

UNDER 6 - UNDER 7 DEVELOPMENT LEVEL

SEPTEMBER

Initial Evaluation

TEHCNICAL SKILLS
Assessment tests
Teams\ Groups organization
Basic ball control

TACTICAL SKILLS
Concept of defensive phase
Concept of offensive phase
Global occupation of the space

MAIN EXERCISES
Solve a 1 vs 1 in a lateral situation
Solve a 1 vs 1 in a frontal situation
Matches 2 vs 2

OCTOBER

Running with the ball

TEHCNICAL SKILLS
Running with the ball using all the part of the foot
Ball control in different situation
Running with the ball with both feet

TACTICAL SKILLS
Concept of defensive and offensive phases
Moving the ball through the space
Defense of the goal

MAIN EXERCISES
Solve a 1 vs 1 lateral and frontal
Run challenges with the ball
Matches 3 vs 3

NOVEMBER

Feint and dribbling

TEHCNICAL SKILLS
Dribbling phases - run and stop -
Protecting the ball
Basic types of feints

TACTICAL SKILLS
Concept of defensive and offensive phases
Moving the ball through the space
Basic elements of positioning

MAIN EXERCISES
Dribbling challenge games
Matches 2 vs 2
Solve a 1 vs 1 lateral and frontal

DECEMBER

Controlling the ball

TEHCNICAL SKILLS
Controlling the ball with different parts of the body
Controlling with the instep (short/middle distance)
Controlling and protecting the ball

TACTICAL SKILLS
Defense and protection of the ball
Attacking the ball
Moving the ball trough the space

MAIN EXERCISES
Games with controlling goals
Matches 3 vs 3
Solve a 1 vs 1 lateral and frontal

JANUARY

Passing

TEHCNICAL SKILLS
Passing with the inside part of the foot
Passing the ball from different distances
Passing using diffrent parts of the foot

TACTICAL SKILLS
Marking concept
Defense of the goal
Concept of attacking the goal

MAIN EXERCISES
Exerc. with rebounders
Passing challenges
3 vs 3 on 4 goals

FEBRUARY

Shooting

TEHCNICAL SKILLS

Shooting the ball with both feet
Shooting the ball strongly with the ankle locked
Strong shooting with instep

TACTICAL SKILLS

Attacking the goal
Fast attack of the goal
Basic concepts of offensive collaboration

MAIN EXERCISES

Solve a 1 vs 1 situation
Shooting games and drills
Small matches 4 vs 4

MARCH

Heading

TEHCNICAL SKILLS

Hiting the ball with the head in basic situations
A proper use of the arms and eyes

TACTICAL SKILLS

Global occupation of the space
Basic marking concept

MAIN EXERCISES

Drills with rubber balls
Small games with heading goals

APRIL

Feint and dribbling

TEHCNICAL SKILLS

Dribbling using right and left foot
Protecting the ball with the body
Dribbling and shooting

TACTICAL SKILLS

Basic defensive collaboration
Basic concept of distance between players
Defending the gol during dead balls (basic concepts)

MAIN EXERCISES

drills 2vs1
drills 3vs2
small matches 4vs4

MAY

Review contents



BOLOGNA FC
1909

ACADEMY FLORIDA

