

Things To Do At An Under 7 Soccer Training

Young soccer coaching is a challenging task and the coach must plan out the training session based on the age group of the players. For example, if he has to coach players under the age of seven, he must know the various **things to do at an under 7 soccer training**.

The coach will have to use special techniques to train them to shoot and score more goals. Players under the age of seven look for fun in the training session, so you must plan out accordingly.

Let them practice various drills in which they could score more goals. The more they will score goals, the more they will enjoy the training session.

Chasing The Ball

Kids love chasing the ball and there are their kind of joy just in chasing the ball and get a chance to touch and kick the same. They take it as a challenge that they have to chase and touch the ball.

The Longer Sessions

The U7 coaches should design the training session to run shorter period of time. the longer training sessions for the kids at this age will bring no good results. Keep it short - Thirty to forty minutes.

Another benefit of the shorter training session is that this way, the excitement of the soccer experience then remains fresh in the minds of the kids. They would like to come back.

Focus On Scoring Goals

You can expect the players less than seven years of age to shoot the ball. The maximum they can do is kicking. At this stage, the best way to keep their interest in soccer is to let them practice drills and games that involve scoring the goals.

There is no greater pleasure for a kid in soccer than scoring a goal. Let them focus on scoring the goals, and well, that is what the objective of the game is.

Specific Goals And Objectives For Players Under Seven

The goals and objectives of a soccer training session for players under the age of seven must be specific to their age. It is very important for the coach to develop a list of goals and objectives for each age group.

Overall, there is a wide range of specific things to do at an under 7-soccer training, and if the coach is looking for productive results from their training sessions, they must keep in mind the above things.

About the Author

ABOUT THE AUTHOR:

Andre Botelho is a recognized authority on the subject of [things to do at an under 7 soccer training](#). His web site, [Teaching Youth Soccer Coaching Drills](#): www.SoccerDrillsTips.com, provides a wealth of informative [soccer articles](#), resources and tips for soccer coaches, parents and players.

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