

Fall 2020



**GOAL:**

Improve build up in the opponent's half of the field

**PLAYER ACTIONS**

Shoot, pass or dribble forward

**KEY QUALITIES**

Read & understand the game, take initiative

**MOMENT**

Attacking

**DURATION**

60 minutes

**PLAYERS**

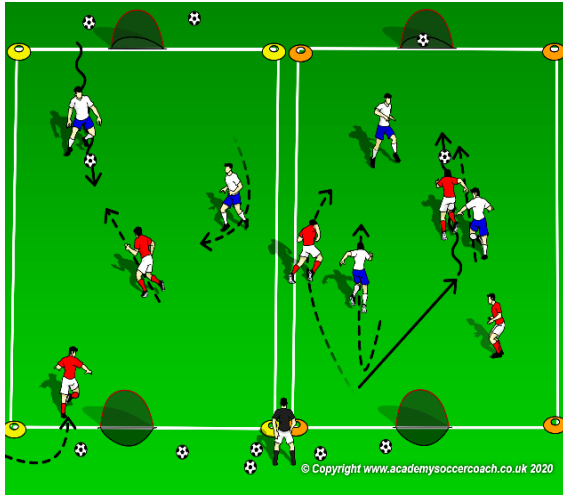
8 - 12

**U6  
4v4**

**SKILL ACQUISITION: Dribbling:** Surface of the foot and ball, quality of the touch, change direction, head up — **Shooting:** Surface of the foot and ball, non-kicking foot close to the ball

**1<sup>st</sup> PLAY PHASE (Intentional Free Play)**

**12 minutes (play multiple 3-4 minute games)**



**OBJECTIVE:** Move the ball forward to create scoring chances, score goals

**PLAYER ACTIONS:** Pass or dribble forward, shoot

**ORGANIZATION:** On your 20W x 30L game field, set up two (13W x 20L) fields with a 4 yard space between. Place a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game starts 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once 1 field is at 3v3, start a second game on the field next to it.

**KEY WORDS:** Go to goal, score goals

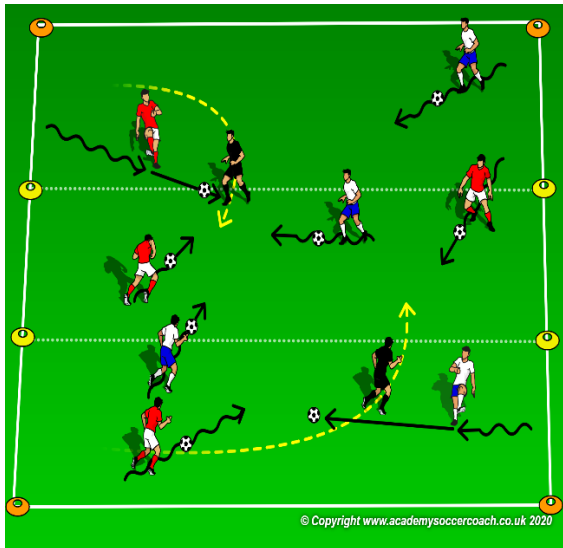
**GUIDED QUESTIONS:** When should you go straight to goal? What's the difference between a pass and a shot?

**ANSWERS:** If you see an opening to the goal, go straight to the goal. A pass is kicking the ball to your teammate. A shot is when you kick it toward the opponent's goal.

**Note:** Both questions elicit thoughts of game understanding. It is important to observe the players to determine if they can demonstrate these actions during the play. The following activities should help encourage the actions.

**PRACTICE (Activity 1): "Hunting the Coach"**

**8 minutes-8 intervals-40 sec. play-20 sec. rest**



**OBJECTIVE:** Move the ball toward the goal (coach) and score

**PLAYER ACTIONS:** Dribble forward & shoot

**ORGANIZATION:** In a 15W x 20L grid which includes a 5 yard zone across the middle of the grid. All the players with a soccer ball. The coaches walk around the grid and the players try to hit the coach below the knee with their ball. **RULES:** Play begins as soon as the coaches begin walking. The players count how many times they can hit a coach in 40 seconds. Each time the coach gets hit with a ball, they must say, "OUCH!"

**KEY WORDS:** Move toward the tunnel, watch out for traffic around the tunnel

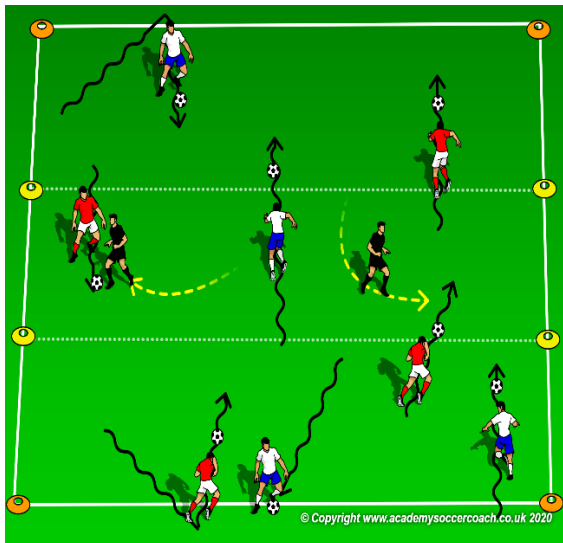
**GUIDED QUESTIONS:** What can you do to hit the coach more often? Which part of the foot should you use to close shots/long shots?

**ANSWERS:** Dribble closer to the coach before trying to kick the ball and hit them. Try to use the inside of the foot for closer shots & use the laces for longer shots.

**Note:** As the coaches move around the field, move closer to players who are struggling to get a point so they can achieve success. Walk further away from the players who have more points to increase the challenge for them. Coach can award different point values in the different thirds of the field if a variation is needed.

**PRACTICE (Activity 2): Boston Bulldogs**

**7.5 minutes-5 intervals-1 min. play-30 sec. rest**



**OBJECTIVE:** Improve the players ability to dribble the ball through the opponents

**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** In a 15W x 20L grid, select which includes a 5 yard zone across the middle (the dog pound), all players start on 1 end line with a soccer ball. The coaches start in the middle as dog catchers, they cannot leave the pound. The players are bulldogs. They try to dribble their ball through the dog pound to the other side without waking the dog catches. **RULES:** Play begins when coach says "who let the dogs out." After 2 rounds, make the game continuous. The players do not stop on the end line. How many times can they get through the pound without getting tagged?

**KEY WORDS:** soft touches around the dog catcher, big touched to get through the pound

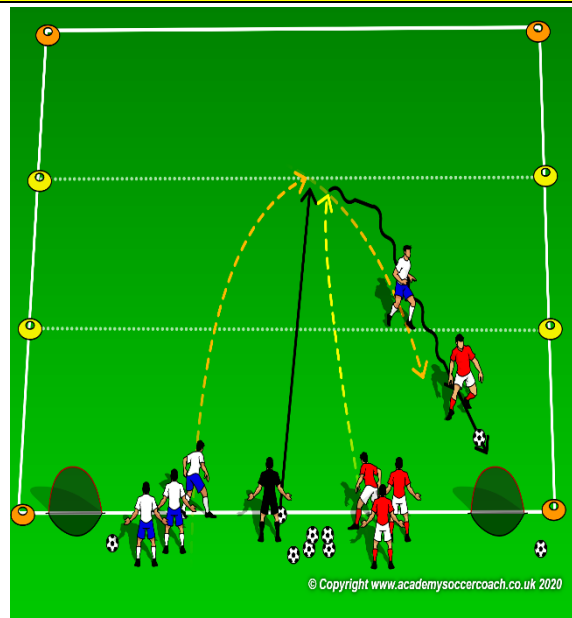
**GUIDED QUESTIONS:** When is it important to keep the ball close? Why would you kick the ball harder?

**ANSWERS:** Keep the ball close if a dog catcher is in front of you. If you see an opening through the pound, kick it hard and run fast after it.

**Note:** Try not to be in too big of a hurry to start tagging players. Their success will encourage them to try to get through again.

**PRACTICE (Activity 3): Doggy Goal Combat**

**8 minutes-11 intervals-10 sec. play-30 sec. rest**



**OBJECTIVE:** Turn the ball to goal and shoot

**PLAYER ACTIONS:** Shoot, Pass or dribble forward

**ORGANIZATION:** In a 15W x 20L grid, select which includes a 5 yard zone across the middle and 2 pug goals on the same end line. The coach starts between the goals with all the soccer balls. The players are split into 2 teams; 1 on the coaches right and the other on his left. Each team names their team after a breed of dog (hopefully to give them a sense of team identity.) Once the coach plays a ball onto the field, 1 player from each team goes after it and tries to bring it back to their own goal. Once the ball is scored or is played off the field, both players leave the field and rejoin their team. The coach plays another ball onto the field for the next players to go after. **RULES:** Play begins when a coach plays the ball onto the field. Round ends once a goal is scored or the ball leaves the playing area.

**KEY WORDS:** Turn away from danger, dribble fast to a safe space on the field

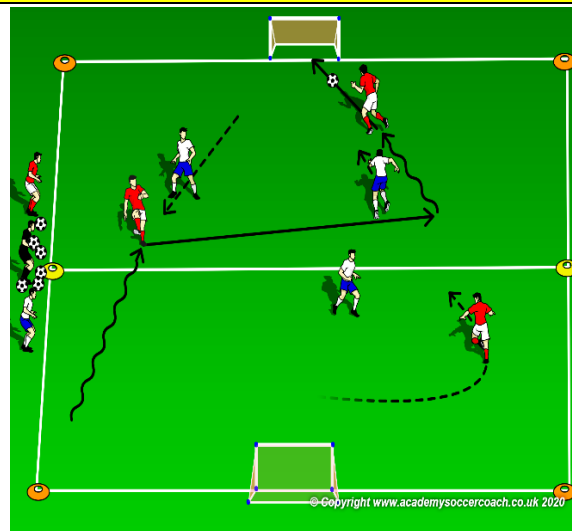
**GUIDED QUESTIONS:** How can you turn the ball away from a Monster Truck? Where are the areas of the field that are safe from Monster Trucks?

**ANSWERS:** Use the inside of the foot (big toe) or the outside of the foot (little toe). Wrap the toe to the farthest part of the ball and push the ball in a new direction. An open area with no dribblers or Monster Trucks is the safest.

**Note:** The middle zone is not necessary but can be used as a visual for players to try to score from further away. The coach can play 1v1, 2v1 or 2v2 by telling the players before they kick a ball onto the field. If a team is not ready, observe how the team who is ready responds to less pressure. After several rounds, the teams can change and try to score on their opponent's goal.

**2<sup>nd</sup>. PLAY PHASE: The Game – 3v3 or 4v4**

**24 minutes-2 intervals-10 min. play-2 min. rest**



**OBJECTIVE:** Build up close the opponent's goal to create chances and score goals

**PLAYER ACTIONS:** Dribble forward, shoot

**ORGANIZATION:** In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4; no goal keepers). Play for 24 minutes. Play 2 equal halves with a half-time. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.

**KEY WORDS:** Turn, go to goal, score

**GUIDED QUESTIONS:** Is it easier for your team to score if everyone is close together or spread out? Which team can show me what being spread out looks like?

**ANSWERS:** Spread out is better because then it is easier to find the opening to the goal. For question 2, allow the teams to show you what spread out would look like. If you're playing 3v3, this would look like a giant triangle. 4v4 could look like a giant diamond.

**Note:** Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.

**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?**