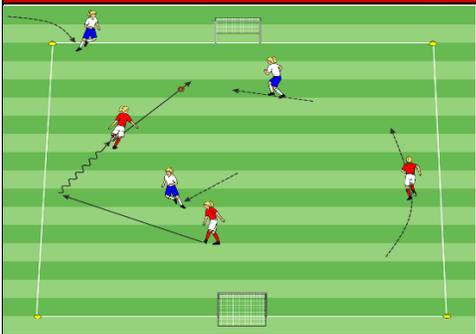


 	<b>GOAL:</b>	Improve the techniques of passing & dribbling	<b>AGE GROUP</b>	
	<b>PLAYER ACTIONS</b>	pass or dribble forward	<b>6U</b>	
	<b>KEY QUALITIES</b>	Take initiative, be pro-active		
	<b>MOMENT</b>	Attacking	<b>DURATION</b>	<b>60 minutes</b>

**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

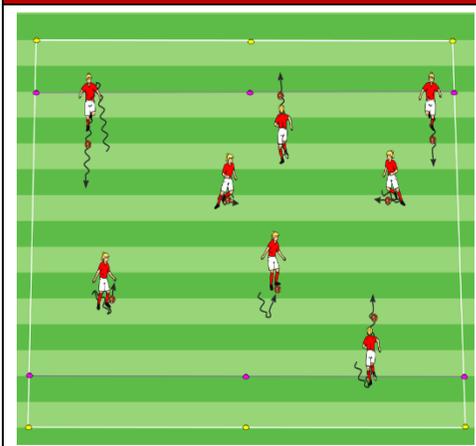
**Organization:** On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 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): 4 Surface Dribbling** **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, which includes a 3 yard end zone on each end line and each player with a ball. Have the players use 4 surfaces in 1 fluid motion & in order: Outside of foot (pinky toe)- Inside of foot (big toe)-laces & bottom. Once the ball has been stopped, have them try it with the other foot. Players move throughout the grid toward each end zone.

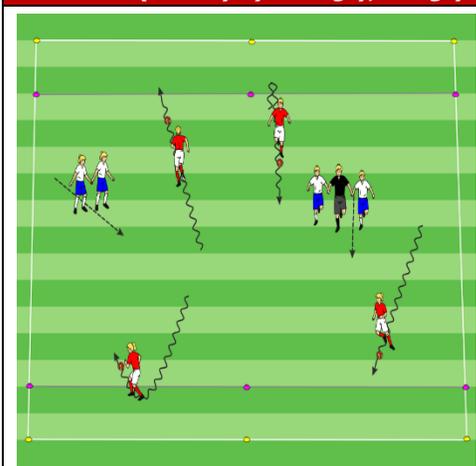
**Rules:** Play begins as soon as the coach calls out a surface. After 2 rounds, see if the players can shout out the surfaces as they use them.

**Key Words:** Outside (pinky toe), Inside (big toe), Laces, Bottom

**Guided Questions:** Did the players enjoy this activity? Was there lots of movement from all the players?

**Answers:** Play for short periods of time. Challenge them to get use as many surfaces as they can in a shorter period of time. Ask the players to move around the space as they use the surfaces (toward an end zone).

**PRACTICE (Activity 2): Hungry, Hungry Hippos** **8 Minutes-8 intervals-30 sec. play-30 sec. rest**



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

**Organization:** In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as Hungry Hippos in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Hippos. When the players cross & the Hippos can touch their soccer ball, they join hands with the Hippo to make the Hippo grow. How many times can the dribblers cross the river in 30 seconds? **Rules:** Play begins when the coach says the "the Hippos dare you to cross the river". Hippos should not be bigger than 4 players.

**Key Words:** Avoid Hippos, take big touches to past the hippos, little touches to move the ball to the side

**Guided Questions:** Did the dribblers understand where they need to go (river's edge)? Where should you go if you see a hippo in front of you?

**Answers:** Play without hippos in the first round. Let the players dribble across to see the end zone (river's edge) they are trying to get to. Use different surfaces of the foot to move the ball around the hippos.

**PRACTICE (Activity 3): Crocs in the River** **8 Minutes-6 intervals-1 min. play-20 sec. rest**



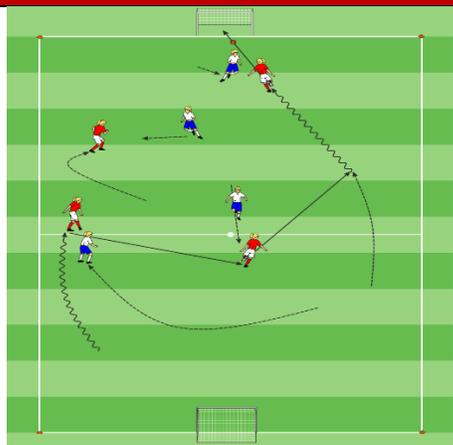
**Objective:** to dribble your ball toward a target & strike your ball to goal

**Organization:** In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as the Crocs in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Crocs. When the players cross & a Croc steals their ball, they become a Croc also. **Rules:** play begins when the coach says go. If a Croc steals a soccer ball, they must dribble it over the sideline (not kick). Dribbler can steal their ball back as long as it's on the field. Dribblers can rest for a moment in an end zone if they want.

**Key Words:** Shield (Hide your ball) or Go forward, try to fake the crocs

**Guided Questions:** How can you fake out one of the crocs? What should you do if you see an opening across the river?

**Answers:** Try to dribble in one direction then change to directions as fast as you can turn the ball. Dribble fast with your laces to get past the Crocs but not so fast you lose the ball; too slow and Crocs may get you.



**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?**