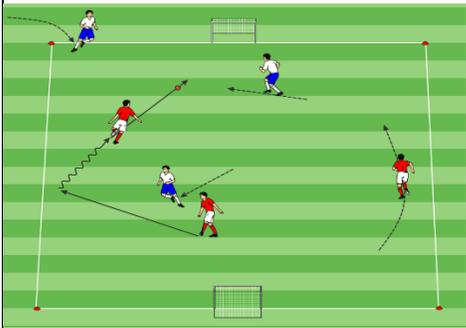


 	<b>GOAL:</b>	Improve the techniques of dribbling, passing & striking the ball to score	<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Shoot & pass or dribble forward	
	<b>KEY QUALITIES</b>	Focus, Take initiative	<b>6U</b>
	<b>MOMENT</b>	Attacking	
			<b>4v4</b>

**1<sup>st</sup> PLAY PHASE (intentional Free Play): Up to 3v3 Games** **Play multiple 2-3 minute games**



**Objective:** to pass or dribble past an opponent then score goals

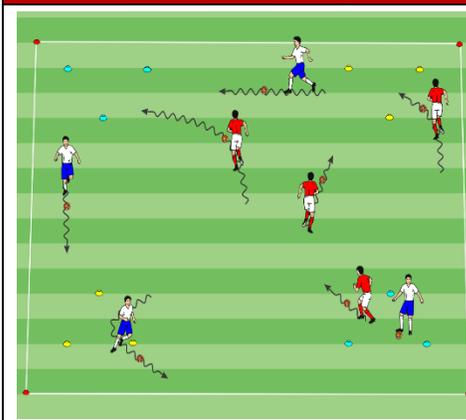
**Organization:** On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

**Key Words:** go to goal, score goals

**Guided Questions:** Are the players engaged? Are all the players getting challenged?

**Answers:** have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).

**PRACTICE (Activity 1): Triangle Gate Challenge** **8 Minutes-4 intervals-90 sec. play-30 sec. rest**



**Objective:** Improve the player's ability to dribble their soccer ball and stop it in the triangular spaces.

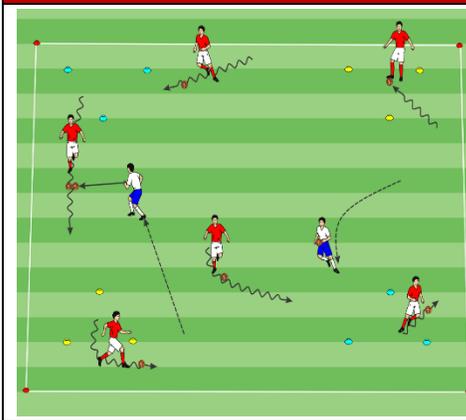
**Organization:** In a 15Wx20L grid, with several 3 yard triangular shaped Galaxies, all players with a soccer ball. In 90 seconds, challenge the players to get into & out of as many Galaxies as the can. Players dribble from one galaxy to another (triangle on the field). **Rules:** Play when coach says, "Go explore the Galaxy". Interval 1-how many Galaxies can you visit? Intervals 2 & 3, beat your score. Interval 4, must stop in the Galaxy before you can exit.

**Key Words:** Pick your head up. Go fast with the ball if you see an open gate.

**Guided Questions:** Why is it important to pick your head up or look over your shoulder? Where would you have the players start?

**Answers:** Pick your head up and check over your shoulder to find the open gates. Continue to look around whether dribbling fast or slow. You can either have the players start inside a gate or start in open space (coach's choice).

**PRACTICE (Activity 2): Triangle Gate Challenge with Guards** **8 Minutes-4 intervals-90 sec. play-30 sec. rest**



**Objective:** to improve the players ability to dribble the ball away from opponents

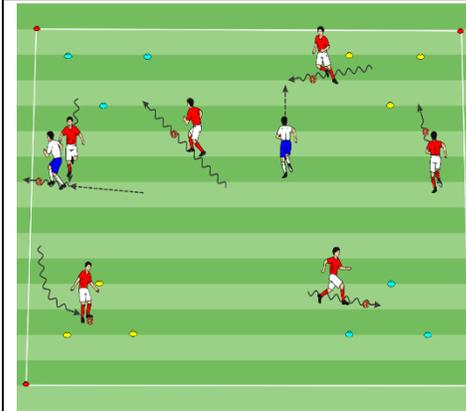
**Organization:** In a 15Wx20L grid, with several 3 yard triangular gates (bases). Select 2 players to be it. They have their ball in their hands & they guard the bases. The rest of the players dribble their soccer ball & get 1000 pts. for every base they can stop their ball in. **Rules:** Play starts on coach's command. Guards can only toss their soccer ball underhand to hit the dribbler's soccer ball. Dribblers are safe if they can stop in any triangle. Count how many bases you can land on. If you ball is hit, you lose your points.

**Key Words:** Stop your ball, look before you move to the next base

**Guided Questions:** Were the triangle big enough for the players to stop their ball in? Can the players use their laces to dribble the ball?

**Answers:** Make the triangles bigger if the players are not successful. Coaches can help the player's use their laces by encouraging them to point their toe down and make a fist with their toes.

**PRACTICE (Activity 3): Monsters Inc.** **8 Minutes-4 intervals-90 sec. play-30 sec. rest**



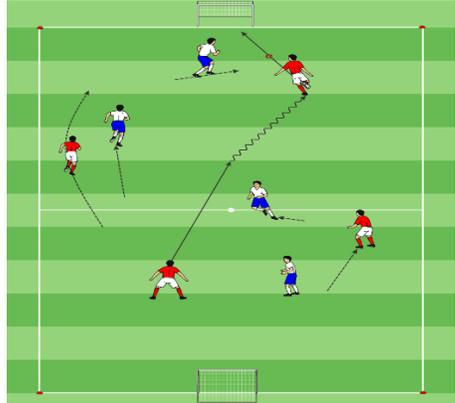
**Objective:** to dribble your ball toward a target & strike your ball toward a moving target

**Organization:** In a 15Wx20L grid, with several 3 yard triangles (closets to hide in). Select 2 players to be it (they are Boo) & do not need a ball. The rest of the players are Mike & Sully (from Monsters Inc). They dribble their soccer ball and try to hide from Boo in the closets. Boo is trying to steal their ball and hide it by dribbling it off the grid. **Rules:** Play when coach says, "look out for Boo". Dribblers must get from closet to closet. Dribblers are safe if they can stop their ball in a closet. Award points as needed for getting into a closet.

**Key Words:** Turn the ball away from boo or soft toe on top of the ball to stop it

**Guided Questions:** Where should your body be when trying to stop the ball? Besides in the closets, when is another time you would want to stop the ball?

**Answers:** Try to run slightly ahead of the rolling ball before trying to put your foot on top to stop it. If the ball starts to get too far in front of you, stop it and start to dribble again.



**Objective:** to pass or dribble past an opponent then score goals

**Organization:** In a 20Wx30L field and a small goal on each end line, play a 3v3 game or 4v4 (game should not exceed 4v4). Play for 24 minutes – 2 intervals of 10 minutes with a 4 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

**Key Words:** turn, get the ball, score goals

**Guided Questions:** Who should determine whether to dribble pass or shoot? What are successful practice indicators?

**Answers:** The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.

**Five Elements of a Training Activity**

**1. Organized:** Is the activity organized in the right way?

**2. Game-like:** Is the activity game-like?

**3. Repetition:** Is there repetition, when looking at the overall goal of the training session?

**4. Challenging:** Are the players being challenged? (Is the right balance between being successful and unsuccessful?)

**5. Coaching:** Is there coaching based on the age and level of the players?

**Training Session Self-Reflection Questions**

**1. How did you do in achieving the goal of the training session?**

**2. What did you do well?**

**3. What could you do better?**