

U7 Kix Season Indoor Plan

Soccer Club of Toronto



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<http://www.sctoronto.ca>

Objective	Organization				Content Distribution & Coaches Role		
Game: N/A	Sessions per week	1	Session Time	60m	Game: 35%		
Technical: Improve basic individual technique	Players per team		Game Time	N/A	Tactics: 0%		
Physical: Develop coordination and basic motor skills with and without the ball	Session Structure		Aspects to Consider		Technique 35%		
Mental: Feel comfortable and confident with the ball.	Warm up	10m	Time of the Practice Intensity of the practice Number of Players Time and contact with ball		Physical: 30%		
	Physical	5m					
By the end of the season the player must be capable of: Handling the ball with at least one foot and both hands. Running, Jumping and stopping with and without the ball	Technique	15m			Individual game for the player at this age to experiment with the ball SSG: 3v3 or 4v4 game		The coach should be positive and encouraging of each child. The coach must be patient, have a good humor, and willingness to see the world through a child's eyes. Also have the ability to speak their language and accept that the children's play will not look at all like soccer.
	Small Sided Game	20m					
	Cool Down & debrief	5m					

CONTENT								
Tactical		Technical		Physical		Mental		
ATTACKING		Passing and Receiving	Med	Strength	Reaction	Low	Respect & Discipline	High
		Vision & Awareness	Low		Acceleration	Low	Self Confidence	High
		Dribbling/Running w/ball	High		Acyclic Speed	Low	Competitiveness	Low
		Turning	Low	Endurance	Flexibility & Mobility	Low		
		Shooting	High		Coordination & Balance	Med		
		Ball Control	Med		Agility	Med		
		1v1 Attacking	High	Speed	Basic Motor Skills	High		
		Shielding	Low		Perception & Awareness	High		
		Turning Efficiency	Low					