will compete 1v1 against each other to score in the goal.

Progression:

- Call two numbers at the same time.
- Add a defender



Explanation:

- Play 5v5.
- Play against team opposite (1 GK and 4 on the field).
- Depending on numbers and coaches discretion, use subs and rotate or play more on the field.
- Players should play an 'airplane formation'
 - Tail (defender)
 - Nose (forward)
 - Wings (left and right midfield)

Progression:

- Add conditions based upon session theme.

Action Points/Notes:

1 Ball per player
6 Cones.

Emphasis on using the laces part of the foot on contact. Keep toe pointing down and make contact with the center of the ball.

Coach

Session date

Team/Age Group

Theme

Time available

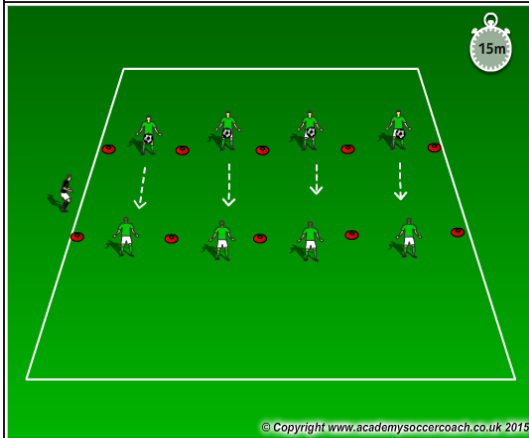


Explanation:

- 20x20 Grid
- Players jog around the grid with a ball in their hands.
- Work on:
 - throwing the ball in the air and catching.
 - bouncing the ball and catching.
 - throwing the ball to the side and diving on it.

Progression:

- Take some balls out.
- Players perform the same activities, but throwing to each other.



Explanation:

- Players in pairs (10 yards apart).
- Each player is in between a set of cones (5 yards apart)
- Players are throwing the ball at each other working on:
 - Knee down (long barrier)
 - Scoop (into chest)
 - W (with overlapping thumbs)

Progression:

- Players can kick instead of throw.
- Make it a competition. Try and score past your partner.



Explanation:

- One GK
- Players split up into 2 groups.
- Stand behind blue cones (10 yards outside GK circle)
- Starting from the left to right, one player dribbles up to the GK arc and shoots.
- Player from next line then repeats, and so on.
- After shot, player joins back of same line.
- Rotate GK.

Progression:

- Make a competition. 1st team to make 3 goals.

Action Points/Notes:

15 Minutes to Scrimmage at the end.

1 Ball per Player

10 Cones

Focus on correct hand positioning, and getting body behind the ball

Coach	Alex King	Session date		Team/Age Group	U6-8
Theme	Conditioned Games Players face off in 1v1, 2v2 situations. Encouraged to show skills from previous weeks.			Time available	60 Minutes



Explanation:

- Two Goals
- 1v1
- Blue passes ball to white, white controls and attacks Blue's goal.
- If Blue steals ball, looks to attack White's goal.
- Rotate so players start as both Attacker and Defender.

Progression:

- Make it a competition.
- Attack vs Defense. 1st team to 5 Goals.



Explanation:

- Two Goals
- 2v2
- Blue passes ball to white, white controls and attacks Blue's goal.
- If Blue steals ball, looks to attack White's goal.
- Rotate so players start as both Attacker and Defender.

Progression:

- Make it a competition.
- Attack vs Defense. 1st team to 5 Goals.



Explanation:

- Play 5v5.
- Play against team opposite (1 GK and 4 on the field).
- Depending on numbers and coaches discretion, use subs and rotate or play more on the field.
- Players should play an 'airplane formation'
 - Tail (defender)
 - Nose (forward)
 - Wings (left and right midfield)

Action Points/Notes:

- 1 Ball per player
- 6 cones
- 2 Tall cones
- Focus on free play, encouraging the players to express themselves.

Coach

Session date

Team/Age Group

Theme

Time available



Explanation:

- Play 5v5.
- Play against team opposite (1 GK and 4 on the field).
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Action Points/Notes:

- Warm up.
 - Select one from warm up page, or use an activity from one of the session plans.
- 3 x 15 minute scrimmages (play against other U8 teams practicing at same time)
 - If no other teams of same age group, mix players and play amongst own team.