**Fall 2020**

**GOAL:** Improve build up in the defensive half

**PLAYER ACTIONS:** Pass or dribble forward, Spread out

**DURATION:** 60 minutes  
**PLAYERS:** 8-12

**U8 4v4**

**SKILL ACQUISITION:** Dribbling: Surface of the foot and ball, quality of the touch — Passing: Surface of the foot and ball, Pace and accuracy  
— Receiving: Body, position, surface of the foot and ball, first touch

### 1st PLAY PHASE (Intentional Free Play)

**OBJECTIVE:** To pass or dribble past an opponent in order to move the ball into the attacking half

**PLAYER ACTIONS:** Pass or dribble forward, Spread out

**ORGANIZATION:** Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each end line. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3.

**KEY WORDS:** Play forward, find your teammate

**GUIDED QUESTIONS:** If you see an opening in front of you, what should you do? When should you pass instead of dribble?

**ANSWERS:** Play forward and to goal whenever possible. If all the openings in front of you are closed, pass to a teammate to see if they can find an opening forward.

**NOTES:** Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.

### Core Activity: Partner Bandits

**OBJECTIVE:** To move the ball forward past the bandits and score

**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** In a 25Wx35L grid, a 6Wx3L yard box goal on each end line & all players in pairs, the coach will select 1 pair to be the bandits. Each pair needs 1 ball to share except for the bandits. The pairs with a ball will try to dribble into either goal or pass to their teammate within the goal. After scoring at 1 end, play to score in the other. How many goals can you score in 90 seconds? The mission of the bandits is to steal the ball from any pair trying to score. Once they have stolen it, the bandits try to dribble the ball to either of their hideouts (goals.) The passing pairs can steal their ball back before they get it to a hideout. If the bandits get the ball to a hideout, the pair loses all their points & must start scoring again. Rotate bandits after each interval. **RULES:** bandits cannot defend inside of the goals.

**KEY WORDS:** Look up, find an opening, play through it

**GUIDED QUESTIONS:** Where can you go if the bandit is closing your opening to the goal? What are some ways you can play the ball through an opening? Which part of your foot can you use to dribble forward? Where can you go if the bandit is closing your opening to the goal?

**ANSWERS:** Tell your teammate to move to create a new opening. You can dribble through or pass through the openings. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward

**Note:** If a bandit steals a ball and get it to a hideout, they can now begin scoring goals. The team that lost their ball must start scoring again. The mission of the bandits is to steal the ball from any pair trying to score. Once they have stolen it, the bandits try to dribble the ball to either of their hideouts (goals.) The bandits get the ball to a hideout, the pair loses all their points & must start scoring again. **RULES:** bandits cannot defend inside of the goals.

### Less Challenging: Bandits (Coach is it)

**OBJECTIVE:** To move the ball forward past the bandits and score

**PLAYER ACTIONS:** Dribble forward

**ORGANIZATION:** In a 25Wx35L grid, a 6Wx3L yard box goal on each end line & all players with a soccer ball, the coach will be the bandits. The players will try to dribble into either goal. After scoring at 1 end, play to score in the other. How many goals can you score in 90 seconds? The mission of the bandits is to steal the ball from any player trying to score. Once they have stolen it, the bandits try to dribble the ball to either of their hideouts (goals.) The dribblers can steal their ball back before it is taken to a hideout. If a bandit gets the ball to a hideout, the player who lost all their ball, loses all their points & must start scoring again. **RULES:** bandits cannot defend inside of the goals.

**KEY WORDS:** Look up, find an opening, be patient

**GUIDED QUESTIONS:** Where can you go if another dribbler is in your way? What can you do if the bandit/coach is blocking the goal? Which part of your foot can you use to dribble forward?

**ANSWERS:** Look up to find a new opening to the goal. Be patient, dribble away from the bandit then pick a new route to the goal. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward

**Note:** Once the players understand the direction & where to score, challenge them to work with a partner. The 2 players share a ball and try to cooperate to score in the goals.
### FIVE ELEMENTS of TRAINING EXERCISE

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<td>1. How did you achieve your goals of the training session?</td>
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<td>2. Game like</td>
<td>Is the exercise game like?</td>
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<td>3. Repetitions</td>
<td>Are there repetitions when looking at the overall goal of the session?</td>
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<td>Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</td>
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<td>5. Coaching</td>
<td>Is there the proper coaching based on the age/level of the players?</td>
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### TRAINING SESSION SELF-REFLECTION QUESTIONS

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<td>1. How did you achieve your goals of the training session?</td>
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