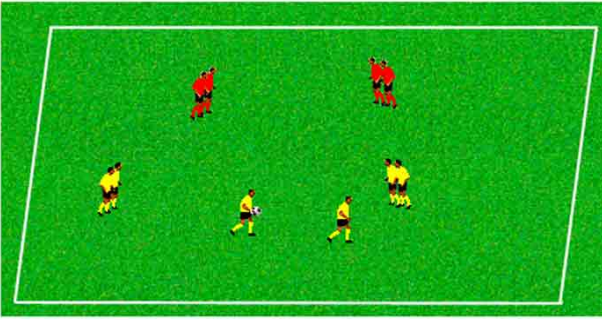



## Indiana Youth Soccer Association Lesson Plans

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**Age Group: U7**

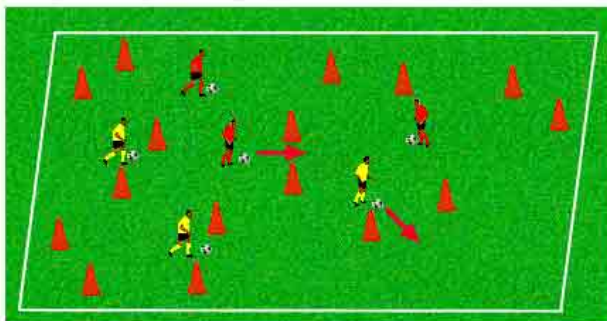
**Topic: Dribbling-Changing Direction**

Activity Name	Diagram	Purpose/Coaching Points
<p><b>Warm-Up</b> “Elbow Tag”</p> <p>Players partner up with someone. One pair is split at first. The pair that is split, one person is it, the other is not it. The “it” person tries to tag the person that is free. The “free” person can be safe if the hook up with one of the two partners that are hooked together at the elbows. At that moment, the person on the opposite end has to release and run.</p>		<ul style="list-style-type: none"><li>-warming up</li><li>-change of direction</li><li>-can they think ahead</li><li>-cooperation</li><li>-FUN</li></ul>
<p><b>Match Related</b> “School of Fish”</p> <p>All players have a ball. Four people that may be coaches and/or parents each go on a side of the square. The parents/coaches are instructed to raise their arms and when the players get close to them, put their arm down in which another parent/coach may raise their arm up. The players are instructed to dribble towards the arm that is up.</p>		<ul style="list-style-type: none"><li>-Dribbling w/head up</li><li>-Dribbling and changing direction</li><li>-When they go right—use rt foot</li><li>-When they go left—use lt foot</li><li>-Keep the ball a “legs length” away.</li></ul>

**Match Related****“Gates”**

Make gates inside the grid about 3 yards apart. You can even let the players do it for you. You make at least one more gate than the amount of players. Players are instructed to dribble through as many gates as possible.

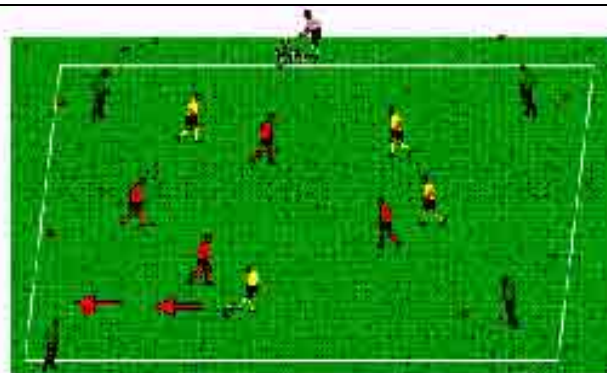
After several rounds-Add gate blockers in which players/coaches run and simply block a gate. The player arriving at that gate has to go to a new one.



- Dribbling w/head up
- Dribbling and changing direction
- Can they change direction quickly after going thru a gate?

**Match Related****“Gate Keepers”**

The coach makes 4 gates with cones approximately 3-5 yards wide. A player is placed inside or in between each gate. Three teams of 2-4 Inside the playing field, play 2v2, 3v3 or 4v4. The coach plays a ball in and then points, does not yell to a gate. The person in the gate that the coach points to steps out of the gate. This is the target gate that both teams are trying to get to. They score when the ball passes through the gate. The player that was in the gate does not try to block the ball, simply step out! If the ball goes outside, the coach plays in another ball and then points to a new gate.



- Dribbling w/head up
- Dribbling and changing direction
- Can they change direction to find an open gate?

**Match Condition  
Game****4v4**

- Encourage them to “Be Brave” and to dribble.

