

Fall 2020



**GOAL:**

**PLAYER ACTIONS**

**KEY QUALITIES**

**MOMENT**

**Improve Scoring Goals**

**Pass or dribble forward**

**Take initiative, Be pro-active**

**Attacking**

**DURATION**

**60 minutes**

**PLAYERS**

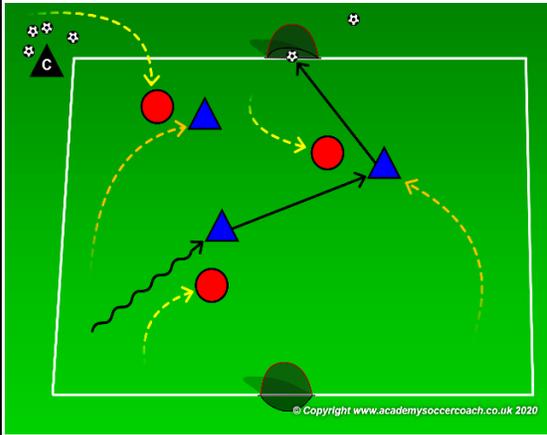
**8-12**

**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

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



**DURATION: 18 min. - INTERVALS: 3 - ACTIVITY: 5 min. - REST: 1 min.**

**OBJECTIVE:** To pass or dribble past an opponent in order to score goals

**PLAYER ACTIONS:** Pass or dribble forward

**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 scheduled 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.

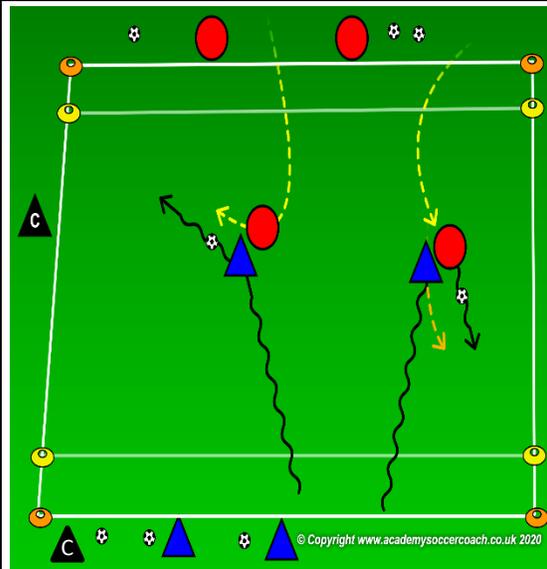
**KEY WORDS:** go to goal, score

**GUIDED QUESTIONS:** Once you have received the ball, what is the next action you want to take? Why is it important to shoot whenever you see an opening to goal?

**ANSWERS:** Play forward and to goal whenever possible. You must shoot to score so look for the chances as often as possible.

**NOTES:** Once 1 field is at 2v2, consider starting the second game. Once both fields are at 2v2, add arriving players to either game.

**CORE ACTIVITY: 2 x 1v1 to End Zones**



**DURATION: 20 min. - INTERVALS: 10 - ACTIVITY: 1 min. - REST: 1 min.**

**OBJECTIVE:** To pass or dribble past an opponent in order to score

**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** Divide your (25W x 35L) game field into two 15W x 25L fields with a 5-yard end zone on each end. One team starts with soccer balls behind one end zone & the other team starts behind the opposite end zone. On the coach's command, 2 players with a soccer ball each enter the field and try to score in the opponent's end zone. The team without soccer balls send 2 players onto the field to stop the attack & steal the ball to score in the dribbler's end zone. **Rules:** both teams try to score in the opponent's end zone by dribbling into the space. Defenders can only steal the ball outside of the end zone. Once 1 ball is scored or knocked out of play, the players can help their teammate to score the ball still in play. After 1 minute, the round is over. Players exit the field and the next players begin. All goals are worth 10 points.

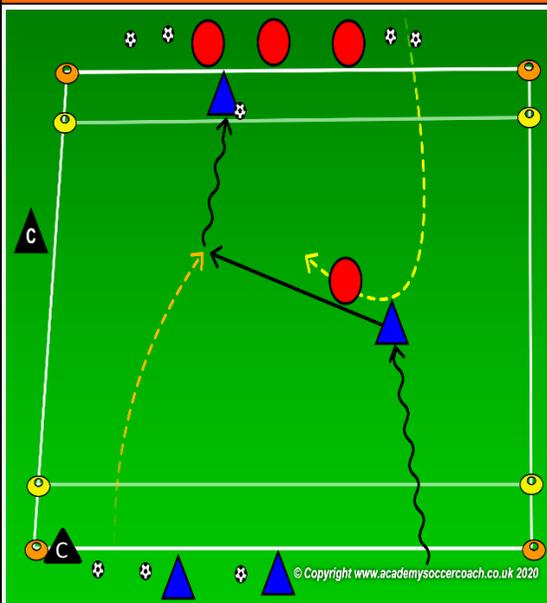
**KEY WORDS:** Find the opening, fake the defender

**GUIDED QUESTIONS:** What can you do if there is an opening all the way to the end zone? How can you use your teammate to fake the defender? If you see an opening to the endzone, how can you dribble the fastest?

**ANSWERS:** Dribble the ball toward the end zone to score. Swing your leg toward the ball without hitting it so the defender thinks you are passing to your teammate. Then dribble to the end zone. By pointing your toe down & making a fist with it. Then push the ball in front of you with your laces & run onto the ball.

**Note:** Encourage the attacker in the 1v1 at the beginning then, if it occurs, encourage the decisions of the attacking team of 2. Switch ends after 5 rounds.

**LESS CHALLENGING: 2v1 to End Zones**



**DURATION: 20 min. - INTERVALS: 10 - ACTIVITY: 1 min. - REST: 1 min.**

**OBJECTIVE:** To pass or dribble past an opponent in order to score

**PLAYER ACTIONS:** Pass or dribble forward

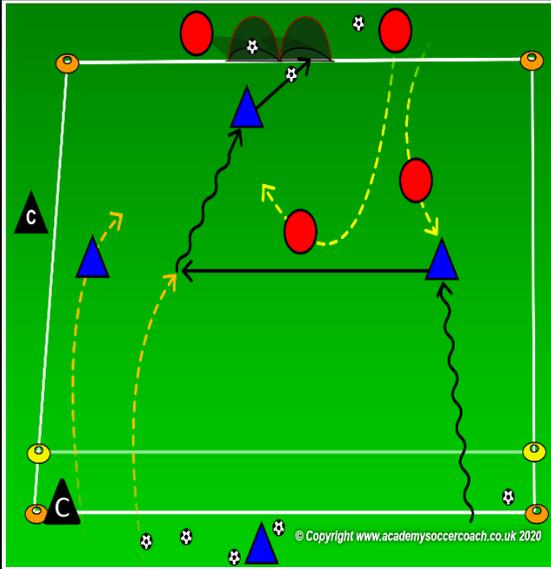
**ORGANIZATION:** Divide your (25W x 35L) game field into two 15W x 25L fields with a 5-yard end zone on each end. One team starts with soccer balls behind one end zone & the other team starts behind the opposite end zone. On the coach's command, 2 players with 1 soccer ball enter the field and try to score in the opponent's end zone. The team without soccer balls send 1 player onto the field to stop the attack & steal the ball to score in the opponent's end zone. **Rules:** both teams try to score in the opponent's end zone by dribbling into the space. Defenders can only steal the ball outside of the end zone. Once the ball is scored or knocked out of play, the round is over. If neither team scores in 1 minute, the round is also over. Players exit the field and the next players begin. All goals are worth 10 points.

**KEY WORDS:** Find the opening, fake the defender

**GUIDED QUESTIONS:** What can you do if there is an opening all the way to the end zone? How can you use your teammate to fake the defender? If you see an opening to the endzone, how can you dribble the fastest?

**ANSWERS:** Dribble the ball toward the end zone to score. Swing your leg toward the ball without hitting it so the defender thinks you are passing to your teammate. Then dribble to the end zone. By pointing your toe down & making a fist with it. Then push the ball in front of you with your laces & run onto the ball.

**Note:** Encourage the team with the ball and the decisions they will have to make. Help the players understand how to take advantage of the team without the ball.

**MORE CHALLENGING: 3v2 to Goal End Zone****DURATION: 20 min. - INTERVALS: 10 - ACTIVITY: 1 min. - REST: 1 min.****OBJECTIVE:** To pass or dribble past an opponent in order to score**PLAYER ACTIONS:** Pass or dribble forward

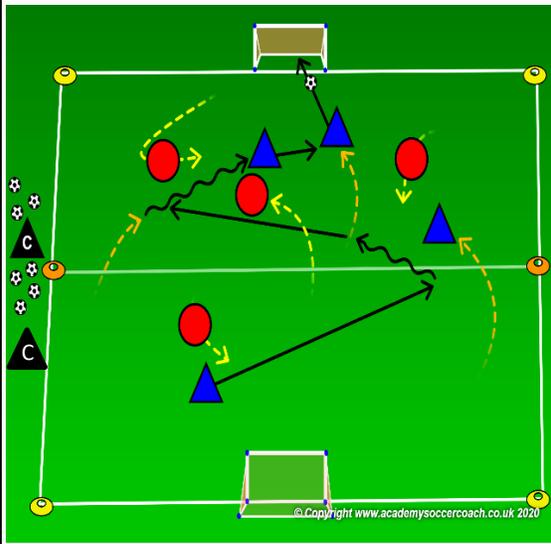
**ORGANIZATION:** Divide your (25W x 35L) game field into two 15W x 25L fields with a 5-yard end zone on 1 end line & a goal on the other (this can be 2 pugg goals side by side.) The team of 3 starts with a soccer ball and attacks the small goal. The team of 2 does not have a ball and they score by stopping the ball in the end zone. **Rules:** First team to score wins the round. The game will last up to 1 minute or 1 goal. Once a goal is scored or time runs out, all players exit the field and the next group of players enter. If the soccer ball leaves the field without scoring, the coach can pass another ball onto the field to keep the game going.

**KEY WORDS:** Look up, find the opening, fake the defender

**GUIDED QUESTIONS:** What should you do when confronted by an opponent? When should you kick the ball further in front of you? If you see an opening to the endzone, how can you dribble the fastest?

**ANSWERS:** When an opponent is in front of you keep the ball closer so you can shield the ball from or pass away from the defender. If you see an opening to the goal, kick the ball further in front of you so you can move faster to the goal. By pointing your toe down & making a fist with it. Then push the ball in front of you with your laces & run onto the ball.

**Note:** It is important for 1 team to start with the ball. This allows the coach time to observe the players who are taking more of an attacking initiative. Switch sides of 4 or 5 rounds.

**2nd. PLAY PHASE: The Game – 4v4****DURATION: 22 min - INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.****OBJECTIVE:** To pass or dribble past an opponent in order to score**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** In a 25Wx35L field & a small goal on each end line, play a 4v4 game with no goal keepers. Play for 22 minutes – 2 x 9-minute halves with a 2-minute half-time. Local rules apply. If the ball leaves the field, the coach can play another ball onto the field and the play continues.

**KEY WORDS:** Look up, find the opening, fake the defender

**GUIDED QUESTIONS:** After you have played a ball into your teammate, where do you go next? Where can you play the ball if the goal in front of you is too crowded?

**ANSWERS:** Look up to find a space away from the opponents. This may fake the defender into following you instead of blocking the goal. Play to a teammate who may be able to find an opening to the goal.

**NOTES:** Depending on your local rules, coaches may introduce throw-ins, corner kicks & goal kicks if rules enforce. Remember to create a build out line for goal kicks and focus on the techniques needed to complete the task instead of the moment of the players on the field. The game must be played so try not to dwell on the restarts.

**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?**