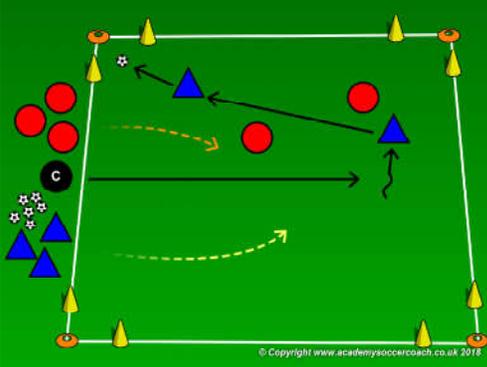
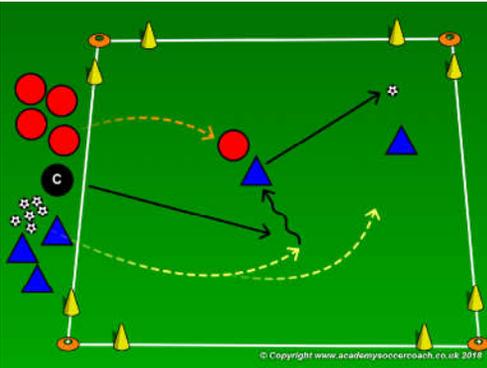
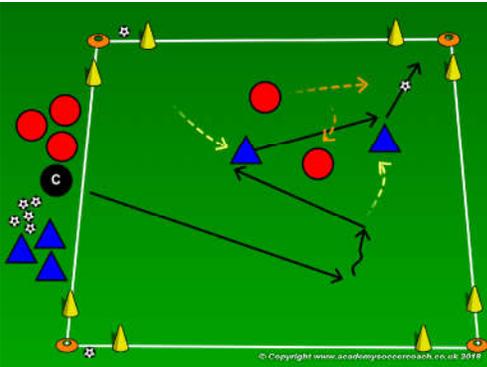


	GOAL:	Improve the techniques of passing, dribbling							
	PLAYER ACTIONS	Shoot & Pass or Dribble Forward							
	KEY QUALITIES	Take initiative, be pro-active							
	AGE GROUP	U8/4v4	MOMENT	Attacking	DURATION	60 min.			
1st PLAY PHASE	Intentional Free Play	Duration:	20 min.	Activity time:	5 min.	Rest time:	1.5 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 (Core Activity):		Duration:	15 min.	Activity time:	20 sec.	Rest time:	30 sec.	Intervals	18
		2v2 to 4 Corner Goals: Organization: In a 20Wx30L grid, a cone goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right & one on the left. Each team will have 2 goals to defend and 2 goals to score in. The coach will play a ball onto the field. 2 players from each team go after the ball and try to score by striking the ball into either of their opponent's 2 goals. Rules: Play starts when the coach passes a ball onto the field. Team's get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next players to play. Key Words: Find the open goal, go, help your teammate Guided Question: 1.- What can you do to trick the opponent? 2.- When would you use your laces to strike the ball? Answer: 1.- Pretend to go to one goal then change direction to go to the other. 2.- Use your laces to strike the ball toward the goal. Notes: Rotate the area of the field the ball is served into to change the starting points of the attacks. You can also serve a ball closer to a player who has not had many opportunities to play the ball.							
PRACTICE (Less Challenging):		Duration:	15 min.	Activity time:	20 sec.	Rest time:	30 sec.	Intervals	18
		2v1 to 4 Corner Goals: Organization: In a 20Wx30L grid, a cone goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right & one on the left. Each team will have 2 goals to defend and 2 goals to score in. Prior to playing a ball onto the field the coach will announce which team gets 2 players and which team only gets 1. Once the ball is played onto the field, both teams go after the ball and try to score by striking the ball into either of their opponent's 2 goals. Rules: Play starts when the coach passes a ball onto the field. Team's get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next players to play. Key Words: Find the open goal, go, help your teammate Guided Question: 1.- Where can you play the ball if the opening to one goal is blocked by the defender? 2.- When would you use your laces to strike the ball? Answer: 1.- Try to play the ball to the other goal. Use your teammate to help if you have one. 2.- Use your laces to strike the ball toward the goal. Notes: Play the ball in the area closest to the team of 2 to help them build the attack. Don't worry, the next ball may be played closer to the other team.							
PRACTICE (More Challenging):		Duration:	14 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	7
		2v2 to 4 Corner Goals (3 serves): Organization: In a 20Wx30L grid, a cone goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right & one on the left. Each team will have 2 goals to defend and 2 goals to score in. 2 players from each team will start on the field. The coach will play a ball onto the field to start the game. When the ball goes out of play, or a goal is scored, the coach serves another ball onto the field. After 3 soccer balls have been served onto the field and either scored or knocked out of play, the game is over and the next players enter the field. Rules: Coach serves the ball for all restarts. Laws of the game apply. Key Words: Find the open goal, go, help your teammate Guided Question: 1.- Once a goal is scored or the ball goes out of play, what should you do next? 2.- When should you kick the ball toward the goal (shoot)? Answer: 1.- Find an opening where you can get the ball. 2.- When you see an opening to the goal (no opponents in your way). Notes: Players do not have to be ready when you play a ball onto the field. The ball in play will tell them it is time to be ready.							
2nd PLAY PHASE	The Game - 4v4	Duration:	26 min.	Activity time:	11 min.	Rest time:	2 min.	Intervals	2
Finish the session with a scrimmage using all FIFA rules, 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? 				