



**GOAL:**

Build Up in the Attacking Half

**AGE GROUP**

**PLAYER ACTIONS**

Shoot, Pass or Dribble Forward, Create Passing Options

**8U**

**KEY QUALITIES**

Read & understand the game, take initiative, be pro-active

**MOMENT**

Attacking

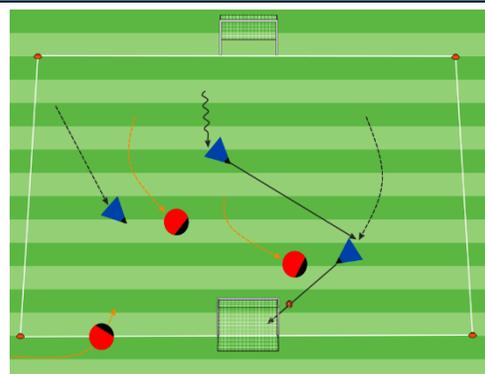
**DURATION**

**60 Minutes**

**4v4**

**1<sup>st</sup> PLAY PHASE (intentional Free Play)**

**18 Min.-Play multiple 3-4 minute games**



**Objective:** to dribble your ball to goal while protecting it from opponents

**Organization:** On your (25Wx35L) game field, set up two 17Wx25L 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.

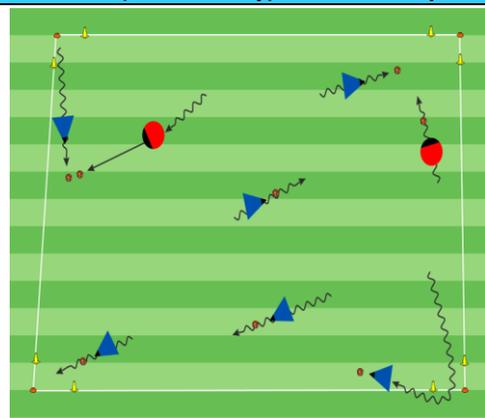
**Key Words:** go to goal, score goals

**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 (Core Activity): Wreck it Ralph**

**18 Minutes-9 intervals-1 min. play-1 min. rest**



**Organization:** In a 15Wx20L grid, with a cone goal in every corner & every player with a soccer ball. All but 2 players are trying to dribble their soccer ball into as many goals as possible. 2 players do not try to score but try to WRECK the goal scorer's points. If a Wreck It Ralph hits a goal scorer's ball with their own, they demolish all the points and the goal scorer has to start scoring over again.

**Rules:** Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals.

**Key Words:** Go forward, dribble to goal, protect your ball

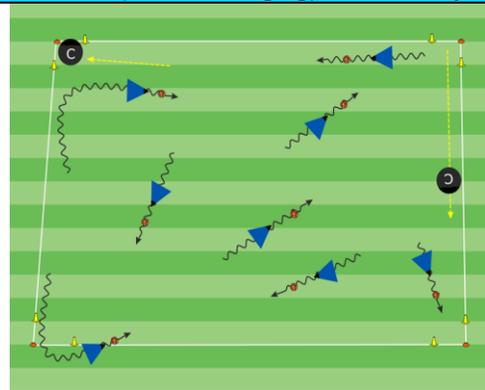
**Guided Question:** What do you do to protect your ball? Where do you have to point your toe if you want your laces to kick the ball?

**Answers:** Put your body in the way to block it from the opponents (hide it/shielding). Point your toe to the ground and push the ball in front with your laces.

**Notes:** Rotate the area of the field the ball is served into to change the starting points of the attacks. You can also serve a ball closer to a player who has not had many opportunities to play the ball.

**PRACTICE (Less Challenging): Find The Open Goal**

**18 Minutes-9 intervals-1 min. play-1 min. rest**



**Organization:** In a 15Wx20L grid, with a cone goal in every corner & every player with a soccer ball. Players will try to dribble their soccer ball into as many goals as possible in 1 minute. The coaches will randomly walk from goal to goal. If a coach is standing in a goal, that goal is closed until the coach leaves. Players cannot score in a goal that is closed. **Rules:** Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals that are open.

**Key Words:** Go forward, dribble to goal

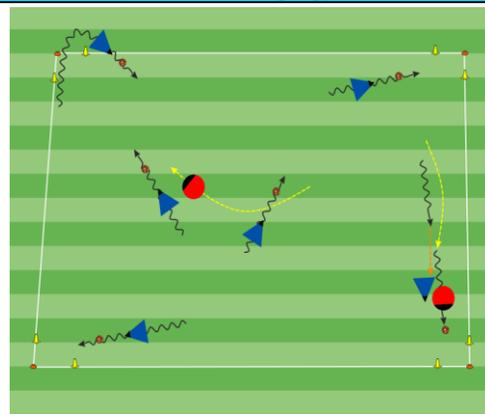
**Guided Question:** How do you know which goal is open? Where do you have to point your toe if you want your laces to kick the ball?

**Answers:** Pick your head up to look around. Point your toe to the ground and push the ball in front with your laces.

**Notes:** Coaches can move a little faster than a walk to provide a greater challenge for some of the players.

**PRACTICE (More Challenging): Soccer Combat**

**18 Minutes-9 intervals-1 min. play-1 min. rest**



**Organization:** In a 15Wx20L grid, with a cone goal in every corner & all but 2 players with a soccer ball. The players with a soccer ball will try to score as many goals as possible in 1 minute. The players without a soccer ball are trying to steal any ball they can and start scoring for themselves. If your soccer ball is stolen, you can either steal your ball back or steal a ball from another player.

**Rules:** Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals that are open. You must have a soccer ball in order to score.

**Key Words:** Go forward, dribble to goal

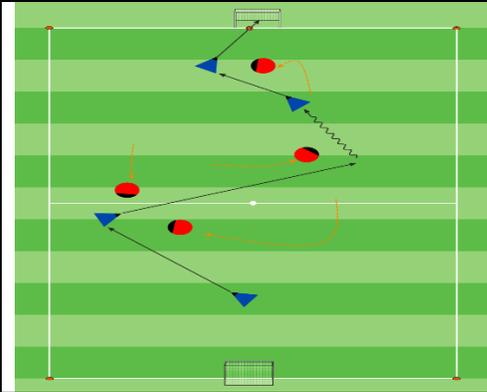
**Guided Question:** What can you do to protect your soccer ball? Where do you go if you see a goal is blocked by a defender?

**Answers:** Either put your body between your ball and the defender or dribble fast to a goal. Turn away and attack an open goal.

**Notes:** Coaches can start as defenders if needed but should switch over to players within the first few rounds.

**2<sup>nd</sup>. PLAY PHASE: The Game – 4v4 (no Goal Keepers):**

**26 Minutes-2 intervals-11 min. play-2 min. rest**



**Objective:** to dribble your ball to goal while protecting it from opponents

**Organization:** In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 11 minutes with a 2 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?