

Fall 2020



GOAL:

Fantastic Fours

PLAYER ACTIONS

Pass or dribble forward, Create passing options

KEY QUALITIES

Take initiative, Be pro-active

MOMENT

Attacking

DURATION

60 minutes

PLAYERS

12 or more

U8

4v4

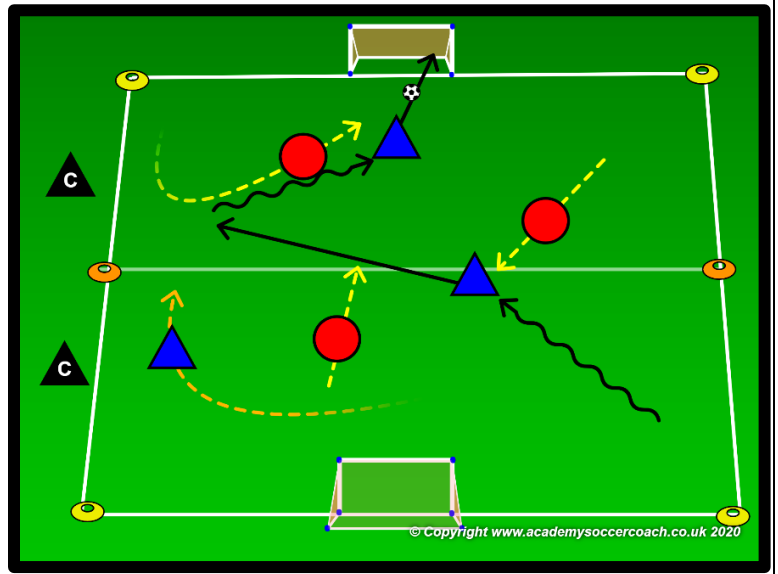
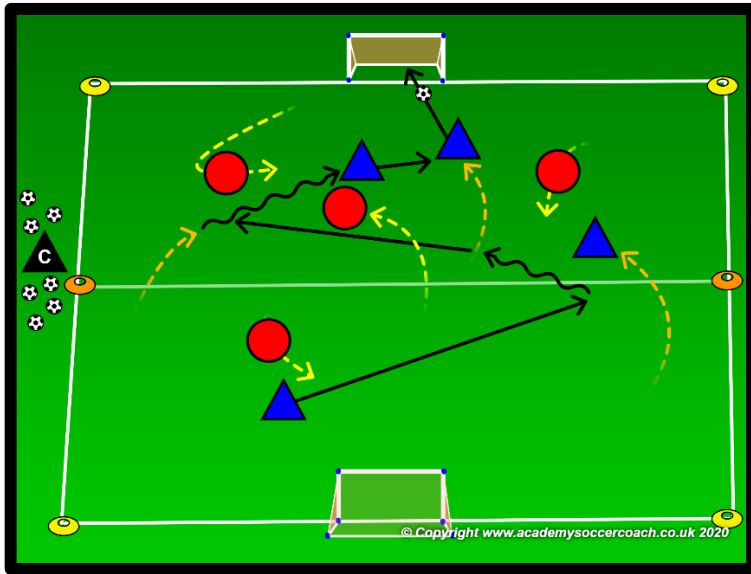
Fantastic 4's Soccer Festival: divide all players into teams of 4 to play 4v4 games; with no goal keepers. If needed, the games can be 3v3 as long as everyone is playing. Each game will last for 8 minutes with a 2 minute break between each game. Most games allow for players to earn more points by completing a task when scoring. After each game, the coach will tally the scores before sending the players to fields for the next game. If possible, change opponents for each game.

Scoring: 3 points for win · 2 points for tie · 1 point for loss + bonus for each game is available

Tie Breaker: Coach should track goals for & against to use in case of a tie at the end.

4v4 (preferred)

3v3 (if needed)



Game - 1

DURATION: 6 min. - REST: 2 min.

Play a Regular Game: (no bonus points for this game) Maximum points are as listed above.

Game - 2

DURATION: 6 min. - REST: 2 min.

One Touch Goals: Any goal scored from 1 touch counts as 5 goals instead of 1. If you score 1 goal with multiple touches and 1 goal with 1 touch, you team has 6 goals.

Game - 3

DURATION: 6 min. - REST: 2 min.

3 Passes, 3 Points: If your team completes 3 consecutive passes and scores a goal, the goal is worth 3 points. All other goals are worth 1 point.

Game - 4

DURATION: 6 min. - REST: 2 min.

Everyone Across the Halfway Line: (no bonus points for this game) Everyone on the attacking team must be across the halfway line in order for a goal to count. If one or more players have not crossed over the line and a goal is scored, it doesn't count.

Game - 5

DURATION: 6 min. - REST: 2 min.

Everyone Must Score Once Before Anyone Can Score a Second Goal: (no bonus points for this game) If you score a goal, you cannot score a second goal until all your teammates have scored their first.

Game - 6

DURATION: 6 min. - REST: 2 min.

Win By 2 Goals: If your team wins by exactly 2 goals, your team gets 5 bonus goals at the end of the game toward goal differential. A 3-1 victory earns your team the bonus but a 3-2 does not.

Game - 7

DURATION: 6 min. - REST: 2 min.

Play a Regular Game: (no bonus points for this game) Maximum points are as listed above.

NOTES:

In order to fit your training time space –

- Adjust game times to fit the practice time allotted
- Only play as many rounds as you can in the time provided

Coaches can add or adjust any conditions as needed in order to challenge the players to their ability.

FIVE ELEMENTS of TRAINING EXERCISE

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**