Malibu AYSO – Outline of Coaching Curriculum

# Under 7

# (Use Age Specific Drills/Activities – Coaching Drills)

## Week 1 (Based on 1 or 2 practice per week)

* Dribbling – Assess Skill level Warm up!
* Development (How To?)
* Direction Dribbling – Towards opponents Goal
* Keeping in bounds
* Fun Games
* Shielding (U8)

# Week 2

* Recap dribbling (Warm Up with Ball each)
* Recap Keeping in bounds
* Different Fun Games
* Throw-in Development

# Week 3 Use conditioned Scrimmages

**to emphasize recently**

* Recap dribbling (Warm Up) **developed skills.**
* Passing – Development (How To?)
* Passing Games (Practice)
* U8 only – Fun Goal Keeper Games

# Week 4

* Recap Dribbling (Warm Up with Ball each/between 2)
* Recap Passing Development
* Restarts: Kick off / Goal Kick **Pair up with another team**
* More Passing Games **whenever possible!**

# Week 5

* Passing / Dribble Warm UP
* Passing Game
* Block Tackle Development
* 1 v 1 including block tackle
* U8 Defending (Guarding an opposing player)
* Conditioned Scrimmage

# Week 6

* Passing / Dribble Warm Up
* Recap Block Tackle
* Shooting Developments “Toe-Knee Chin!”
* Shooting Games

# Week 7

* Shooting Warm Up
* Attacking Games
* Recap on Restarts (U8 Corner Kicks)

# Week 8

* Use other games to recap on Dribble / Pass / Shoot (See Clinic Info)
* Recap Developments of Weaker Skills
* U8 Keep away 3 or 4 v 1 confidence on the ball
* U8 Set Plays – Corner Kicks (Keep Simple)

# Week 9

* Recap favorite Warm Up’s
* Play Favorite Games emphasizing weak areas of play / skills
* Scrimmage another team

# Week 10

* Favorite Warm Up
* Fun Competition – Working on Skill (Shooting, Dribbling, Passing, Taking on a player)
* Make note for Team Balancing - following year!
* Include end of season gathering (Pot Luck etc.)

***All activities / drills should be checked as you complete them.***

If all coaches cover these Skills & Practices, then all players will improve in similar areas ready to continue the development into next year.

### Thank you

**Andrew Pearce (Coaching Instructor)**

Private Individual & Team Coaching available: **elitesportslagmail.com**