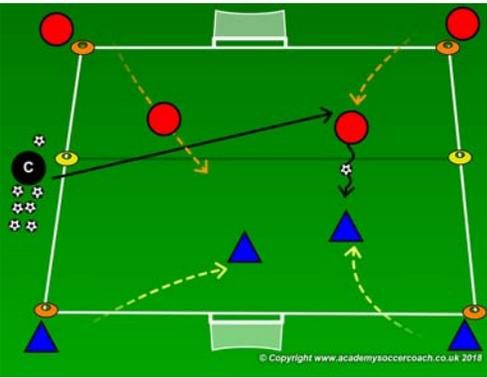


 	GOAL:	Preventing build up in the your own half of the field							
	PLAYER ACTIONS	Pressure, steal the ball, protect your goal							
	KEY QUALITIES	Read and understand the game, take initiative							
	AGE GROUP	U8/4v4	MOMENT	Defending	DURATION	60 min.			
1st PLAY PHASE	Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 sec.	Intervals	3

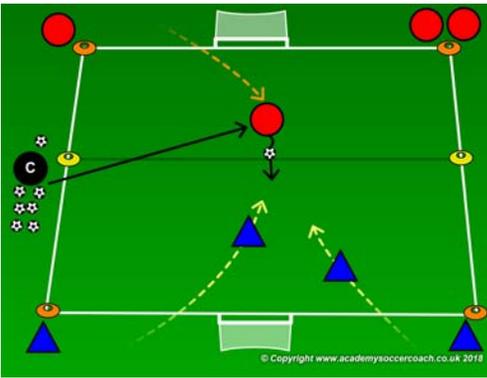
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description

PRACTICE (Core Activity):	Duration:	18 min.	Activity time:	30 sec.	Rest time:	30 sec.	Intervals	18
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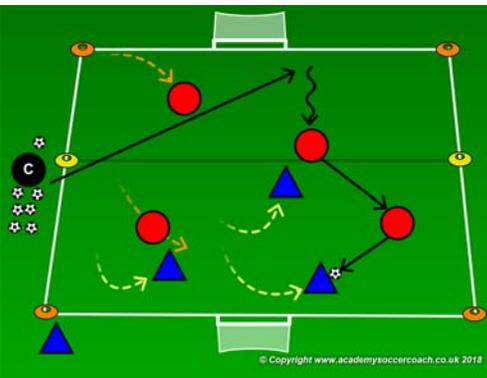
4 Corner Shooting/Defending:
Organization: In 20Wx30L yard grid with a goal on each end line. Players of the same team are placed by the corner cones of the end line they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the soccer balls. The game starts when the coach serves the ball into the field. One player from each corner comes out to play 2v2. The game is over when one team scores by shooting into the opponent's goal. If the ball goes out of bounds, all players leave the field. The coach will play a new ball onto the field for the next round to begin.
Rules: Players cannot enter the field until the coach serves a soccer ball onto the field.
Key Words: step to the ball, pressure, block your goal.
Guided Questions: 1.- What should you do if you team doesn't have the ball? 2.- Where should you go if the attacker gets past you?
Answers: 1.- Get as close to the ball as you can and block the attacker from going to your goal. 2.- Run back to your goal then try to get close to the ball again.
Notes: Serve the ball to one team or the other so it is clear which team initiates the attack and which team starts as defenders.

PRACTICE (Less Challenging):	Duration:	18 min.	Activity time:	30 sec.	Rest time:	30 sec.	Intervals	18
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4 Corner 1v2 to Goal:
Organization: In 20Wx30L yard grid with a goal on each end line. Players of the same team are placed by the corner cones of the end line they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the soccer balls. The game starts when the coach serves the ball into the field. Whichever team gets the serve can only attack with 1 player. The team that does not get the ball gets 2 players. The game is over when one team scores by shooting into the opponent's goal. If the ball goes out of bounds, all players leave the field. The coach will play a new ball onto the field for the next round to begin.
Rules: Players cannot enter the field until the coach serves a soccer ball onto the field.
Key Words: help your teammate, pressure, close the opening to goal
Guided Questions: 1.- What should you do if you teammate is closest to the ball? 2.- What happens if your teammate gets beat?
Answers: 1.- Get behind them to help them protect the goal. 2.- Step closer to the ball to see if you can win it.
Notes: Serve the ball to one player. Rotate who the serve is played to so all players have rounds they defend.

PRACTICE (More Challenging):	Duration:	18 min.	Activity time:	1 min.	Rest time:	30 sec.	Intervals	12
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4 Corner 3v4 to Goal:
Organization: In 20Wx30L yard grid with a goal on each end line. Players of the same team are placed by the corner cones of the end line they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the soccer balls. The game starts when the coach serves the ball into the field. Whichever team gets the serve can attack with all 4 players. The team that does not get the ball gets 3 players. The game is over when one team scores by shooting into the opponent's goal. If the ball goes out of bounds, all players leave the field. The coach will play a new ball onto the field for the next round to begin.
Rules: Players cannot enter the field until the coach serves a soccer ball onto the field.
Key Words: step up, steal it, get the ball
Guided Questions: 1.- What is meant by close an opening? 2.- What happens to the openings when the attackers make a pass?
Answers: 1.- Close any space between defenders or to the goal that the attackers can play a ball through. 2.- There may be new openings so you have to move to close the openings.
Notes: Serve the ball to one player. Rotate who the serve is played to so all players have rounds they defend.

2nd PLAY PHASE	The Game - 4v4	Duration:	24 min.	Activity time:	10 min.	Rest time:	2 min.	Intervals	2
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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?