

Fall 2020



GOAL:

Improve build up in the opponent's half

PLAYER ACTIONS

Shoot, Pass or dribble forward

KEY QUALITIES

Read and understand the game, Take initiative

MOMENT

Attacking

DURATION

60 minutes

PLAYERS

8-12

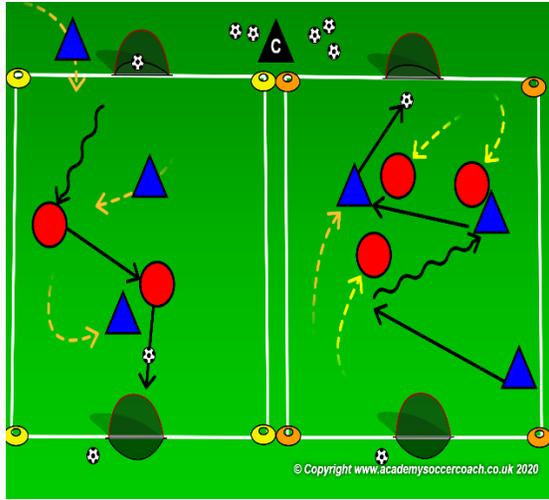
U8

4v4

SKILL ACQUISITION: **Shoot:** Surface of the foot and ball, Pace and accuracy — **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)

DURATION: 20 min. - INTERVALS: 3 - ACTIVITY: 4 min. - REST: 1 min.



OBJECTIVE: To pass or dribble past an opponent in order to create scoring chances

PLAYER ACTIONS: Shoot, 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 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: look up, find your teammate

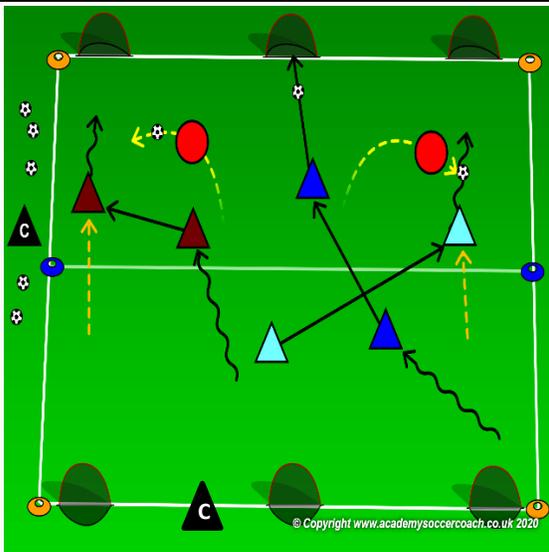
GUIDED QUESTIONS: How do you know where the goal & opponents are? What can you do if goal is too far away?

ANSWERS: Look up to see if you have an opening or if it's closed. Find a teammate who is closer to the goal to see if they can score.

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: Groups of 2 vs The Defenders

DURATION: 18 min. - INTERVALS: 6 - ACTIVITY: 2 min. - REST: 1 min.



OBJECTIVE: To pass or dribble past an opponent in order to create scoring chances

PLAYER ACTIONS: Shoot, Pass or dribble forward

ORGANIZATION: In a 25Wx35L grid with 3 goals on each end line, the coach will select 2-3 players to defend. All other players have a partner & a soccer ball to share. The teams with a ball can dribble or pass past the defenders & score in any of the 3 goals on an end line. Once they have scored, they can get any soccer ball from the goal or behind the goal & try to score in any of the 3 goals on the opposite end line. Challenge the players to score as many goals as they can in 2 minutes. **RULES:** if a defender steals their soccer ball & can play it off the field, the players who lost their ball lose all their points & must begin scoring over. Players can shoot, pass or dribble into a goal. Rotate defenders after each round.

KEY WORDS: look up, move with your teammate

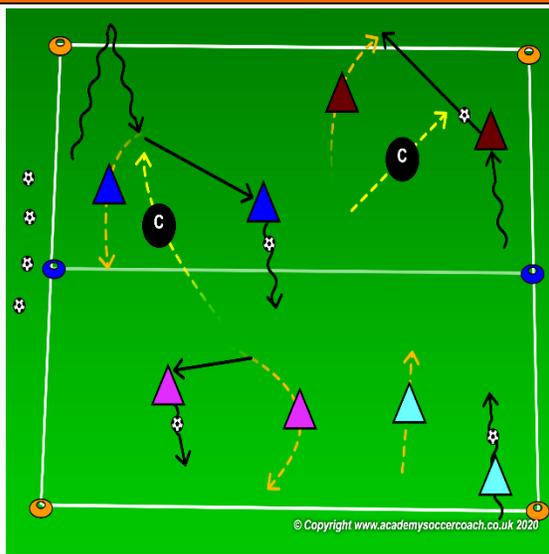
GUIDED QUESTIONS: How do you know where the goal & opponents are? How can the 2 players with a ball beat any 1 defender? Why is it important to turn your body toward your teammate when you are ready to pass the ball?

ANSWERS: Look up to see if you have an opening or if it's closed. Try to dribble the ball toward a defender to see if he/she follows you then pass to your teammate. Facing my teammate will help me make a more accurate pass.

Note: After 2-3 successful rounds, coaches can have the players switch roles if they steal a ball from the attackers & the game continues.

LESS CHALLENGING: Groups of 2 vs Defenders to End Lines

DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.



OBJECTIVE: To pass or dribble past an opponent in order to create scoring chances

PLAYER ACTIONS: Pass or dribble forward

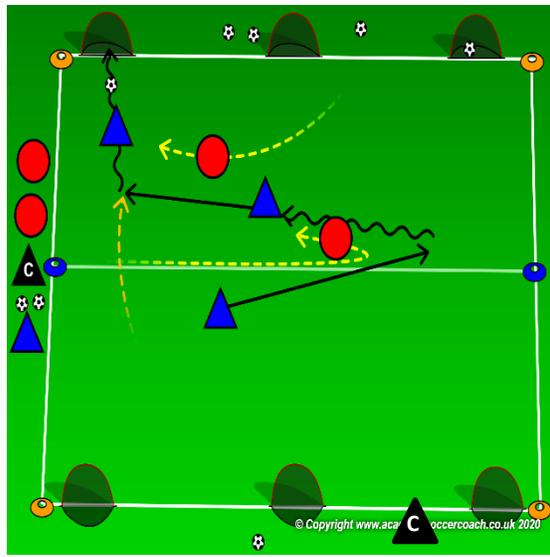
ORGANIZATION: In a 25Wx35L grid play groups of 2 vs the coaches to the end lines. The coach will start as defenders. All other players have a partner & a soccer ball to share. The teams with a ball can dribble or pass past the defenders & score by crossing an end line. Once they have scored, they can get any soccer ball from beyond the end line & try to score by crossing the opposite end line. Challenge the players to score as many goals as they can in 2 minutes. **RULES:** if a defender/coach steals their soccer ball & can play it off the field, the players who lost their ball lose all their points & must begin scoring over. Players can pass to their teammate over the end line or dribble over the end line.

KEY WORDS: look up, move with your teammate

GUIDED QUESTIONS: How do you know where the goal & opponents are? How can the 2 players with a ball beat any 1 defender? Why is it important to turn your body toward your teammate when you are ready to pass the ball?

ANSWERS: Look up to see if you have an opening or if it's closed. Try to dribble the ball toward a defender to see if he/she follows you then pass to your teammate. Facing my teammate will help me make a more accurate pass.

Note: After 2-3 successful rounds, coaches can step out of the activity, select 2-3 players to be defenders & return to the Core Activity.

MORE CHALLENGING: 3v2 to Three Goals**DURATION: 18 min. - INTERVALS: 3 - ACTIVITY: 4 min. - REST: 2 min.****OBJECTIVE:** To pass or dribble past an opponent in order to create scoring chances**PLAYER ACTIONS:** Shoot, Pass or dribble forward

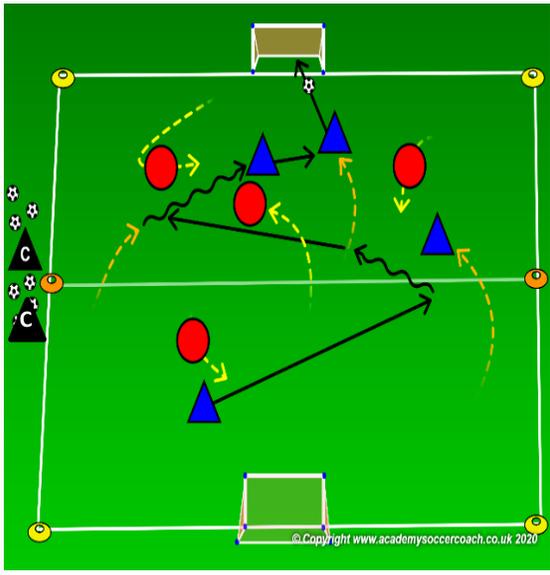
ORGANIZATION: In a 25Wx35L grid with 3 goals on each end line, play a 3v2 game. The team of 3 starts with the ball & can dribble or pass past the defenders & score in any of the 3 goals on an end line. Once they have scored, they can get any soccer ball from the goal or behind the goal & try to score in any of the 3 goals on the opposite end line. Challenge the players to score as many goals as they can in 4 minutes. **RULES:** if a defender steals their soccer ball & score in any goal, the attacking team loses all their points & must begin scoring over. Players can shoot, pass or dribble into a goal. Rotate defenders after each round.

KEY WORDS: look up, move with your teammate

GUIDED QUESTIONS: How do you know where the goal & opponents are? How can the 2 players with a ball beat any 1 defender? Why is it important to turn your body toward your teammate when you are ready to pass the ball?

ANSWERS: Look up to see if you have an opening or if it's closed. Try to dribble the ball toward a defender to see if he/she follows you then pass to your teammate. Facing my teammate will help me make a more accurate pass.

Note: Coach can also make this a game of 3v2 where each team defends 3 goals and scores on the 3 goals on the opposite end line.

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 then score goals.**PLAYER ACTIONS:** Shoot, 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, move with your teammate

GUIDED QUESTIONS: How do you know where the goal & opponents are? How can the 2 players with a ball beat any 1 defender? Why is it important to turn your body toward your teammate when you are ready to pass the ball?

ANSWERS: Look up to see if you have an opening or if it's closed. Try to dribble the ball toward a defender to see if he/she follows you then pass to your teammate. Facing my teammate will help me make a more accurate pass.

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?