GOAL: Improve the techniques of Dribbling Forward to score goals

PLAYER ACTIONS
Dribble Forward, Shoot
Focus, Read the game

KEY QUALITIES

AGE GROUP: U8/4v4

1st PLAY PHASE

Duration: 18 min.  Activity time: 4.5 min.  Rest time: 90 sec.  Intervals: 3

As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description

2 x 1v1 to End Zones:
Organization: In 20Wx30L yd grid with a 5yd end zone on each end of the field. Each team starts behind one of the end zones. One team starts with soccer balls. On the coach's command, 2 players with soccer balls enter the field and try to dribble the ball into the opponent's end zone. The team without soccer balls sends 2 players to try to steal the ball and score in the opposite end zone. Players who can stop the ball in the opponent's end zone get 10 points. After 5 rounds, switch teams so both teams have a chance to attack.

Rules: Players try to dribble across to the other end zone. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After both soccer balls are either scored or knocked out of play, the game is over and the next game begins.

Key Words: Look up, find an opening, fake the defender, go forward.

Guided Questions: 1.- What should you do when confronted by a defender?  2.- When should you kick the ball further of front of you?

Answers: 1.- When a defender is close, take softer touches to keep the ball close.  2.- If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.

2nd PLAY PHASE

The Game - 4v4

Duration: 22 min.  Activity time: 9 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

1. Organized: Is the activity organized in the right way?
2. Game like: Is the activity game like?
3. Repetitions: Are there repetitions when looking at the overall goal of the session?
4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?)
5. Coaching: Is there the right coaching based on the age/level of the players?

TRAINING SESSION SELF REFLECTION QUESTIONS

1. How did you do in achieving the goal of the training session?
2. What did you do well?
3. What could you do better?