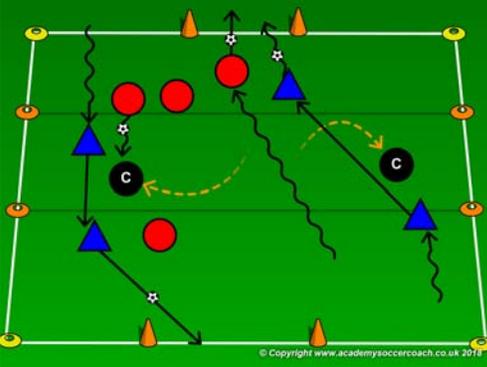
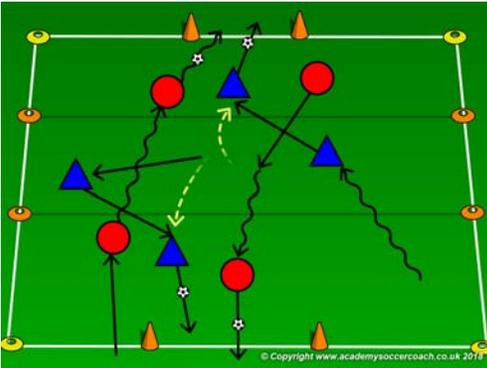
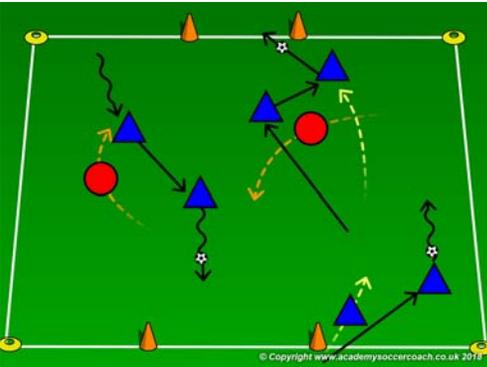


 	<b>GOAL:</b>	Improve the techniques of dribbling, passing & shooting the ball to score							
	<b>PLAYER ACTIONS</b>	Shoot & Pass or Dribble Forward							
	<b>KEY QUALITIES</b>	Read & understand the game, take initiative, focus							
	<b>AGE GROUP</b>	U8/4v4	<b>MOMENT</b>	Attacking	<b>DURATION</b>	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>	14 min.	<b>Activity time:</b>	1 min.	<b>Rest time:</b>	1 min.	<b>Intervals</b>	7
		<b>Boston Bulldogs (with partners):</b> <b>Organization:</b> In a 20Wx30L grid, with a 5 yard zone in the middle (the dog pound) & a cone goal on each end line. Coaches start in the pound as the dog catchers (dog catchers do not use a soccer ball & must stay in the pound). Each player has a partner and one soccer ball to share. Players start on one end line. Players (bulldogs) try to sneak through the dog pound without waking the catchers. If they can get through the dog pound without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they can go back through the dog pound to score in the other goal. <b>Rules:</b> When the coach yells, "Who let the dogs out?" the players start across the grid. If a dog catcher steals your soccer ball you and your partner lose your points and have to start scoring again. <b>Key Words:</b> Slow the ball down, dribble (or pass) through the pound <b>Guided Questions:</b> 1.- How can you get the ball through the dog pound the fastest? 2.- Once you get past the dog pound, what part of your foot can you use to score? <b>Answers:</b> 1.- You can kick the ball through the pound but it is helpful if your partner is on the other side. 2.- You can point your toe down so you can strike the ball with your laces. <b>Notes:</b> Players can start as dog catchers also but will be in the pound with their partner. After a few rounds, if the dog catcher steals a ball, the dog catchers and bulldogs can switch roles.							
<b>PRACTICE (Less Challenging):</b>		<b>Duration:</b>	14 min.	<b>Activity time:</b>	1 min.	<b>Rest time:</b>	1 min.	<b>Intervals</b>	7
		<b>Dogs Gone Wild:</b> <b>Organization:</b> In a 20Wx30L grid, with a 5 yard zone in the middle (the dog pound) & a cone goal on each end line. Each player has a partner and one soccer ball to share. Players start on one end line. Players (bulldogs) try to sneak through the dog pound. If they can get through the dog pound without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they can go back through the dog pound to score in the other goal. How many goals can they score in 1 minute? Challenge them to beat their score each round. <b>Rules:</b> When the coach yells, "Who let the dogs out?" the players start across the grid. Can kick the ball through the goal or dribble through for points. <b>Key Words:</b> Go to goal, dribble (or pass) through the pound <b>Guided Questions:</b> 1.- How can you get the ball through the dog pound the fastest? 2.- Once you get past the dog pound, what part of your foot can you use to score? <b>Answers:</b> 1.- you can kick the ball through the pound but it is helpful if your partner is on the other side. 2.- You can point your toe down so you can strike the ball with your laces. <b>Notes:</b> Coaches can step into the dog pound as obstacles to see if the players can play the ball around the coaches (dog catchers).							
<b>PRACTICE (More Challenging):</b>		<b>Duration:</b>	14 min.	<b>Activity time:</b>	1 min.	<b>Rest time:</b>	1 min.	<b>Intervals</b>	7
		<b>Boston Bulldogs (no dog pound):</b> <b>Organization:</b> In a 20Wx30L grid, with a cone goal on each end line. Coaches 2 players to start as dog catchers (dog catchers do not use a soccer ball. The rest of the players have a partner and one soccer ball to share. Players start on one end line. Players (bulldogs) try play past the dog catchers without getting caught. If they can get past the dog catchers without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they can go back past the dog catchers to score in the other goal. <b>Rules:</b> When the coach yells, "Who let the dogs out?" the players start across the grid. If a dog catcher steals your soccer ball you and your partner lose your points and have to start scoring again. <b>Key Words:</b> Go fast, find your partner <b>Guided Questions:</b> 1.- How can you get the ball through the dog pound the fastest? 2.- Once you get past the dog pound, what part of your foot can you use to score? <b>Answers:</b> 1.- You can kick the ball through the pound but it is helpful if your partner is on the other side. 2.- You can point your toe down so you can strike the ball with your laces. <b>Notes:</b> After a few rounds, if the dog catcher steals a ball, the dog catchers and bulldogs can switch roles.							
<b>2<sup>nd</sup> PLAY PHASE</b>	The Game - 4v4	<b>Duration:</b>	28 min.	<b>Activity time:</b>	12 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>				