

Fall 2020



**GOAL:**

Improve the techniques of shooting, passing & dribbling

**PLAYER ACTIONS**

Pass or dribble forward

**KEY QUALITIES**

Take initiative, focus

**MOMENT**

Attacking

**DURATION**

60 minutes

**PLAYERS**

8 - 12

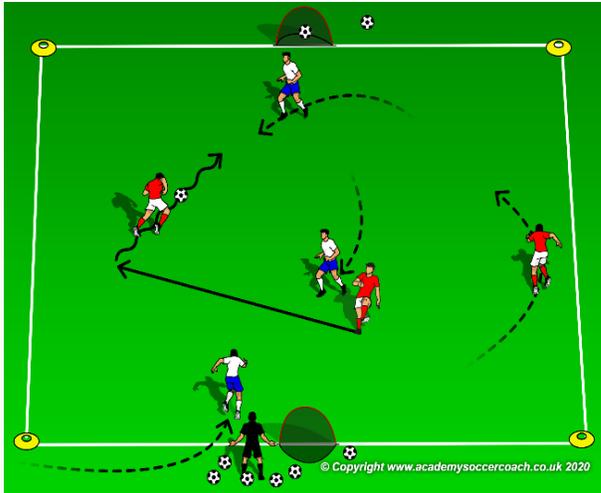
**U6**

**4v4**

**SKILL ACQUISITION: Dribbling:** Surface of the foot and ball, quality of the touch, change direction, head up — **Passing:** Surface of the foot and ball, eyes on the ball while striking

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

**12 minutes (play multiple 3-4 minute games)**



**OBJECTIVE:** To pass or dribble past an opponent and score goals

**PLAYER ACTIONS:** Dribble forward

**ORGANIZATION:** On your 20W x 30L game field, set up two (13W x 20L) fields with a 4 yard space between. Place 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 starts 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once 1 field is at 3v3, start a second game on the field next to it.

**KEY WORDS:** Play forward, try a new move, beat them to goal

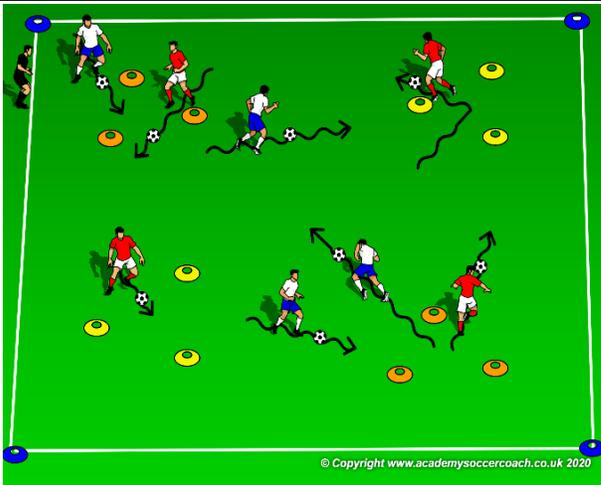
**GUIDED QUESTIONS:** If you have the ball, which direction should you try to play? Who can show me a new move they have tried in this game?

**ANSWERS:** Turn your body & ball until you are facing the goal you want to go to. Question 2 is trying to encourage the players to show you something they may have learned this season. The answer is in their ability to show.

**Note:** Striking through the middle of the ball will help to keep the ball on the ground. This is not only easier for the person receiving the ball but makes the games safer too.

**(Act. 1): Triangle Gate Challenge**

**8 minutes-6 intervals-1 min. play-20 sec. rest**



**OBJECTIVE:** Improve the player's ability to dribble & change direction

**PLAYER ACTIONS:** Dribble forward

**ORGANIZATION:** In a 15W x 20L grid with several 3 yard triangular goals randomly placed in the grid & all players with a soccer ball, the players dribble their ball into or through as many goals as possible. How many goals can the players get to in 1 minute? **RULES:** Players begin dribbling when coach says, "GO!" Intervals 2 & 3, players try to beat their score. Intervals 4-6, still beat their score but also must stop the ball in each space for a point.

**KEY WORDS:** look up, look around, stop your ball

**GUIDED QUESTIONS:** Why is it important to pick your head up and look over your shoulder? How do you know which triangle goal to go to next?

**ANSWERS:** Pick your head up and look around to see which triangle to attack next. Keep looking so you don't bump into anyone. The triangle goal with the fewest players close to it is usually best.

**Note:** Coach should observe the players to determine their level of understanding. You may have to start slow by asking the players to get to any goal as fast as they can. Then, who can get to all goals the fastest? Finally, make the game a challenge

**(Act. 2): Triangle Gate Challenge with Guards**

**8 minutes-4 intervals-90 sec. play-30 sec. rest**



**OBJECTIVE:** Improve the player's ability to dribble away from opponent's and stop their soccer ball

**PLAYER ACTIONS:** Dribble forward

**ORGANIZATION:** In a 15W x 20L grid with several 3 yard triangular goals (bases) randomly placed in the grid, all players with a soccer ball, the coach will select 2 players to be it. The 2 players who are it, have their ball in their hands & they guard the bases. The rest of the players try to dribble their ball and get 100 points for every base they can stop their ball in. If a guard can hit the dribblers ball with their own, the dribbler loses all their points. **RULES:** Players begin dribbling when coach says, "GO!" Guards can only toss their ball with 2 hands and underhand to hit the dribbler's ball. Dribblers are safe if they can stop their ball (with their feet) in any triangular goal.

**KEY WORDS:** Stop your ball, look before you go to the next base

**GUIDED QUESTIONS:** Who can show me how to stop their ball inside of a triangle? When is the best time to move to the next goal?

**ANSWERS:** First question is eliciting a player who can demonstrate how to stop the ball. Generally it can be with the bottom of the foot but any surface which stops the ball from rolling is ok. With no guards are looking at you or are close to you, get to the next goal.

**Note:** 2 hands and underhand will keep the game safe. Overhand throws tend to be a little more reckless. Guide (instead of tell) the players to recognizing the moment to go.

**PRACTICE (Activity 3): Monsters Inc.**

**8 minutes-4 intervals-90 sec. play-30 sec. rest**



**OBJECTIVE:** Move the ball forward to get past the opponent's in order to score (stop it on the line)

**PLAYER ACTIONS:** Dribble forward

**ORGANIZATION:** In a 15W x 20L grid with several 3 yard triangular goals (bases) randomly placed in the grid, all players with a soccer ball, the coach will select 2 players to be it (they are Boo.) The 2 players who are it, do not have a soccer ball. The rest of the players (Mike & Sully) do have a ball & try to dribble their ball & hide from Boo in a closet (the goals). They get 1000 points for every base they can stop their ball in. If Boo tries to steal their ball and dribble it out of the grid. **RULES:** Play begins when coach says, "look out for Boo!" Dribblers try to get from closet to closet. Dribblers are safe in a closet. If Boo steals their ball and dribbles it out of the grid, they lose all points and start again.

**KEY WORDS:** Step close to the ball to stop it, look out for Boo

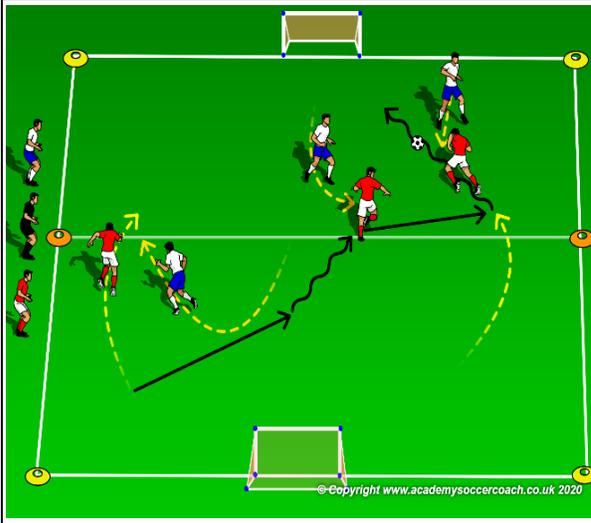
**GUIDED QUESTIONS:** Where should your body be when you are trying to stop the ball? Besides in the closet, when is another time you would want to stop your ball?

**ANSWERS:** Try to run slightly ahead of the rolling ball before putting your foot on top of the ball to stop it. If the ball starts to get too far in front of you or is about to go out of play, stop it and start dribbling again.

**Note:** After 2 rounds, change the rules so now, only 1 player in a closet at a time. If a new player enters, the player in the longest has to leave. Boo & the monsters can also switch roles if the ball is lost; coaches choice.

**2nd. PLAY PHASE: The Game – 3v3 or 4v4**

**24 Minutes-2 intervals-10 min. play-2 min. rest**



**OBJECTIVE:** Move the ball forward toward the opponent's goal & score goals

**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4) no goal keepers. Play for 24 minutes. Play 2 equal halves with a half-time. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.

**KEY WORDS:** turn away, play forward, score goals, move out of your teammate's way

**GUIDED QUESTIONS:** If you don't see an opening to the goal, what can you do next? What can you do if your teammate has the ball?

**ANSWERS:** Turn the ball to side and look for a new opening to either the goal or a teammate. Be careful not to block the goal from your teammate. Try to get open to receive a pass if your teammate needs your help.

**Note:** Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.

**FIVE ELEMENTS of TRAINING EXERCISE**

**TRAINING SESSION SELF-REFLECTION QUESTIONS**

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?

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