

## FYSA – U7-1<sup>st</sup> Grade Instructional Division Manual

Coaches,

The **Franklin Youth Soccer Association** (FYSA) training staff is committed to supporting you in your efforts to teach our players age-appropriate soccer skills and help them to enjoy the game. This manual provides a framework to organize your training sessions for the upcoming season.

Within the **60-minute** session that we have each week with the players, the first 30 minutes will be devoted to training, and the second to a pair of scrimmages with another team.

### **Structure of 30-minute Training Session:**

Warm up (“Sponge” activity): From the moment the first player arrives until 5 minutes after your start time. Sponge activities “absorb” players as they arrive.

1<sup>st</sup> Activity: 8-10 minutes including water break. This will be outlined on your weekly practice plan.

2<sup>nd</sup> Activity: 8-10 minutes including water break. This will be outlined on your weekly practice plan.

### **Structure of 30-minute 3v3 Scrimmage:**

Each team is split into two groups.

Half of your team will move to the field of the companion team of the week (see Instructional Division schedule) Also, consider planning with the other coach, on which field should you send your more dominant, aggressive players. Mix players from different teams if you feel the players will benefit.

Coaches and Assistant Coaches oversee competition.

Teams re-assemble at the end to wrap up the session. Ask them who had fun and what they liked today!

### **Points of Emphasis (or de-emphasis) for the Season:**

#### **Dribbling and Ball Control skills.**

- **Dribbling-** Almost all of the U-7 activities involve dribbling, and coaches are to focus on players using the correct surfaces of the feet to master and control the ball (Inside, Outside, and Laces – No Toes!)
- **Passing-** Passing Technique isn’t emphasized at the U-7 level. There’s still just “one toy (ball) and everyone wants it”. It’s okay to compliment a pass but don’t worry if they don’t pass. Dribbling is still more important!
- **“The Swarm”-** Do not emphasize positional play or spacing during the scrimmage - just let the game progress naturally.
- **Coaching-** Try not to command players to pass or even shoot. It’s important that they learn the benefits of this on their own. It’s OK to guide them, but don’t dictate play. They need to think and discover on their own to be able to truly play the game on their own. Praise the success of those times when a pass is made to an open player, or when a player succeeds as a result of being in good open space away from the ball.

FYSA’s primary objective for players at this young age is for FUN, maximum activity, maximum touches on the ball, and a focus on learning and success.

**They are children and the game is the best teacher - Let them play!**



## Activity Outline for the Season

### Week:

1. "Red Light/Green Light" and "Dinosaur Eggs"
2. "Tag then Partner Tag" and "Stampede!"
3. "Handshake Tag" and "Endzone Cones"
4. "Game with Many Goals" and "Knockout then Pirates"
5. "Clean Your Back Yard!" and "1v1,2v2 Get Out of Here!"
6. "Doctor! Doctor!" and "Steal and Shield"
7. "Freeze Tag" and "Country Dribbling"
8. "Gates Passing" and "Endzone Cones"
9. "Red Light/Green Light" and "Dinosaur Eggs"
10. "Knockout and Pirates" and "1v1,2v2 Get Out of Here!"



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