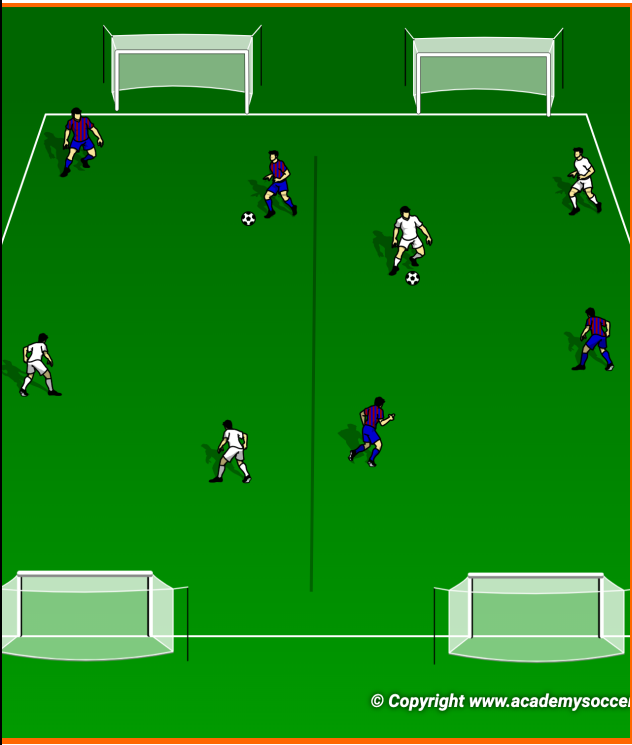
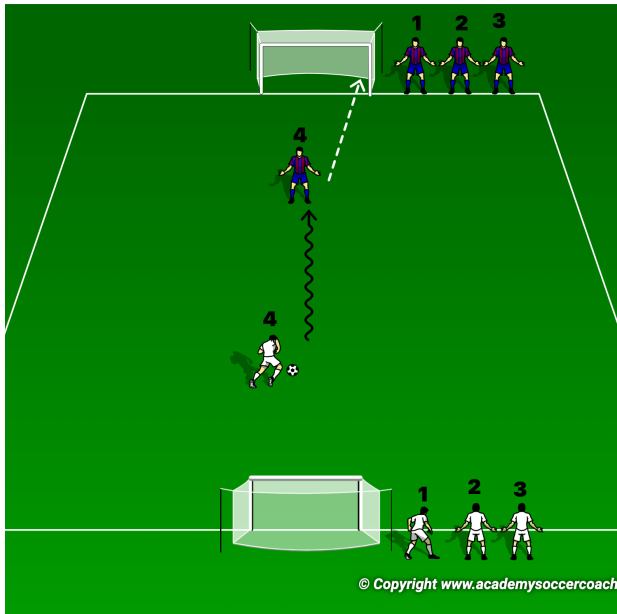


<p>Spring 2024</p> 	GOAL:	Free Play				2/
	PLAYER ACTIONS	Enjoy the games, incorporate all the things worked on the previous weeks.				
	KEY QUALITIES	Incorporate all the things worked weeks before. Have fun				
	MOMENT	Attack/Defense	DURATION	90 minutes	PLAYERS	

SKILL ACQUISITION: **Attacking:** use the space, dribble into space, find teammates to pass the ball, get opened when my – team has the ball. **Defense:** press, cover, balance. After pressing, making sure to contain. Communication withing team.

1 PLAY PHASE (Intentional Free Play)	DURATION: 25 min. - INTERVALS: 5 - ACTIVITY: 4 min. - REST: 1 min.
	<p>OBJECTIVE: Defend your goal and attack the opposite goal.</p> <p>PLAYER ACTIONS: Pass or dribble forward, use space, engage defensively,</p> <p>ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L with end zone either side of the field. Do these 5 yards from the end line. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3.</p> <p>KEY WORDS: Engage on defense, be patient.</p> <p>GUIDED QUESTIONS: What should you do when your team does not have the ball? Do you have to win it straight away?</p> <p>ANSWERS: Press as soon as we lose the ball, and try to win it. Not, win it straight away, be patient to when you can try and win it, and wait until I have support from my teammates.</p> <p>NOTES: Make players aware of when to try and win the ball and when to be patient to win it. Use the team to defend and knowing when to attack or when to be patient because the team is not behind.</p>
CORE ACTIVITY: Number game	DURATION: 30 min. - INTERVALS: 10 - ACTIVITY: 2 min. - REST: 1 min.



OBJECTIVE: Two teams where in both teams everyone has a number. When the number is called both players with the same number goes for the ball and try to score on the oppositions goal.

PLAYER ACTIONS: Be focused and waiting for their number to be called, as soon as it gets called run for the ball and play a 1v1 and try to score on the opposites team goal. If two numbers or more are called play together with your team.

ORGANIZATION: Two goals opposite to each others, from 35 to 40 feet apart. Teams should stand next to the goal they are defending. Coach has the balls ready to throw when numbers are called.

KEY WORDS: Focused, use the space, score, work as a team.

GUIDED QUESTIONS: What should you do when the ball is played and your number is called? If you have a teammate, what can you do?

ANSWERS: Go as fast as you can and win the ball to then go and score. Pass and move to have a better chance on scoring.

Non Focus Player: If the player does not win the ball straight away defend their goal and try and win the ball from them, when they win the ball go and score and take advantage.

LESS CHALLENGING: Number Game (towards one goal)

DURATION: 30 min. - INTERVALS: 10 - ACTIVITY: 2 min . - REST: 1min.



OBJECTIVE: Two teams where in both teams everyone has a number. When the number is called both players with the same number goes for the ball and try to score on the goal.

PLAYER ACTIONS: Be focused and waiting for their number to be called, as soon as it gets called run for the ball and play a 1v1 and try to score on the goal. If two numbers or more are called play together with your team.

ORGANIZATION: One goal and teams will be standing on the side of the area assigned. Area is 30x40 with a goal in one of the ends. Both teams on the sideline of the area. Coach stands in goal and has all the balls and throws them in when a number is called.

KEY WORDS: Focused, use the space, score, work as a team, be direct.

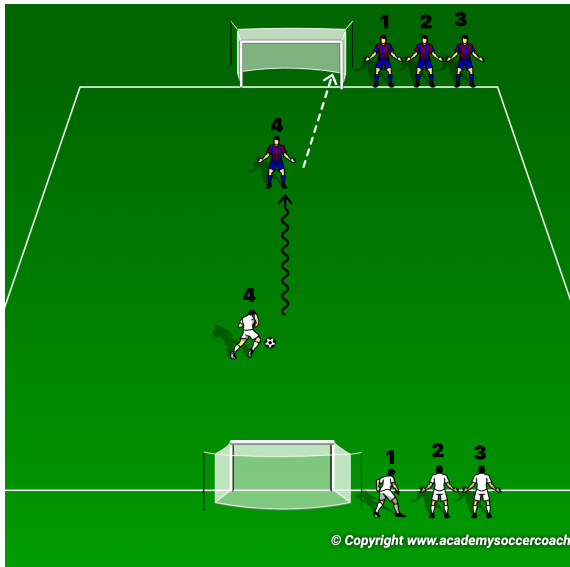
GUIDED QUESTIONS: What should you do when the ball is played and your number is called? If you do not win the ball, what should you do? If you have a teammate, what can you do?

ANSWERS: Go as fast as you can and win the ball to then go and score. Go and defend and try to win the ball, when you win the ball try and score. Pass and move to have a better chance on scoring.

Non Focus Player: If the player does not win the ball straight away defend their goal and try and win the ball from them, when they win the ball go and score and take advantage.

MORE CHALLENGING: Number game (with time)

DURATION: 30 min. - INTERVALS: 10 - ACTIVITY: 2 min . - REST: 1min.



OBJECTIVE: Two teams where in both teams everyone has a number. When the number is called both players with the same number goes for the ball and try to score on the oppositions goal. As soon as one player touches the ball, coach starts countdown from 15 seconds, players have this amount of time to score on the other teams goal.

PLAYER ACTIONS: Be focused and waiting for their number to be called, as soon as it gets called run for the ball and play a 1v1 and try to score on the opposites team goal. If two numbers or more are called play together with your team.

ORGANIZATION: Two goals opposite to each others, from 35 to 40 feet apart. Teams should stand next to the goal they are defending. Coach has the balls ready to throw when numbers are called. When players touch the ball, begin counting down from 15 seconds to pressure players to make a quick decision to score.

KEY WORDS: Focused, use the space, score, work as a team, be direct.

GUIDED QUESTIONS: What should you do when the ball is played and your number is called? If you do not win the ball, what should you do? If you have a teammate, what can you do? What is the purpose of the timer?

ANSWERS: Go as fast as you can and win the ball to then go and score. Go and defend and try to win the ball, when you win the ball try and score. Pass and move to have a better chance on scoring. Pressuring the players to make a quick decision and be direct towards goal.

Non Focus Player: If the player does not win the ball straight away defend their goal and try and win the ball from them, when they win the ball go and score and take advantage.

2 PLAY PHASE: The Game

DURATION: 30 min - INTERVALS: 2 - ACTIVITY: 13 min. - REST: 2 min.



OBJECTIVE: Normal scrimmage, with two equal teams and normal soccer rules. Throw ins, corners, goal kicks.

PLAYER ACTIONS: Replicate what an official game is like, while integrating all the skills worked on through the weeks.

ORGANIZATION: Two equal teams, playing in a big field with two goals. Normal soccer rules, working on throw ins, corners, goal kicks, replicating what an official game should be like.

KEY WORDS: Pass and move, be direct, use the space, spread out, be an option, apply pressure, cover, balance, contain, communicate, get organized and be disciplined.

GUIDED QUESTIONS: How is your team going to be the most successful?

ANSWERS: By working together as a team, pass and move into an open space where a teammate can pass you the ball again. Use the space, stay opened, on defense be engaged, organized and disciplined.

FIVE ELEMENTS of TRAINING EXERCISE

TRAINING SESSION SELF-REFLECTION QUESTIONS

1.Organized: Is the exercise organized in the right

way? **2.Game like:** Is the exercise game like?

3.Repetitions: Are there repetitions when looking at the overall goal of the session?

4.Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)

5.Coaching: Is there the proper coaching based on the age/level of the players?

1. How did you achieve your goals of the training session?

2. What did you do well?

3. What could you do better?