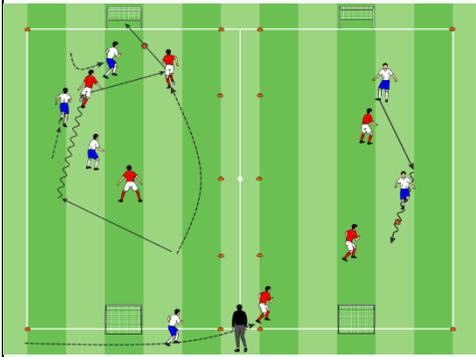


 	<b>GOAL:</b>	Improve the techniques of passing, dribbling and shooting			<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Shoot, pass or dribble forward			<b>6U</b>
	<b>KEY QUALITIES</b>	Take initiative, be pro-active			
	<b>MOMENT</b>	Attacking	<b>DURATION</b>	<b>60 minutes</b>	<b>4v4</b>

**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

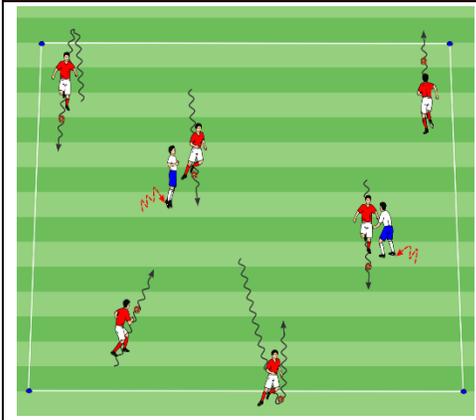
**Organization:** On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at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

**Key Words:** move the ball around the opponents, dribble, take a chance

**Guided Questions:** How do you engage all the players? When should the players be encouraged to shoot?

**Answers:** Rotate who starts with the ball after goals or restarts. Allow players to find their own shooting range. Encourage players to shoot from further away if they have already scored a goal.

**PRACTICE (Activity 1): The Cat in the Hat vs Things 1 & 2** **8 Minutes-8 intervals-30 sec. play-30 sec. rest**



**Objective:** to dribble and change directions to avoid Things 1 & 2

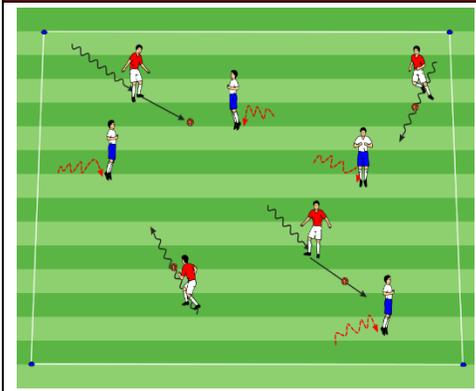
**Organization:** In a 15Wx20L grid, select 2 players to start as Thing 1 & 2; they do not need a soccer ball & can only hop around the field. The rest of the players start at 1 end line, all with a ball. They are Cats in Hats. The Cats try to dribble their soccer ball from 1 end of the field to the other without getting tagged by Things 1 or 2. **Rules:** Players begin dribbling as soon as the coach says "Let's Have Fun!" Count the number of times the cats can cross the field in 30 seconds. If a Cat gets tagged, they become a Thing also (or can switch roles with Things).

**Key Words:** Faster with longer touches, slower with shorter touches

**Guided Question:** Why should the players use big touches to dribble? When should the players use softer touches?

**Answers:** You can build up and maintain speed if the can get the ball further away from their body. Use softer touches when you want to stop the ball or to change direction.

**PRACTICE (Activity 2): Tigers vs Rabbits (Winnie the Pooh)** **8 Minutes-8 intervals-45 sec. play-15 sec. rest**



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

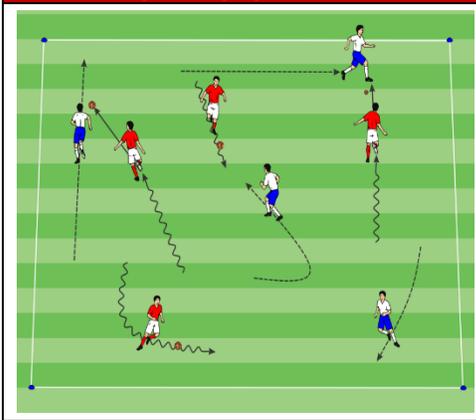
**Organization:** In a 15Wx20L grid, Tiggers start without a soccer ball & can only hop/skip to avoid getting hit. The Rabbits start with a ball, can dribble & try to pass their ball to hit the Tiggers below their knees. **Rules:** Players begin dribbling as soon as the first Tigger makes one hop. Rabbits get 10,000 pts for every Tigger they can hit. Each round, switch who are the Rabbits and who are the Tiggers.

**Key Words:** Kick the ball toward your teammate, watch the ball as it hits your foot

**Guided Question:** Why should you get close to the Tiggers before you try to hit them? What part of your foot should you use when trying to hit the Tiggers?

**Answers:** It makes it easier to hit the Tiggers if you are closer to them. Point your toe to the side and kick through the middle of the ball with the inside of your foot.

**PRACTICE (Activity 3): Good Minions vs Evil Minions** **8 Minutes-8 intervals-45 sec. play-15 sec. rest**



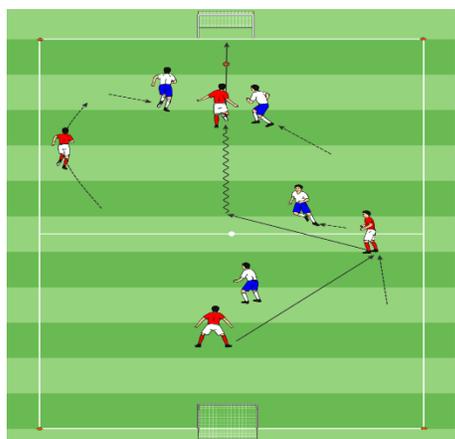
**Objective:** to dribble your ball toward a target & strike your ball to the moving target

**Organization:** In a 15Wx20L grid, 2 teams-1 team of Good Minions; without a soccer ball & 1 team of Evil Minions; with soccer balls. Evil Minions try to dribble the soccer ball and zap the Good Minions by hitting them below the knee with the ball. Good Minions try not to get hit. **Rules:** Players begin as soon as the first Evil Minion starts to dribble. If an Evil Minion hits a Good Minion, the Evil becomes good and the good becomes Evil. The new Evil Minion gets a soccer ball. Who are the Good Minions at the end of the interval?

**Key Words:** Accuracy (Aim), Pace (Speed) & Weight (Strength)

**Guided Question:** Was there lots of movement from all the players? How can you get more power in your kick?

**Answers:** Try using more Evil Minions to force the Good Minions to move more. When striking the ball far, give a big swing with the kicking leg and follow through the ball.



**OBJECTIVE:** to pass or dribble past an opponent then score goals  
24 Minutes-2 intervals-10 min. play-20 min. rest

**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?