PRACTICE (Activity 2): Police Patrol

OBJECTIVE: Move the ball forward & away from opponents. Pass the ball.

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 15W x 20L grid, select 2-3 players to start as the Police Patrol; they should wear pinnies. The rest of the players dribble their soccer ball like crazy drivers. The Police Patrol dribble their soccer ball & try to ticket the crazy drivers by hitting the driver’s soccer ball with their own. The Police Patrol counts the number tickets they give away in 1 minute. RULES: Play begins when coach says “police are on patrol.” Players must stay within the grid. Coaches can start as the police patrol but after the 1st round should step out.

KEY WORDS: Dribble fast away from the police patrol, hide your ball from the police (shielding)

GUIDED QUESTIONS: What should the crazy drivers do if their ball starts to get away from them? Who can show me how they can create more chances to score?

ANSWERS: Use softer touches to keep the ball close. Put your body between the police patrol and the ball so they cannot hit it with their ball.

Note: Police Patrol can tag drivers if hitting the ball is too challenging. When hiding the ball, remember safety. Sitting or lying on the ball is hiding it but is not very safe.
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?

PRACTICE (Activity 3): Crushing Monster

OBJECTIVE: Move the ball forward toward the opponent’s goal

PLAYER ACTIONS: Dribble forward

ORGANIZATION: In a 15W x 20L grid, select 2-3 players to be Monster Trucks; they do not need a soccer ball. All other players dribble around the grid & avoid the Monster Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it & re-enter the game. Coach can ask them to complete a task before re-entering the game such as toe taps on top of the ball. Count the number of smashed trucks at the end of an interval (40 seconds.)

RULES: Play starts when the coach says, “let the crushing begin!” Players must stay with the grid.

KEY WORDS: Turn away from danger, dribble fast to a safe space on the field

GUIDED QUESTIONS: How can you turn the ball away from a Monster Truck? Where are the areas of the field that are safe from Monster Trucks?

ANSWERS: Use the inside of the foot (big toe) or the outside of the foot (little toe). Wrap the toe to the farthest part of the ball and push the ball in a new direction. An open area with no dribblers or Monster Trucks is the safest.

Note: If the players need an additional challenge, add a goal to each end line. The dribblers can count how many goals they can score without losing the ball to a monster truck. If the coach starts as a monster truck, it is to allow the players more dribbling success. Smashing all the trucks is not the goal. Try to determine which players need more pressure and which need a little less.

2nd PLAY PHASE: The Game – 3v3 or 4v4

OBJECTIVE: Build up close the opponent’s goal to create chances and score goals

PLAYER ACTIONS: Dribble forward, shoot

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: Go for it, go to goal, score

GUIDED QUESTIONS: When should you try to score a goal? How would you describe some of our scoring chances in the first half?

ANSWERS: Any time you are close to the opponent’s goal you should try to score. For question 2, try to determine if the players can recall what happened leading up to a shot or a goal. In the second half, see if they can repeat it.

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.