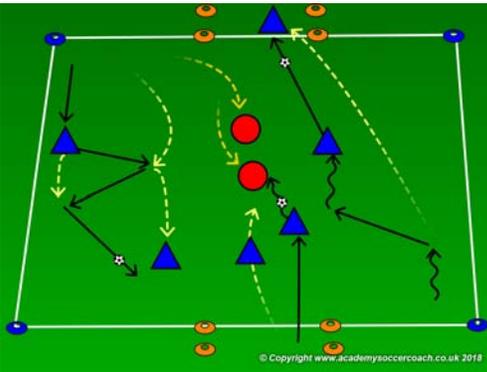
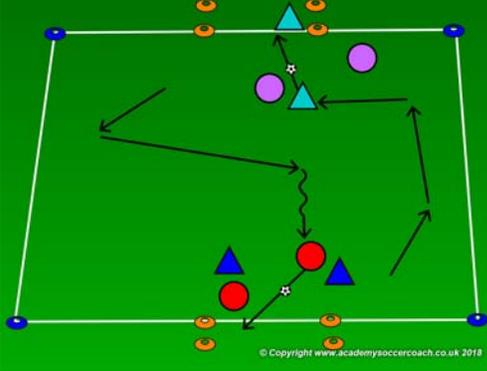


 	<b>GOAL:</b>	Build Up in the Defensive Half - Improve Passing forward								
	<b>PLAYER ACTIONS</b>	Pass or Dribble Forward, Spread Out, Create Passing Options								
	<b>KEY QUALITIES</b>	Take initiative, read & understand the game								
	<b>AGE GROUP</b>	U8/4v4	<b>MOMENT</b>	Attacking	<b>DURATION</b>	60 min.				
<b>1<sup>st</sup> PLAY PHASE</b>	Intentional Free Play	<b>Duration:</b>	18 min.	<b>Activity time:</b>	4.5 min.	<b>Rest time:</b>	90 sec.	<b>Intervals</b>	3	
As players arrive, play Small Sided Games (1v1 -4v4) please visit <a href="http://www.mayouthsoccer.org/coaches/play_practice_play/">http://www.mayouthsoccer.org/coaches/play_practice_play/</a> for full description										
<b>PRACTICE (Core Activity):</b>		<b>Duration:</b>	18 min.	<b>Activity time:</b>	2 min.	<b>Rest time:</b>	1 min.	<b>Intervals</b>	6	
		<b>PAIRS BANDITS:</b> In a 20W x 30L yard grid, a 6W x 3L yard box goal on each end line and all players are in pairs. Select 1 pair to be the bandits. Each pair needs 1 ball to share except for the bandits. The pairs with a ball will try to dribble & pass to either goal and pass to their teammate within the goal. After scoring in one end, play to the other. How many goals can you score in 2 minutes? The mission of the bandits is to steal the ball from the passing pairs and bring it to one of the two hideouts (goals). The passing pairs can take the ball back from the bandits before they get it all the way to the hideout. If the bandits succeeds in getting the ball into the hideout, the passing pair lose all their points and have to start counting over again. Rotate bandits after each interval. <b>Rules:</b> Players cannot enter the field until the coach serves a soccer ball onto the field. <b>Key Words:</b> Look up, find an opening, play through it <b>Guided Questions:</b> 1.- Where should you go if a defender is closing your opening? 2.- What are some ways you can play the ball through an opening? <b>Answers:</b> 1.- See if teammate can move to create a new opening. 2.- You can dribble through, pass through or shoot through. <b>Notes:</b> If bandits steal a ball and get it to a hideout, they can now begin scoring goals. The team that lost the ball must now steal another ball in order to start scoring again.								
<b>PRACTICE (Less Challenging):</b>		<b>Duration:</b>	18 min.	<b>Activity time:</b>	2 min.	<b>Rest time:</b>	1 min.	<b>Intervals</b>	6	
		<b>BANDITS (Coach is it):</b> In a 20W x 30L yard grid, a 6W x 3L yard box goal on each end line and all players have a soccer ball. The coach will be the bandit. The players will try to dribble into the goals. After scoring in one end, play to the other. How many goals can you score in 2 minutes? The mission of the bandit is to steal the ball and bring it to one of the two hideouts (goals). The player can steal his/her ball back from the bandits before they get it all the way to the hideout. If the bandit succeeds in getting the ball into the hideout, the player loses all their points and have to start counting over again. After 2-3 rounds, select up to 2 players to take the role of the bandit. Remember to change bandits after each interval. <b>Key Words:</b> support your teammate, find avoid the coach, go for goal <b>Guided Questions:</b> 1.- Where should your teammate move to if you have the ball? 2.- When should you pass? <b>Answers:</b> 1.- Try to move forward and into openings. 2.- If a defender is blocking your opening, pass to your teammate to see if he/she can play forward through an opening. <b>Notes:</b> Once the players understand the direction and where to score, challenge them to work with a partner. The 2 players now need to move the ball from one goal to the other.								
<b>PRACTICE (More Challenging):</b>		<b>Duration:</b>	18 min.	<b>Activity time:</b>	2 min.	<b>Rest time:</b>	1 min.	<b>Intervals</b>	6	
		<b>2v2 to Goal:</b> In a 20W x 30L yard grid, a 6W x 3L yard box goal on each end line, coach will create teams of 2 players. Two teams will play against one another and, on the same field and at the same time, two other teams will also play against one another. Each team will defend 1 goal and score in the other. A goal is scored by either dribbling the ball into the opponent's box or passing the ball to your teammate in the box. After a goal is scored, the scoring team backs up to allow the ball back into play and the game continues. If you have more than 4 teams of 2, either rotate teams onto the field or create a second field. <b>Key Words:</b> play through, look up <b>Guided Questions:</b> 1.- What are some things you have to look for in this game? 2.- Why should you try to keep the ball instead of kicking it away? <b>Answers:</b> 1.- You have to look for your teammates, the goal, the other players. 2.- It is much easier to get the ball to your teammates if you receive it first, pick your head up and pass it to them.4 <b>Notes:</b> Coach can add passing or scoring incentives as needed to further challenge the players.								
<b>2<sup>nd</sup> PLAY PHASE</b>		The Game - 4v4	<b>Duration:</b>	24 min.	<b>Activity time:</b>	10 min.	<b>Rest time:</b>	2 min.	<b>Intervals</b>	2
Finish the session with a scrimmage using all FIFA rules, visit <a href="http://www.mayouthsoccer.org/coaches/play_practice_play/">http://www.mayouthsoccer.org/coaches/play_practice_play/</a> for full description.										
<b>FIVE ELEMENTS OF TRAINING ACTIVITY</b>					<b>TRAINING SESSION SELF REFLECTION QUESTIONS</b>					
<ol style="list-style-type: none"> <li><b>Organized:</b> Is the activity organized in the right way?</li> <li><b>Game like:</b> Is the activity game like?</li> <li><b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</li> <li><b>Challenging:</b> Are the players challenged? (Is there the right balance between being successful and unsuccessful?)</li> <li><b>Coaching:</b> Is there the right coaching based on the age/level of the players?</li> </ol>					<ol style="list-style-type: none"> <li>How did you do in achieving the goal of the training session?</li> <li>What did you do well?</li> <li>What could you do better?</li> </ol>					