

PRACTICE MAKES PERFECT U5 - U7 PLAYERS

**LISTED BELOW ARE THE KEY FOCUS
AREAS YOU SHOULD BE WORKING ON.
WORK ON ONE AREA EACH DAY FOR AT LEAST 10 MINS.**

FITNESS



It is important to incorporate fitness into your practice sessions. A quick and easy 5 minute activity to include running, jumping, hopping, fast feet etc, will keep you conditioned to return to the game.

An example: Using 2 markers, spaced 10m apart, you can run up and back, hop on one leg back & forth, side shuffles back & forth, high knees back & forth and include stretching.

DRIBBLING

Keeping the ball at your feet is a fundamental skill of the game. There are a range of activities you can do to practice your dribbling. Remember its important to use both feet when dribbling and for beginners, using the inside of your foot is the most effective to keep control of the ball. Take it slow to start with, walk while dribbling if you have to, and eventually you can build it up to a jog / run as your dribbling improves.



PASSING

Teamwork is vital in the game of soccer, so naturally being able to pass the ball, long or short, accurately, to your team mates, is extremely important in the game.

Practice passing the ball (and trapping it on return) - using the correct technique (watch the videos for help if unsure) - in varying distances. Strong accurate passing along the ground is your key focus at this age.

Example: Stand 2m away from your partner (or wall), then change to 1m, move to 3m, etc. Don't forget to use both feet as well.

RUNNING WITH THE BALL

You can't really play a game of soccer without running with the ball, so it's important to keep practicing this skill as much as you can.

Practice running in a straight line with small touches, run diagonally using touches with one foot only etc. There are plenty of little practice drills you can do test yourself and practice different techniques while running with the ball.

Keeping the ball as close to you as possible while running is your focus at this age.



SHOOTING

Whilst this age group should focus on keeping the ball at your feet and improving the other skills of the game ,who doesn't love to score a goal?!

It's never too early to start practicing this and it will be a lifetime skill as you progress as a player. You should be looking at how accurately you can kick the ball, using good technique with a little bit of power in your kick.

Set up a goal and stand in different spots, different distances from the goal and practice shooting. You can start with a larger goal area and make it smaller as your accuracy improves.



EXTRAS

There are so many skills to learn and practice in this game .. from throwing the ball in, trapping the ball, heading the ball, those listed above and much much more.

There is also a long list of advanced skills you will learn as you progress.

A couple of extra skills you can practice that are different to the norm, is toe touches, inside touches & one touch passing. Watch the videos we've sourced for you to start learning and practicing.

