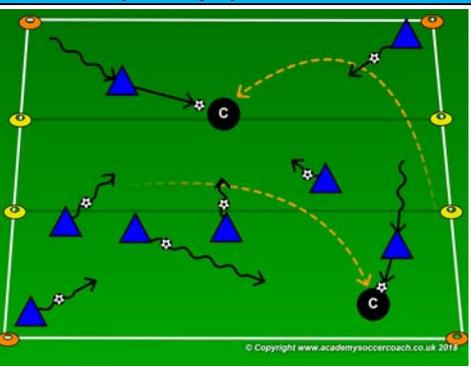
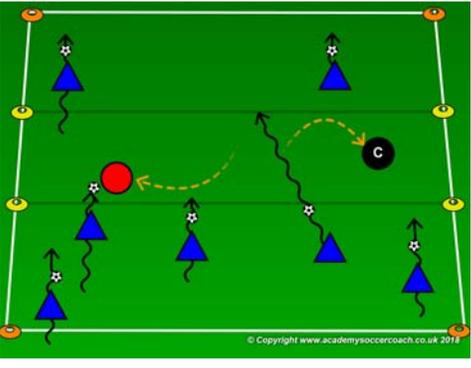
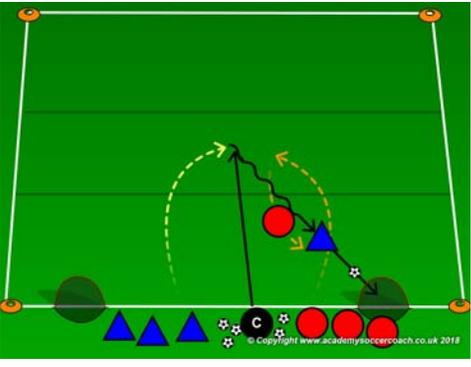


|   |                       |  |               |                       |   |                   |         |                   |    |
|---|-----------------------|--|---------------|-----------------------|---|-------------------|---------|-------------------|----|
|    | <b>GOAL:</b>          | Improve the techniques of dribbling & striking the ball to score   |               |                       |   |                   |         |                   |    |
|   | <b>PLAYER ACTIONS</b> | Shoot & Pass or Dribble Forward  |               |                       |   |                   |         |                   |    |
|   | <b>KEY QUALITIES</b>  | Read & understand the game   |               |                       |   |                   |         |                   |    |
|   | <b>AGE GROUP</b>      | U6 / 4v4   | <b>MOMENT</b> | Attacking             | <b>DURATION</b>   | 60 MIN            |         |                   |    |
| <b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>  |                       | <b>Duration:</b>   | 12 min.       | <b>Activity Time:</b> | 3 min.  | <b>Rest Time:</b> | 1 min.  | <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 (Activity 1):</b>   |                       | <b>Duration:</b>   | 8 min.        | <b>Activity Time:</b> | 40 sec.   | <b>Rest Time:</b> | 20 sec. | <b>Intervals:</b> | 8  |
|   |                       | <b>Bulldogs Hunting for Milk-Bones:</b><br><b>Organization:</b> In a 15Wx20L grid, all the players with a soccer ball (the Bulldogs) & the coaches are the guards of the milk-bones. The players dribble their ball and try to hit the coach below the knees to score a milk-bone.<br><b>Rules:</b> Play starts when the coach asks, "does anyone want a milk-bone?" Coaches can only walk. Whoever scores the most milk-bones wins the round.<br><b>Key Words:</b> Make the ball move faster with bigger kicks<br><b>Guided Questions:</b> Did all the players have a chance to win a milk-bone at least once? How can you get the players to use different surfaces of the foot to pass?<br><b>Answers:</b> The coach can walk closer to the players who need more help so it is easier for them to get the prize. Award extra milk-bones if a player can hit the coach using surface other than the toe.  |               |                       |   |                   |         |                   |    |
| <b>PRACTICE (Activity 2):</b>   |                       | <b>Duration:</b>   | 8 min.        | <b>Activity Time:</b> | 30 sec.   | <b>Rest Time:</b> | 30 sec. | <b>Intervals:</b> | 8  |
|    |                       | <b>Boston Bulldogs:</b><br><b>Organization:</b> In a 15Wx20L grid, with a 5 yard zone in the middle (the dog pound), 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 ball and starts on one end line. Players try to sneak through the dog pound without waking the catchers.<br><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 become a catcher also. Dog catchers can also switch roles with the bulldogs.<br><b>Key Words:</b> Slow the ball down, dribble through the pound<br><b>Guided Questions:</b> Are the players getting lots of dribbling repetitions during this activity? Once you get past the dog pound, what part of your foot can you use to stop the ball on the end line?<br><b>Answers:</b> ? If they players are not getting enough repetitions, have them dribble across the field and back again before playing the next round. You can stop it with the bottom of your foot or your inside or outside of the foot by wrapping your toe around the ball. |               |                       |   |                   |         |                   |    |
| <b>PRACTICE (Activity 3):</b>   |                       | <b>Duration:</b>   | 8 min.        | <b>Activity Time:</b> | 10 sec.   | <b>Rest Time:</b> | 30 sec. | <b>Intervals:</b> | 11 |
|   |                       | <b>Bulldogs vs Dog Catchers:</b><br><b>Organization:</b> In a 15Wx20L grid, with a 5 yard zone in the middle & 2 goals on 1 end line: divide the players into 2 teams; Bulldogs vs Dog Catchers. Coach stands between the goals with all the soccer balls. One team starts on the coach's right the other on his left. Coach plays a ball onto the field. 1 player from each team chases it. Whoever gets it tries to score in their opponent's goal.<br><b>Rules:</b> Game starts when the coach passes a ball onto the field. Score with feet.<br><b>Key Words:</b> Turn to score, Shoot<br><b>Guided Questions:</b> Are the players trying to score from far away or very close to the goal? Can the players strike the ball from greater distances?<br><b>Answers:</b> If they players are dribbling into the goal, award more points for goals scored from your middle zone on the field. Point your toe down, make a big swing with your kicking foot & try to hit the ball with your laces to make the ball go further.   |               |                       |   |                   |         |                   |    |
| <b>2<sup>nd</sup> PLAY PHASE: The Game – 4v4</b>  |                       | <b>Duration:</b>   | 24 min.       | <b>Activity Time:</b> | 10 min.   | <b>Rest Time:</b> | 2 min.  | <b>Intervals:</b> | 2  |
| Play 3v3 or 4v4 scrimmages, 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>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> |                   |         |                   |    |