

Fall 2020



**GOAL:**

Improve build up in the opponent's half of the field

**PLAYER ACTIONS**

Pass or dribble forward

**KEY QUALITIES**

Read & understand the game, take initiative

**MOMENT**

Attacking

**DURATION**

60 minutes

**PLAYERS**

8 - 12

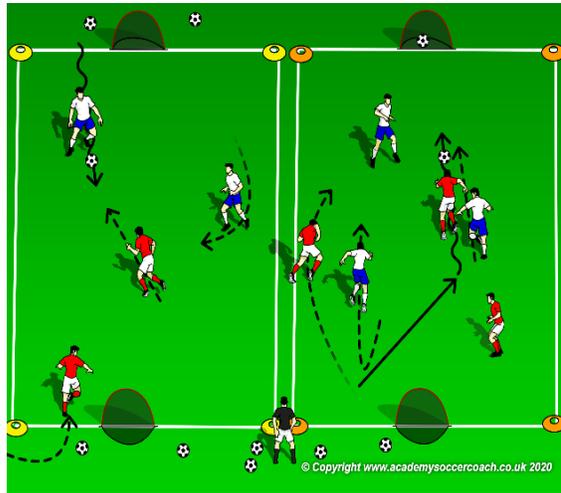
**U6**

**4v4**

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

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

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



**OBJECTIVE:** Move the ball forward to create scoring chances

**PLAYER ACTIONS:** Pass or 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:** Go forward, try a new move, beat them

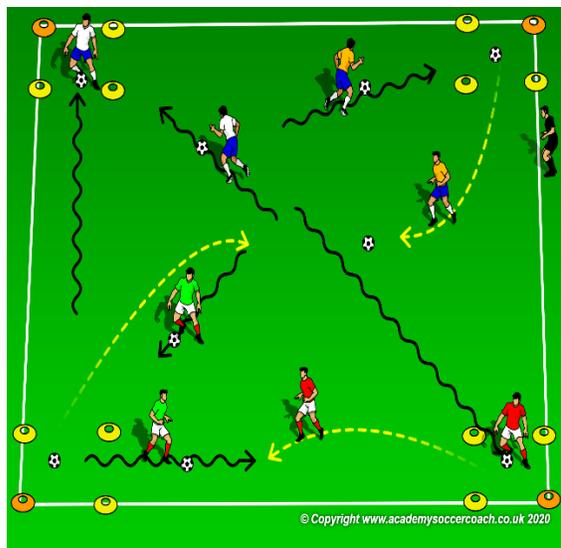
**GUIDED QUESTIONS:** When should you go straight to goal? What's the difference between a pass and a shot?

**ANSWERS:** If you see an opening to the goal, go straight to the goal. A pass is kicking the ball to your teammate. A shot is when you kick it toward the opponent's goal.

**Note:** Both questions elicit thoughts of game understanding. It is important to observe the players to determine if they can demonstrate these actions during the play. The following activities should help encourage the actions.

**PRACTICE (Activity 1): Steal the Treasure**

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



**OBJECTIVE:** Improve the player's ability to turn and dribble their soccer ball to a target

**PLAYER ACTIONS:** Dribble forward

**ORGANIZATION:** In a 15W x 20L grid, place a 4x4 square in each corner & all soccer balls start in the middle of the grid. Divide the players equally between the corners (each team should make up their own team name). On the coach's command, the players race to the middle to get a ball with their feet and dribble it back to their home square. Once all the balls are gone from the middle, the players can steal soccer balls from other squares. **RULES:** Play begins when the coach says, "GAME ON!" Dribblers can only use their feet to get and dribble a soccer ball.

**KEY WORDS:** Find your home base, look up to find anyone trying to steal your ball

**GUIDED QUESTIONS:** After you steal a treasure, what now? What can you do if you see a soccer ball on the field?

**ANSWERS:** Once you have stolen some treasure, get it back to your home base quickly. Go get it and dribble it back to your home base.

**Note:** Watch players and make sure they are only using their feet. When guarding the soccer balls, children may try to lay on top of them. For a safer environment, make a rule that doesn't allow for this. In later rounds, challenge the players to pass it back to their home base.

**PRACTICE (Act. 2): 2 Headed Monster Invasion**

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



**OBJECTIVE:** Improve the players ability to dribble the ball away from opponents

**PLAYER ACTIONS:** Dribble forward

**ORGANIZATION:** In a 15W x 20L grid, place a 4x4 square in each corner (caves.) Divide the players equally between the 4 corners & each player has a soccer ball except for 2. Each of these players joins hands with a coach to become a Two-Headed Monster. The players try to dribble their soccer ball into as many caves as possible. The monsters try to tag them. **RULES:** Play begins when the coach says, "MONSTERS ON THE LOOSE!" Dribblers get 100 points for every cave they can get into. If tagged by a monster, they lose their points and begin scoring again. The caves are safe for the dribblers & the monsters must stay connected.

**KEY WORDS:** sneak behind a monster, stop the ball (in a cave), scan the field

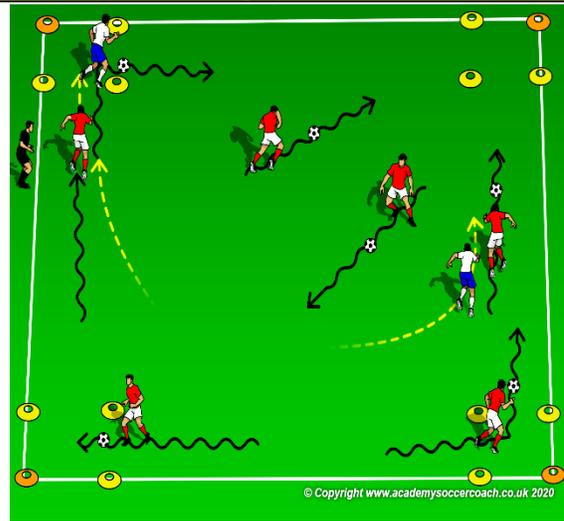
**GUIDED QUESTIONS:** What can you do if the monsters are not facing you? Where can you go if a monster is guarding a cave?

**ANSWERS:** Quickly sneak behind them to an open cave. Scan the field to find an open cave. Turn if you have to and get to that cave as quickly as you can.

**Note:** Early on, coaches may need to encourage some players to move from cave to cave. Help them recognize when it is safe to go. Stop assisting once they identify the moment to go.

**PRACTICE (Activity 3): Field of Doom**

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



**OBJECTIVE:** Turn & dribble your soccer ball away from pressure and find and open goal

**PLAYER ACTIONS:** Dribble forward

**ORGANIZATION:** In a 15W x 20L grid, place a 4x4 square in each corner. Select 2 players to start without a soccer ball; all other players with a ball. Players with a ball try to dribble from box to box. Each box they safely get into is worth 1000 points. Players without a ball try to steal any ball they can and start scoring by getting safely to a box. **RULES:** Play begins when the coach says, "Game On!" Dribblers get 100 points for every box they can get into. If a player loses their ball, they can either steal their ball back or try to steal another ball so they can start scoring again. A dribbler is safe once they get into a box.

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

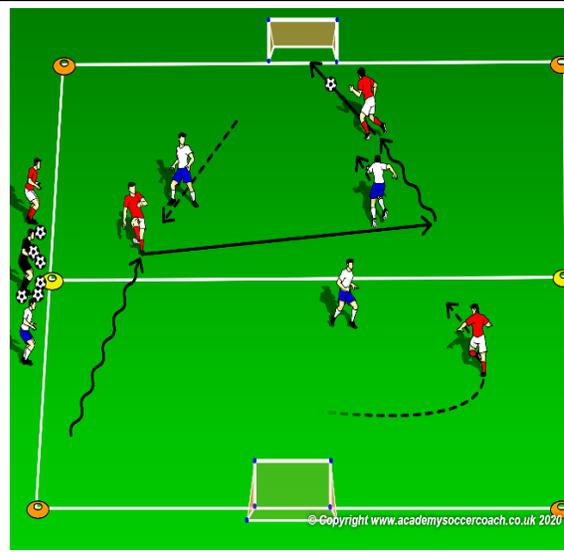
**GUIDED QUESTIONS:** When is a good time to run to the next box? Why might you want to stop your ball inside one of the boxes?

**ANSWERS:** If you see an opening to the next box & can get their safely. By stopping the ball in the box, you have time to rest and scan the field for the next box to get to.

**Note:** Coaches may have to remind the players to try to keep scoring. Coaches may also have to remind the players without a ball that the boxes are safe places for the dribblers. Remember to focus on the players with the ball and the decisions they may have to make.

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

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



**OBJECTIVE:** Build up close the opponent's goal to create chances and score goals by dribbling and shooting

**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:** Turn, go to goal, score

**GUIDED QUESTIONS:** Who should determine whether to dribble, pass or shoot? Why do you think the player should make their own decision?

**ANSWERS:** The players must be allowed to make their own decisions? Because they have the ball so they get to choose based on what they see.

**Note:** Coaches should provide limited instruction; only as needed. Very often, the players may not make a decision to dribble pass or shoot. In fact, they may leave the ball for someone else to take. Ask them questions to help them learn to read and understand the game.

**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?**