

U-7 (2007)
SÉANCE 08 DU 09 JUILLET 2007

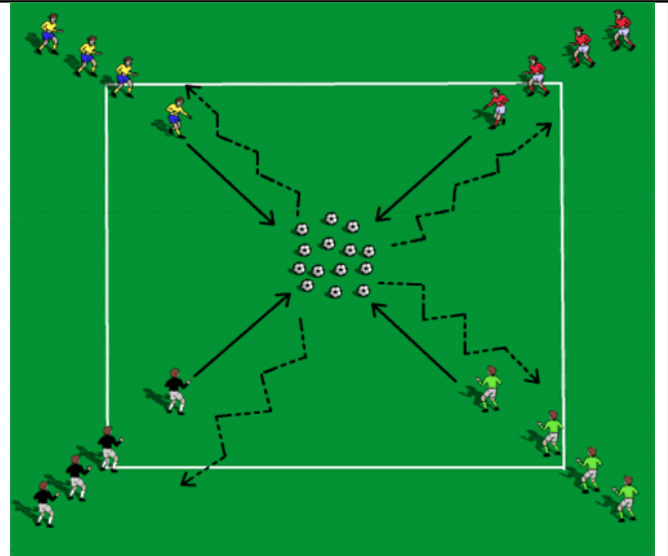
Nom: **Coach Marc** Age du groupe: **U7** Thème: **En mouvement et les**

1 Échauffement - Robinhood

Organisation Create four stations with a group behind each station and place the balls in the centre.

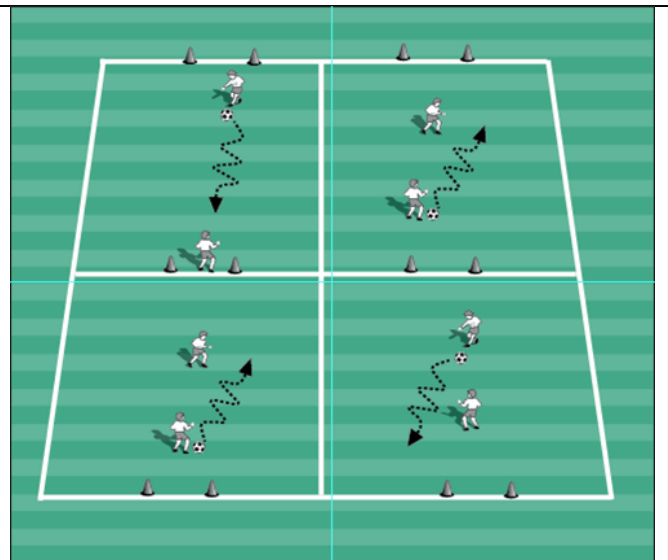
Practice On the word 'go' the players must go one at a time and retrieve a ball from the centre and bring it back. The game ends when there are no more balls in the centre circle.

Once the balls have all gone, the players can go to other stations for a set number of seconds. The winning team is the group with the most balls at the end of time.



2 jeu 1 contre 1

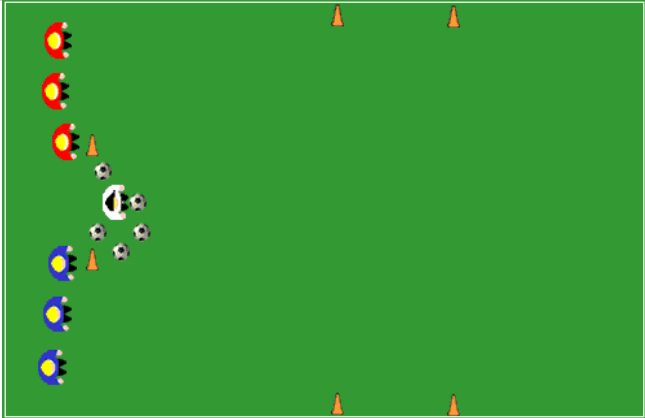
Players score points by scoring goals against their opponent.



3



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Two Goal Dog Fight	
<p>The coach stands on the sidelines with all the balls at his feet.</p> <p>Each team lines up behind a cone on either side of the coach.</p> <p>When the coach throws the ball into the center of the field, the first player from each line runs onto the field and plays 1 Vs 1.</p> <p>Players defend the goal closest to their line and attack the opposite goal.</p> <p>Play until a goal is scored or for 30- 60 seconds depending on the heat and the fitness level of the players.</p>	

Jeu de la chandelle	

6 Découverte technique	

7 Récréation	