



WYSA Session Plans:

7v7

U10(3rd and 4th Grade)



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What makes a session have a good flow?

Here are some things to consider:

- 1. Preparation - Understanding the session plan and setting up your training.*
- 2. Knowing Your Players - Adapt to each personality.*
- 3. Demonstrations - Be the example, or use Assistant Coach/Technical Director or players to demonstrate drills and concepts.*
- 4. Modifications - Knowing when to progress or regress.*
- 5. Communication - Be sure to ask questions and be open to feedback.*



Coaching Tips:

Transfer Knowledge into understanding

1. “EYES ON ME!”

Get their attention. Acknowledge children that are paying attention. “Catch them being good.” Consider kneeling to get eye level.

2. LIMIT INFORMATION TO 1-2 POINTS AT A TIME

Teach in small bits at a time. Example: “When turning the ball your foot should hug it.”

3. CHECK FOR UNDERSTANDING

Have the players “show you” instead of asking them “Does that make sense?” Say, “Let me see you try.” Example: Have them show you how to do a pass in slow motion.

4. BE POSITIVE

Be specific with praise! Example: “Cindy, that’s great to have your head up while dribbling.

5. SMILE

Be enthusiastic! Remember that children won’t care what you know until they know that you care.

Reference: United Soccer Coaches, 4v4 Diploma: Philosophy



Play - Practice - Play

Using the Play - Practice - Play method allows a coach to establish an objective during match conditions.

“We need our younger players to “play” freely more in training. This method allows more “free” play but then also gives the opportunity to teach using activities in the middle (isolation method) before going back to the game.”

-Vincent Ganzberg

DOC Indiana Youth Soccer

US Soccer Coaching Education National Staff

NSCAA National Staff



Play - Practice - Play Implementation

1. *Set up multiple 3v3, 4v4 fields with cones, or puggs based on roster numbers (Lay out training vest/pinnies, and balls on each field).*
2. *Bring players in together as a group - Provide the training objective/theme.*
 - *“In this game I want to see if you can look to take players 1v1 and penetrate into the final 1/3 using the dribble to create scoring opportunities.....”*
3. *Coach in the flow.*
4. *Use Proper Coaching Cues - Head up, Control>Speed, Turn, Dribble, Pass, Shoot...etc.*

Play - Practice - Play



Set up multiple 3v3, 4v4 fields with cones, or puggs based on roster numbers (Lay out training vest/pennies, and balls on each field)

Bring players in together as a group - Provide the training objective/theme:
Example - "In this game I want to see if you can look to take players 1v1 and **PASS** to your teammates to create scoring opportunities..."

Key Coaching Cues:

- Head up!
- Dribble or Pass into space or to teammates feet.
- Control > Speed

Play - Practice - Play Scrimmage

Each Session can end w/ scrimmage against another WYSA team of same age group. Discuss with another Coach before practice or during a water break to coordinate.





Positional Numbering System

Recommended System for 7v7:

1-3-2-1





Positional Numbering Areas of Play

#1 Goalkeeper

Attack:

- *Make penetrating passes up field if possible to space for teammate*
- *Make possession passing to teammate's feet*
- *Act as support/outlet for teammates while in possession*

Defense:

- *Collect serves in playing area with feet or hands*
- *Collect shots on goal*
- *Organize #4, #5, and #8 while transition to defend, and during defense*





Positional Numbering Areas of Play

#5 Left Back

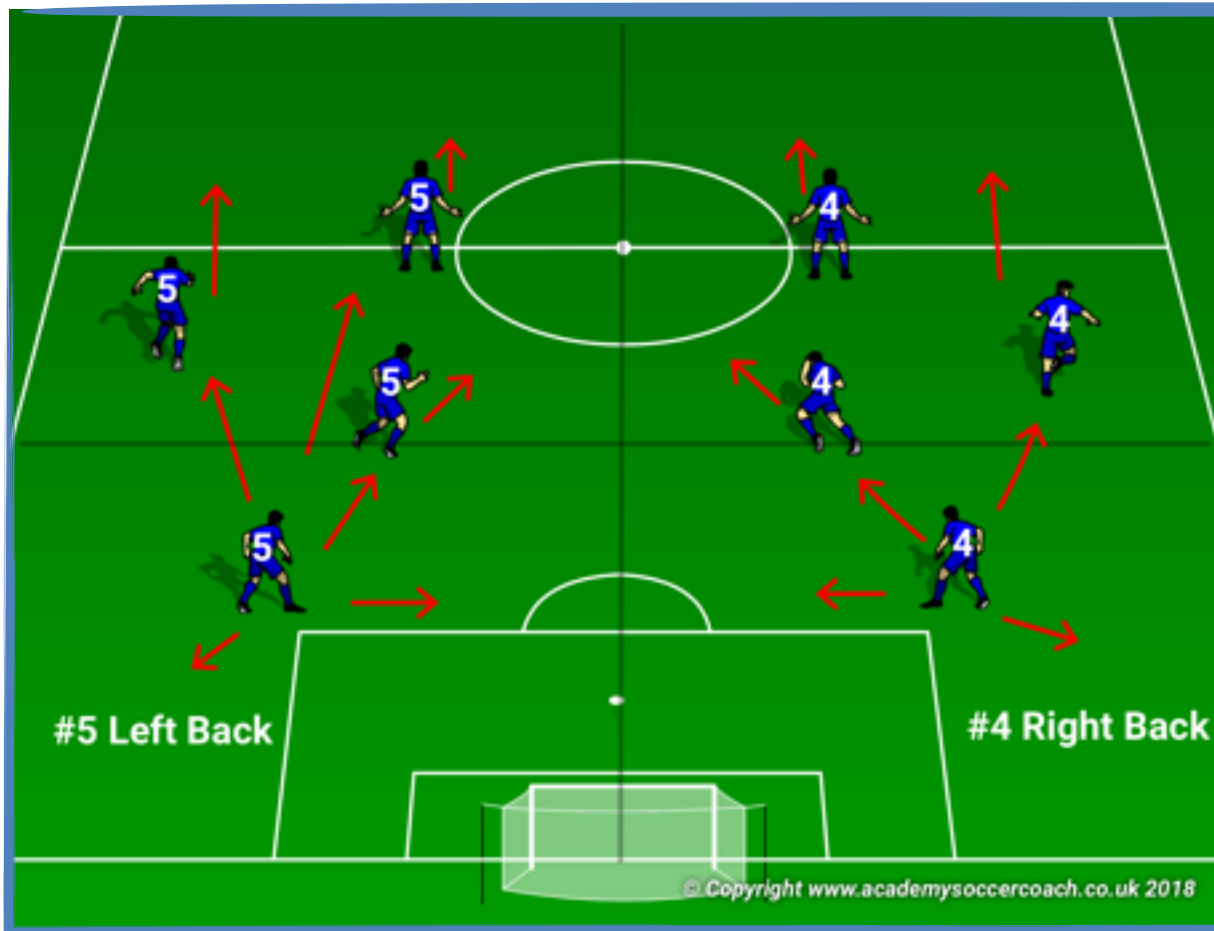
#4 Right Back

Attack:

- Penetrate through combinations or dribble
- Provide services/scoring chances from wide areas
- Connect/Support #1, #8, #7, #11, and #9

Defense:

- Provide pressure on ball while other team is in possession
- Provide cover for #1, #8, #7, and #11
- Provide balance when defending during transition





Positional Numbering Areas of Play

#8 Central Midfield-Back

Attack:

- Penetrate with the ball via dribble, pass, shot
- Connect/Support #1, #4, #5, #11, #7, and #9
- Dictate penetration (going forward), or maintaining possession (sideways, or back)

Defense:

- Provide pressure on ball while other team is in possession
- Provide cover for #4, #5, #7, and #11
- Provide transition defense, and recover to defend the ball





Positional Numbering Areas of Play

#7 Left Wing

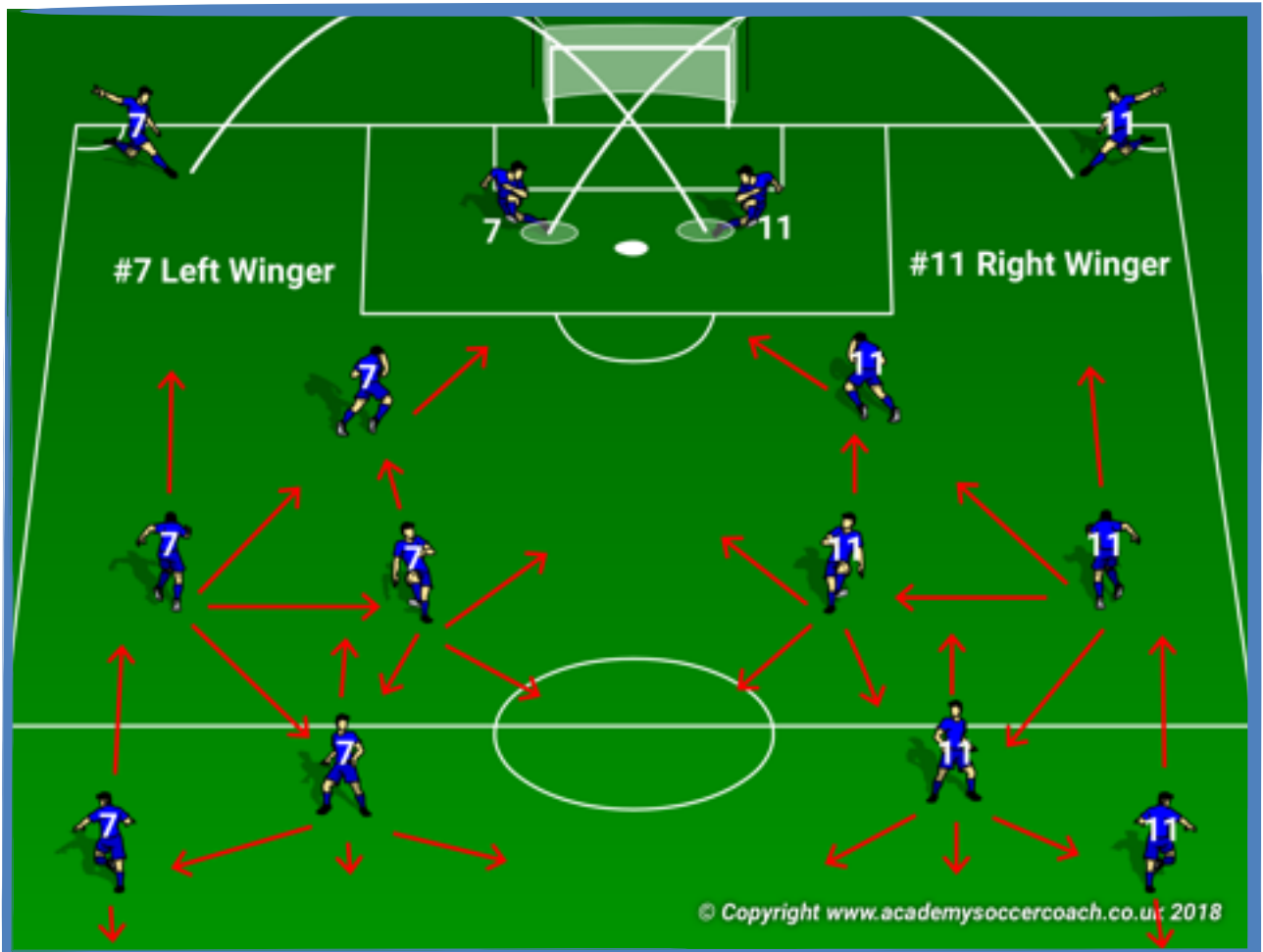
#11 Right Winger

Attack:

- Penetrate with the ball via dribble, pass, shot
- Provide services/scoring chances from wide areas
- Connect/Support #1, #4, #5, #8, and #9

Defense:

- Provide pressure on ball while other team is in possession
- Provide cover for #4, #5, #8, #9
- Provide balance when defending on weak side during transition





Positional Numbering Areas of Play

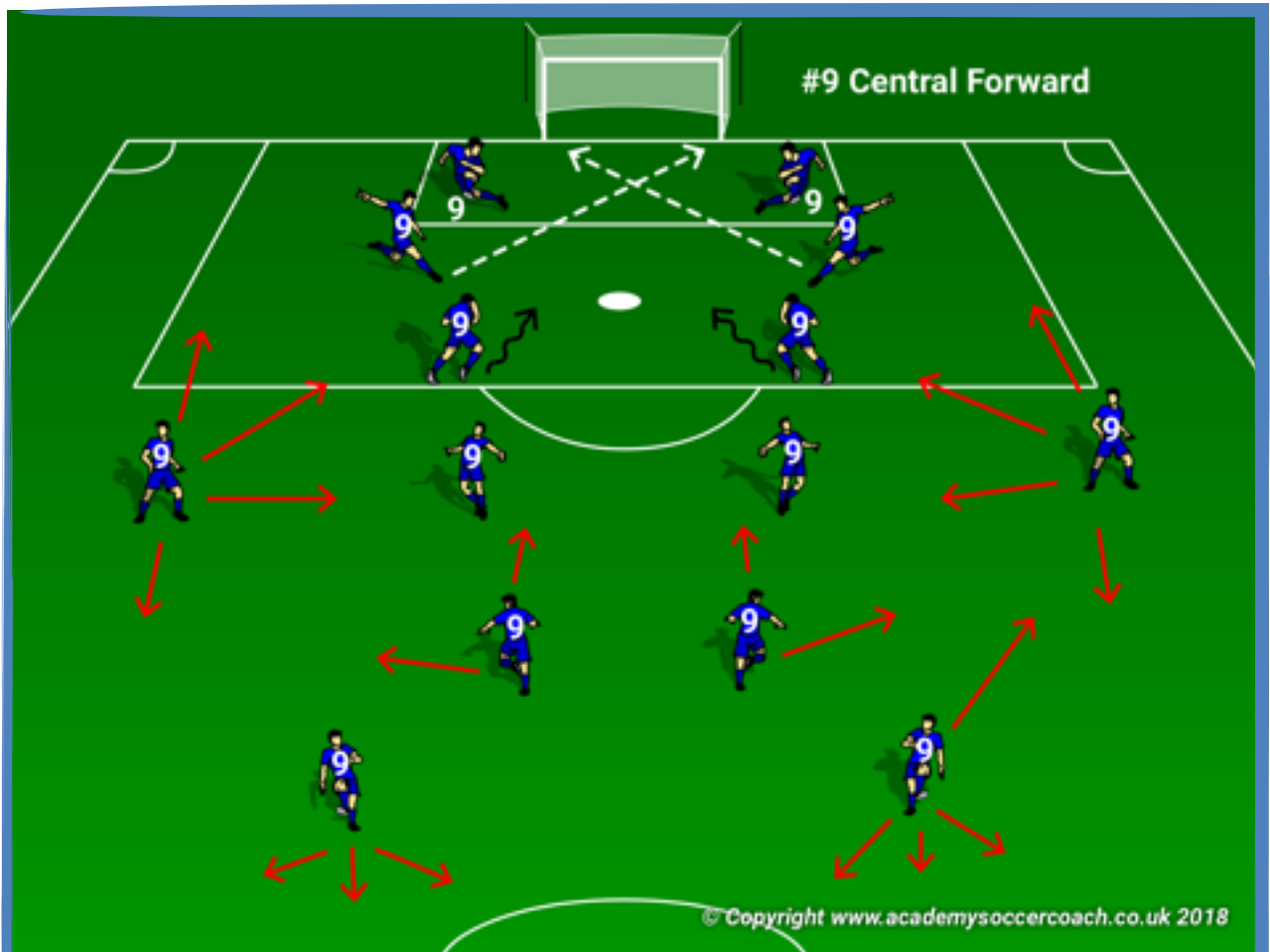
#9 Central Forward

Attack:

- Penetrate with the ball via dribble, pass, shot
- Act as outlet & support for #1, #4, #5, #7, #11, and #8
- Maintain possession (hold ball) vs unbalance defense (look to penetrate)

Defense:

- Provide pressure on ball while other team is in possession
- Try to immediately regain lost possession vs redirect pressure
- Pressure opposing #1, #4, #5, #7, #11, and #8 while in possession





Things to consider when planning a Session:

- 1. PREPARE SPACE FOR NUMBER OF PLAYERS**
- 2. DIFFERENTIATE ACTIVITIES BASED ON AGE/SKILL LEVEL**
- 3. CHANGE THE SHAPE AND THE SIZE OF AREA - SMALL SIDED GAMES**
- 4. USE ASSISTANT COACHES OR PARENT HELPERS**
- 5. LIMIT AMOUNT OF TOUCHES ON THE BALL - RESTRICTIONS**
- 6. ADD UNOPPOSED(NO PRESSURE) ZONES**
- 7. COUNTER ATTACK GOALS**
- 8. DIVIDE FIELD INTO ZONES**
- 9. PLAY WITH NUMBERS ADVANTAGE(OVERLOAD)**
- 10. ALLOW TIME TO TEACH SITUATIONAL/POSITIONAL PLAY**



WYSA 7v7 Session Plans

1. Name/Team: Session ONE

2. Topic: Individual Dribbling Skill Development - Protect the Ball - 1v1's

1a. Individual Dribbling

- Set-up small area for individual dribbling skills. Coach should demonstrate proper techniques using **LACES**, **INSIDE**, **OUTSIDE**, and **SOLE** of foot.
- Add turns - Inside/Outside Hook, Pull Back, Cruyff
- Add Pressure - Coach or player becomes **DEFENDER/S**

Coaching Cues:

Head Up - Dribble - Light Touch - Control > Speed



1b. Skill Game - Knockout

- Players inside the Goal Box not only **DRIBBLE** to avoid other players, they must try to "knockout" other player's balls. If your ball is kicked out, you either have to perform **FOUNDATION** to return, or you are out until next round!

Coaching Cues:

Head up - Dribble - Shield



2. 1v1's to Goal

- Set up 1 line of **ATTACKERS** and 1 line of **DEFENDERS** as shown in image. **DEFENDER PASSES** ball out to **ATTACKER**. **DEFENDER** follows **PASS** and creates **1V1** in goal box w/ **ATTACKER**.
- **DEFENDER** must **DRIBBLE** out of box.
- Switch lines after duration.

Coaching Cues:

Attack - Defend - Pass - Dribble - 1v1



3. Final Game

Play 7v7

- Set-up Scrimmage with another team.





WYSA 7v7 Session Plans

1. Name/Team: Session TWO

2. Topic: Dribble into Space - Passing/Receiving - 2v2's

1a. End-Zone Game w/ Targets

- Set-up two end zones about 20 yards apart (use width/length of area). Two Teams. Each team starts in their end-zone. Players from each team **DRIBBLE** across to opposing teams end-zone and try to knock down targets. Players **CANNOT** enter into opposing teams end-zone, although they must **DRIBBLE** back to their end-zone to recover a ball.
- Team that knocks down the most targets, **WINS!**

Coaching Cues:

Head Up - Dribble - Find Space - Inside Pass - Laces Shot



1b. End-zone Game Progression

- Make 2-3 teams of 3 or 4 players.
- Each team tries to score by either **DRIBBLING** or **PASSING** into the opposing team's end-zone.
- Play for points - **DRIBBLE** = 1 point **LEAD PASS** = 3 Points

Coaching Cues:

Dribble - Pass - Lead Pass



2. 2v2 to Goal

- Set up 2 lines of **ATTACKERS** and 2 lines of **DEFENDERS** as shown in image. **DEFENDER PASSES** ball out to **ATTACKERS**. **DEFENDER** follows **PASS** and creates **2V1** against **ATTACKERS**.
- **DEFENDER** must **DRIBBLE** out of box, or create **OUTLET PASS**
- Switch lines after duration.

Coaching Cues:

Attack - Defend - Pass - Dribble - 2v1



3. Final Game

Play 7v7

- Set-up Scrimmage with another team.





WYSA 7v7 Session Plans

1. Name/Team: Session THREE

2. Topic: Individual Dribbling Skills - Fun Game - 2v2 w/ Dribble into Space

1. Gate Dribbling

- Set-up multiple **GATES** around your area. Gates can be narrow or wide.
- **Progression 1** - Players must **DRIBBLE** thru **GATES** 1x performing 90degree turns using different surfaces(Inside, Outside, Sole)
- **Progression 2** - Players **DRIBBLE** thru **GATES** 2x performing 180degree turn using different surfaces(Inside, Outside, Laces)
- **Progression 3** - Players **DRIBBLE** thru **GATES** 3x performing a figure 8 around **GATE**.
- **Competition - Who can **DRIBBLE** thru the most **GATES**?*

Coaching Cues:

Head up - Light Touches to Keep Ball Close - Control > Speed



1b. Skill Game - Freeze Tag

- Coach or Players designated as Tagger. Players **DRIBBLE** and avoid Tagger/s. If tagged, **FROZEN** player must put foot on ball, and wait to receive high-five from teammate.
- Players can create a **GATE** for players to **PASS** thru in order to become **UN-FROZEN**.

Coaching Cues:

Head Up - Dribble - Find Space - Gate



3. 2v2 to 2 Goals/Gates

- Set up 2 lines of **ATTACKERS** and 1 line of **DEFENDERS** as shown in image. Coach **PASSES** ball out to either side. **ATTACKING** players must attempt to score in **PUGGS** or **DRIBBLE** thru **GATES** to score.

Coaching Cues:

Attack - Defend - Pass - Dribble - Shoot - 1v1 - 2v1



3. Final Game

Play 7v7

- Set-up Scrimmage with another team.





WYSA 7v7 Session Plans

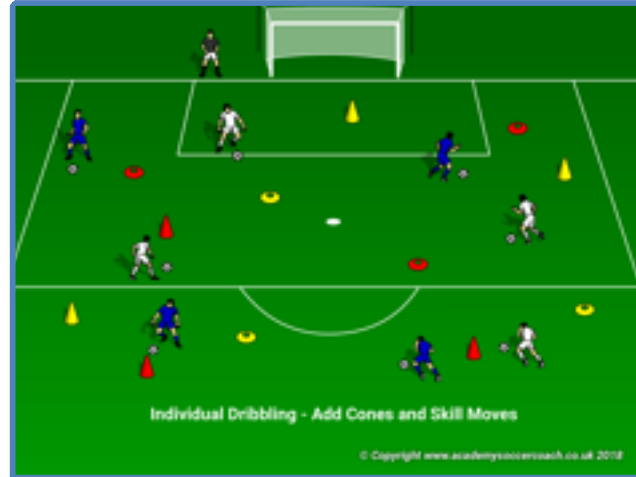
- 1. Name/Team: Session FOUR
- 2. Topic: Individual Dribbling Skills - 1v1 and Overloads

1. Individual Dribbling w/ Obstacles

- Set-up small area for individual dribbling skills. Coach should demonstrate proper techniques using laces, inside, outside and sole of foot.
- Add turns - Inside/Outside Hook, Pull Back, Cruyff
- Add Pressure - Coach or player becomes defender.

Coaching Cues:

Head Up - Dribble - Control > Speed



Individual Dribbling - Add Cones and Skill Moves

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2. Numbers Game

- Make two teams. For each team, designate each player with a number(1,2,3,..etc.) Coach delivers ball into space, calls out any number, and those players enter area to play 1v1-3v3. To avoid collisions send ball to wide areas.

Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot



Numbers Game

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3. Final Game

Play 7v7

- Set-up Scrimmage with another team.



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WYSA 7v7 Session Plans

1. Name/Team: Session FIVE

2. Topic: 1v1 - Overloads(2v1)

1. Fake to the Gate

- Use center marker(Pole/Cone). Make two **GATES** 10 yards to the left and right of center marker. Set-up two lines of players.
- No ball to start. Designate one line to be **ATTACKER** and the other **DEFENDER**. **ATTACKER** runs straight out to marker decides which gate to run thru. **DEFENDER** must react and try to TAG.
- Add ball to **ATTACKER**. Players must now dribble thru gates without losing possession of the ball.

Coaching Cues:

Head Up - Fake/Juke - Dribble - Attack - Defend - Control > Speed



2. 2v1 Overload

- Set-up two lines of **ATTACKERS** and one line of **DEFENDERS**.
- Coach starts by passing ball to **ATTACKERS** who are trying to score. If **DEFENDER** recovers ball, they can try to score in opposing team's goal, or dribble out thru gates. Or, they can pass to a Coach.

Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot



3. Final Game

Play 7v7

- Set-up Scrimmage with another team.



WYSA 7v7 Session Plans

1. Name/Team: Session SIX

2. Topic: Individual Dribbling Skills - Shooting - 3v2 Overload

1. Technical Dribble + Shoot

- Set up one line of players and two sets of obstacles one each side of the field. Designate a GK.
- First player in line becomes player to receive before set of cones. Player receives ball from center line player, who then becomes receiving player. Receiving player dribbles thru cones performing cuts/chops, then performs shot on goal.
- Switch sides or alternate sides for work on timing.

Coaching Cues:

Dribble - Head Up - Change Direction - Cut or Chop - Control > Speed



2. 3v2 to Goal

- Set up three lines of **ATTACKING** players and designate two **DEFENDERS** for a duration of time.
- Coach passes ball to any **ATTACKER** who then starts the 3v2 attack on goal. If **DEFENDER/S** recover ball they can transition to score Puggs.
- **TACTICS** - Encourage **ATTACKING** players to create 1v1 or 2v1 scenarios. Encourage **DEFENDERS** to protect the middle/goal by staying together.

Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot



3. Final Game

Play 7v7

- Set-up Scrimmage with another team.



WYSA 7v7 Session Plans

1. Name/Team: Session SEVEN

2. Topic: Understand the Game, Technical Development, and Fun!

1. 1v1 Duels + Knockout

- Each Player finds a partner. One Player is designated **ATTACKER**(ball) to start. His/her partner is the **DEFENDER**(no ball). The **DEFENDER** must work to try and recover ball from **ATTACKER**. If **DEFENDER** recovers ball from **ATTACKER**, the roles switch.
- Play 2-3 Rounds at 90 seconds.
- Progress to **KNOCKOUT**. Players inside the Goal Box not only dribble to avoid other players, they must try to “knockout” other player’s balls. If your ball is kicked out, you either have to perform foundation to return, or you are out until next round!

Coaching Cues:

Head Up - Dribble - Control > Speed



2. 1v1 to Goal w/ transition

- Set-up two teams of players. One player starts out by taking unopposed **SHOT** on GK. Once player **SHOOTS** on GK, they immediately transition to become **DEFENDER** of opposing team player. Creating a constant **1v1** scenario.

Coaching Cues:

- Attack - Defend - Dribble - Shoot - 1V1



3. Final Game

Play 7v7

- Set-up Scrimmage with another team.



WYSA 7v7 Session Plans

1. Name/Team: Session EIGHT

2. Topic: Understand the Game, Technical Development, and Fun!

1. Line Dribble and Passing

- Set-up 2 lanes w/ 4-5 players(2-3 on each end). First player in each line has ball.
- **Progression 1** - Players **DRIBBLE** to the opposite line and leave ball for next payer. Players stay in opposite line.
- **Progression 2** - Players **DRIBBLE** half-way and complete **PASS** to opposite line. Players follow **PASS** and run to opposite line.
- ***Progression 3** - Two Touch **PASSING**. First touch to control and second touch to **PASS**. Follow **PASS** and run to opposite line.

Coaching Cues:

Head Up - Dribble - Control > Speed



2. 4v2 to Goal w/ Counter Goals

- Set-up two teams. Designate 2 **DEFENDERS** and 1 **GK**. Rest of the players are **ATTACKERS**.
- Switch **DEFENDERS** every 2-3min.
- **ATTACKING** players utilize **DRIBBLE** and **PASSING** to try and score on goal. **DEFENDERS** protect goal/middle, and if recover ball are encouraged to score in counter Pugg Goals.
- ***Restrictions:** **ATTACKERS** must complete certain amount of passes before attempt to score.

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot - Find Open Space



3. Final Game

Play 7v7

- Set-up Scrimmage with another team.



WYSA 7v7 Session Plans

1. Name/Team: Session NINE
2. Topic: Build out from DEFENSE - 3v3

1. Technical Warm-up:

Build out from the DEFENSE

- Set-up each position using markers/cones. Portions are GK - DEFENDER - MID-FIELDER - STRIKER.
- Ball starts with the GK who rolls ball out to DEFENDER. DEFENDER RECEIVES and PASSES up and in to Center MID-FIELDER, who then PASSES out to Wide MID-FIELDER. Wide MID-FIELDER then finishes PASSING sequence to STRIKER. STRIKER DRIBBLES back to the start line(GK).
- Change PASSING sequence. Ex. Start with DEFENDER PASSING up to Wide MID-FIELDER first.



1. Small-Sided Activity - 3v2

Build out from the DEFENSE - 3v2

- Set-up 3 ATTACKERS and 2 DEFENDERS. This creates a 3v3 when utilizing the GK.
- DEFENDERS start w/ ball and try to successfully score in one of the two counter PUGG goals. If ATTACKING team recovers ball, they can try to score.
- Encourage DEFENDERS to DRIBBLE or PASS to help protect the middle of the field.



3. Final Game

Play 7v7

- Set-up Scrimmage with another team.





WYSA 7v7 Session Plans

- 1. Name/Team: Session TEN
- 2. Topic: Passing/Receiving Sequence - Possession

1. Technical Warm-up - Triangle Passing

- Set-up a few 10x10x10 triangles, and groups of 3 players.
- Players use proper **PASSING** and **RECEIVING** to move the ball in Triangle Pattern. Encourage players to find **SPACE** and play ball outside the Triangle.
- Players should use back foot to **RECEIVE** and **INSIDE** foot to **PASS**.
- *How many times can you rotate the ball around shape in 1min.?*
- Change rotation.



2. Small-sided Activity - 3v1

3v1 Possession

- Set-up 15x15 area. 3 players inside and 3 or remaining defenders line up outside corner. 1 defender passes ball into area. Players inside hold the ball with dribble, pass, and movement. If defender recovers or possessing players lose ball, 1 new defender re-starts.
- Switch teams every 3min.



3. Final Game

Play 7v7

- Set-up Scrimmage with another team.



WYSA 7v7 Session Plans

1. Name/Team: Session ELEVEN

2. Topic: Passing/Receiving Sequence - Possession

1. Partner Passing w/ Targets

- Set-up partners 15-20 yards away. Split partners w/ target cone. Players must try to knock down target with accurate **PASSING**. Teammate **RECEIVES** missed opportunity. *How many can you knock down in 1min?*
- Change distance of players.

Coaching Cues:

Head Up - Inside Pass - Receive



2. Partner Passing and 2v1's

- Set-up area with four goals. Split area in half w/ cones.
- Players partner up! Each set of partners are working to **DRIBBLE, PASS, and SHOOT** to score goals together. Once you score on one end, you and your partner must transition to the other side. Coach/s is there to be **DEFENDER**. If **DEFENDER RECOVERS** the ball, players must re-set their score.

Coaching Points:

- Dribble into Space - Pass w/ teammate -



3. Final Game

Play 7v7

- Set-up Scrimmage with another team.



WYSA 7v7 Session Plans

1. Name/Team: Session TWELVE

2. Topic: Passing/Receiving Sequence - Possession

1. 1v1 and 2v2's to PUGG Goals/Gates

- Set-up area w/ 4 PUGG Goals on each end. Split into two teams. Coach plays the ball in to either team.
- Play 1v1. **ATTACKING** player must **DRIBBLE** and **SHOOT** in opposing teams PUGG Goals. If **DEFENDER RECOVERS** ball, roles switch.

Coaching points

- Encourage players to **DRIBBLE** into **SPACE** using speed or **1v1** Skill.
- Create combination plays e.g give and go, overlap, crossover.
- **1v1** (**ATTACK** vs. **DEFENDER**)



3.4V3 - Play the Widths

- Set-up wide channels. Play 4 **ATTACKING** players vs 3 **DEFENDERS**(2 **DEFENDERS** + 1 **GK**)
- The ball must travel into the wide channels before entering the box for a shot on goal.

Coaching Points

- Find open space to stretch the **DEFENDERS**.
- Play wide before scoring!
- Speed of play



3. Final Game

Play 7v7

- Set-up Scrimmage with another team.





REPEAT!

“Repetition & routine are the bedfellows of success for young players”

For the remaining weeks, repeat previous sessions. Be creative! Add restrictions, obstacles, and/or more goals.

Players will succeed if they are given the chance to repeat familiar tasks.