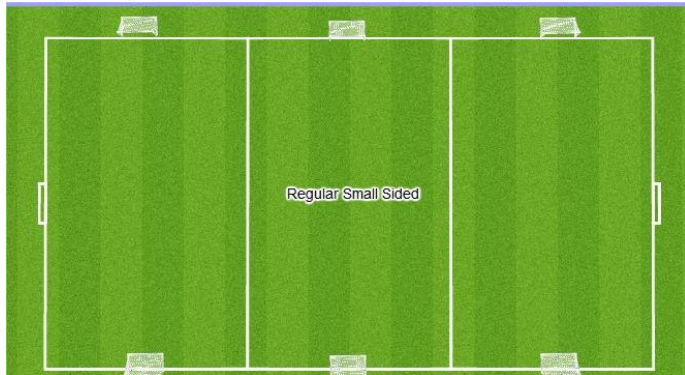




# U7-U8 Fundamentals Outdoor 2017

## WEEK 1



### ← Set Up

#### The Small Sided Games Day

The fields will be set up upon arrival in this manner  
Within your Starting Grid you will run your Cores warm up

#### Focus:

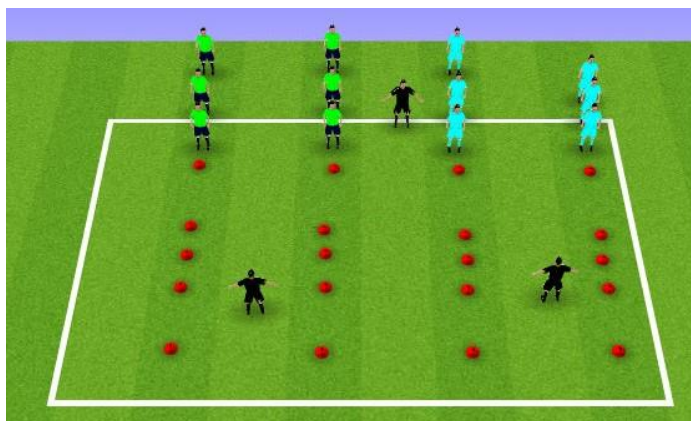
Should be placed on basic shape (Diamond)

\*Make it FUN

#### Of Note:

The whistle will blow in 10mins intervals

Please take your *Water Breaks* when players are *Off* or during transition periods



### ← Warm Up (10 mins)

#### Cores Warm Up

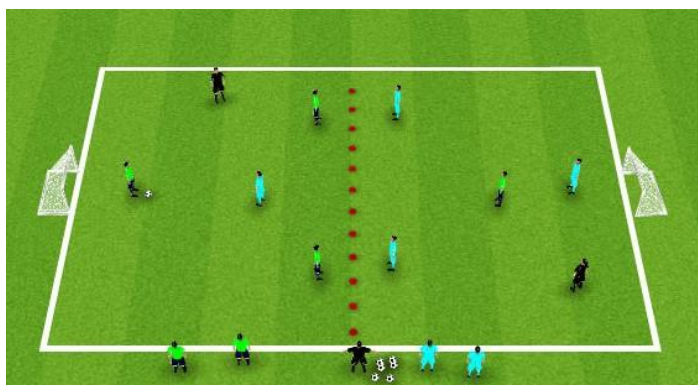
Split your groups into their teams & colors

Take them through various movements using cones as guides  
(Skipping, 1&2 foot jumps, forward and backward running, etc)

Introduce the ball and take them through the cones using inside/outside of both feet

#### Of Note:

As soon as the whistle blows be prepared to begin playing



### ← Regular Small Sided Game 4v4 (10 mins)

The focus of this Small Sided Game is to foster real time decisions and allow the players to PLAY

#### Encourage:

Spreading Out in a *Diamond*

Staying *High/Wide/Deep*

Keep their heads *UP*

#### Of Note:

Restarts from own end after goal

Opposing team backs up past center line

Kicks ins when Ball goes out

First Pass is *Free*