
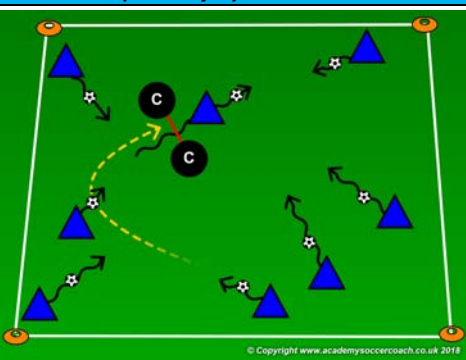
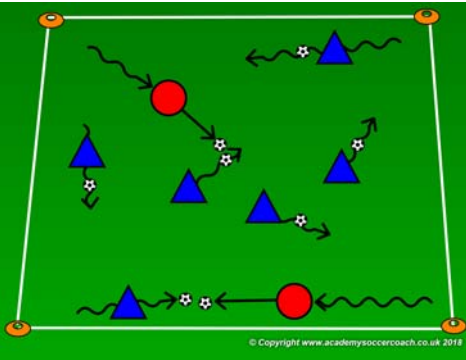
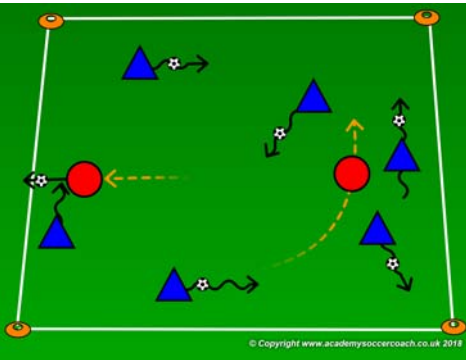


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|---|-----------------------|--|---------------|-----------------------|---|-------------------|---------|-------------------|---|
|  | GOAL: | Improve the techniques of dribbling, passing & tackling | | | | | | | |
| | PLAYER ACTIONS | Pass, Dribble Forward or Steal the Ball | | | | | | | |
| | KEY QUALITIES | Read & understand the game, Demonstrate focus | | | | | | | |
| | AGE GROUP | U6 / 4v4 | MOMENT | Att./Def. | DURATION | 60 MIN | | | |
| 1st PLAY PHASE (intentional Free Play) | | Duration: | 12 min. | Activity Time: | 3 min. | Rest Time: | 1 min. | Intervals: | 3 |
| As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description | | | | | | | | | |
| PRACTICE (Activity 1): | | Duration: | 8 min. | Activity Time: | 1 min. | Rest Time: | 20 sec. | Intervals: | 6 |
|  | | Driving Through the Moving Tunnel: Organization: In a 15Wx20L grid, 2 coaches are joined by holding a pinny between them. They walk around the field to create a moving tunnel. Each player dribbles their soccer ball. The dribblers try to dribble or pass their ball through the tunnel. Count the number of times each can play their soccer ball through the tunnel in 1 minute. If needed, select to players to make a second tunnel so the dribblers have more chances to score. Remember to change the players after each interval. Rules: Play begins as soon as the moving tunnel starts moving. Players must stay within the grid. Coach can award bonus points for dribbling with different surfaces of the foot. Key Words: Move toward the tunnel. Watch out traffic around the tunnel. Guided Questions: Did the players have a lot of chances to get through the tunnel? What should you do if you see the tunnel is open? Answers: The coaches can move closer to the players who are struggling to score or further away from the players who have scored more. If you see that the tunnel is near & open, point your toe down to push the ball in front of you so you can run through the tunnel. | | | | | | | |
| PRACTICE (Activity 2): | | Duration: | 8 min. | Activity Time: | 1 min. | Rest Time: | 20 sec. | Intervals: | 6 |
|  | | Police Patrol: Organization: In a 15Wx20L grid, select 2-3 players to start as the (Police Patrol); they should wear pinnies. The rest of the players dribble their soccer ball with their feet (like crazy drivers). The police patrol dribble their soccer ball and try to ticket the crazy drivers by either hitting the driver's soccer ball with their ball or tagging the crazy drivers. Police patrol count the number of tickets they can give in 1 minute. Rules: Play begins as soon as the coach says, "police are on patrol!". Players must stay within the grid. Coaches can start as the Police Patrol. Key Words: Dribble fast away from the police patrol or put your body in the way to hide your ball (shielding). Guided Questions: What should the crazy drivers do if their soccer ball gets away from them? How do you know where the police patrol is? Answers: Use softer touches to keep the ball close. Dribble with your head up to see where the patrol is. | | | | | | | |
| PRACTICE (Activity 3): | | Duration: | 8 min. | Activity Time: | 40 sec. | Rest Time: | 20 sec. | Intervals: | 8 |
|  | | Crushing Monster Trucks: Organization: In a 15Wx20L grid, select 2-3 players to be Monster Trucks (no soccer ball). All other players dribble their ball around the grid & avoid the 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 such as 5 toe taps. Count the number of smashed trucks at the end of an interval. Rules: Play begins as soon as the coach says, "let the crushing begin!". Players must stay within the grid. Key Words: dribble forward, turn away from monster trucks and the sidelines. Guided Questions: What can you do if the same player keeps getting his/her ball kicked out? What can you do if you see a monster truck coming to kick your ball away? Answers: The coach can be a monster truck & encourage the player from staying away from the coach. You can also select that player to be a truck. Use the inside or outside of your foot to move your ball out of the way of the Monster Trucks. | | | | | | | |
| 2nd PLAY PHASE: The Game – 4v4 | | Duration: | 24 min. | Activity Time: | 10 min. | Rest Time: | 2 min. | Intervals: | 2 |
| Play 3v3 or 4v4 scrimmages, please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description | | | | | | | | | |
| FIVE ELEMENTS of TRAINING ACTIVITY | | | | | TRAINING SESSION SELF-REFLECTION QUESTIONS | | | | |
| <ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? | | | | | <ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? | | | | |