

U7 Training

Session 1

Session Layout

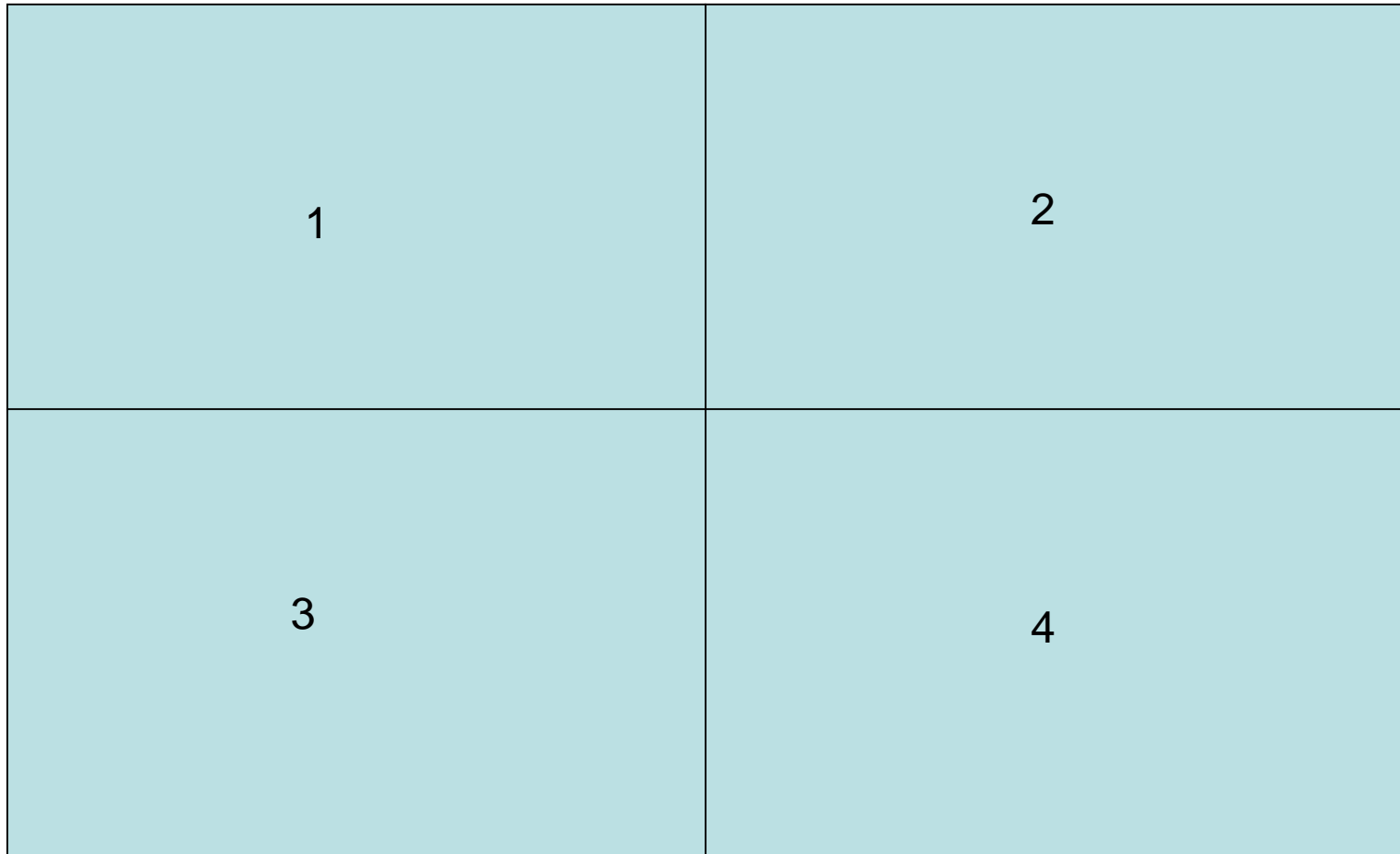
- 10 mins – warm up common
- 40 mins – stations
- 30 mins – matches
- 80 mins total

Organisation

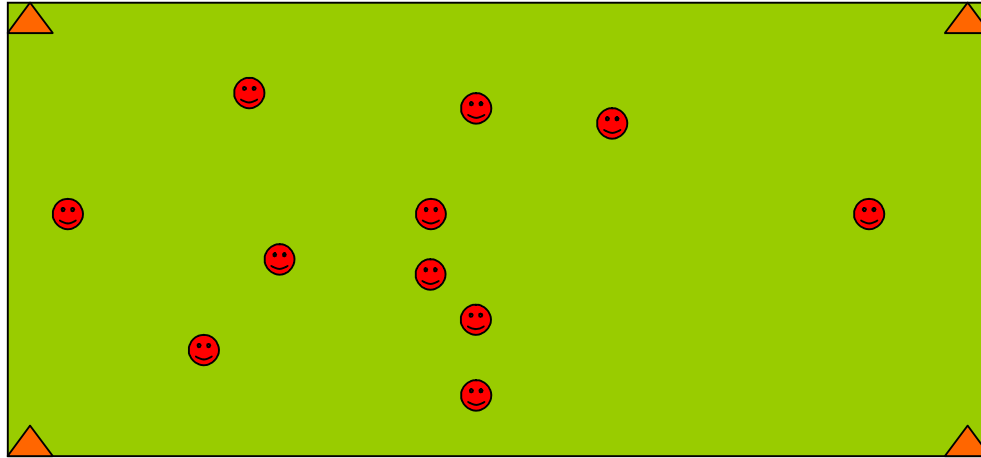
- 50 kids/8 coaches approx
- 4 groups with 2 mentors per group

- Common warm up for all
- 4 stations to rotate

Pitch Layout



Back to Back



1. Simple pulse raiser warm up – give children activity to do in area and on the whistle they must go back to back.
2. Activities: touch ground with left/right/both hands, catch an imaginary football, hop on one foot, fly like aeroplanes, solo a football, handpass a ball around, run backwards, hit the deck, walk, change pace, change direction, shoulder an opponent, practice blocking, pick up ball, bounce etc....
3. Remember practice all skills on BOTH SIDES of the body.
4. Do not disqualify last children out as this leaves them out of the warm up.

Pitch Layout

1-Knee Punt	2-Pick Up
3-Over the river game	4-Dodgems

1-Knee Punt

Basic practice – one ball per person/between two.

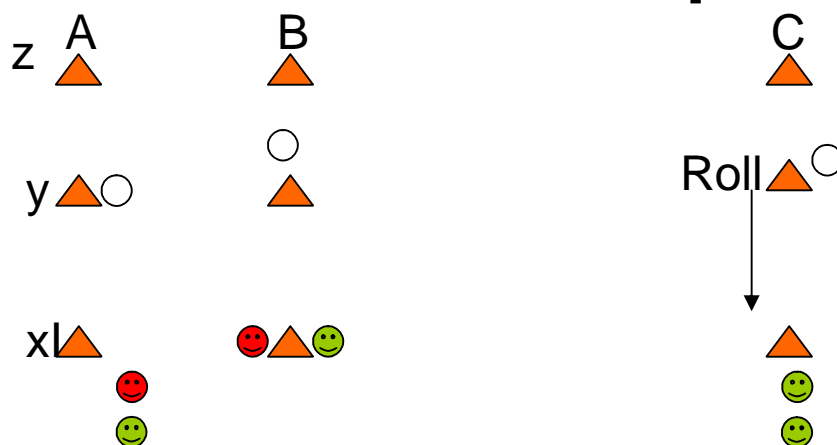
Pre-punt kick practice for children who may struggle with punt kick on dominant or non dominant foot.

Coaching Tips

- Knee punt – drop ball to knee to strike.
- Aim – face target.
- Ball dropped and struck with knee – beware of child throwing up to knee – just let ball drop.
- Eyes on ball at all times.
- On dropping ball raise knee simultaneously.
- As with punt kick try not to “break the glass” – imagine a pane of glass right down the centre of your body. Your kicking foot should not break it/cross the middle of your body.
- If child is kicking with right foot try and make sure the last hand that is touching the ball on the drop is the right hand. “Right hand right foot, left hand left foot”.

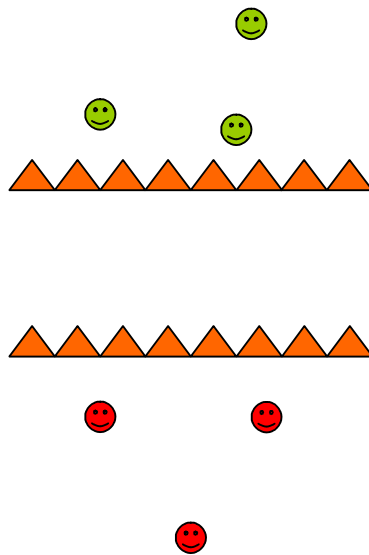
This is an excellent way to introduce the non dominant punt-kick particularly for younger children.

2-Pick Up



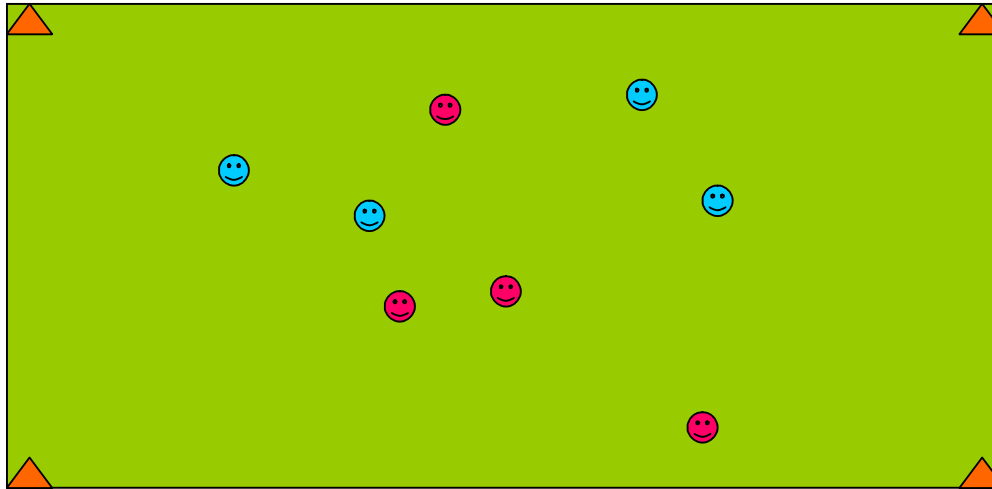
1. Relay race carrying ball only.
2. Introduce the pick up (clean scoop) as in "A" above. Ball is picked up at cone y carried around cone z and replaced at cone y. Bounce can be introduced when in possession of football.
3. Advance by introducing token opposition. Red player has 2m headstart over green player. Green player can not make contact with red player. Introduce competition where as in B above players race for pick up.
4. Ball rolling towards player – C above – player picks stationary ball at cone y, goes around cone z and rolls back to next player at cone y. Player must pick ball up before it stops rolling.
5. Ball rolling away from player – player begins with ball in hand, rolls ball out in front of themselves and must scoop ball up before it stops. Continues around cone z and rolls ball back to next player.

3-Over the river game



- Over the river game – punt kick over the river
- Points for kicking(1), ball hitting ground(2), chest catch(3) and overhead catch(5).
- Use this station as the one to practice catching particularly overhead and chest catching.
- Highlight to kids there are more points for the catches!

4-Dodgems



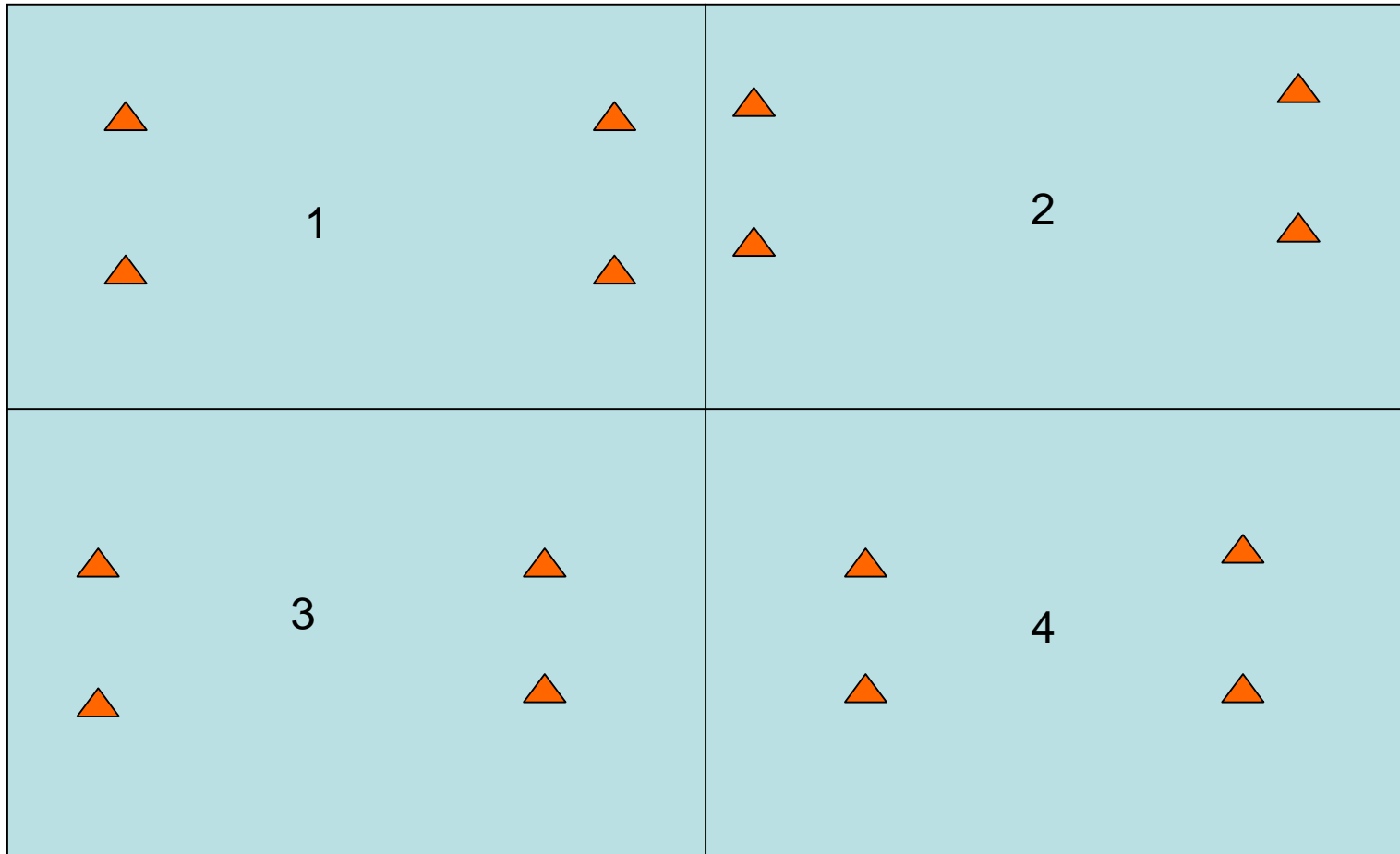
Using domes/cones as steering wheels children must avoid each other while listening to instructions of the coach.

- 1st gear = move forward
- 2nd gear = move backwards
- 3rd gear = move sideways

Variation – make space smaller.

Take care on safety and no hard bumping.

Games - Pitch Layout



Matches

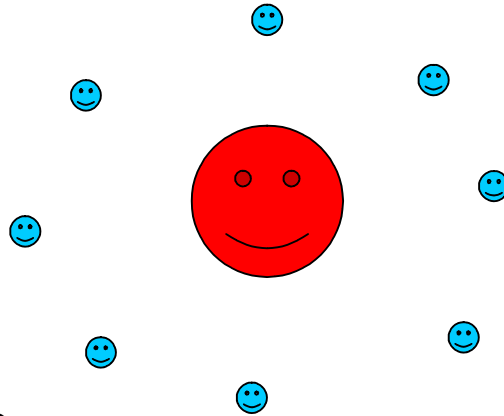
- 50 kids; 8 teams
- 4 pitches
- 1 referee/1 mentor per pitch
- 10 min matches

- Try and focus on the skills of the week.
- Make sure non dominant foot/hand/side is used during matches. Award bonus points for scores with non dominant side.

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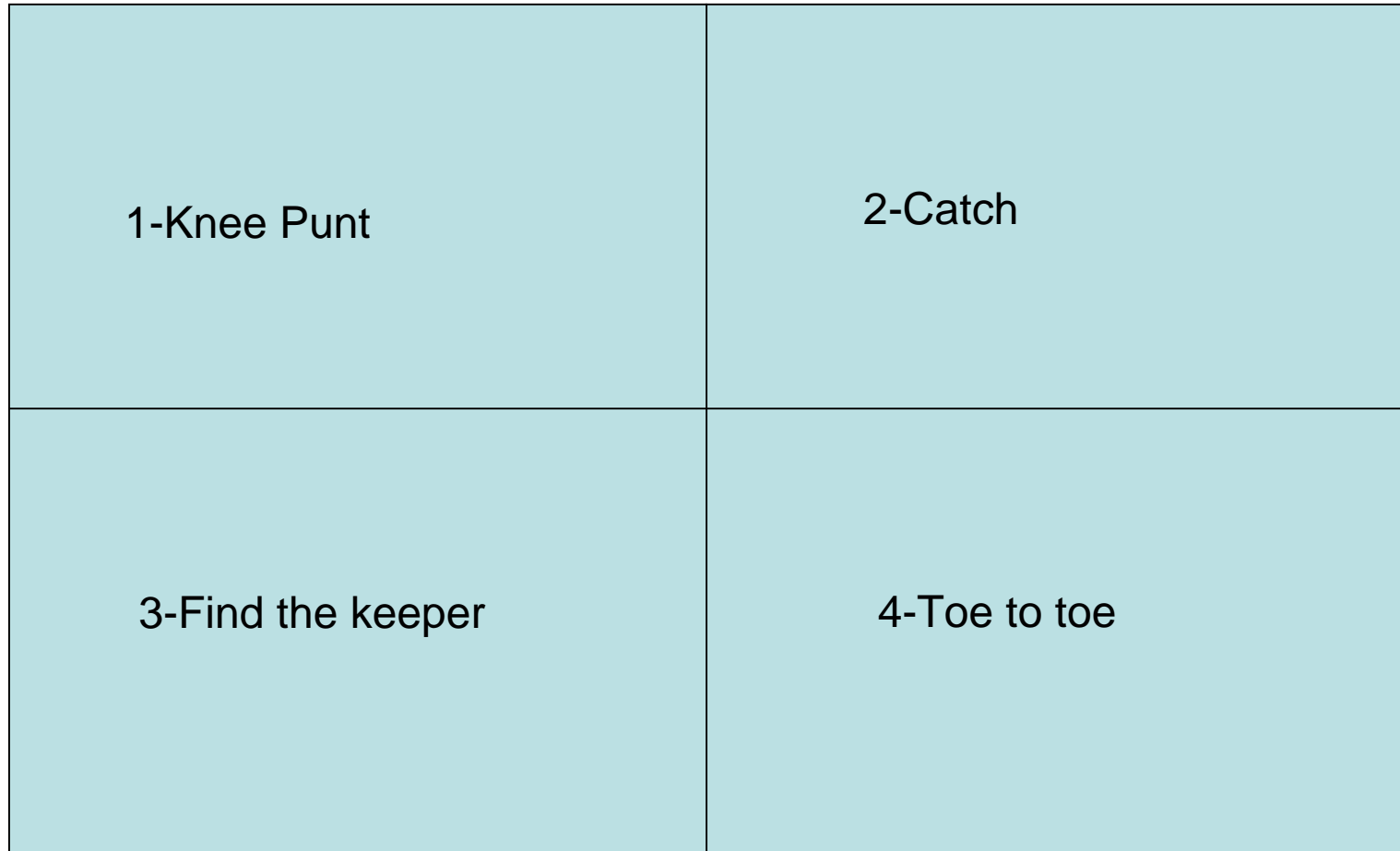
Session 2

Warm Up – Backs N Bellies



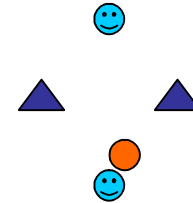
- Dry day warm up
- Respond to calls of coach:
 - Backs = lie on your backs
 - Bellies = lie on your bellies
 - Sides = lie on your sides
 - Stand up = stand up
- Change calls after few mins
 - Backs = lie on your bellies
 - Bellies = lie on your backs
 - Sides = stand up
 - Stand up = lie on your sides

Pitch Layout



1-Knee Punt

- Basic practice as last week see below.
- Introduce coned goals where pairs have to knee the ball through.
- Try punt kick for a few mins at the end of this station



Basic practice – one ball per person/between two.

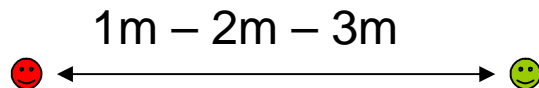
Pre-punt kick practice for children who may struggle with punt kick on dominant or non dominant foot.

Coaching Tips

- Knee punt – drop ball to knee to strike.
- Aim – face target.
- Ball dropped and struck with knee – beware of child throwing up to knee – just let ball drop.
- Eyes on ball at all times.
- On dropping ball raise knee simultaneously.
- As with punt kick try not to “break the glass” – imagine a pane of glass right down the centre of your body. Your kicking foot should not break it/cross the middle of your body.
- If child is kicking with right foot try and make sure the last hand that is touching the ball on the drop is the right hand. “Right hand right foot, left hand left foot”.
- **This is an excellent way to introduce the non dominant punt-kick particularly for younger children.**

2-Tummy Catch

Basic practice – one ball between two throwing to each other.

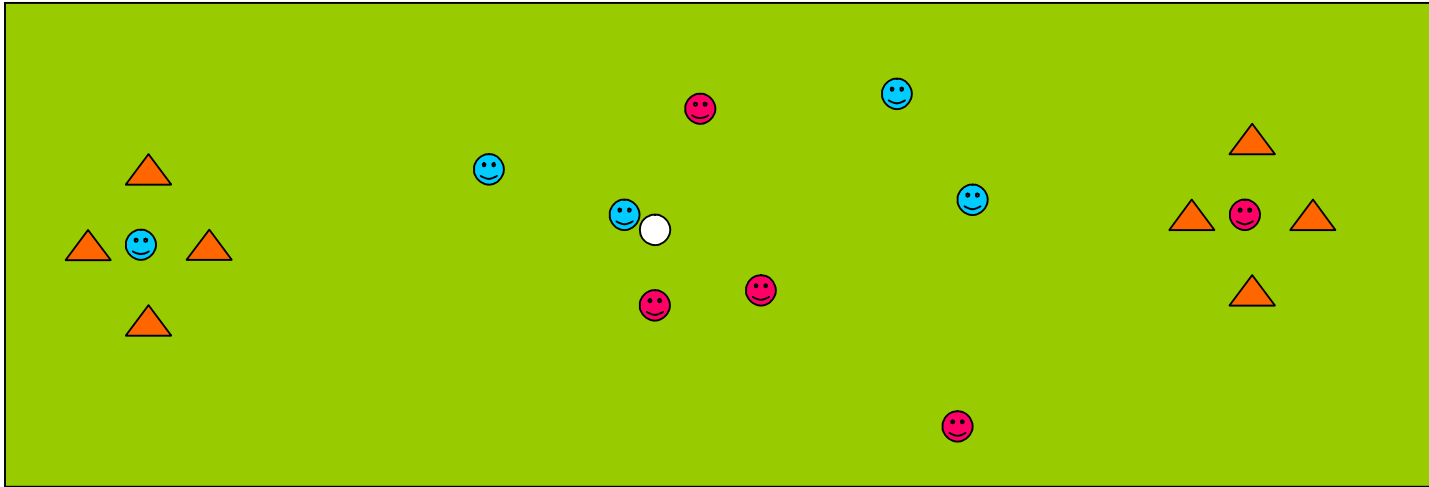


Begin at 1m apart and increase after 2mins to 2m and so on.

Coaching Tips

- Tummy catch – gather and cradle the ball to tummy.
- Aim – face target.
- Ball thrown underhand to standing partner. Aim for persons chest/jersey.
- Eyes on ball at all times.
- Catcher has eyes open and hands out ready to receive ball.
- On impact gather ball to tummy/chest with elbows “wrapping” ball tight to chest.
- Increase distance of throw to advance.
- Competition – how many throws and catches in a minute. Challenge the children.

3-Find the keeper



- Aim of the game is to work the ball back to your own keeper
- Each keeper must remain in their designated area
- Rotate keeper after every 2/3 scores
- When you score the keeper places ball on ground for opposition to restart the game and work the ball back up the other end
- Normal rules apply
- Can be restricted to handpass only

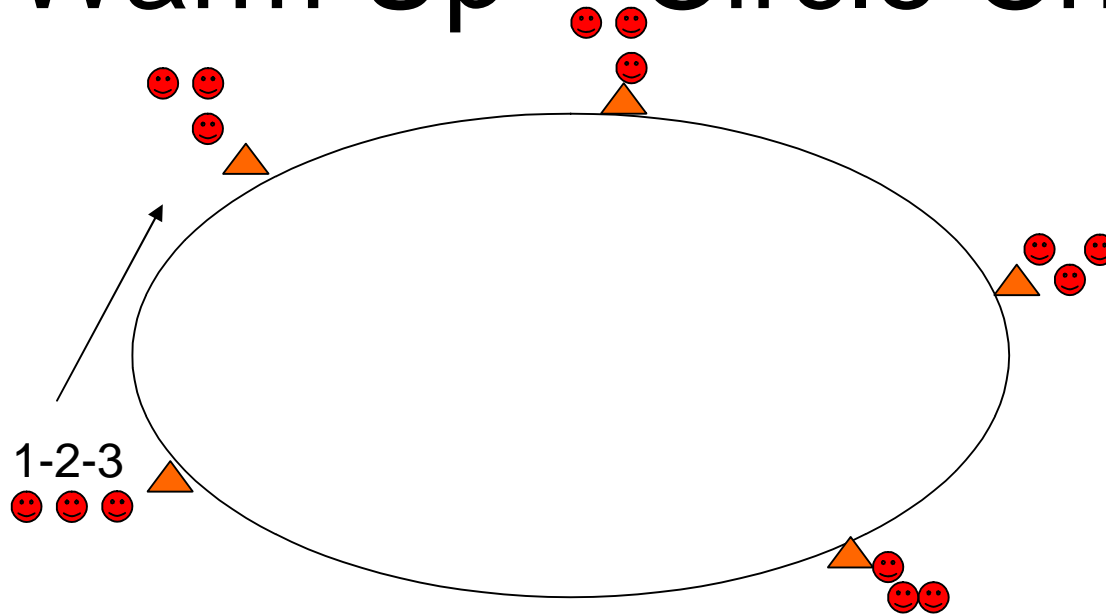
4-Toe to toe

- Children in pairs
- Aim of game is to touch your partners toes with your toes
- No stamping
- Stay in a particular area, no running
- No stamping
- Progress by allowing each child have a ball and players get a point for dispossessing or standing toe 2 toe

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Session 3

Warm Up – Circle Chase



- Mark out a circle with cones.
- Three players per cone and number each player.
- On coaches instructions the number called out run a lap of the circle.
- Players pursue each other and aim of the game is to tag person in front.

Variations

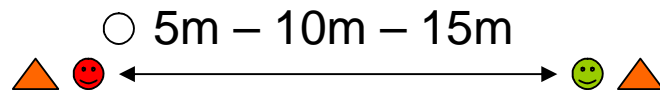
- Change direction.
- Carry ball.
- Solo/bounce ball.

Pitch Layout

1-Knee Punt	2-Bounce
3-Gaelic Rugby	4- "123 Red Light"

1-Punt Kick

Basic practice – one ball between two punt kicking to each other.

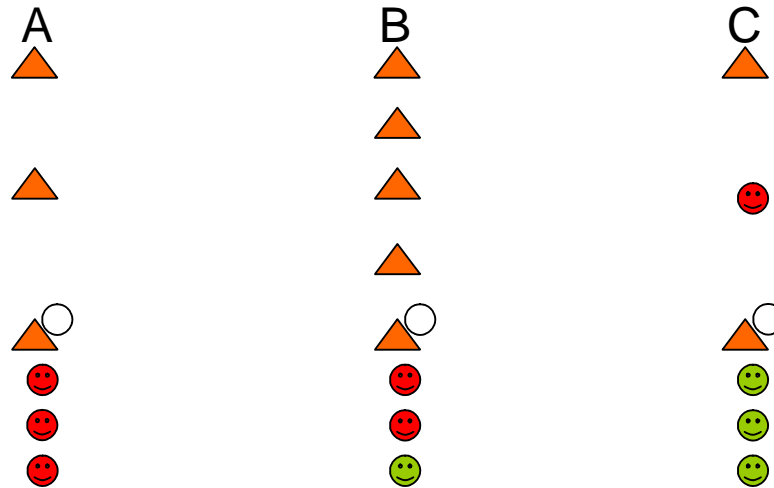


Begin at 5m apart and increase after 2mins to 10 and so on. Allow for equal time on each foot.

Coaching Tips

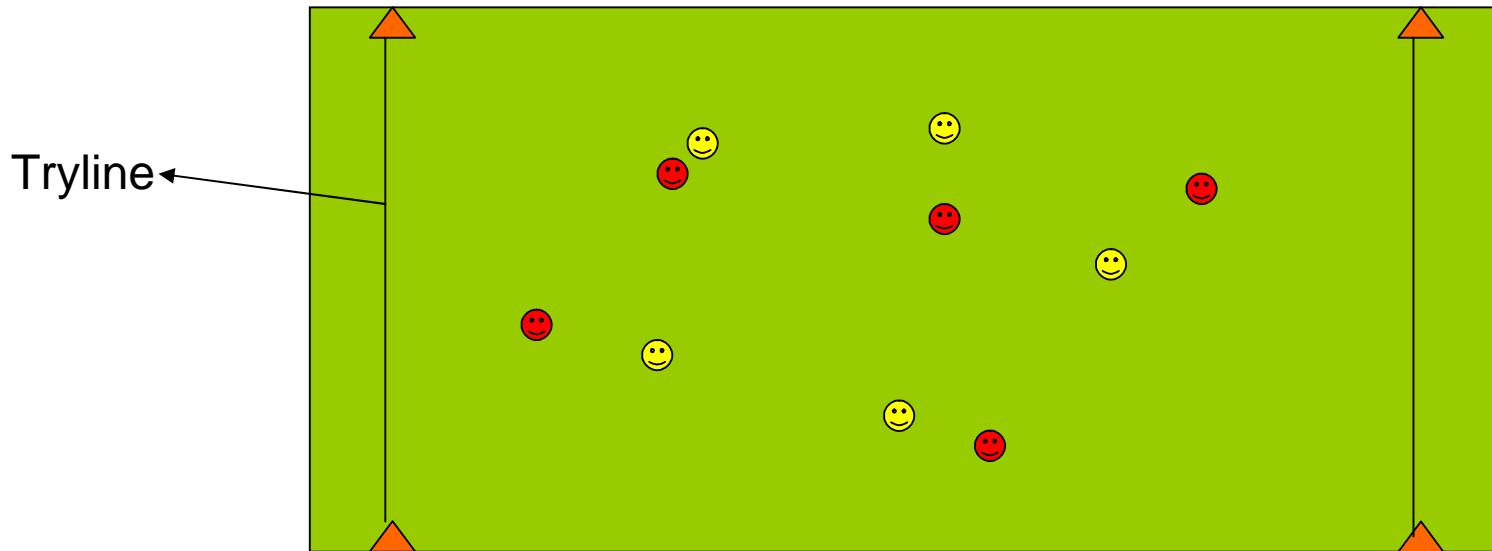
- Punt kick – straight on kick.
- Aim – face target.
- Ball dropped to foot – beware child throwing up to kick.
- Eyes on ball at all times.
- Knee bent, toe pointed out like ballerina.
- Contact on laces part of boot. Follow through.
- Try not to “break the glass” – imagine a pane of glass right down the centre of your body. Your kicking foot should not break it/cross the middle of your body.
- If child is kicking with right foot try and make sure the last hand that is touching the ball on the drop is the right hand. “Right hand right foot, left hand left foot”.

2-Bounce



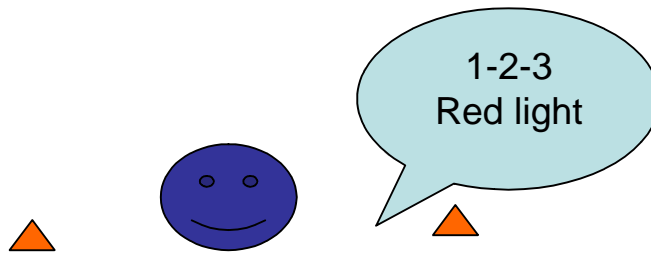
1. Relay race carrying ball only.
2. Introduce the bounce, walking to start off.
3. Carry ball, bounce once on way out and once on way back – TAKE 4 steps after each bounce. PRACTICE USING BOTH SIDES.
4. Focus on the bounce alone.
5. Advance the drill by putting one hand behind the back and bouncing with one hand only.
6. Advance further by introducing more cones to bounce around – see diagram in middle above.
7. Further again by introducing a defender – the player in possession must bounce their way around the defender.

3-Gaelic Rugby



- Organise pitch 45m x 30m.
- Select two teams.
- Aim of game: cross the opponents line while in possession of the football.
- Ball can be picked cleanly off the ground and thrown (forwards and backwards) however when a player is tagged they must place the ball under their legs to another team-mate (like rugby league).
- A tackle consists of a touch only NOT a rugby tackle!
- After three tags the ball is given to the other team.
- On scoring the scoring team must retreat to their own line.

4- “123 Red Light”

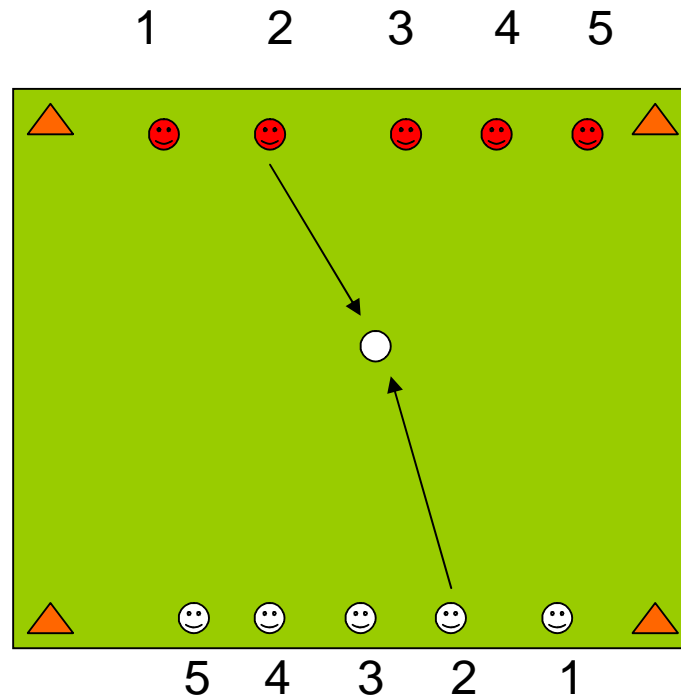


- Children line up along a line.
- Coach calls out “1/2/3 or Red Light”.
- Class move forward on call.
- 1=1 step
- Class must stop on signal – red light - which could be after 1 or 2 or 3
- Look for a quick reaction to signal
- Kids must be balanced when stopping

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Session 4

Warm Up – Snatch the bacon

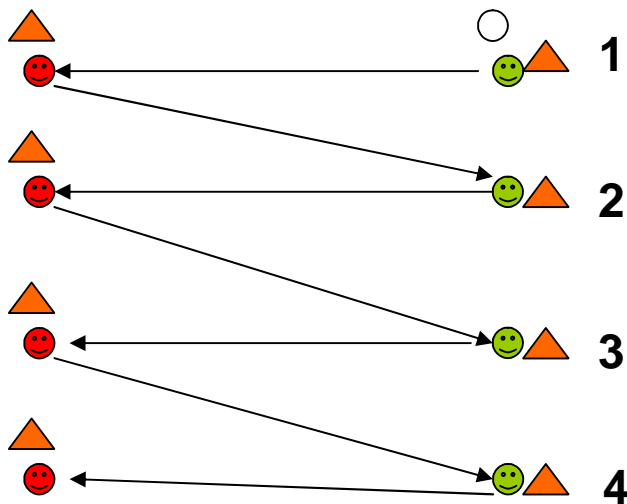


- Divide players into two teams and line up as diagram below.
- Give each player a number. Team A = A1, A2, A3 etc.....
- Place ball in centre of area.
- Coach calls a number and that number off each team must run to the centre.
- If a player snatches the ball and returns to his line without being touched/tagged he gets a point for his team. If he is tagged point for taggers team.
- Alternatively have two balls and quickest person back to line with ball wins.

Pitch Layout

1-Knee Punt	2-Pick up, bounce, catch
3-Double Pitch Game	4-Bridges & Rivers

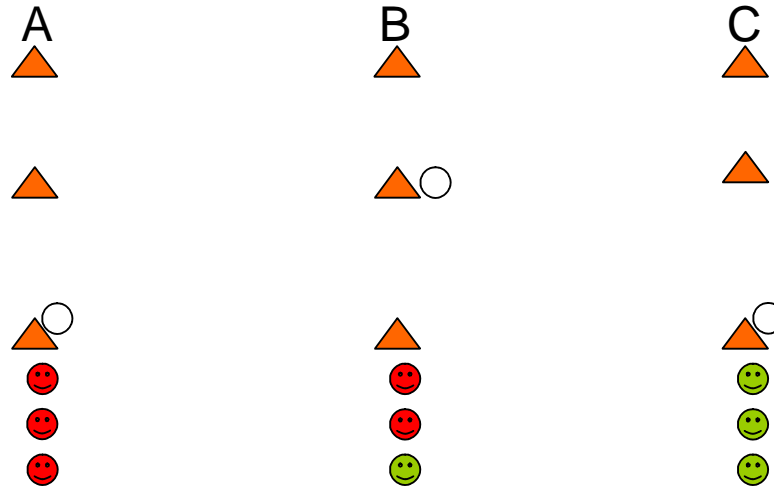
1-Punt Kick



- Punt kick drill
- Green 1 kicks to red 1 to green 2 to red 2.....
- When ball gets to red 4 he/she solos ball back to starting position (red 1)
- All reds move down a position and continue
- Green 4 will end as last player this time, rotate as before

- ✓ Remember – head down, toe down, laces part of boot, drop the ball don't throw it up
- ✓ Practice off both feet
- ✓ Challenge players – how many kicks in a row can they keep off the ground

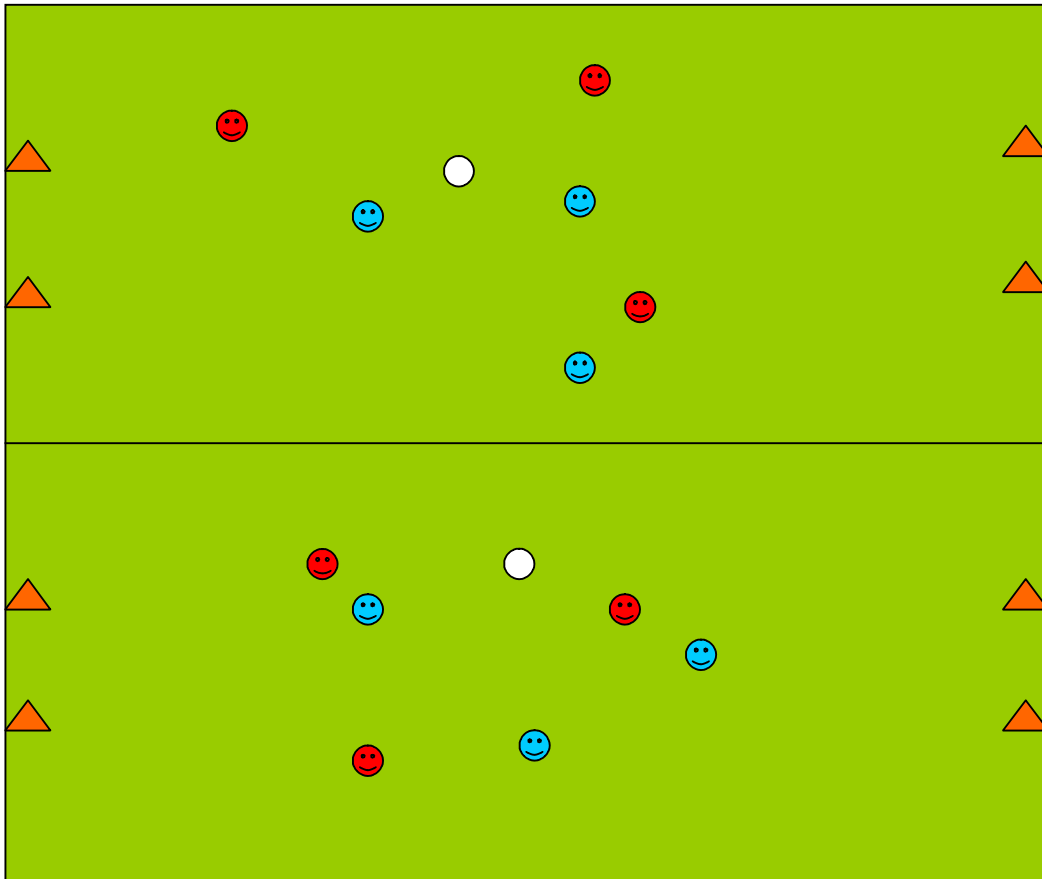
2-Pick Up, Bounce, Catch



1. Relay race carrying ball only as in A above. Around cone, run back to next person and handover/handpass/roll back.
2. Relay as in B above. Ball starts placed at middle cone. Ball must be picked up, run around end cone and place back at middle cone. Touch next person to go.
3. Relay as in C above. Bounce once in between each set of cones and run back to next person.

As before vary each run slightly – there are endless activities to do!

3-Double Pitch Game



See diagram.

Two pitches side by side 3 v 3.

Two individual games.

After 3 mins take away one football.
Now we have 2 pitches and one ball.
Players are not allowed to crossover
pitch but the ball can.

So now it is 6 v 6 (reds v blues).

Players can pass over the centre line
to one another.

There are also two goals to shoot into
and defend.

4-Bridges & Rivers

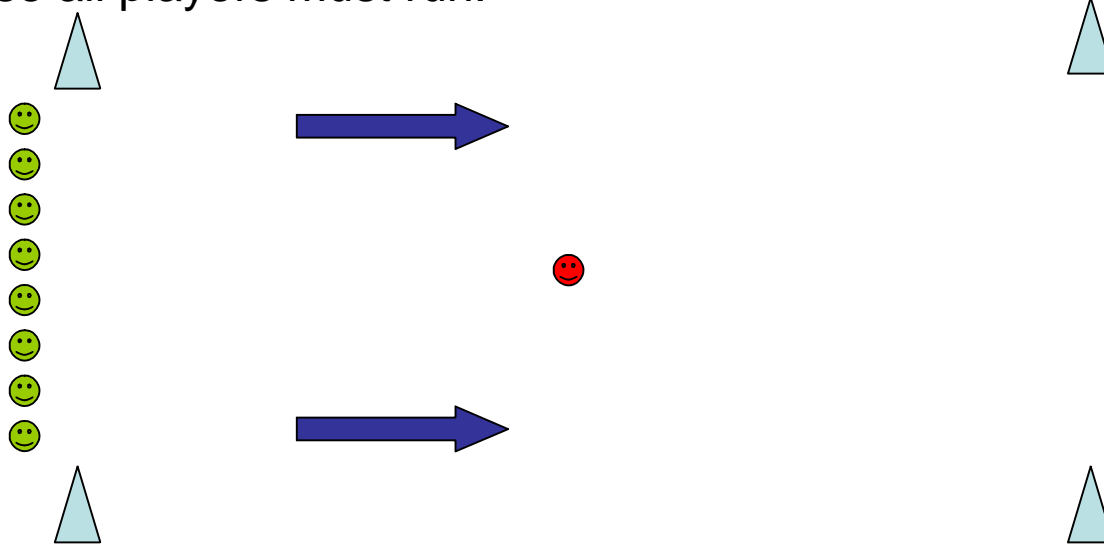
- Group get into pairs.
- Children number each other 1 or 2 in each pair.
- 1s are bridges, 2s are rivers.
- For one minute the number 1s must make bridges with their bodies for the rivers to “flow” under.
- See how many they can do in a minute.
- Bridge must move to a new position each time a river flows under.
- Swap roles after a minute.

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Session 5

Warm Up – Irish Bulldog

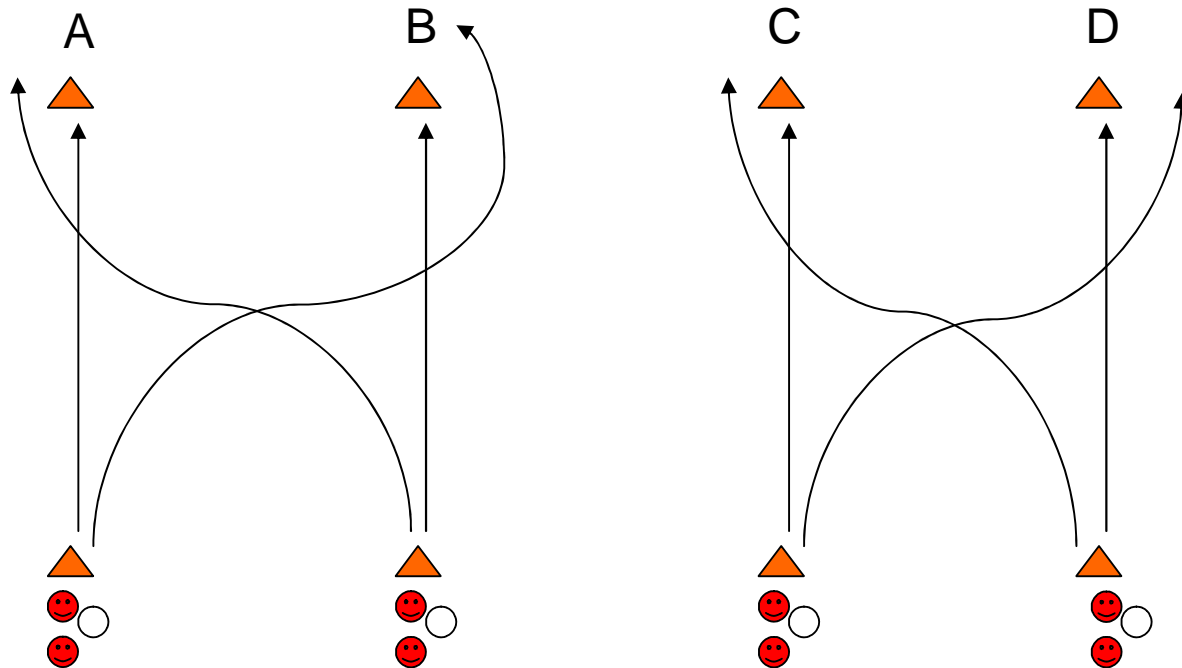
- Organise players as in diagram.
- The player who is on calls a name.
- This person must attempt to make it over to den without being touched or running outside the area. If the runner is successful all other players can run simultaneously.
- If a person is caught they are also on. When 4 players are caught they must link hands and work together as a unit in the manner of a net to catch runners. However if the chain is broken all runners are allowed pass through.
- Occasionally player 1 or the coach may call “IRISH BULLDOG”. In this case all players must run.



Pitch Layout

1-Punt Kick	2-Stopping & Starting
3-	4-Side step

1-Punt Kick



Straight forward punt kick drill.

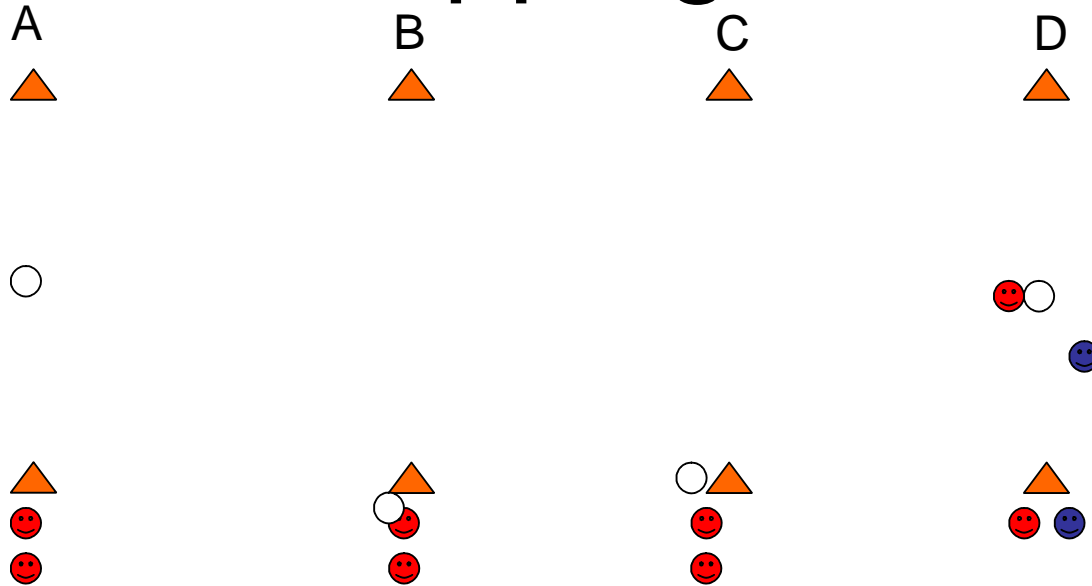
Begin straight out, around cone, punt kick back.

Vary Group A around cone B and kick back etc....

Vary 2 all groups around cone D and back to own group.

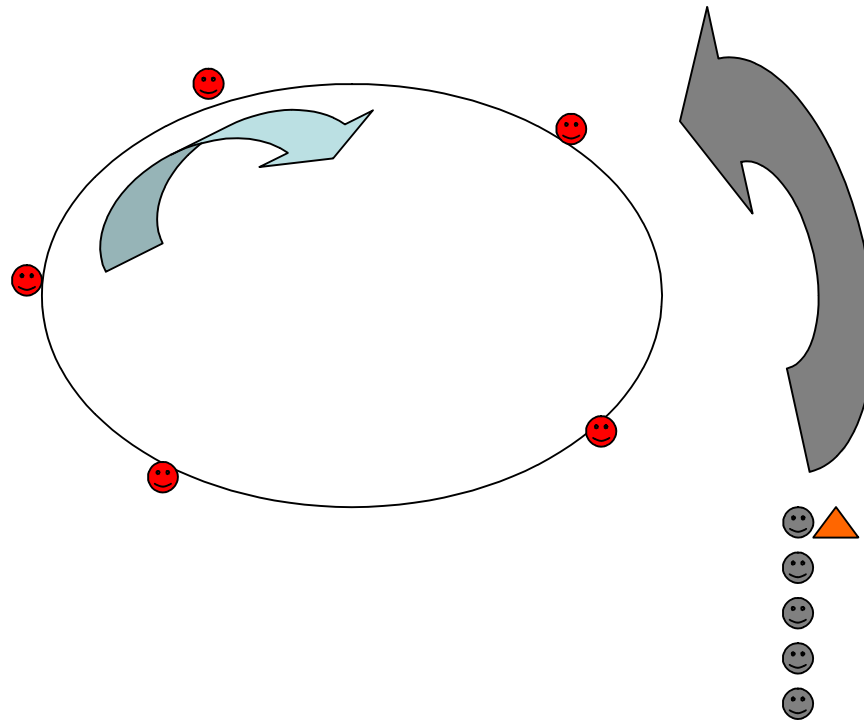
Revise punt kicking technique from last week.

2-Stopping & Starting



- A = child runs out, picks up ball, bounces once, goes around cone and place again.
Approach ball to the side on pick up, bend knees, two hands reach and pick.
- B = child rolls ball out for self to control, gather and bounce, around cone and roll back for next in line. Remember to keep body behind ball when picking up ball rolling towards you.
- C = player must control ball with hands; hand dribbling ball out around cone and back.
Use both insides and outsides of hands to control ball.
- D = As in C above only in pairs. One touch per partner only.

3-Circle Race



Red team form circle.

Grey team form line to side of circle.

Reds must pass the ball around the circle as quickly as possible while greys all must run one lap of the circle each.

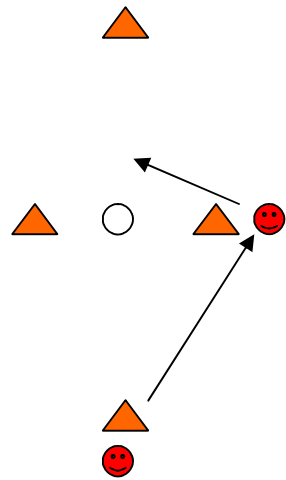
Reds count the number of passes as they go along.

Team with least number of passes is the winner.

Vary pass – handpass, fist pass, overhead throw, underarm throw.

Ball goes clockwise, runner anti-clockwise.

4-Side step



Push weight onto right foot.
Drop the right shoulder.
Transfer ball from right side to left side.
Spring off to left then.

Exact same on other side just put weight onto left side.

Step to one side of an opponent then spring to the other side.
Throw weight onto stepping foot on the approach.
Spring smartly to the opposite side by pushing hard off the planted foot.
Pull back the ball quickly at the same time.

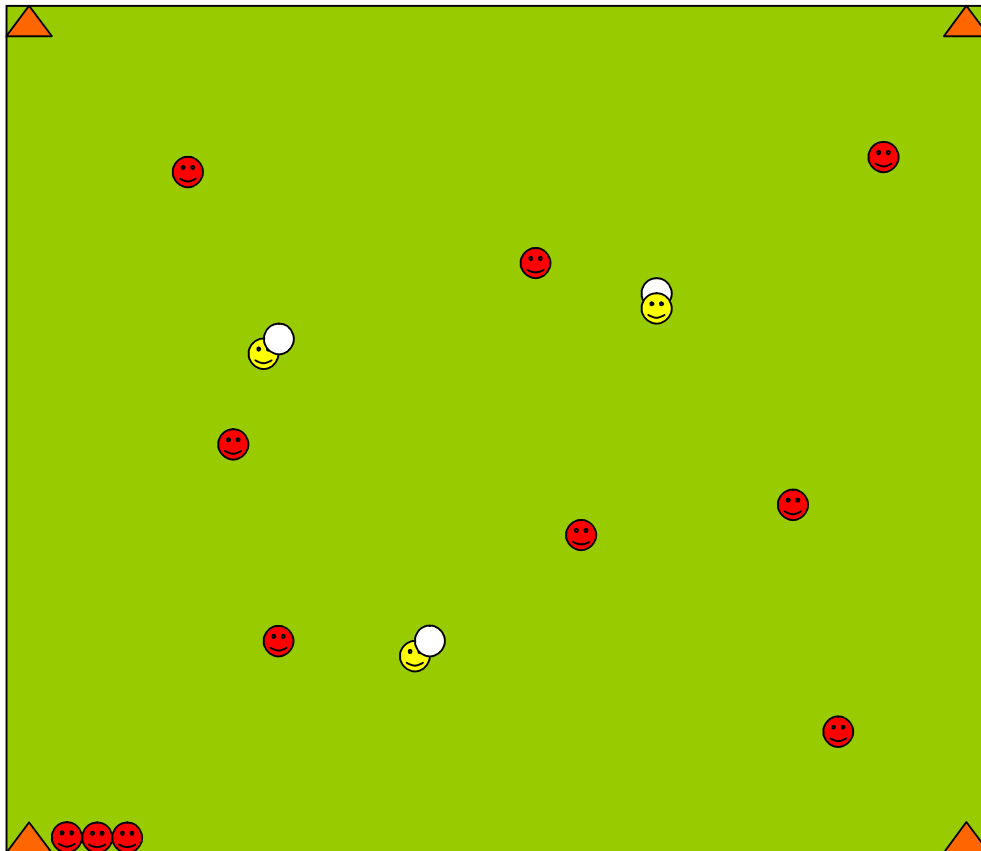
Practice on both sides.

Introduce token opposition – standing player instead of a cone/pole.

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Session 6

Warm Up – Tag Ball



Set out square as here 15m*15m.

Nominate 3 taggers each with a football.

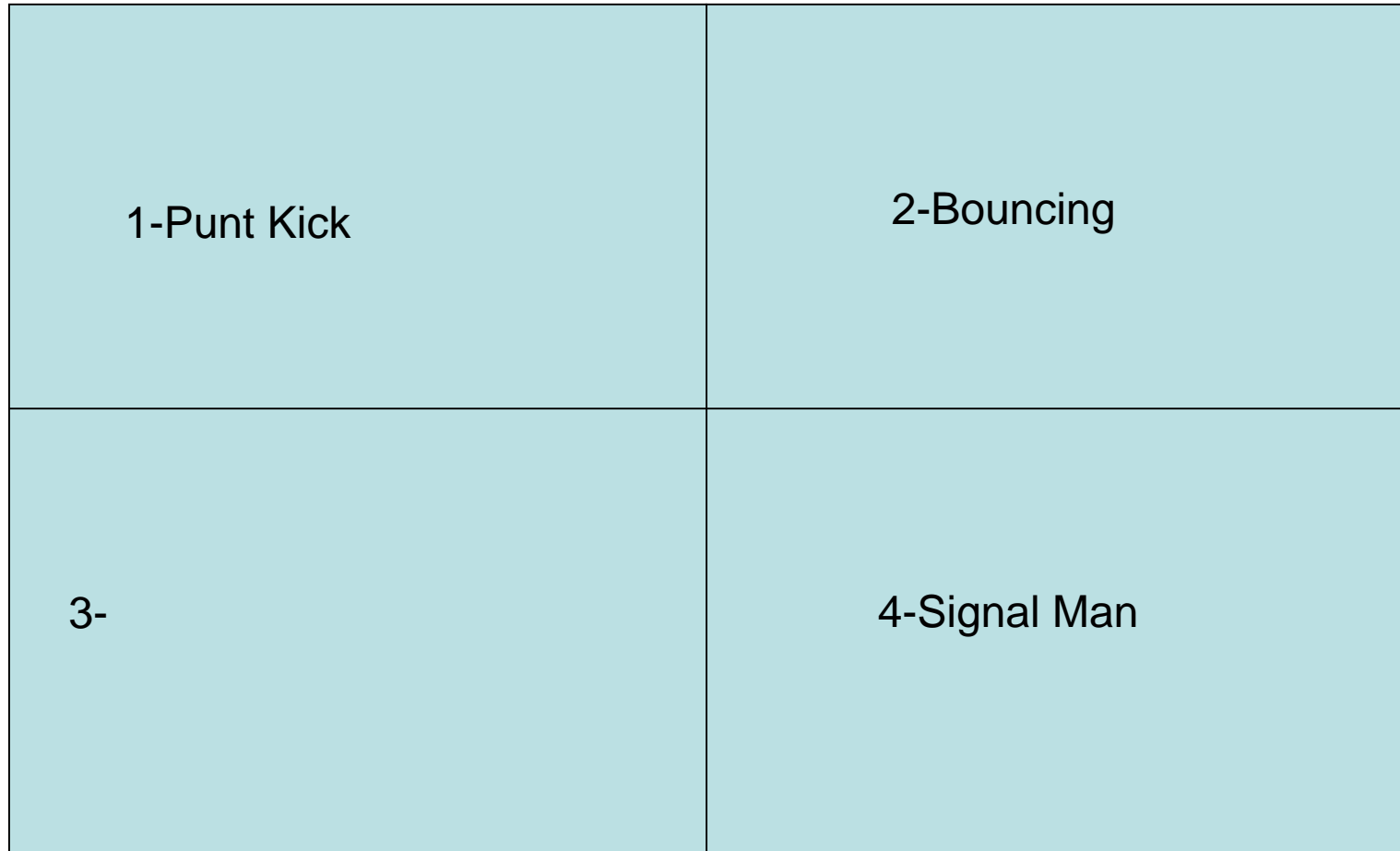
Taggers in 30secs must touch as many players as possible with football.

Assign an area for those tagged.

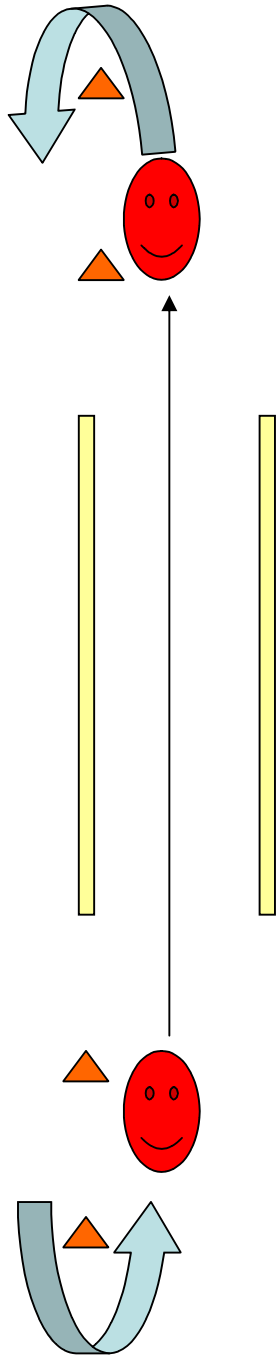
Football can not be thrown at a player to tag – must be touched off them.

Change taggers.

Pitch Layout



1-Punt Kick



Basic – punt kicking. Straight on from standing position. Kick ball in between 2 stakes.

Head down, eyes on ball, drop ball, toe down, follow through.

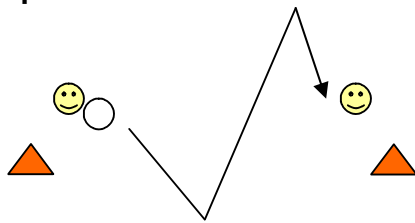
Practice both feet.

Advance – player starts at inner cone, must run around outer cone and on run punt kick cone in between stakes. Once again practice on both sides.

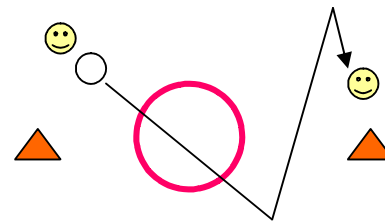
2-Bouncing

Ball between two.

1. Begin throwing and catching to each other.
2. Introduce bounce in before each throw. Two hands on top of ball pushing the ball towards the ground. Catch as ball comes back up towards you.
3. Progress to bouncing the ball to one another. Two hands on top of ball again and push ball towards a spot in between the two players.
4. Progress no.2 above to bouncing the ball to the right or left side of the body and then throw.
5. Attending mentor to carry hoop – child must bounce ball through the hoop to partner.

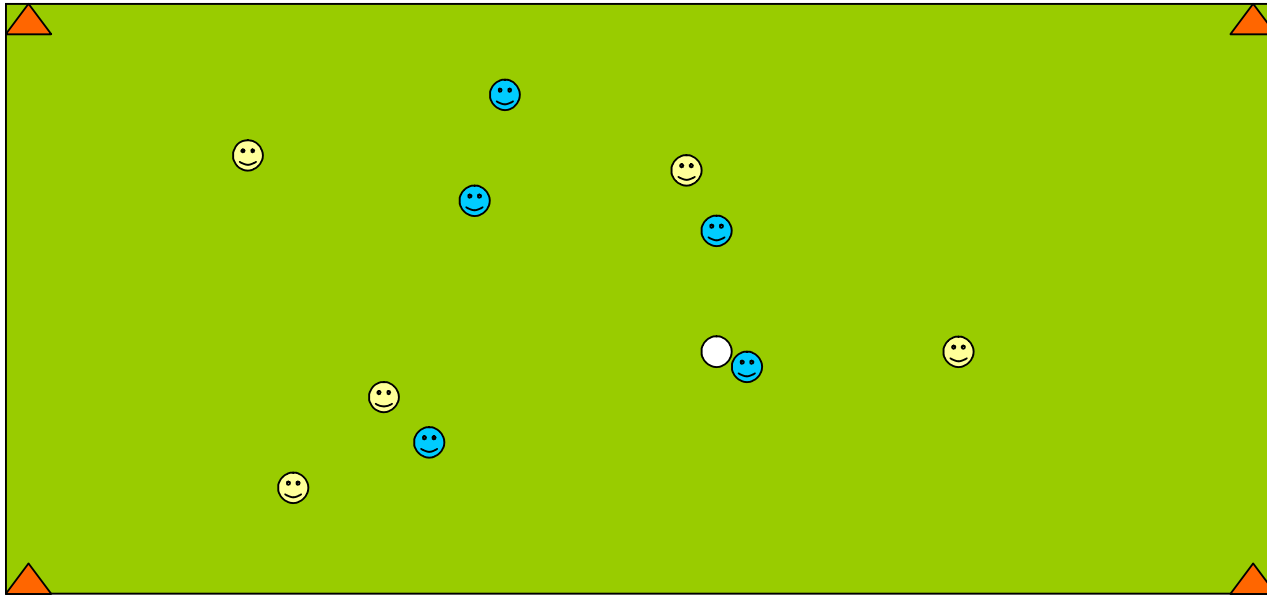


No.3



No.5

3- Bounce Catch

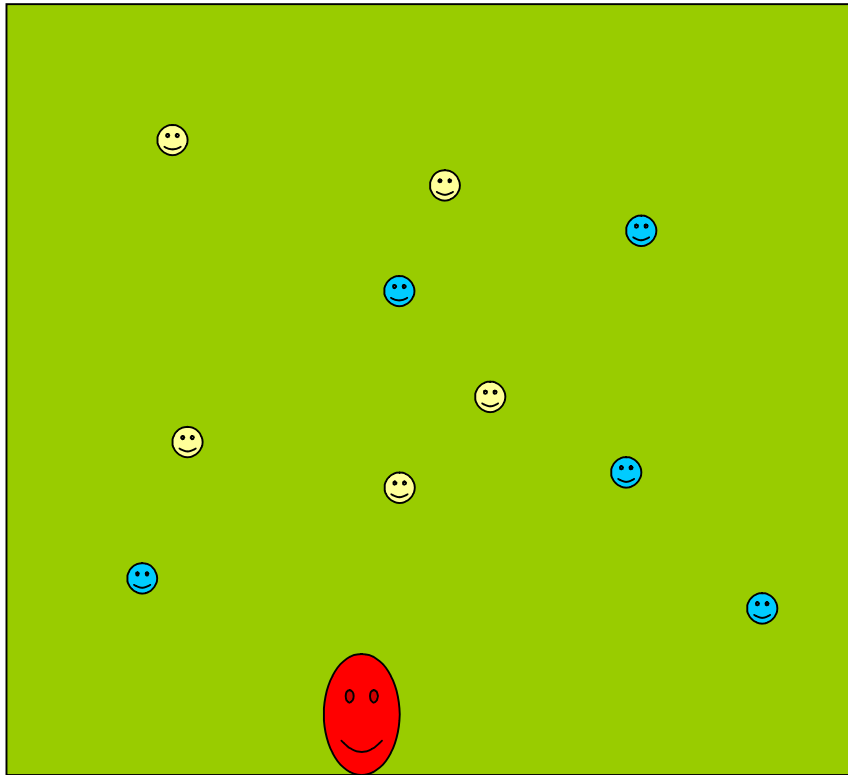


Pitch 15m * 10m.

Bounce Catch – aim of game, bounce ball once and complete a thrown pass to a teammate. One point per bounce & pass complete.

Modify if competent to one point per three * bounce & pass.

4-Signal Man



Red = forwards
Blue = backwards
White = shuffle left
Green = shuffle right

Players spread about playing area facing coach.

Coach sends four signals to players by means of four coloured cones.

Players must react to signal as quickly as possible.

Last player to perform action can be eliminated – not on cold day though!

Advise players – stay on front part of foot and be alert!

U7 Training

Session 7

Warm Up - Caterpillar



1. Set up cones above.
2. Arrange teams to line up in single file.
3. Player one on each team gets the ball and team passes ball under all teams legs.
4. Player at end of each line brings ball to front of each line the caterpillar commences.
5. The first caterpillar to make it over the line is the winner.

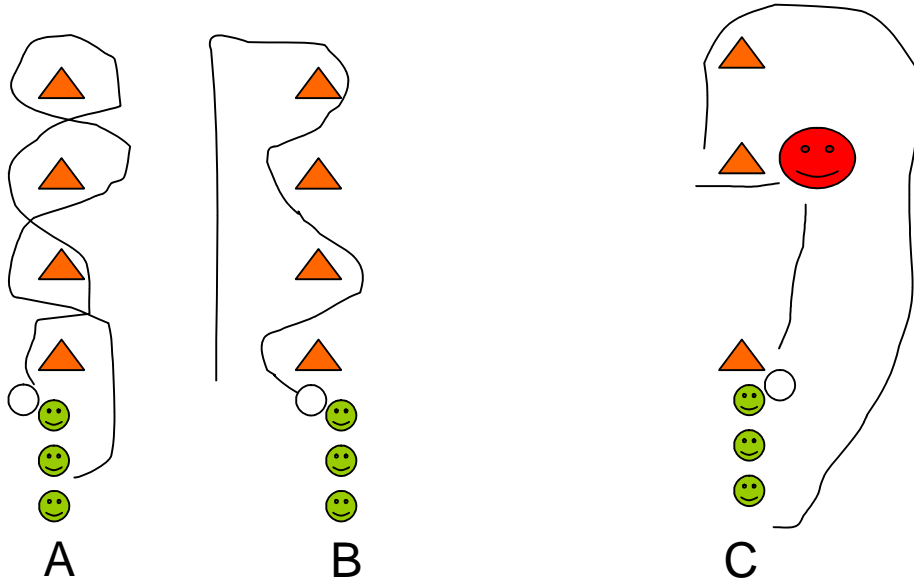
Variations

- Add second ball.
- Pass ball over their heads.
- Pass ball around the body.

Pitch Layout

1-Ground Kick	2-High Catch
3-Penalties	4-Ladder & Ballwork

1-Ground Kick

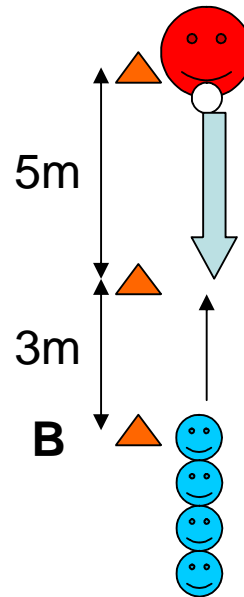
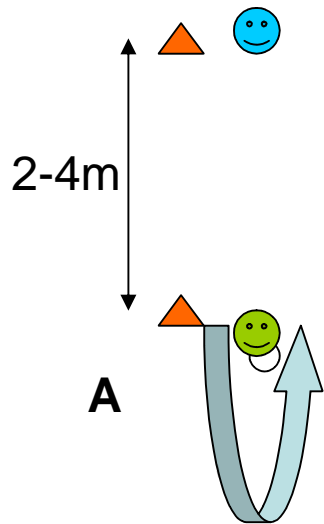


A – child dribbles ball through cones using instep of both right and left foot. Attempt to use right foot then left foot and so on.

B – child dribbles as far as last cone, turns and ground kicks back to next person.
On ground kick: place non kicking foot beside ball, eye on ball, kicking leg back and strike with instep of kicking foot, follow through.

C – child ground kicks ball to coach, coach picks up and throws to child to practice catch. Child runs around last cone and back to line.

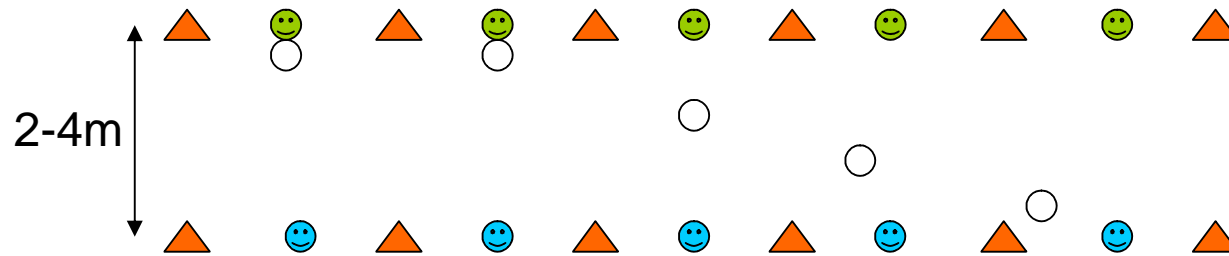
2-Catching



A – Players in pairs 2-4m apart. Players face each other. Player with ball then turns and throws ball back over his own head to roughly where his partner is standing. Vary by turning away from partner and throwing between legs. Set target e.g. first to five.

B – Coach stands 8m away from players. Coach throws ball underarm to child running towards him. Aim for child to run 3m to catch ball on run (5m throw). Eyes on ball, arms out ready to catch, gather with hands, wrap ball tight to chest with elbows tucked into sides. Player catches and runs around coach to finish.

3-Penalties



Set up drill as above.

One ball between.

Aim of game is to score as penalties on your opponent as possible.

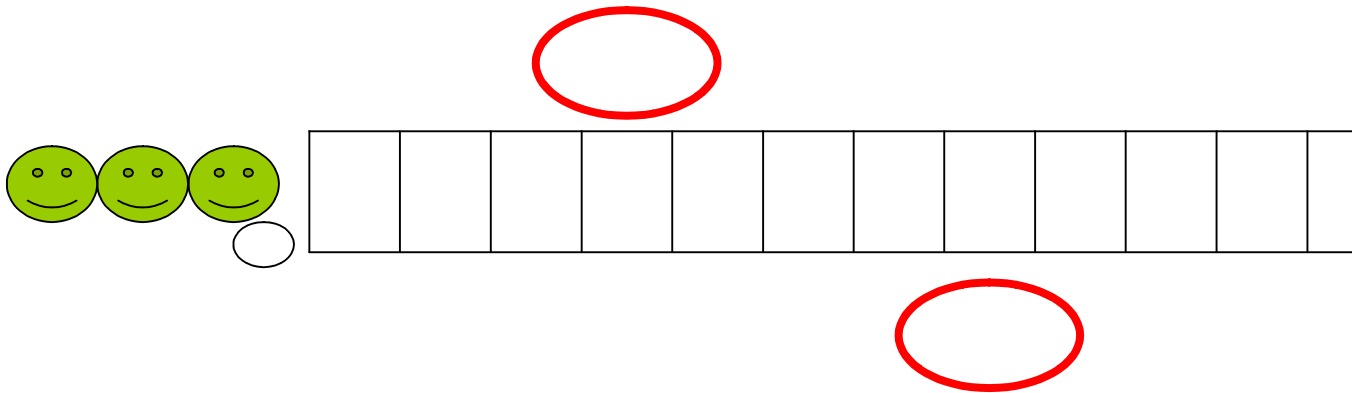
Ground kick every time (as in drill 1 of this session)

Aim to kick the ball into the space of the goal.

Practice off left and right foot.

Rotate partners every 2 mins.

4-Ladder & Ballwork



March & bounce ball in ladder spaces. Increase to jog with competence.

Variations

Bounce in every other space

Bounce to sides of ladder

Bounce in hoops to side of ladder

Tips

Watch ball on way into hands

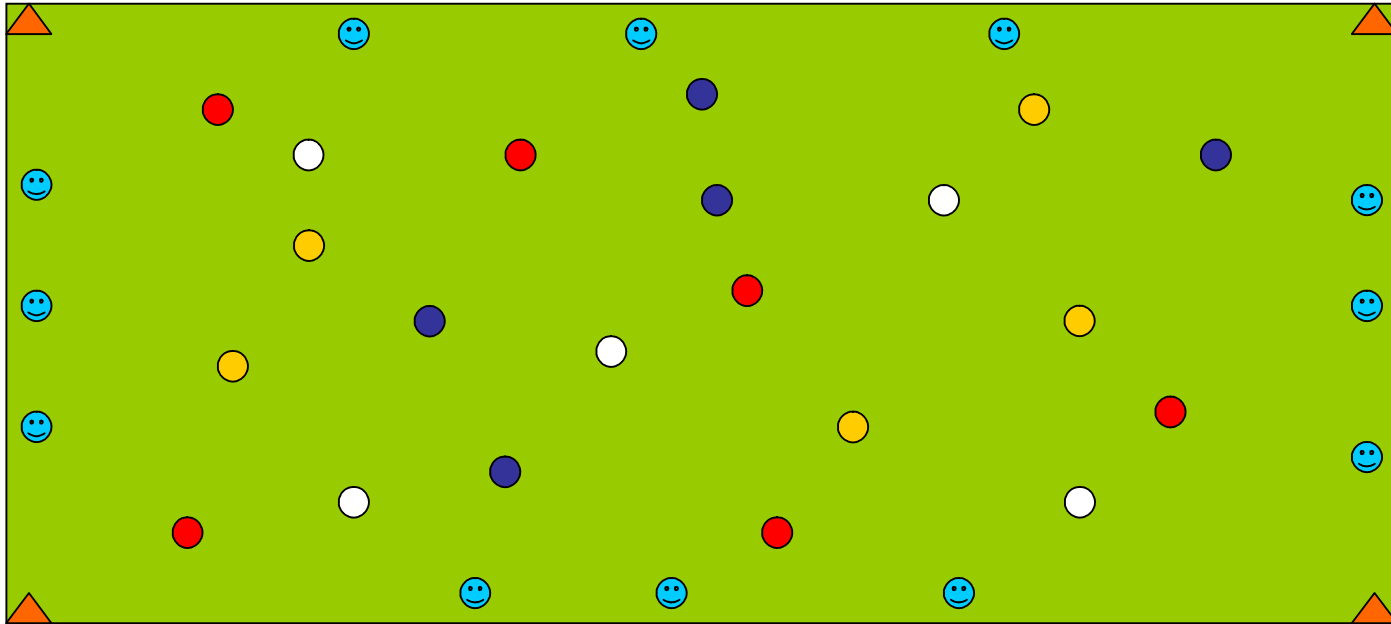
Good hard bounce on soft ground

Keep head up – look where you are going – you don't play football looking into the ground.

U7 Training

Session 8

Warm Up – Through the mines



Cones set out randomly in a rectangle.

Three children at each side of the rectangle numbered 1,2 & 3.

On coaches call/whistle children must run as fast as possible to other end without touching a mine/cone or anyone else, EG "Number 1s".

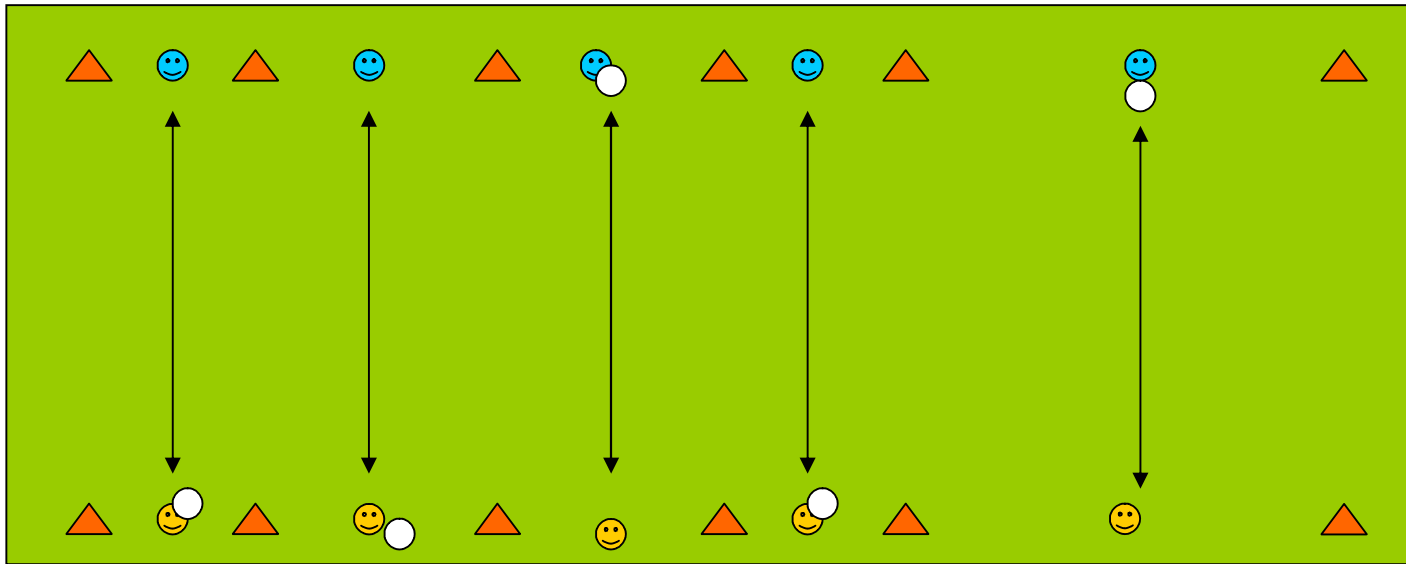
Progress by calling 2 groups at a time and so on.

Listen carefully and avoid other children

Pitch Layout

1-Punt kick	2-Empty the circle
3-Handpassing Game	4-Tail Snatch

1- Punt Kick

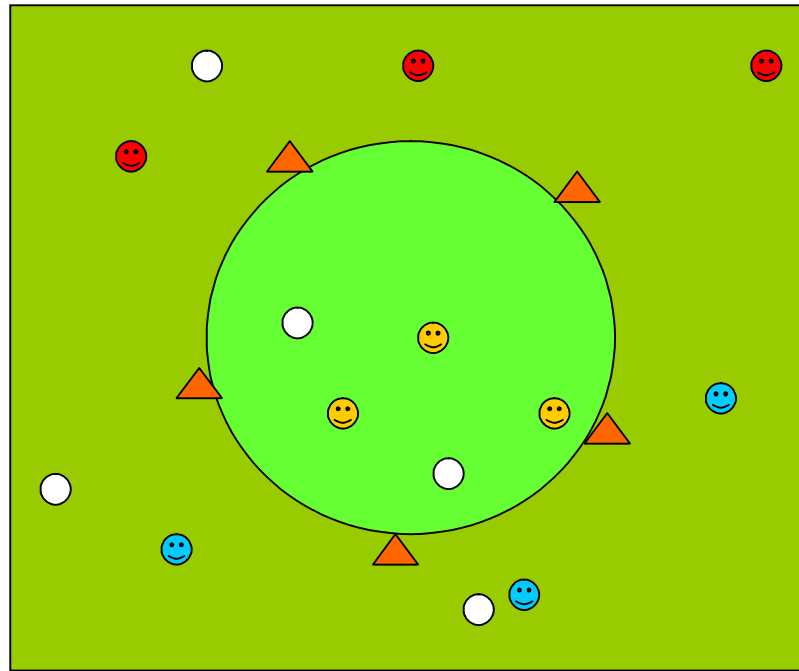


Set out cones as above – 5 different sized goals.
One opposite one 10m apart – one player per goals.
One ball per pair.

Aim of game – accurate punt kick to score a goal.

Rotate players every 2 mins to new partner and new goals.

2-Kicking – Empty the circle



3 teams.

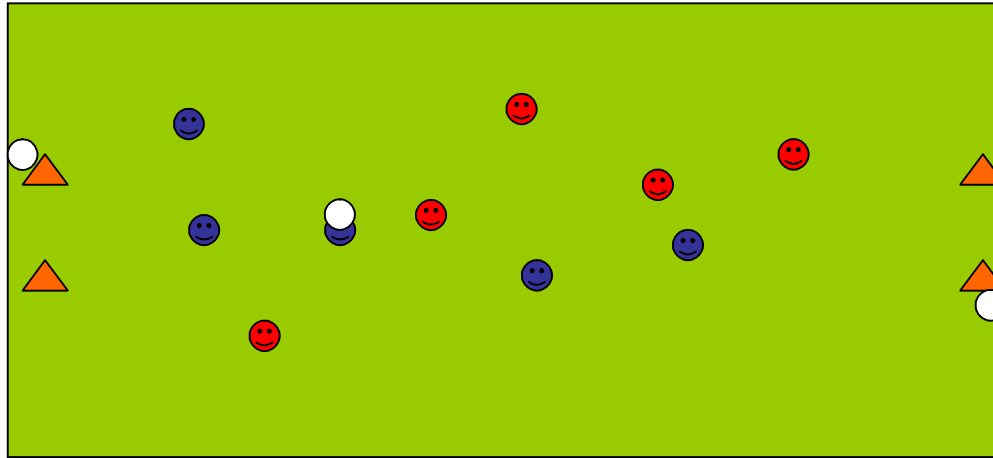
One team inside the circle, two teams outside.

Aim of game is for team in the circle to clear all the balls out of the circle.

Balls can only be kicked – four steps only to be taken

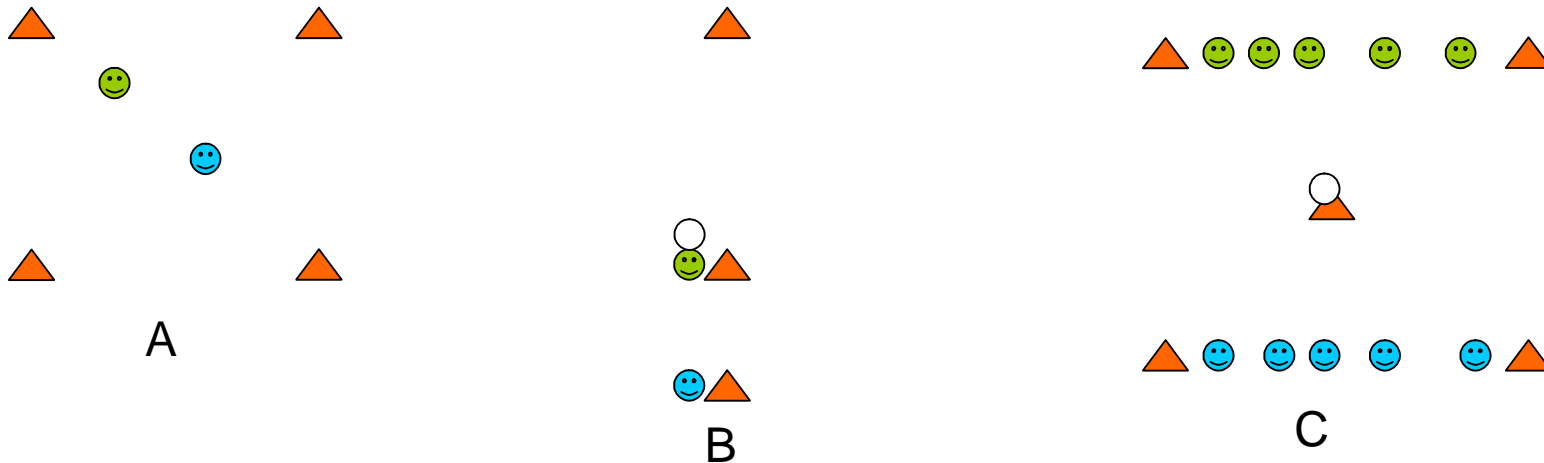
Work in 1 minute time slots. Work both feet.

3-Handpassing Game



- Set out pitch as above with 2 teams.
- 5 v 5 handpassing game.
- Play begins with throw in from coach
- Ball must be handpassed to transfer – no kicking allowed
- One bounce only per possession – make sure to make maximum use of this
= 4 steps bounce 4 steps deliver
- Aim of the game handpass the ball into the other teams goal
- No goalkeepers – no crowding of goal either
- Encourage movement of ball and support play
- “Once you pass move again to get ball off your buddy”

4-Tail Snatch



All children have a tail (e.g. bib/cloth tucked loosely into shorts)

A – 1 v 1 in small area. One point every time you steal opponents tail.

B – green has head-start over blue. On coaches whistle green must try to reach cone while carrying the ball before blue steals his tail.

C – Line out as above. Number each player on each team 1-5. Ball on cone in centre. Coach calls out number e.g. 3. Both number 3s must run to centre of square. Aim of game is get ball back to your home base without having your tag stolen.

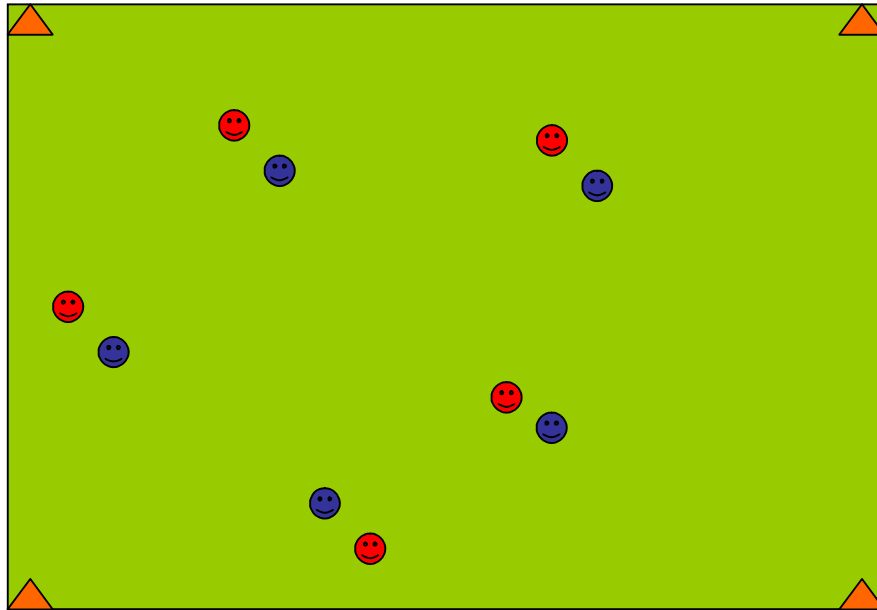
If you get ball back and you have your tag – point for your team.

If you get ball back and your tag is stolen – point to other team.

U7 Training

Session 9

Warm Up – Shadow Running



Working in pairs (red & blue above) in 30 second stints.
Red shadows blues run for 30secs.
30secs break after each run.

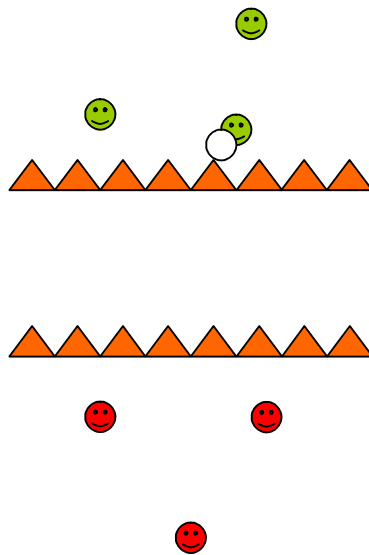
Encourage lead runner to change direction plenty of times, stop, start etc..

Vary by allowing players carry a football in 2 hands at same time.

Pitch Layout

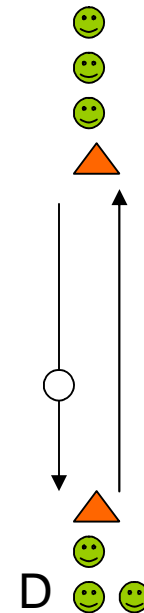
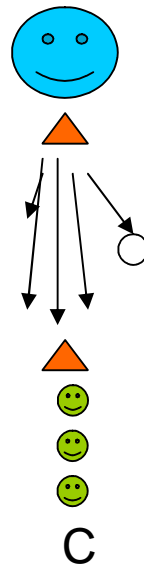
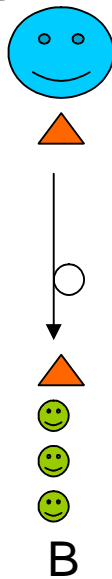
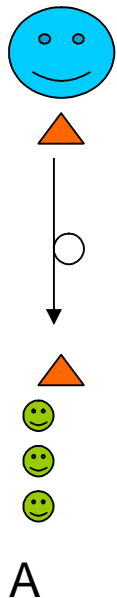
1-Punt Kick	2-Picking up, rolling, stopping – right foot/left foot
3-Gaelic Rugby	4-Cross Midfield

1-Over the river game



- Over the river game – punt kick over the river
- Points for kicking(1), ball hitting ground(2), chest catch(3) and overhead catch(5).
- Use this station as the one to practice catching particularly overhead and chest catching.
- Highlight to kids there are more points for the catches!

2-Picking up, rolling, stopping – right foot/left foot



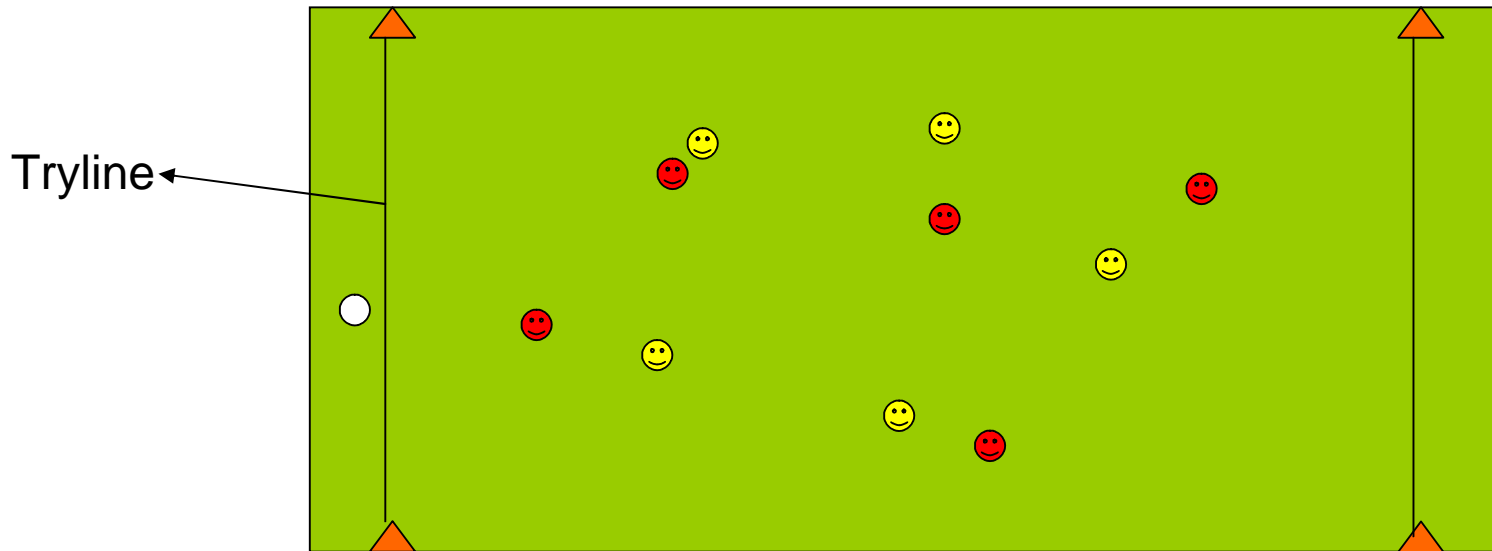
A – Coach rolls ball to jogging child to pick up with two hands. Throw back to coach and rejoin back of line.

B – as in A only using one hand only to pick up ball. Introduce bounce after picking up.

C – Coaches varies where he throws the ball – speed and direction. Child must judge path of ball and pick up right or left.

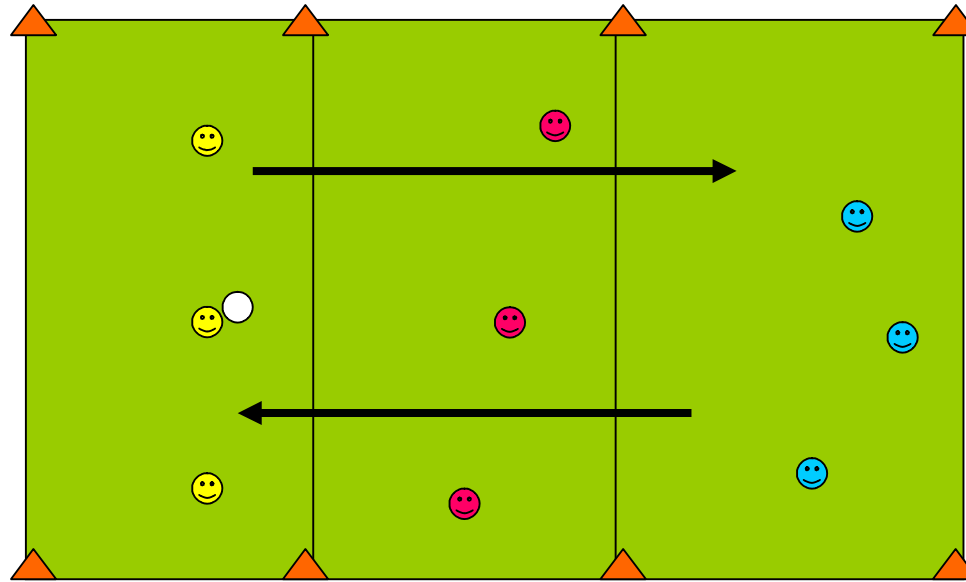
D – groups facing each other roll ball to other group and join back of their line.

3-Gaelic Rugby



- Organise pitch 45m x 30m.
- Select two teams.
- Aim of game: cross the opponents line while in possession of the football.
- Ball can be picked cleanly off the ground and thrown (forwards and backwards) however when a player is tagged they must place the ball under their legs to another team-mate (like rugby league).
- A tackle consists of a touch only NOT a rugby tackle!
- After three tags the ball is given to the other team.
- On scoring the scoring team must retreat to their own line.

4-Cross Midfield



3 teams each in a zone.

The two outside zones aim to land punt kicks in each others zones to score a point (yellow & blue).

Midfielders (pinks) attempt to block kicks without leaving there zone.

Teams change zones every 2/3 mins.

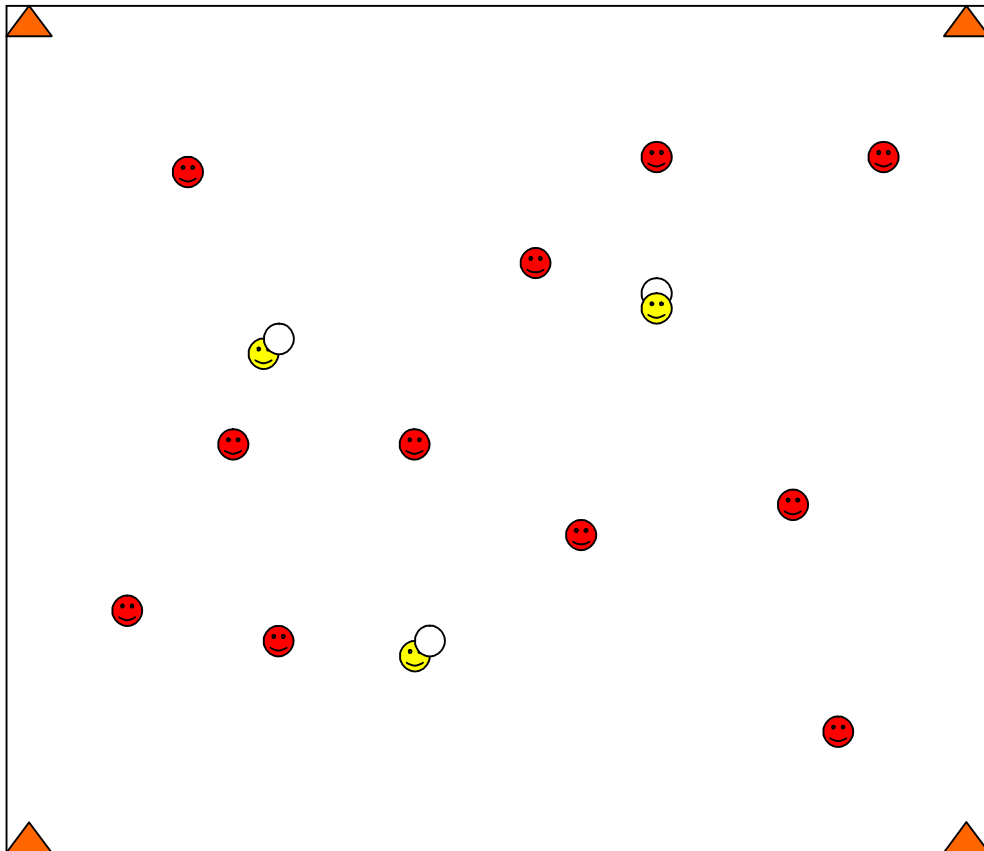
Conditions – ball must be handpassed twice before a kick etc..

Space out in your zone, call your name before catching the ball, look for space to punt ball into.

U7 Training

Session 10

Warm Up – Stuck in the mud



Set out square as here 15m*15m.

Nominate 3 taggers each with a football.

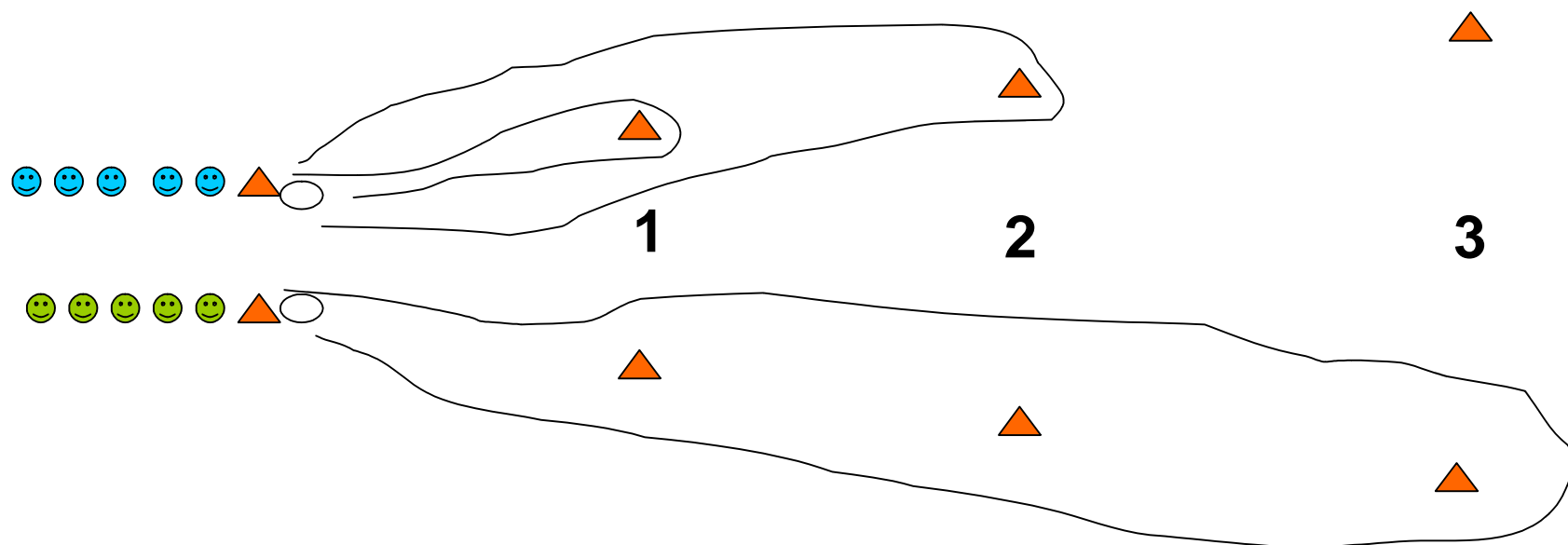
Taggers in 30secs must touch as many players as possible with football.

When a person is tagged they must stand upright with arms and legs spread out wide. To release another player must run under their arms/legs.

Football can not be thrown at a player to tag – must be touched off them.

Change taggers.

1-

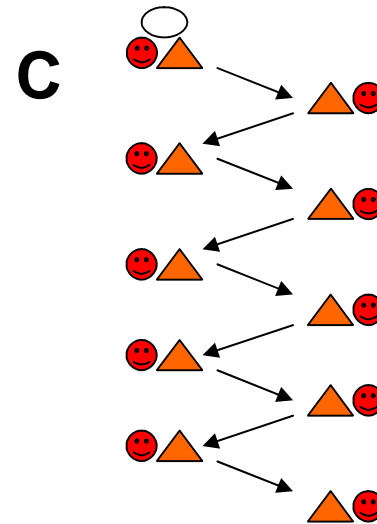
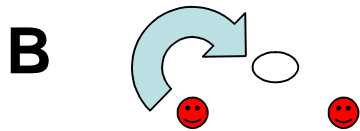
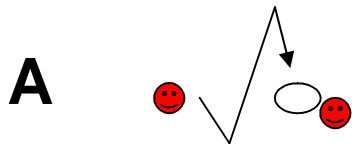


Set out cones as above numbered 1,2 & 3. Scatter the cones a bit – not in a straight line.

On call of coach 1, 2 or 3 player must run out around their cone and deliver back to next player.

Activities – running, dribbling, hand dribbling, soloing with handpass, rolling back, throwing back, running backwards, sideways etc.....

2-Catching & Passing



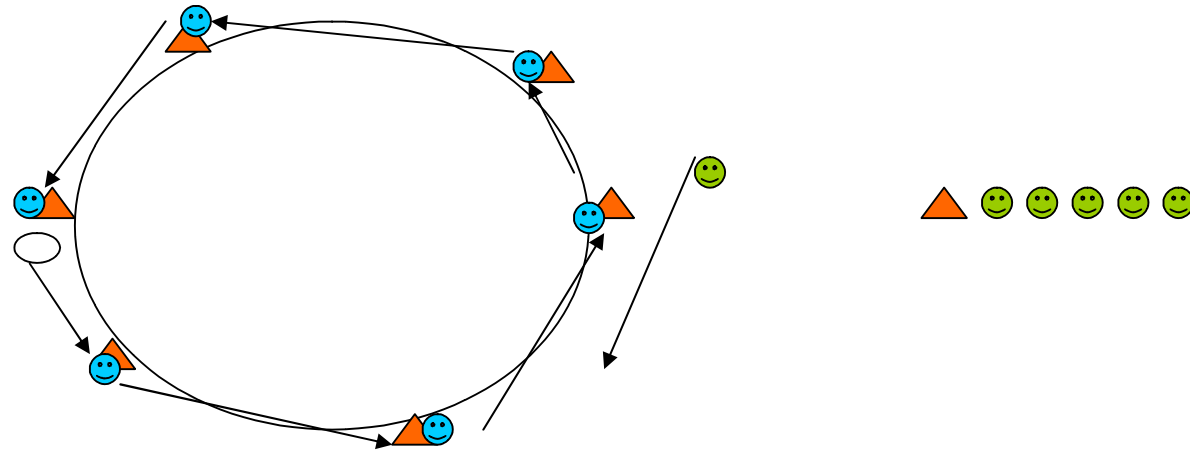
A – In pairs facing each other bounce the ball over and back to each other. Push ball down towards ground half way in between pairs. Hands ready to catch.

B – In pairs both facing the same direction one player ahead of the other. Player at front has to throw ball over his head and try and land it in other players arms. First to ten catches wins.

C – diagonal passing (throwing and catching). Begin with one ball introduce another with competence. When ball gets to end pass it back up the chain.

Vary – pass the ball and move to spot that you passed it too. Man at end runs back up to start.

3-Circle Chase



Two teams.

Blue team line up around the circle. Green team line up behind cone at side of circle.

Aim of game:

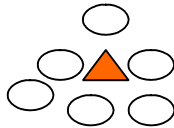
Blues – pass the ball around the circle as many times as possible counting the number of passes.

Greens – each member of team must run a lap of the pitch as quick as possible.

Blue team stops passing when last green returns.

Team with most passes made is the winner.

4- Three ball game



Set out cones in square. 4 teams/corners. 6 footballs in middle of square.

On go one player from each team tries to get three footballs to their corner at the same time.

Balls can be stolen from other corners when all the balls in the middle are taken.

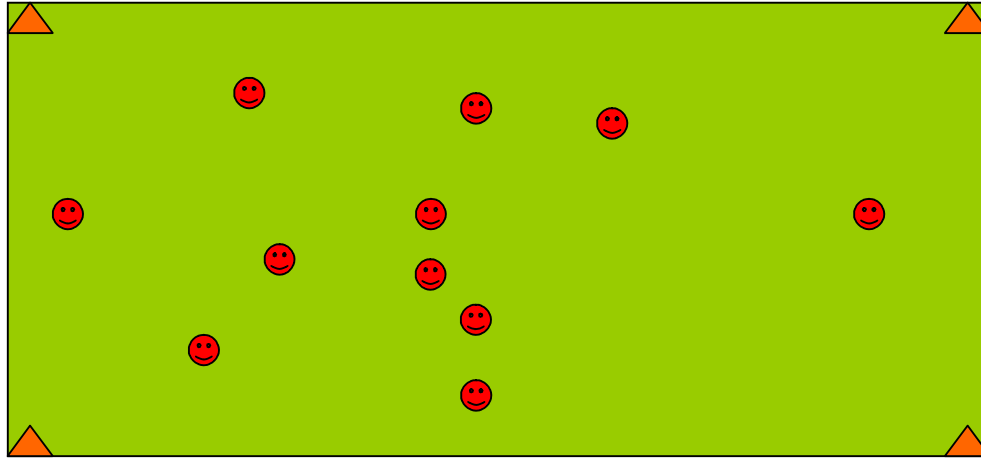
Only one ball at a time can be carried.

Game finishes when one player has three balls at his corner – change turns.

U7 Training

Session 11

Back to Back



1. Simple pulse raiser warm up – give children activity to do in area and on the whistle they must go back to back.
2. Activities: touch ground with left/right/both hands, catch an imaginary football, hop on one foot, fly like aeroplanes, solo a football, handpass a ball around, run backwards, hit the deck, walk, change pace, change direction, shoulder an opponent, practice blocking, pick up ball, bounce etc....
3. Remember practice all skills on BOTH SIDES of the body.
4. Do not disqualify last children out as this leaves them out of the warm up.

Pitch Layout

1-Knee Punt	2-Tummy Catch
3-Gaelic rugby	4-Bridges and rivers

1-Knee Punt

Basic practice – one ball per person/between two.

Pre-punt kick practice for children who may struggle with punt kick on dominant or non dominant foot.

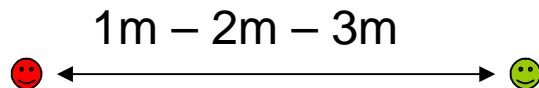
Coaching Tips

- Knee punt – drop ball to knee to strike.
- Aim – face target.
- Ball dropped and struck with knee – beware of child throwing up to knee – just let ball drop.
- Eyes on ball at all times.
- On dropping ball raise knee simultaneously.
- As with punt kick try not to “break the glass” – imagine a pane of glass right down the centre of your body. Your kicking foot should not break it/cross the middle of your body.
- If child is kicking with right foot try and make sure the last hand that is touching the ball on the drop is the right hand. “Right hand right foot, left hand left foot”.

This is an excellent way to introduce the non dominant punt-kick particularly for younger children.

2-Tummy Catch

Basic practice – one ball between two throwing to each other.

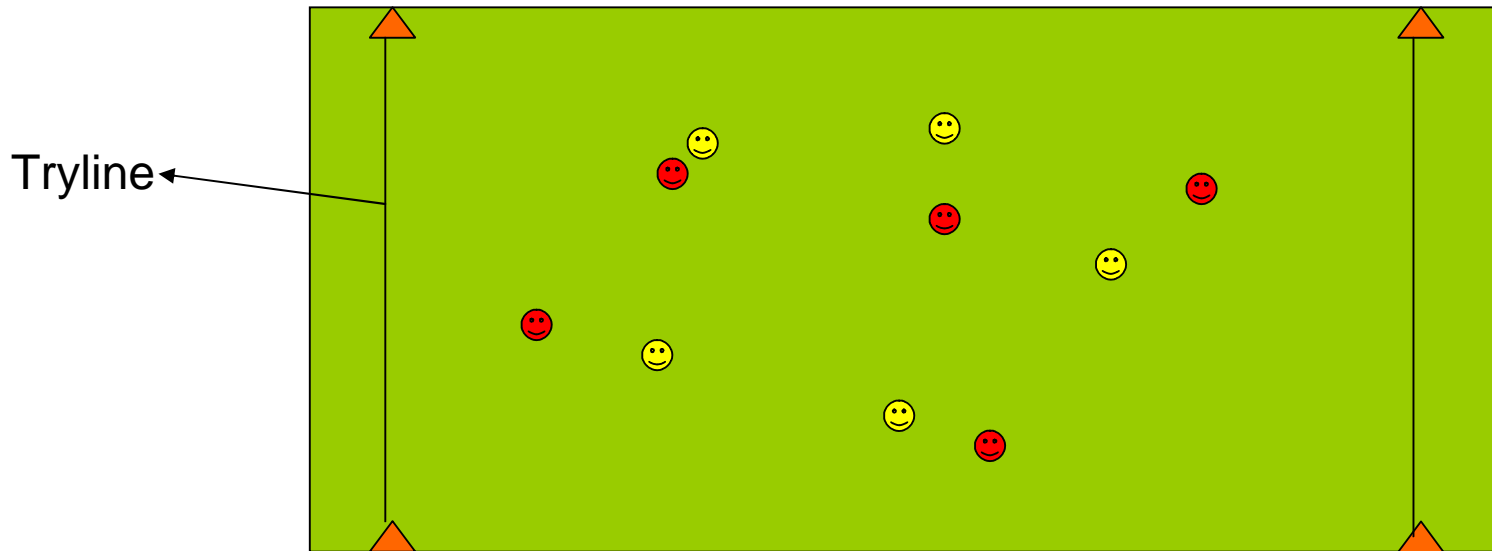


Begin at 1m apart and increase after 2mins to 2m and so on.

Coaching Tips

- Tummy catch – gather and cradle the ball to tummy.
- Aim – face target.
- Ball thrown underhand to standing partner. Aim for persons chest/jersey.
- Eyes on ball at all times.
- Catcher has eyes open and hands out ready to receive ball.
- On impact gather ball to tummy/chest with elbows “wrapping” ball tight to chest.
- Increase distance of throw to advance.
- Competition – how many throws and catches in a minute. Challenge the children.

3-Gaelic Rugby



- Organise pitch 45m x 30m.
- Select two teams.
- Aim of game: cross the opponents line while in possession of the football.
- Ball can be picked cleanly off the ground and thrown (forwards and backwards) however when a player is tagged they must place the ball under their legs to another team-mate (like rugby league).
- A tackle consists of a touch only NOT a rugby tackle!
- After three tags the ball is given to the other team.
- On scoring the scoring team must retreat to their own line.

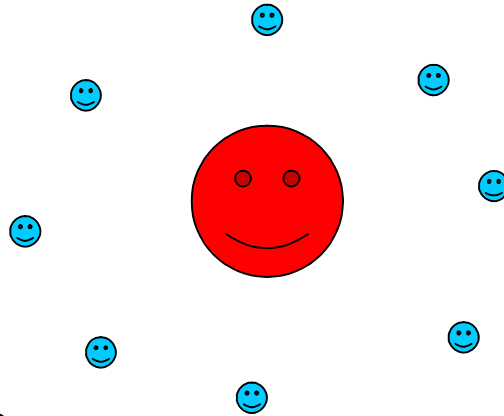
4-Bridges & Rivers

- Group get into pairs.
- Children number each other 1 or 2 in each pair.
- 1s are bridges, 2s are rivers.
- For one minute the number 1s must make bridges with their bodies for the rivers to “flow” under.
- See how many they can do in a minute.
- Bridge must move to a new position each time a river flows under.
- Swap roles after a minute.

U7 Training

Session 12

Warm Up – Backs N Bellies



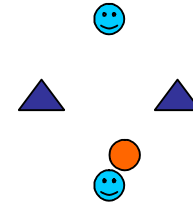
- Dry day warm up
- Respond to calls of coach:
 - Backs = lie on your backs
 - Bellies = lie on your bellies
 - Sides = lie on your sides
 - Stand up = stand up
- Change calls after few mins
 - Backs = lie on your bellies
 - Bellies = lie on your backs
 - Sides = stand up
 - Stand up = lie on your sides

Pitch Layout

1-Knee Punt	2-Pick Up
3-Double Pitch Game	4-123 Red Light

1-Knee Punt

- Basic practice as last week see below.
- Introduce coned goals where pairs have to knee the ball through.
- Try punt kick for a few mins at the end of this station



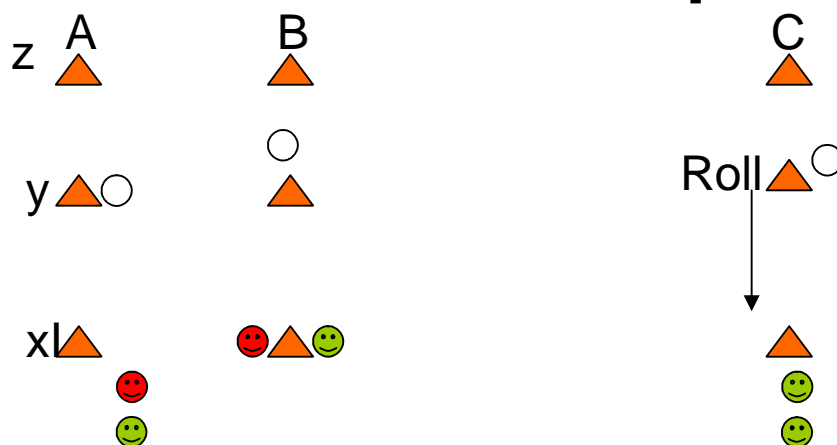
Basic practice – one ball per person/between two.

Pre-punt kick practice for children who may struggle with punt kick on dominant or non dominant foot.

Coaching Tips

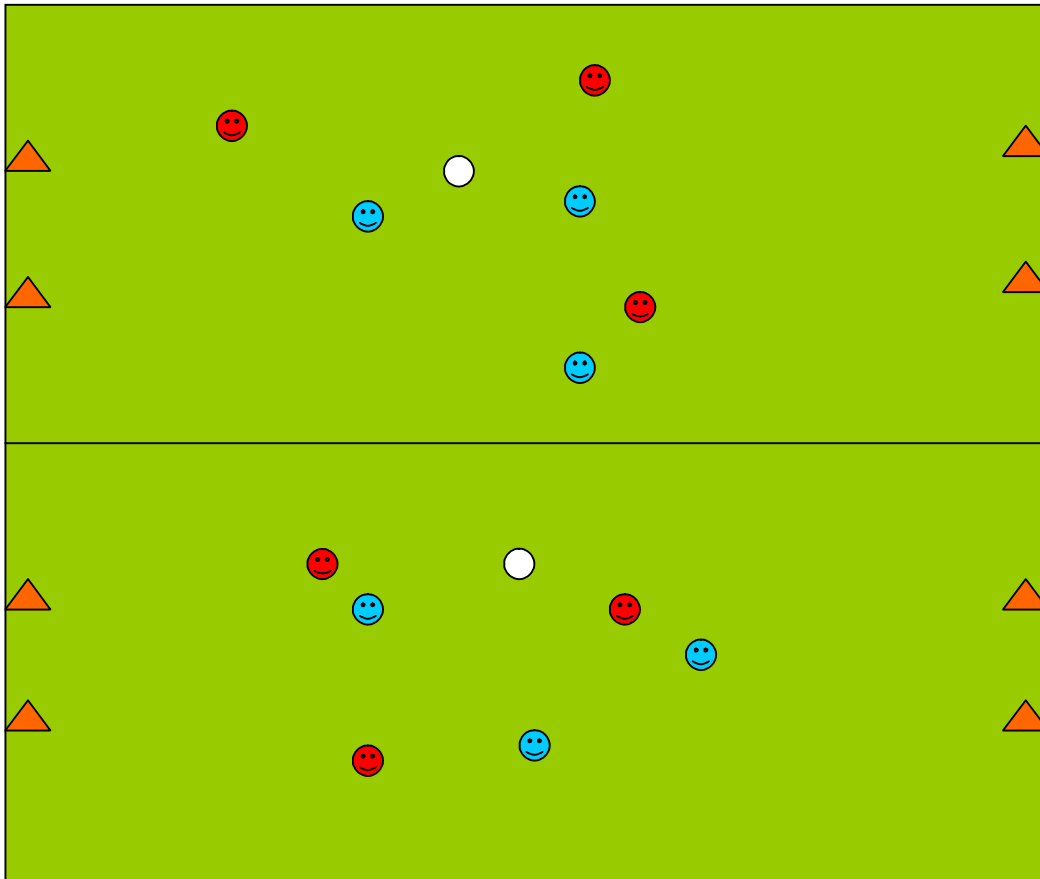
- Knee punt – drop ball to knee to strike.
- Aim – face target.
- Ball dropped and struck with knee – beware of child throwing up to knee – just let ball drop.
- Eyes on ball at all times.
- On dropping ball raise knee simultaneously.
- As with punt kick try not to “break the glass” – imagine a pane of glass right down the centre of your body. Your kicking foot should not break it/cross the middle of your body.
- If child is kicking with right foot try and make sure the last hand that is touching the ball on the drop is the right hand. “Right hand right foot, left hand left foot”.
- **This is an excellent way to introduce the non dominant punt-kick particularly for younger children.**

2-Pick Up



1. Relay race carrying ball only.
2. Introduce the pick up (clean scoop) as in "A" above. Ball is picked up at cone y carried around cone z and replaced at cone y. Bounce can be introduced when in possession of football.
3. Advance by introducing token opposition. Red player has 2m headstart over green player. Green player can not make contact with red player. Introduce competition where as in B above players race for pick up.
4. Ball rolling towards player – C above – player picks stationary ball at cone y, goes around cone z and rolls back to next player at cone y. Player must pick ball up before it stops rolling.
5. Ball rolling away from player – player begins with ball in hand, rolls ball out in front of themselves and must scoop ball up before it stops. Continues around cone z and rolls ball back to next player.

3-Double Pitch Game



See diagram.

Two pitches side by side 3 v 3.

Two individual games.

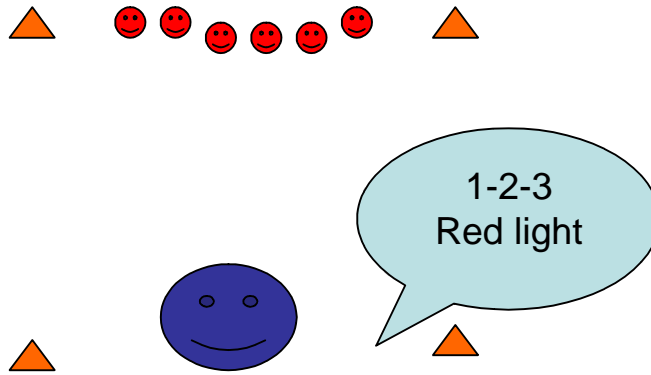
After 3 mins take away one football.
Now we have 2 pitches and one ball.
Players are not allowed to crossover
pitch but the ball can.

So now it is 6 v 6 (reds v blues).

Players can pass over the centre line
to one another.

There are also two goals to shoot into
and defend.

4- “123 Red Light”



- Children line up along a line.
- Coach calls out “1/2/3 or Red Light”.
- Class move forward on call.
- 1=1 step
- Class must stop on signal – red light - which could be after 1 or 2 or 3
- Look for a quick reaction to signal
- Kids must be balanced when stopping