SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch, change direction, head up

GOAL: Improve the techniques of shooting, passing & dribbling

PLAYER ACTIONS: Pass or dribble forward

MOMENT: Attacking

DURATION: 60 minutes

PLAYERS: 8 - 12

U6 4v4

1st PLAY PHASE (Intentional Free Play)

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.

Guided Questions:

• Pick your head up and look around to see which triangle to attack next. Keep looking so you don’t bump into anyone.

• 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?

• If you have the ball, which direction should you try to play forward?

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

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

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

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.
**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?