



U7 Soccer Coaching Guide (8 Weeks)

Each session runs for approximately 45 minutes and follows this format:

- Warm-Up (5–10 min)
- Skill Focus (10 min)
- Fun Game (10 min)
- Scrimmage (15–20 min)

Week 1: Ball Mastery

Warm-Up

Red Light, Green Light – Players dribble and stop their ball when the coach calls 'Red Light'; go on 'Green Light.' Use Yellow for fun tricks.

Skill Focus

Dribbling in Space – Practice controlling the ball with small touches while navigating cones.

Game

Sharks & Minnows – Coach is the shark; players (minnows) try to dribble from one side to the other without losing their ball.

Scrimmage

3v3 or 4v4 – Small-sided games with no goalkeepers to promote touches and involvement.

Week 2: Passing

Warm-Up

Freeze Tag – One player is 'it' and freezes others; thawed by teammates passing a ball through their legs.

Skill Focus

Basic Passing in Pairs – Short passes using the inside of the foot. Encourage accuracy.

Game

Gates Passing – Pass through cone gates to score points.

Scrimmage

3v3 or 4v4 – Emphasis on passing to teammates.

Week 3: Shooting

Warm-Up

Traffic Jam – Players dribble in a grid and avoid each other and cones.

Skill Focus

Shooting at Stationary Ball – Practice shooting with correct technique using dominant foot.

Game

Shoot the Alien – Cones with faces; players shoot them down from behind a line.

Scrimmage

4v4 – Focus on taking shots when opportunities arise.

Week 4: Turning with the Ball

Warm-Up

Dribble Snake – Players follow the leader while dribbling and mimic turns.

Skill Focus

Turning with Inside/Outside Foot – Teach basic turns (pull-back, inside cut, outside cut).

Game

Pirates & Treasures – Players steal cones ('treasures') from other islands (grids).

Scrimmage

4v4 – Encourage use of turns in real play.

Week 5: Teamwork & Communication

Warm-Up

Cone Knockdown – Players pass balls to knock over cones in the middle.

Skill Focus

Pass and Move – Introduce basic give-and-go passing.

Game

Clean Your Backyard – Two teams clear balls into each other's side; most balls on opponent's side loses.

Scrimmage

3v3 or 4v4 – Emphasize communication and spacing.

Week 6: Review & Challenge

Warm-Up

Coaches Choice – Let coaches pick a warm-up from previous weeks.

Skill Focus

Favorite Skills Recap – Players practice their favorite moves from the season.

Game

World Cup Tournament – Mini teams compete in short matches.

Scrimmage

Rotating 3v3 – Continuous play with winners staying on.

Week 7: Defensive Awareness

Warm-Up

Shadow Dribble – Players pair up, one mirrors the other's dribbling.

Skill Focus

Stay Between Ball and Goal – Players learn to block paths to the net.

Game

Guardian of the Cone – One player guards cone; others try to knock it over with passes.

Scrimmage

4v4 – Focus on defending and intercepting passes.

Week 8: Celebration & Review

Warm-Up

Coaches Choice – Fun warm-up to set a celebratory tone.

Skill Focus

Favorite Skill Challenge – Obstacle course combining skills learned.

Game

Relay Races & Obstacle Course – Team-based fun with dribbling and shooting challenges.

Scrimmage

Mini-Tournament – Friendly short games with high energy and celebration.

Helpful Coaching Tips:

- Keep instructions under 30 seconds.
- Always demo before starting.
- Celebrate effort, not just skill.
- Rotate players often during scrimmages.

U7 Soccer Coaching Terminology Guide

Helpful terms and definitions for new coaches and young players.

Basic Terms (Kid-Friendly Definitions)

Dribble: Moving the ball with your feet while keeping control.

Pass: Kicking the ball to a teammate.

Shoot: Kicking the ball toward the goal to score.

Goal: When the ball goes in the net—one point!

Save: When a goalie or defender stops the ball from going into the net.

Touch: Every time a player makes contact with the ball.

Trap: Stopping or slowing the ball with your foot or body.

Turn: Changing direction while keeping control of the ball.

Space: An open area where no one is standing.

Teammate: A player on your team who you can pass to or help.

Field & Position Terms

Midfield: The middle of the field.

Sideline: The side boundary lines.

Goal Line: The end line of the field near the goals.

Corner Kick: A kick from the corner of the field when the other team touched it last.

Throw-In: When the ball goes out on the sideline, it's thrown back in with two hands.

Goal Kick: A kick from in front of your own goal when the other team missed.

Coaching Language

Pressure: Get close to the player with the ball to defend.

Marking: Stay close to an opponent when they don't have the ball.

Support: Move to a spot where your teammate can pass to you.

Spread Out: Don't all chase the ball—give your team room to play.

Stay Goal Side: Stay between your goal and the other team.

Switch the Play: Pass the ball to the other side of the field.

Stay Wide: Move toward the outside of the field to make space.

Call for the Ball: Say 'pass' or 'I'm open!' so teammates know you're ready.