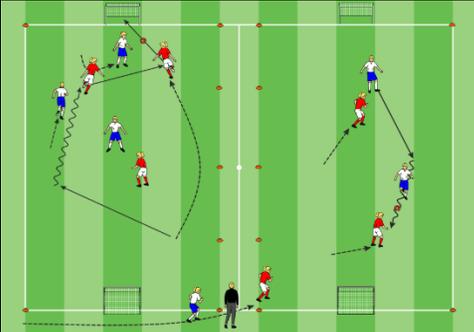




<b>GOAL:</b>	Improve the techniques of dribbling, passing & tackling		<b>AGE GROUP</b> <b>6U</b>
<b>PLAYER ACTIONS</b>	pass or dribble forward		
<b>KEY QUALITIES</b>	Read and understand the game, Demonstrate focus		
<b>MOMENT</b>	Attacking/Defending	<b>DURATION</b>	<b>60 minutes</b>

<b>AGE GROUP</b> <b>6U</b>
<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

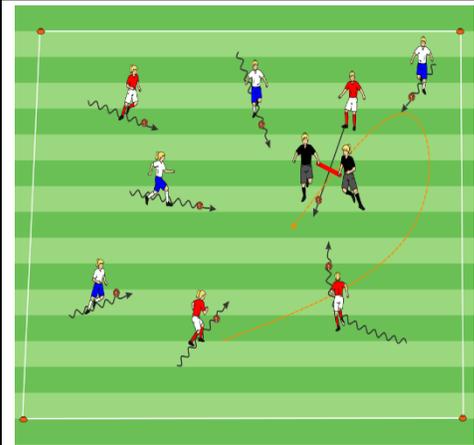
**Organization:** On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 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): Driving Through the Moving Tunnel** **8 Minutes-6 intervals-1 min. play-20 sec. rest**



**Objective:** Improve the player's ability to maneuver the ball with different surfaces of the foot.

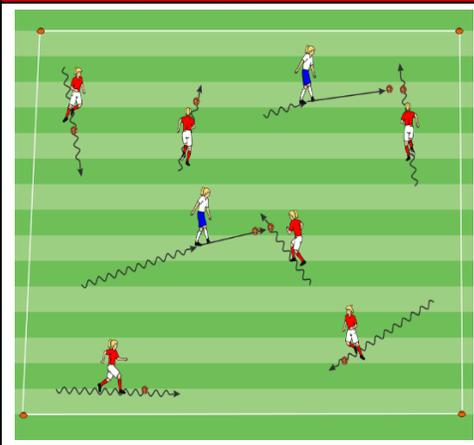
**Organization:** In a 15Wx20L grid, 2 coaches are joined by holding a pinny between them. They walk around the field to create a moving tunnel. Each player dribbles their soccer ball. The dribblers try to dribble or pass their ball through the tunnel. Count the number of times each player can play their soccer ball through the tunnel in 1 minute. If needed, select to players to make a second tunnel so the dribblers have more chances to score. Remember to change the players after each interval. **Rules:** Play begins as soon as the moving tunnel starts moving. Players must stay within the grid. Coach can award bonus points for dribbling with different surfaces of the foot.

**Key Words:** Move toward the tunnel. Watch out for traffic around the tunnel.

**Guided Questions:** Did the players have a lot of chances to get through the tunnel? What should you do if you see the tunnel is open?

**Answers:** The coaches can move closer to the players who are struggling to score or further away from the players who have scored more. If you see that the tunnel is near & open, point your toe down to push the ball in front of you so you can run through the tunnel.

**PRACTICE (Activity 2): Police Patrol** **8 Minutes-6 intervals-1 min. play-20 sec. rest**



**Objective:** to dribble the ball away from opponents and pass it at moving targets (soccer balls)

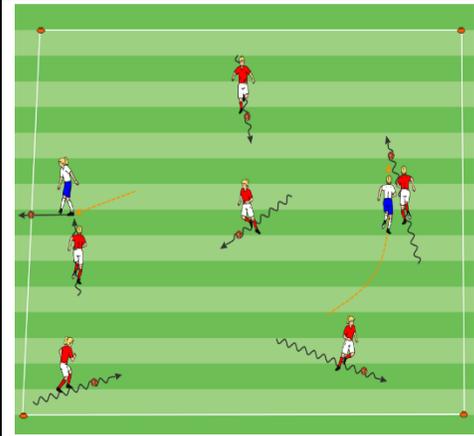
**Organization:** In a 15Wx20L grid, select 2-3 players to start as the (Police Patrol); they should wear pinnies. The rest of the players dribble their soccer ball with their feet (like crazy drivers). The police patrol dribble their soccer ball and try to ticket the crazy drivers by either hitting the driver's soccer ball with their ball or tagging the crazy drivers. Police patrol count the number of tickets they can give in 1 minute. **Rules:** Play begins as soon as the coach says, "police are on patrol!" Players must stay within the grid. Coaches can start as the Police Patrol.

**Key Words:** Dribble fast away from the police patrol or put your body in the way to hide your ball (shielding)

**Guided Questions:** What should the crazy drivers do if their soccer ball gets away from them? How do you know where the police patrol is?

**Answers:** Use softer touches to keep the ball close. Dribble with your head up to see where the patrol is.

**PRACTICE (Activity 3): Crushing Monster Trucks** **8 Minutes-8 intervals-40 sec. play-20 sec. rest**



**Objective:** to dribble & shield your soccer ball or, if you do not have a ball, tackle it away

**Organization:** In a 15Wx20L grid, select 2-3 players to be Monster Trucks (no soccer ball). All other players dribble their ball around the grid & avoid the Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it & re-enter the game. Coach can ask them to complete a task before re-entering such as 5 toe taps. Count the number of smashed trucks at the end of an interval. **Rules:** Play begins as soon as the coach says, "let the crushing begin!" Players must stay within the grid.

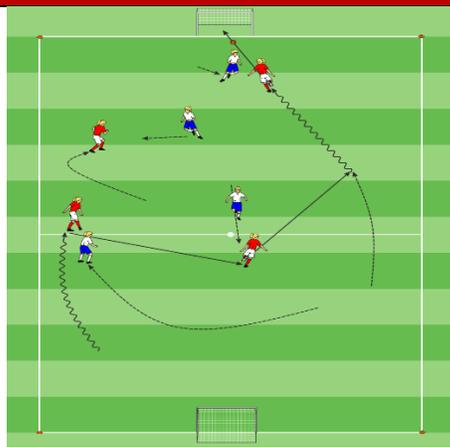
**Key Words:** dribble forward, turn away from monster trucks and the sidelines.

**Guided Questions:** What can you do if the same player keeps getting his/her ball kicked out? What can you do if you see a monster truck coming to kick your ball away?

**Answers:** The coach can be a monster truck & encourage the player from staying away from the coach. You can also select that player to be a truck. Use the inside or outside of your foot to move your ball out of the way of the Monster Trucks.

**2<sup>nd</sup> PLAY PHASE: The Game – 3v3/4v4**

**24 Minutes-2 intervals-10 min. play-2 min. rest**



**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?**