



# WYSA Session Plans:

7v7

U10(2nd 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

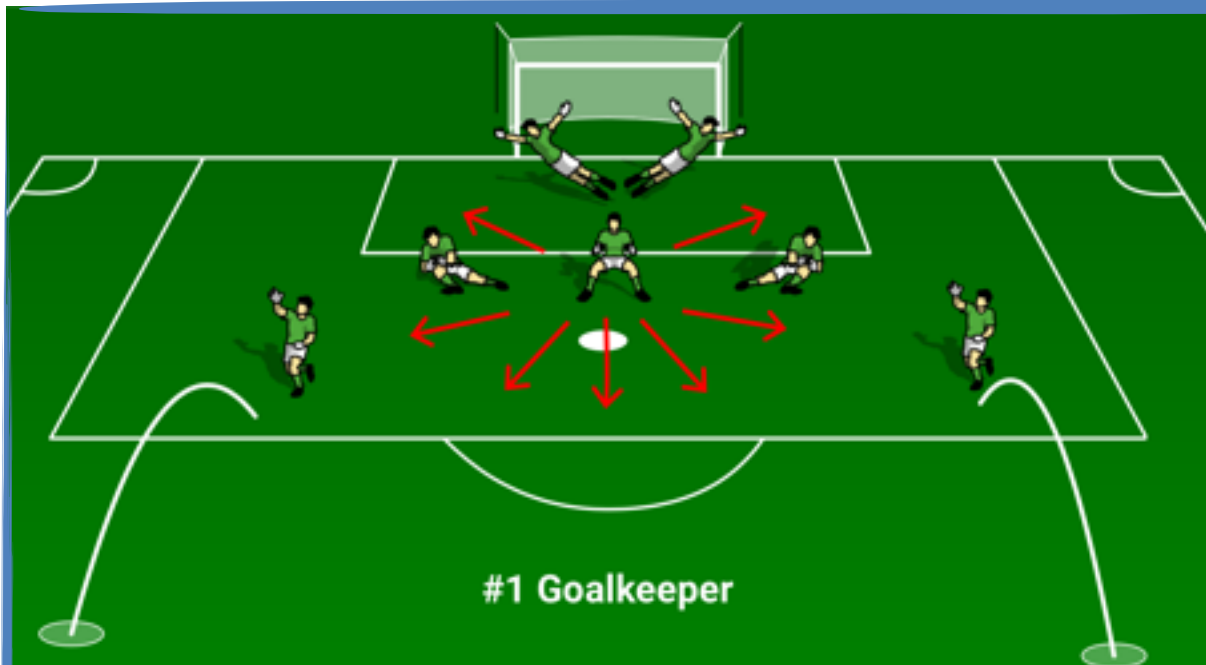
### #1 Goalkeeper

#### 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

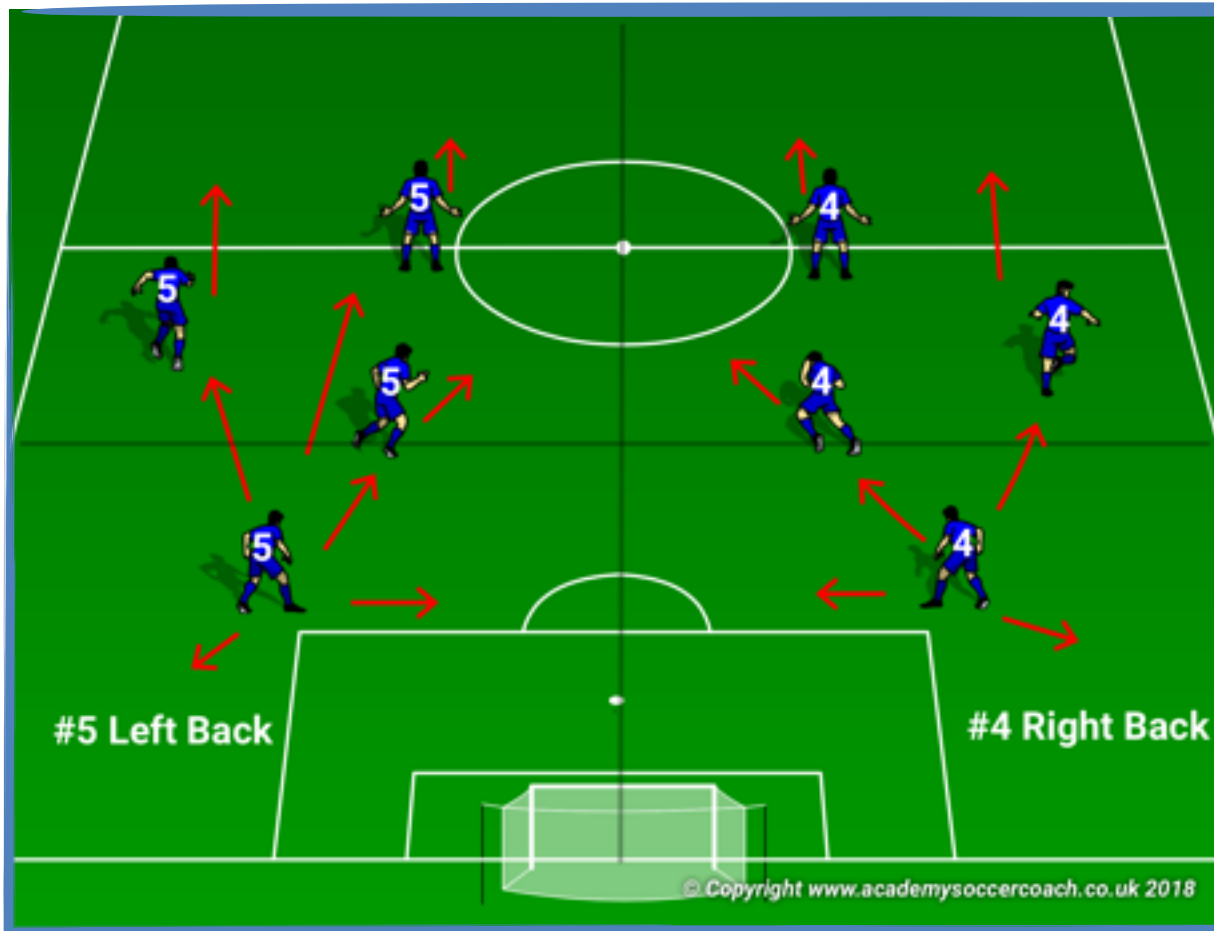
#4 Right Back

### 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

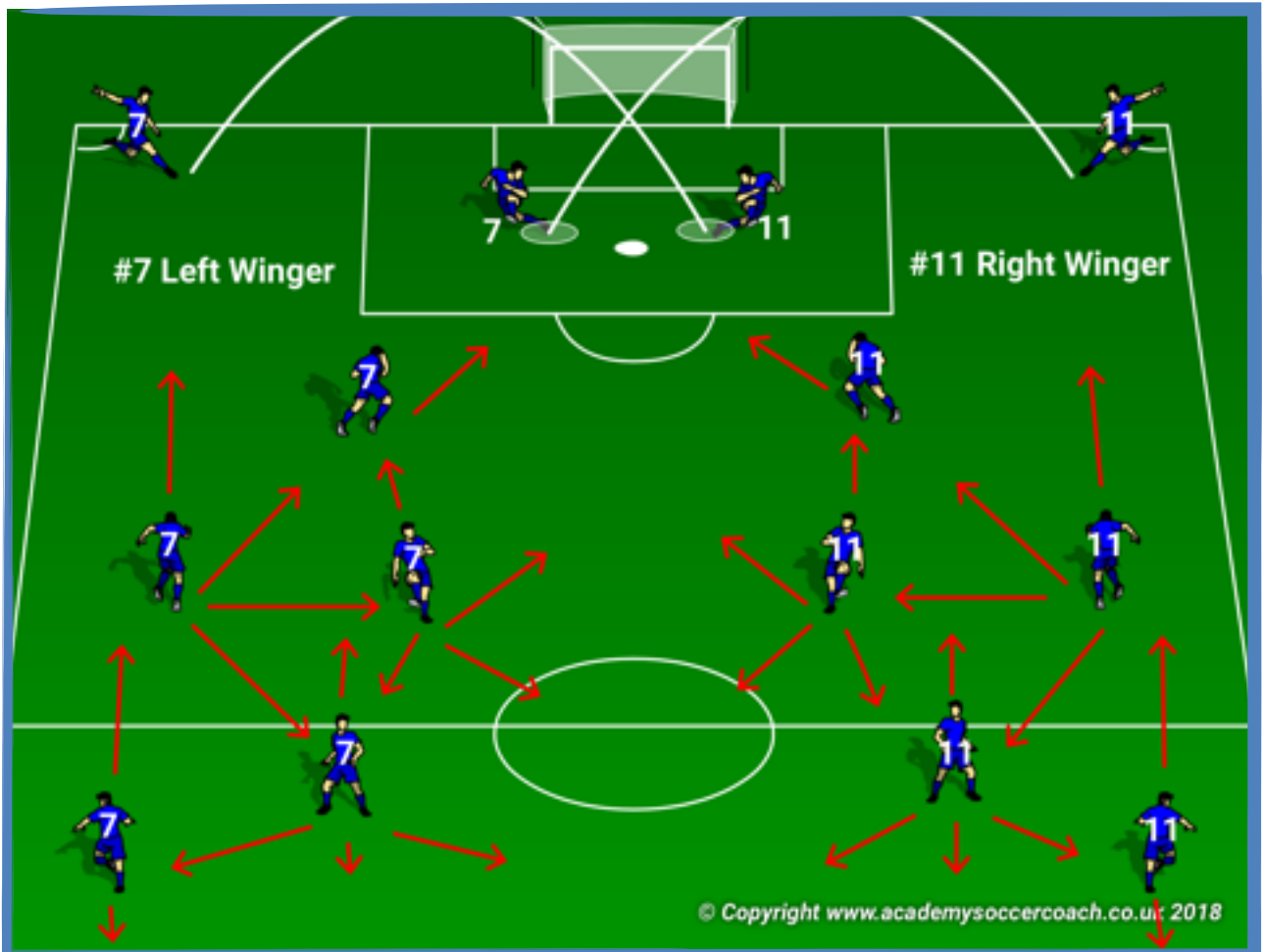
#11 Right Winger

### 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

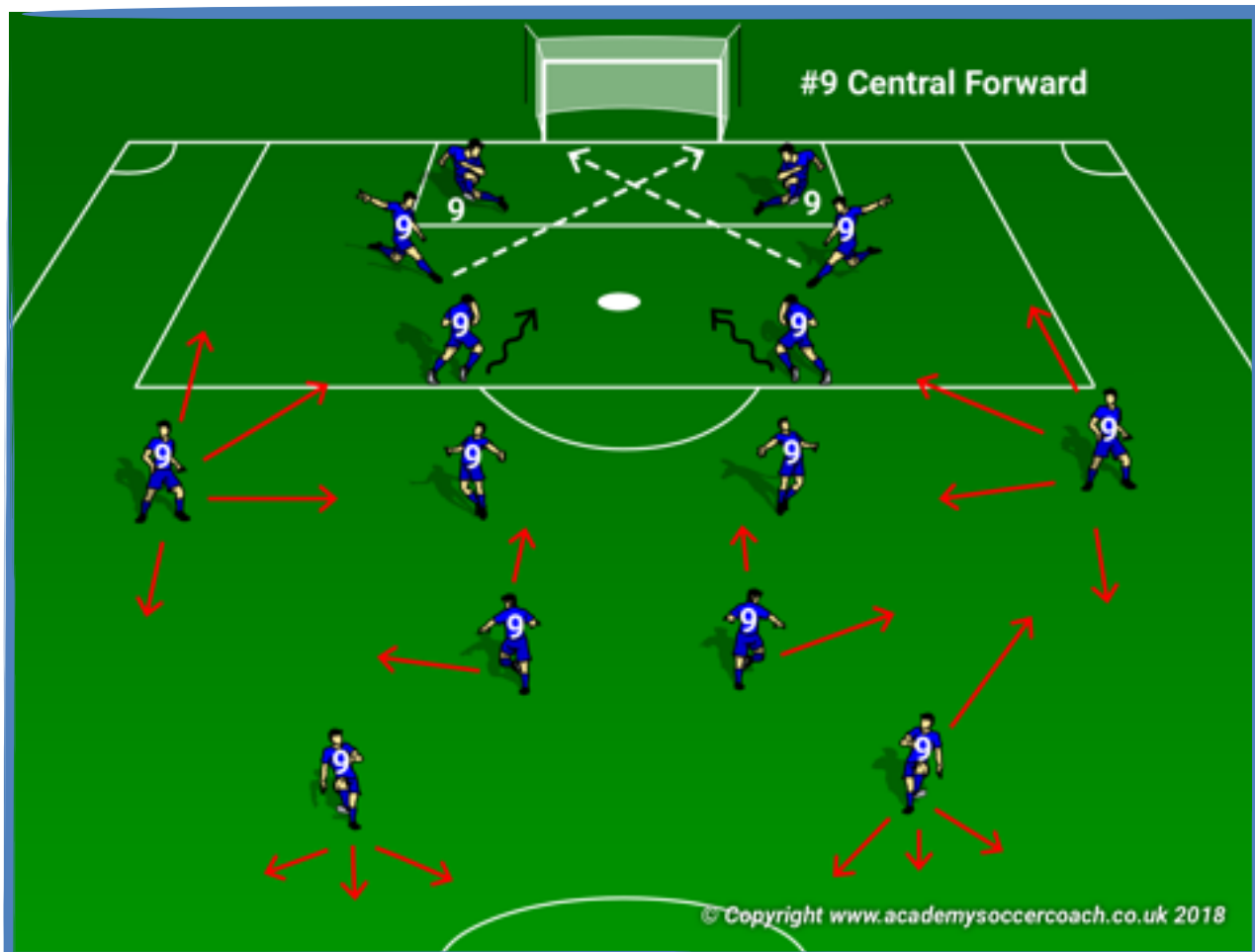
### #9 Central Forward

#### 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**

1. Name/Team: Week ONE

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

**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

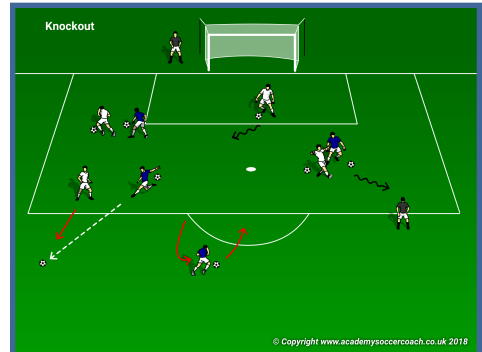


**1b. Skill Game - Knockout**

- 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

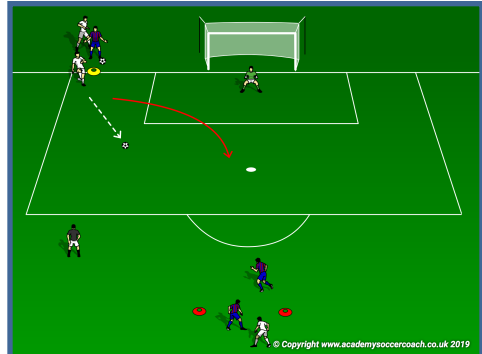


**2. 1v1's to Goal**

- 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:**

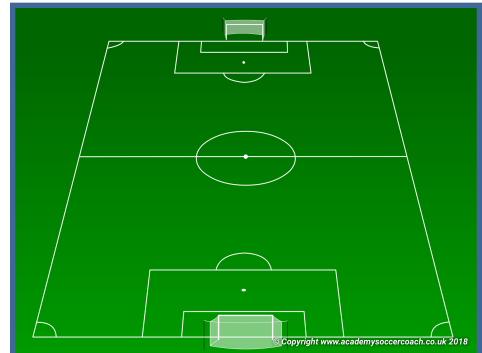
Attack - Defend - Pass - Dribble - 1v1



**3. Final Game**

Play 7v7

- Set-up Scrimmage with another team.





1. Name/Team: Week TWO

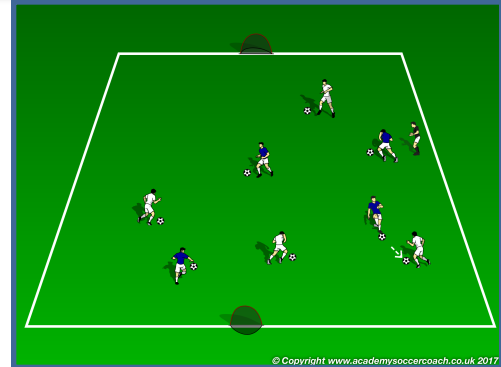
2. Topic: Understand the Game, Technical Development, and Fun!

### 1. Passing vs. Dribblers

- Set-up two teams - PINNIE vs. T-SHIRTS. Designate one team as the **PASSERS** and the other as **DRIBBLERS**. **PASSERS DRIBBLE** around attempting to **PASS** their ball into the **DRIBBLERS** ball. **PASSERS** receive +1point for **PASSING** ball into **DRIBBLERS** ball. Play for :45sec-1:00min. Count how many times **PASSERS PASSED** their ball into **DRIBBLER's** ball. Winning team has most connected **PASSES!**

**Coaching Cues:**

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



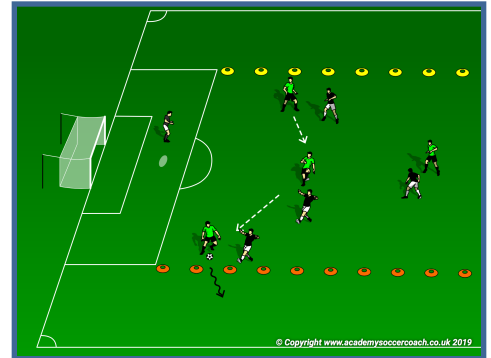
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### 2. End-zone Game

- 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



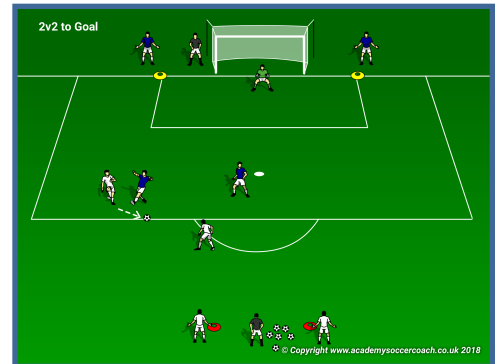
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### 3. 2v1 to Goal

- 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



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### 4. Final Game

Play 7v7

- Set-up Scrimmage with another team.



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1. Name/Team: Week THREE

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

### 1. Gate Dribble

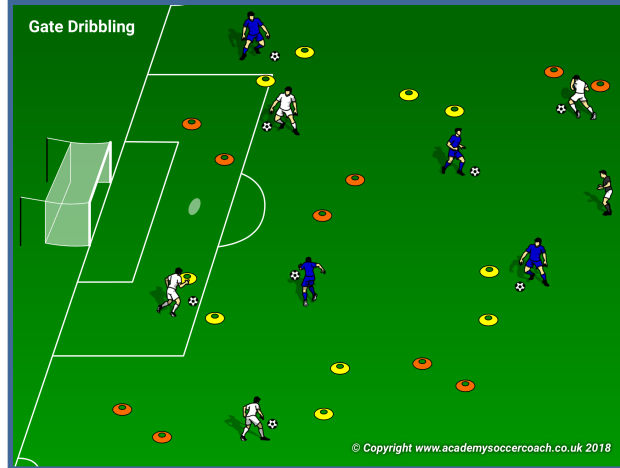
**Set-up:** Place multiple **GATES(10)** around your area as shown. Gates can be narrow or wide.

**Game:**

1. Players must **DRIBBLE** 1x thru gate. How many..?
2. Add turns - Players must **DRIBBLE** 2x thru gate. How many..?
3. Figure 8 **DRIBBLE** 3x thru gate. How many..?
4. Bonus Round - Add partner **PASSING**. Players partner-up. Players start on 1 gate w/ players standing on each side of the gate. One player starts by **PASSING** to partner. Partner controls **PASS**. Player who **PASSED** now must run to a new gate. Player in possession of ball must **DRIBBLE** and follow their partner to gate. Once at gate, player in possession **PASSES** to partner. **REPEAT!**

**Coaching Cues:**

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



### 2. 2v2 to 2 Puggs

- Set up 2 lines of **ATTACKERS** and 2 lines of **DEFENDERS** as shown in image. Coach **PASSES** ball out to either side. **ATTACKING** players must attempt to score in puggs. **DEFENDERS** must protect two pugg goals, and attempt to recover ball from **ATTACKERS**. If **DEFENDERS** recover ball they become **ATTACKERS**. and attempt to score.
- The team that scores 3-5 goals first, **WINS!**

**Coaching Cues:**

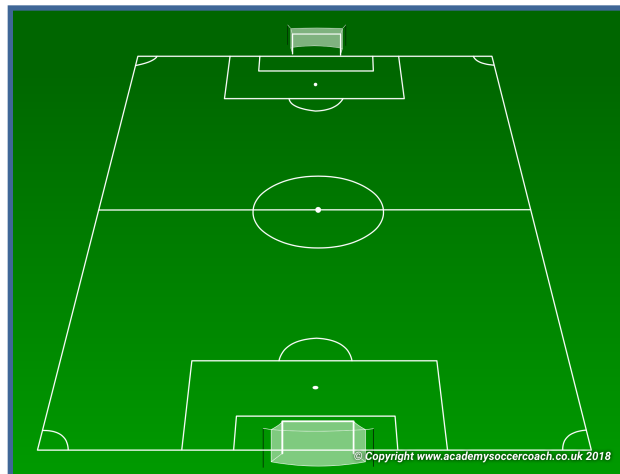
Attack - Defend - Pass - Dribble - Shoot - 1v1 - 2v1 - Change Fields



### 3. Final Game

Play 7v7

- Set-up Scrimmage with another team.



1. Name/Team: Week FOUR

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

**1. Individual Dribbling w/ Obstacles**

Set-up - Use area for individual **DRIBBLING** skills. Place cones down as obstacles(**DEFENDERS**) for players to perform skill. Coach or player should demonstrate proper technique.

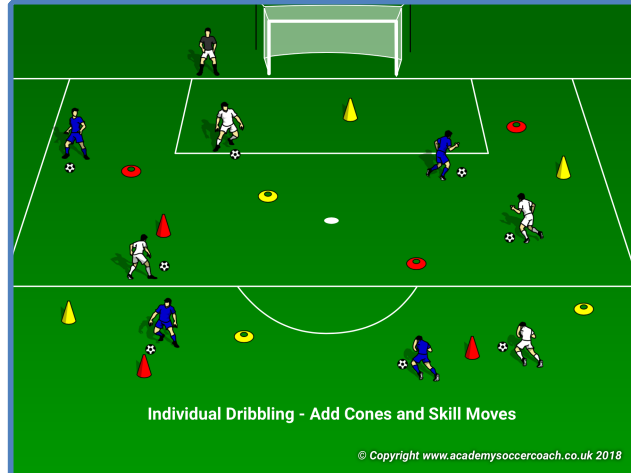
\*Add Turns - *Inside/Outside Hook, Pull Back, Cruyff*

\*Add Skills - *Feints, Scissors, Step-overs*

\*Add Pressure - *Coach/s or player/s become DEFENDER.*

**Coaching Cues:**

Head Up - Dribble - Control > Speed



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**2. Line Passing Progression**

Set-up: Two lines of players(5+) 10-15 yards(big steps) as shown. One ball for each group.

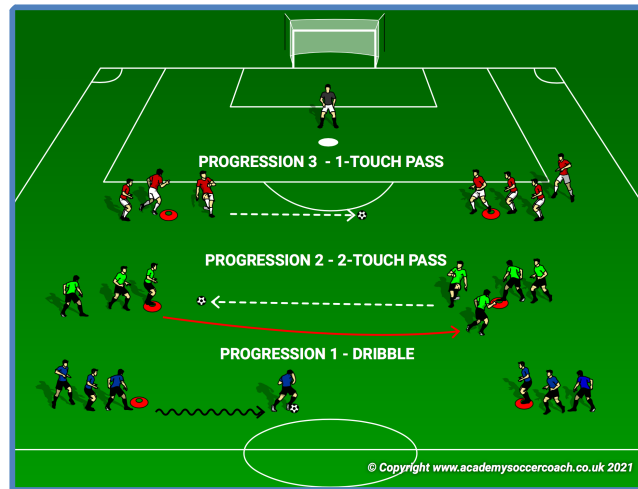
**Progression 1:** Player starts **DRIBBLE** to opposite line leaving it for next player. That player then enters opposing line. Change **DRIBBLE** technique(Laces, Foundations, Inside + Outside Cuts)

**Progression 2:** Players now **PASS** ball to opposing line. 2-Touch **PASSING** - 1-touch to **CONTROL**, and 1-touch to **PASS**.

**Progression 3:** Players perform 1-touch **PASS** between lines.

**Coaching Cues:**

Head Up - Dribble - Pass - Shoot - 1v1 - 2v1



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**3. Numbers Game**

Set-up - Make two teams. For each team, designate each player with a number(1, 2, 3,..etc.) Coach calls out any number, then delivers ball to either side/team. Those players(#'s) enter area to play **1v1**.

\*Call multiple #'s for 2v2-4v4

\*Call bigger digits

**Coaching Cues:**

- Find Space or Channels - Attack - Defend - Dribble - Pass - Shoot



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1. Name/Team: Week FIVE

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

**1. Technical Dribble + Shoot**

- Set up - Create two sets of obstacles(gates), one on each side of the field as shown. Designate a **GK**. Coach is positioned in-between obstacles.

Progression:

1. Player **PASSES** to Coach. Player then runs thru gates to **RECEIVE** a **LEAD PASS** to Player. Player then **SHOOTS** on goal immediately entering the goal-box.
2. Player **PASSES** to Coach. Coach **PASSES** back to Player who then **RECEIVES** and **DRIBBLES** thru gates and **SHOOTS** on goal immediately entering the goal-box.
3. Player **DRIBBLES** thru gates then performs **GIVE-and-GO** w/ Coach. Player then **SHOOTS** on goal immediately entering goal-box.

**Coaching Cues:**

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



**2. 2v1 to Goal**

- Set-up two lines of **ATTACKERS**, and designate one **DEFENDER** and **GK**. Switch **DEFENDER** and **GK** every few rounds.
- Coach starts by passing ball to **ATTACKERS** who are trying to score. If **DEFENDER** recovers ball, they attempt a counter attack to two pugs goals.

**Coaching Cues and Guided Questions:**

- Attack - Defend - How can we create space? - When to dribble, and when to pass? - How do you stay on-sides?



**3. Final Game**

Play 7v7

- Set-up Scrimmage with another team.





# WYSA 7v7 Sessions Plans 2nd Grade

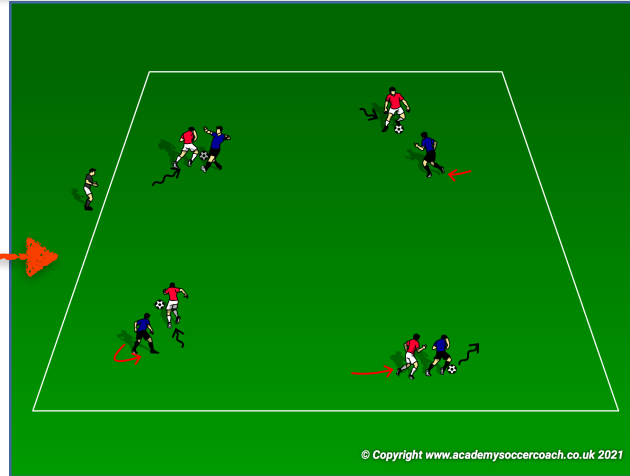
- 1. Name/Team: Week SIX
- 2. Topic: Understand the Game, Technical Development, and Fun!

## 1. 1v1 Duels - Individual Possession

Set-up - Players Partner up. One Player is designated **ATTACKER** to start w/ ball. 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. Encourage players to protect ball by **DRIBBLING** or **SHIELDING** away from **DEFENDER**. :30-:45sec. rounds x3

### Coaching Cues:

Head Up - Dribble - Shield - Control > Speed



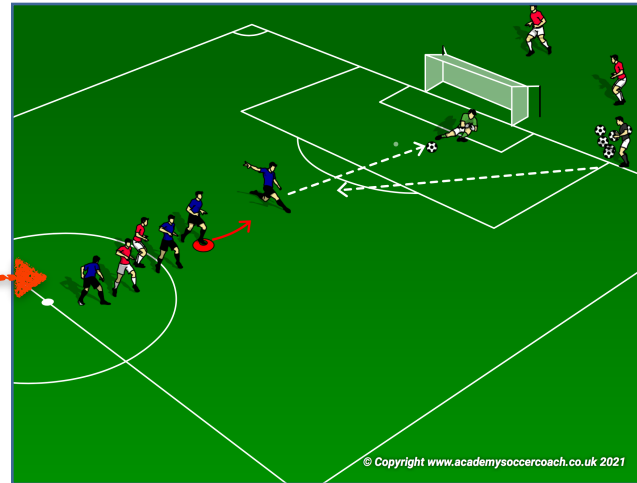
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## 2. Lightening - Shooting and FUN!

Set-up one line of players about 5 big steps away from goal-box. Designate one player as starting GK.

### Game Rules:

1. Coach **PASSES** ball into **SHOOTING AREA**. Player moves toward ball and performs 1-touch **SHOT** on goal.
2. As **GK**, if you're scored on, you're **OUT!** Players **OUT** must go behind goal.
3. As **SHOOTER**, if **GK** makes save or you miss target, you become **GK**.
4. Players **OUT** can return to game if they catch missed shot by **SHOOTER**. \*Or, if **SHOOTER** hits crossbar, all players **OUT** can return to play.
5. Last player to score, **WINS!**



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### Coaching Cues and Guided Questions:

- Toe down, lock ankle - Use laces or insides to strike - Stay square to ball and target

## 3. Final Game - Play 7v7

Set-up Scrimmage w/ 2nd Grade team.

- Utilize Scrimmage Match to help teach Tactics such as Positioning, Attack and Defense Strategies, and Set-Pieces(Restarts, Throw-ins, Free-kicks, Corner Kick-ins)



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# WYSA 7v7 Sessions Plans

## 2nd Grade

1. Name/Team: **Week SEVEN**
2. Topic: **Understand the Game, Technical Development, and Fun!**

### 1. Possession Activity(Keep Away)

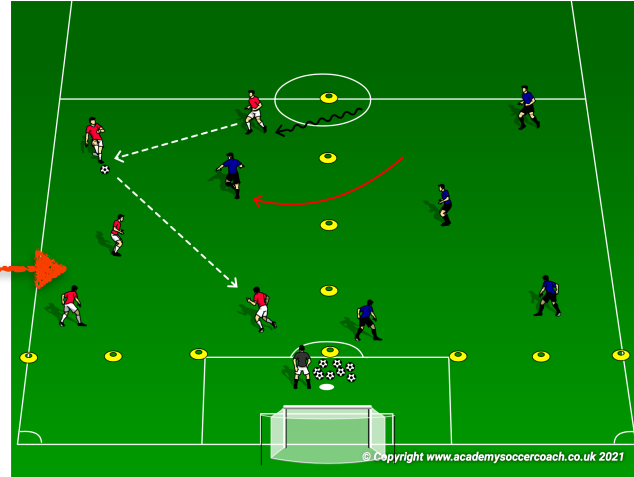
**Set-up** - Split field in two halves. Each team occupies their space.

**Possession** - Coach plays ball into one of the areas. Once ball is played, one player from opposing team can enter and try to recover or knock out ball. If **DEFENDER** recovers ball they can either **DRIBBLE** or **PASS** back to their team/area. Those players in possession must try to keep ball away from **DEFENDER** by **DRIBBLING** and **PASSING**.

**Game** - If players complete certain # of **PASSES**, they gain a goal. For example, 5 passes = 1 goal. Team with the most goals wins. \*If **DEFENDER** recovers ball and **DRIBBLES** or **PASSES** back into their team/area, it will take a goal away from opposing team.

**Coaching Cues:**

Head Up - Dribble - Shoot - Control > Speed



### 2. Combat Progression up to 2v2

**Set-up** - Split into two teams of players. Place gates right before half-way line as shown.

**Game** - 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. This creates 1-0, 1v1, 2v1, 2v2 situations. First team to score 3-5 goals, **WINS!**

**Coaching Cues:**

- Attack - Defend - Dribble - Shoot



### 3. Final Game - Play 7v7

Set-up Scrimmage w/ 2nd Grade team. Utilize Scrimmage Match to help teach Tactics such as Positioning, Attack and Defense Strategies, and Set-Pieces(Restarts, Goal-kicks, Throw-ins, Free-kicks, Corner Kicks)



1. Name/Team: Week EIGHT

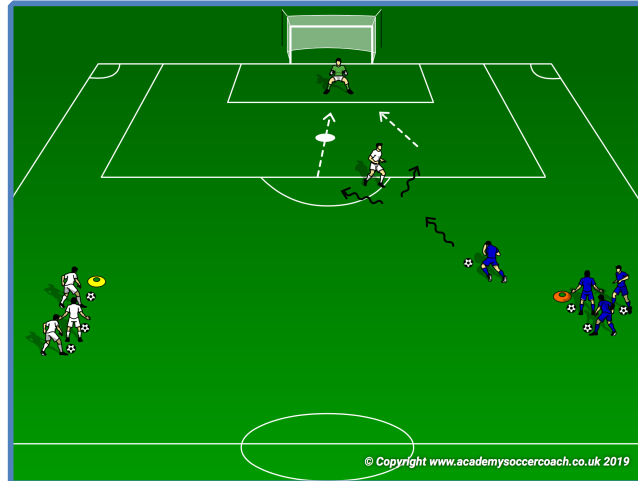
2. Topic: Understand the Game, Technical Development, and Fun!

1. 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

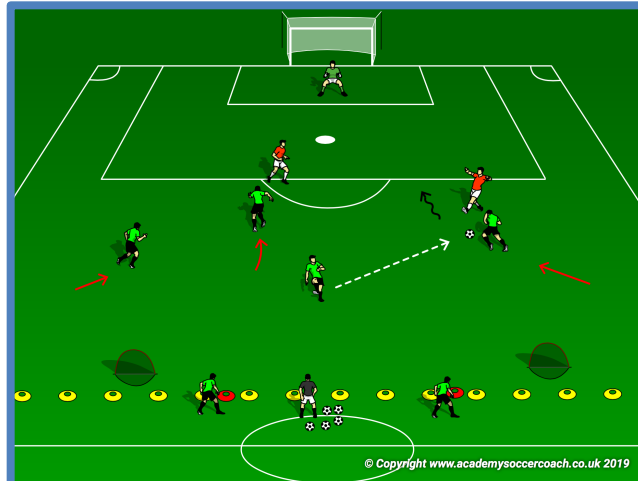


2. 4v2 to Goal w/ Counter Goals

- 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.





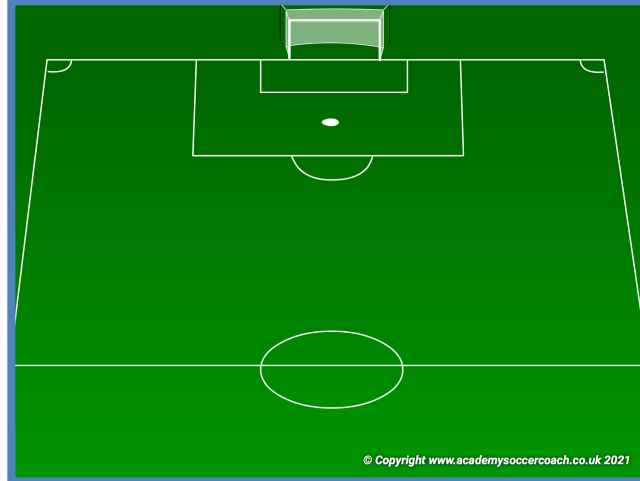
# 7v7(U10) Sessions Plan Template

## Session Template

Topic: Understand the game, technical development, and fun games!

1. \_\_\_\_\_

Coaching Cues:



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2. \_\_\_\_\_

Coaching Cues:



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3. \_\_\_\_\_

Coaching Cues:



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# 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.