




4v4 Weekly Training Sessions

Characteristics of the U6 player

- Focused on themselves – reality to them is based on what they see and feel
- Unable to see the world from another's perspective
- Everything is in the here and now
- Cooling systems are less efficient - need frequent water breaks
- Enjoy playing, not watching. Every player should have a ball in practice
- Limited attention span - keep directions concise and to the point
- Effort is performance – if they try hard, they are doing well
- Active imaginations – utilize their imagination in activities, and they will love practice!
- Look for adult approval – be encouraging when they say “Coach, look what I can do!”
- Unable to think abstractly – spatial relationships are a mystery
- Typically have 2 speeds -- extremely fast and stopped
- Usually unaware of game scores – keep it that way

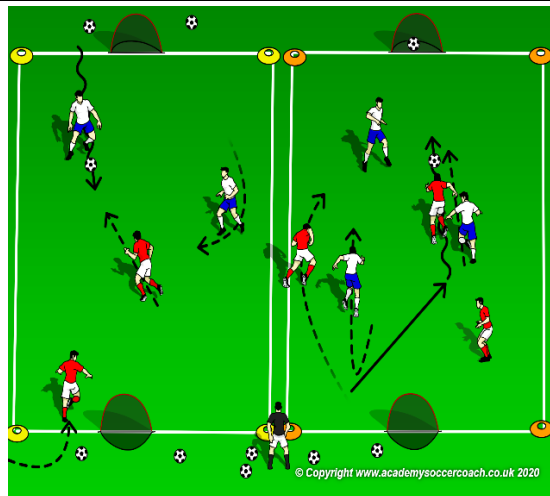
Characteristics of the U8 player

- Enjoy playing in pairs
- Are now able to take another's perspective.
- Still unable to think abstractly – be patient.
- Cooling system is still less efficient than adults – still make sure to give frequent water breaks.
- Still prefer playing to watching – keep everyone active during practice.
- Limited attention span
- Have an understanding of time and sequence – “if I do this, then that happens”.
- Some now have a third or fourth speed in addition to stopping and as fast as possible.
- Very aware of adult reactions – be very aware of your reactions.
- Seek out adult approval and need reassurance – be supportive.
- Begin to become aware of peer perception – a social order is beginning to develop.
- Wide range of abilities between children at this age
- Beginning to develop motor memories
- Some become more competitive
- Less active imaginations than U6 players

	GOAL:	Improve build up in the opponent's half of the field					4v4
	PLAYER ACTIONS	Pass or dribble forward					
	KEY QUALITIES	Take initiative, be pro-active					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8 - 12	

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch, change direction, head up — **Passing:** Surface of the foot and ball, Pace and accuracy

1st PLAY PHASE (Intentional Free Play)



12 minutes (play multiple 3-4 minute games)

OBJECTIVE: Move the ball forward to create scoring chances

PLAYER ACTIONS: Pass or dribble forward

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.

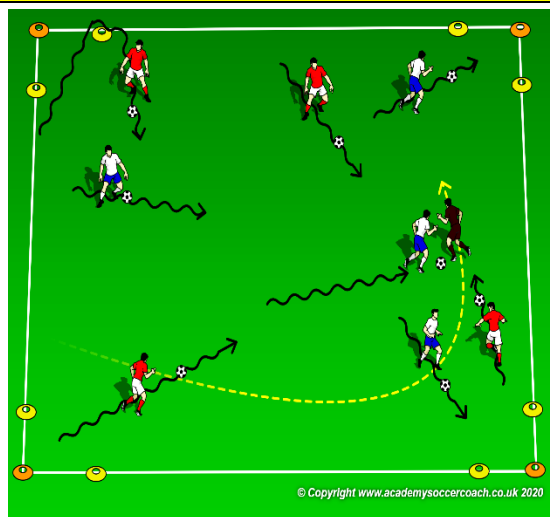
KEY WORDS: Go to goal, keep the ball

GUIDED QUESTIONS: When do you go straight to the opponent's goal? What can you do if someone is blocking your path to the goal?

ANSWERS: If you see an opening to the goal, go straight to the goal. You can dribble around them or pass to a teammate.

Note: Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.

PRACTICE (Activity 1): Red Light/Green Light



7.5 minutes-8 intervals-1 min. play-30 sec. rest

OBJECTIVE: Move the ball toward the goal (coach)

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 15W x 20L grid, a small cone goal in each corner & all players with a soccer ball; dribble within the space. The coach(es) walk around the space. When the coach say "RED LIGHT," the players must stop the ball with their feet. If the coach says "GREEN LIGHT," the players must dribble again. If a player cannot stop their ball on red light, they must dribble their ball to the any of the 4 corner goals then start playing again. Coach controls the frequency of the lights to allow players time to respond. **VARIATION:** **YELLOW LIGHT** – dribble slow, **BLUE LIGHT** – toe taps on the ball or **PURPLE LIGHT** – hop on 1 foot around the ball. **RULES:** on green light, players try to dribble toward the coach. Once close enough, player tries to tag the coach. If a coach gets tagged, either award points or start a new game.

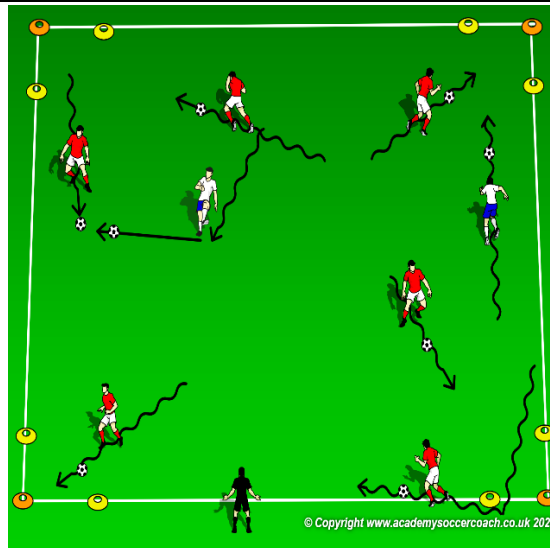
KEY WORDS: Laces (to go forward), bottom of the foot (to stop), outside/little toe or inside/big toe (to turn)

GUIDED QUESTIONS: Which part of the foot can you stop the ball with? How can you go faster with the ball?

ANSWERS: Get close to the ball then softly touch the top of the ball with the bottom of your foot. Point your toe down and push the ball further in front of you to go faster.

Note: Stopping and turning the ball is challenging. Try not to call out the lights too fast. If the players respond to the lights quickly, call out the colors even faster.

PRACTICE (Activity 2): Wreck it Ralph



8 minutes-8 intervals-45 sec. play-15 sec. rest

OBJECTIVE: Move the ball toward the goal through dribbling. Pass the ball toward a teammate.

PLAYER ACTIONS: Pass or dribble forward

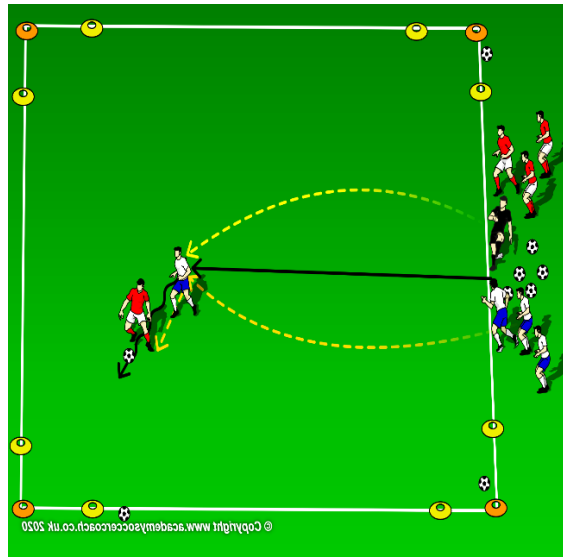
ORGANIZATION: In a 15W x 20L grid, a small cone in each corner & all players with a soccer ball; All but 2 players are trying to kick their ball into as many goals as possible in 45 seconds. 2 players do not try to score but try to **WRECK** the goal scorer's points, they are the **WRECK IT RALPHS**. If Ralph hits a goal score's ball with their own, they demolish the points & the goal scorer has to start scoring points over again. **RULES:** Play begins when coach says "GO." Players score by dribbling or kicking their ball through any of the 4 goals.

KEY WORDS: Go for it, go to goal, stay away from Ralph

GUIDED QUESTIONS: If you want to go faster, should you kick the ball harder or softer? What can you do if Ralph is guarding one of the goals?

ANSWERS: Kick it harder so you can run faster and catch up to the ball (kick it softer when you need to slow down or turn). Turn away from Ralph and find a goal that Ralph is not guarding.

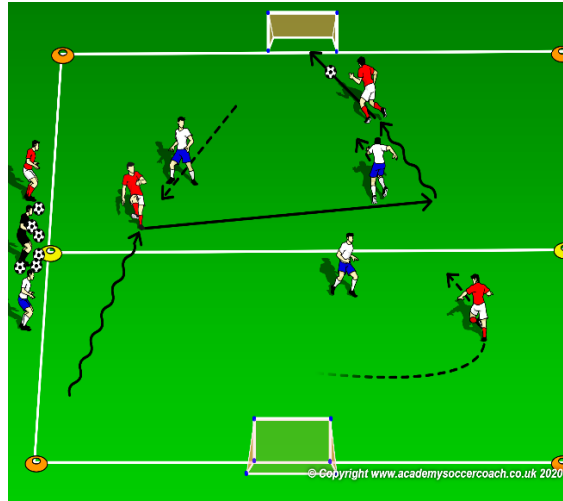
Note: You can use 1 Ralph if needed. Coach can start as a Ralph to allow more goal scoring success if needed. Encourage players to go to goal & avoid the Wreck it Ralphs.

PRACTICE (Activity 3): Soccer Combat**8 minutes-16 intervals-10 sec. play-20 sec. rest****OBJECTIVE:** Move the ball forward toward the opponent's goal**PLAYER ACTIONS:** Pass or dribble forward

ORGANIZATION: In a 15W x 20L grid, a cone goal in each corner & the coach starts at the center of the field with all the soccer balls. Divide the group into 2 teams; 1 team on the coach's right and 1 on the left. Once the coach plays the ball onto the field, 1 player from each team goes after the ball and tries to score by striking the ball into any of the 4 goals. **RULES:** Play starts when the coach passes a ball onto the field. Coach can make the game 1v1, 2v1 or 2v2 by telling the players prior to kicking the ball onto the field. Once a goal is scored or the ball goes out of play, game is over and all players leave the field. The coach then serves another ball onto the field for the next players to play.

KEY WORDS: Find the open goal, block the defender**GUIDED QUESTIONS:** What should you do if you get to the ball first? What can you do to block the other player from getting the ball?**ANSWERS:** Kick the ball toward the closest open goal and try to score. Put your body between the ball and the other player so they can't get it.

Note: Keep the game at 1v1 until most players have had a chance to score at least once. Instead of playing the ball down the middle, it is ok to play the ball closer to a player who hasn't had a chance to score yet. A 2v1 game in favor of a struggling player could help the player score.

2nd. PLAY PHASE: The Game – 3v3 or 4v4**24 minutes-2 intervals-10 min. play-2 min. rest****OBJECTIVE:** Move the ball forward toward the opponent's goal**PLAYER ACTIONS:** Pass or dribble forward

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: Go for it, go to goal, find your teammate**GUIDED QUESTIONS:** Who should determine whether to dribble, pass or shoot? How can you show me that you have learned something new today?**ANSWERS:** We (the players) should. (the players must be allowed to make their own decision) We are keeping the ball in play longer. We are dribbling toward the goal. We are scoring goals.

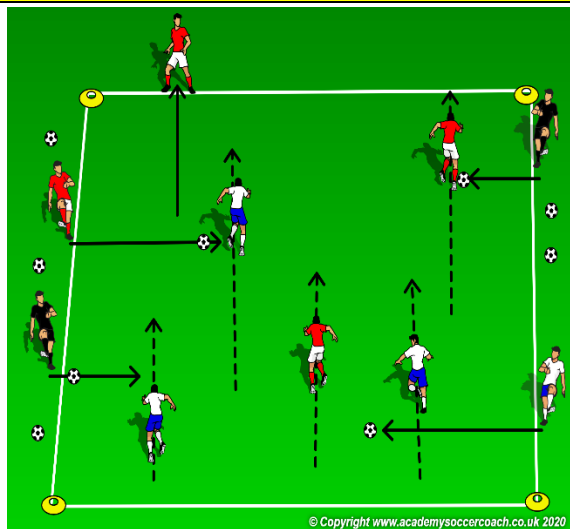
Note: Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.

FIVE ELEMENTS of TRAINING EXERCISE

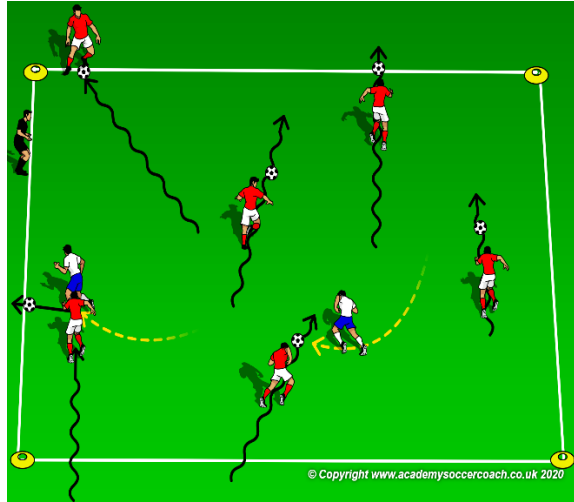
- 1.Organized:** Is the exercise organized in the right way?
- 2.Game like:** Is the exercise game like?
- 3.Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4.Challenging:** Are the players being challenged? (Is there the right balance between being successful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

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

	GOAL:	Improve build up in the opponent's half of the field					4v4
	PLAYER ACTIONS	Pass or dribble forward					
	KEY QUALITIES	Take initiative, be pro-active					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8 - 12	
SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch, change direction, head up – Passing: Surface of the foot and ball, eyes on the ball while striking							
1st PLAY PHASE (Intentional Free Play)				12 minutes (play multiple 3-4 minute games)			
				<p>OBJECTIVE: Move the ball forward to create scoring chances</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>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.</p> <p>KEY WORDS: Take big touches, turn to goal, find space between players</p> <p>GUIDED QUESTIONS: What can you do if you are not facing the goal? When can you push the ball further in front of you?</p> <p>ANSWERS: Turn your body & ball until you are facing the goal you want to go to. If no one is between you and the goal, push the ball further in front of you.</p> <p>Note: Help players recognize openings such as the space between opponents or the space between a side line and opponent. Play the ball through these openings when possible.</p>			
PRACTICE (Activity 1): Sailing the Seas				8 minutes-8 intervals-40 sec. play-20 sec. rest			
				<p>OBJECTIVE: Improve the player's ability to dribble their soccer ball and change direction</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid, all players with a soccer ball (their ship) & the coach is the captain of all the ships. The players will dribble their ball and change speed or direction based on the weather; high winds=dribble faster, no wind=go slow, hurricane=dribble in a circle & rogue wave=go backward. Each round, add 1-2 new directions. Coach can even try to combine some of the movements such as dribble forward then turn in a circle. RULES: Play starts when the captain says, "ahoy mates, set sail."</p> <p>KEY WORDS: Turn in a circle, use the bottom of your foot to go backward</p> <p>GUIDED QUESTIONS: Can you list 2 things your foot would have to do to turn in a circle? Who can show me what they would have to do to go backwards?</p> <p>ANSWERS: Quickly look over your shoulder, get close the ball, take little touch so each touch turns the ball a little, use your big toe or little toe (inside or outside of the foot) to turn the ball. Gently put your foot on top of the ball, pull the ball back toward you, while keeping your foot on top of the ball, hop backwards with your foot that is on the ground & pull backward again.</p> <p>Note: Try to allow the players to demonstrate the turns or change of speed. This will give a good indication of who understands as well as who can complete the task.</p>			
PRACTICE (Activity 2): Pirates of the Caribbean				8 minutes-12 intervals-20 sec. play-20 sec. rest			
				<p>OBJECTIVE: Move the ball toward the goal through dribbling. Pass the ball toward a teammate.</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid (the ship), place all the players on one end line without a soccer ball (Captain Jack Sparrows.) All soccer balls (cannon balls) are lined up on either side of the grid. Captain Jacks will try to run to the other side of the ship without out getting hit by a cannon ball below the knee. Coaches (Barbosa) will start as the shooters. RULES: When the coach says "make it across or walk the plank," the players start across the grid. Captain Jacks who get hit below the knee become Barbosas also and fire cannon balls in the next round.</p> <p>KEY WORDS: Strike through the middle of the ball, touch the ball to the side to set up your pass</p> <p>GUIDED QUESTIONS: What happens to the ball if you kick it close to the bottom? When Captain Jack is too far away, what can you do with the ball to get closer?</p> <p>ANSWERS: The ball goes up in the air so try to kick through the middle of the ball to keep it on the ground. Touch the ball to the side or dribble up the side before shooting it.</p> <p>Note: make the field narrower if players are struggling to kick far enough but not so narrow that the kicks become too hard. Monitor all Barbosas to keep the shots low (safety first.)</p>			

PRACTICE (Activity 3): Bruce the Shark vs Nemo (Dori)



8 minutes-12 intervals-20 sec. play-20 sec. rest

OBJECTIVE: Move the ball forward to get past the opponent's

PLAYER ACTIONS: Dribble forward

ORGANIZATION: In a 15W x 20L grid, all players except for 1-3 start with their soccer ball on one end line. Select 1-3 players to be Bruce the Sharks. They do not need a soccer ball (coaches can start as sharks too). The players on the end line are Nemo or Dori. They must swim (dribble their soccer ball) to the other side and stop it on the opposite end line without losing it to Bruce the Shark. **Rules:** Game starts when Sharks yell, "Nemo, Nemo cross my ocean." Once a dribbler has reached the other side, he/she is safe.

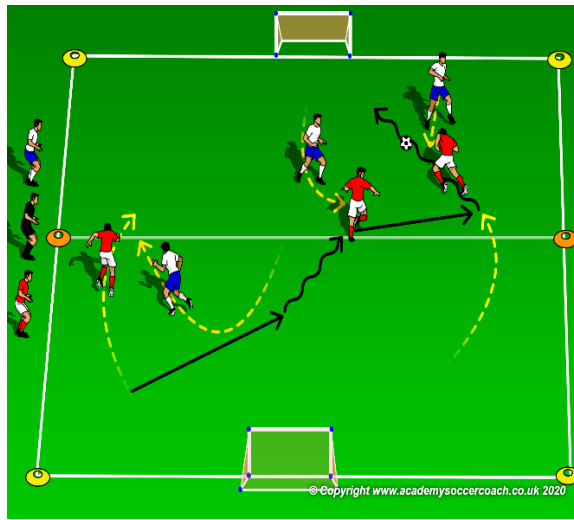
KEY WORDS: Swim away from the sharks, try to fool the sharks

GUIDED QUESTIONS: How do you know where it is safe to cross the ocean? What can you do if a shark blocks your opening to the other side?

ANSWERS: If the sharks are not looking or if they are not close to you, swim past them. Try to find a new opening to get across.

Note: Coaches can be Bruce the Sharks to allow for more dribbling and player success. This game can be continuous by asking the players to get across as many times as possible in 1 minute. Remember to allow for longer rest after the extended work.

2nd. PLAY PHASE: The Game – 3v3 or 4v4



24 Minutes-2 intervals-10 min. play-2 min. rest

OBJECTIVE: Move the ball forward toward the opponent's goal & create scoring chances

PLAYER ACTIONS: Pass or dribble forward

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: Strike through the middle of the ball, go to goal, find your teammate

GUIDED QUESTIONS: When should you try to pass to a teammate? Thinking back to Bruce the shark and Nemo, who would be the sharks in this game and who is Nemo?

ANSWERS: If the openings are closed to go to dribble forward or go to the goal, try to pass the ball to a teammate who can. The team without the ball are the sharks and the team with the ball are the Nemos trying to get past them.


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

- 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?)
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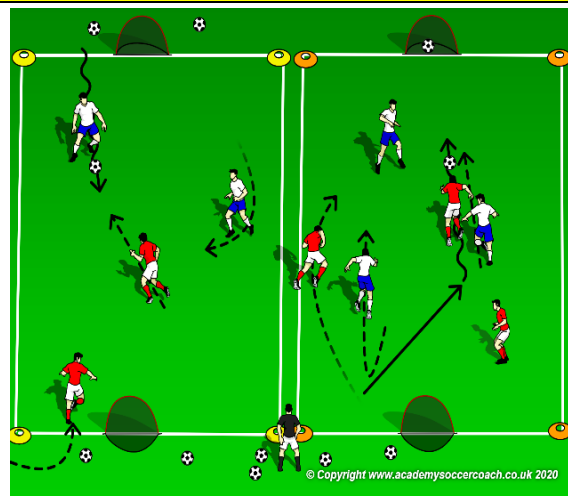
TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

	GOAL:	Improve build up in the opponent's half of the field					4v4
	PLAYER ACTIONS	Pass or dribble forward					
	KEY QUALITIES	Take initiative, be pro-active					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8 - 12	

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch, change direction, head up — **Passing:** Surface of the foot and ball, Pace and accuracy

1st 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.

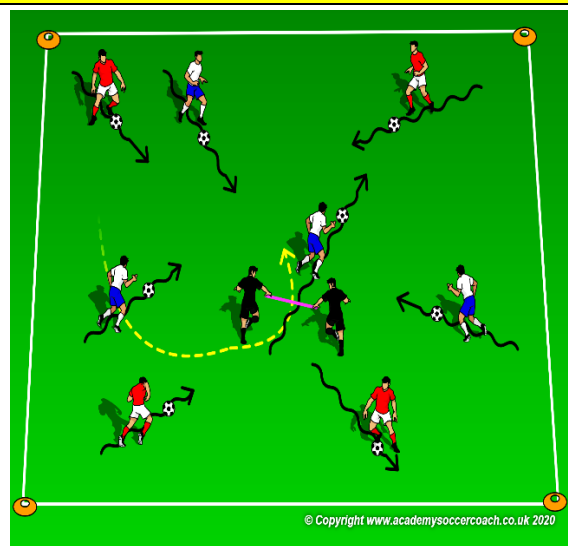
KEY WORDS: Go to goal, score goals

GUIDED QUESTIONS: Who scored a goal or had a chance to score? What can you do to have a more chances to score?

ANSWERS: (Hopefully) all players respond with they had a chance. Try to get the ball closer to the goal and shoot it.

Note: Encourage players to dribble to goal. The first question is more for awareness. The second question should require more thought. Ask the players to show you how they can create more chances on goal.

PRACTICE (Activity 1): Driving Through Tunnels



8 minutes-6 intervals-1 min. 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, 2 coaches are joined by holding a pinny between them. They walk around the field to create a moving tunnel. Each player dribbles their soccer ball. The dribblers try to dribble or pass/shoot through the tunnel. Count the number of times each player can play their soccer ball through the tunnel in 1 minute. If needed, select 2 players/1 coach & 1 player to make a second tunnel so the players have more chances to score. Remember to change the players so the players are dribblers more often than the tunnel. **RULES:** Play begins as soon as the tunnel(s) start moving. Players must stay within the grid. Coaches can award bonus points for players who can dribble or score with different surfaces of the foot.

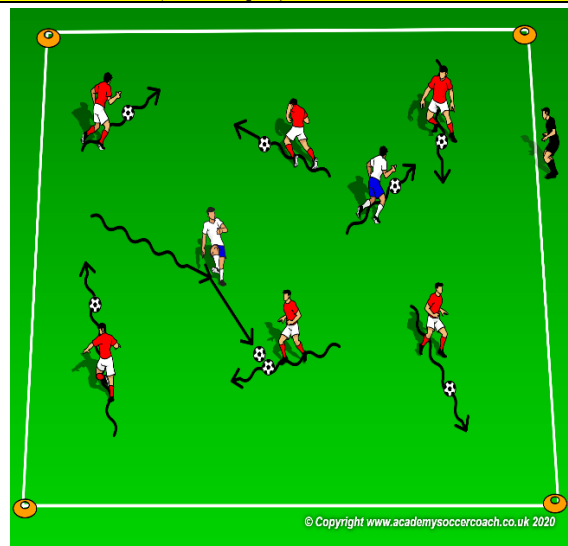
KEY WORDS: Move toward the tunnel, watch out for traffic around the tunnel

GUIDED QUESTIONS: Who can show me 2 different parts of the foot you can score with? When is the best time to go through the tunnel?

ANSWERS: Laces, toe, inside of the foot or outside of the foot would be the most common answers. They can say heel also (bottom of the foot would be difficult.) Wait for the tunnel to be open then get through as fast as you can.

Note: if a player simply goes back and forth through the tunnel, praise them. Change the rules if you would like to see the player try something different.

PRACTICE (Activity 2): Police Patrol



8 minutes-6 intervals-1 min. play-20 sec. rest

OBJECTIVE: Move the ball forward & away from opponents. Pass the ball.

PLAYER ACTIONS: Pass or dribble forward

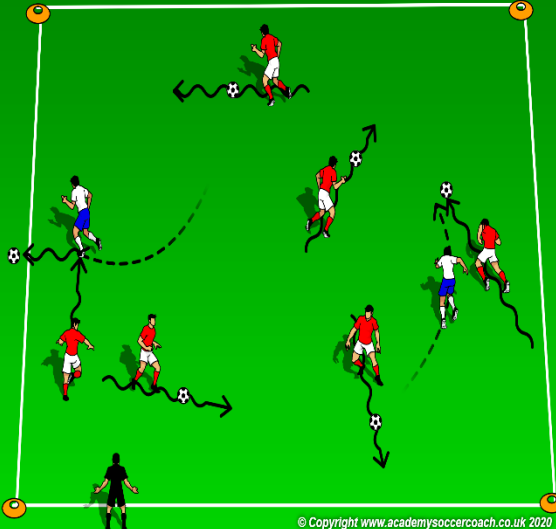
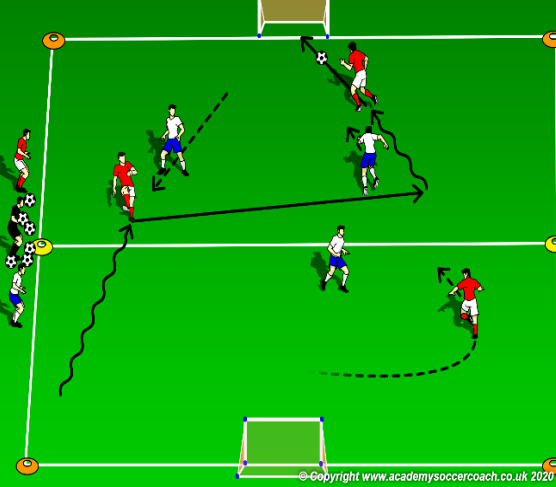
ORGANIZATION: In a 15W x 20L grid, select 2-3 players to start as the Police Patrol; they should wear pinnies. The rest of the players dribble their soccer ball like crazy drivers. The Police Patrol dribble their soccer ball & try to ticket the crazy drivers by hitting the driver's soccer ball with their own. The Police Patrol counts the number tickets they give away in 1 minute. **RULES:** Play begins when coach says "police are on patrol." Players must stay within the grid. Coaches can start as the police patrol but after the 1st round should step out.

KEY WORDS: Dribble fast away from the police patrol, hide your ball from the police (shielding)


GUIDED QUESTIONS: What should the crazy drivers do if their ball starts to get away from them? Who can show me how they would hide their soccer ball?

ANSWERS: Use softer touches to keep the ball close. Put your body between the police patrol and the ball so they cannot hit it with their ball.

Note: Police Patrol can tag drivers if hitting the ball is too challenging. When hiding the ball, remember safety. Sitting or lying on the ball is hiding it but is not very safe.

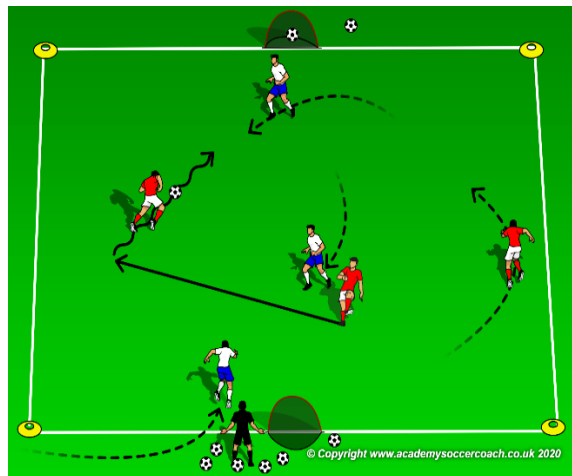
PRACTICE (Activity 3): Crushing Monster	8 minutes-8 intervals-40 sec. play-20 sec. rest
 <p>© Copyright www.academysoccercoach.co.uk 2020</p>	<p>OBJECTIVE: Move the ball forward toward the opponent's goal</p> <p>PLAYER ACTIONS: Dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid, select 2-3 players to be Monster Trucks; they do not need a soccer ball. All other players dribble around the grid & avoid the Monster Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it & re-enter the game. Coach can ask them to complete a task before re-entering the game such as toe taps on top of the ball. Count the number of smashed trucks at the end of an interval (40 seconds.) RULES: Play starts when the coach says, "let the crushing begin!" Players must stay with the grid.</p> <p>KEY WORDS: Turn away from danger, dribble fast to a safe space on the field</p> <p>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?</p> <p>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.</p> <p>Note: If the players need an additional challenge, add a goal to each end line. The dribblers can count how many goals they can score without losing the ball to a monster truck. If the coach starts as a monster truck, it is to allow the players more dribbling success. Smashing all the trucks is not the goal. Try to determine which players need more pressure and which need a little less.</p>
2nd. PLAY PHASE: The Game – 3v3 or 4v4	24 minutes-2 intervals-10 min. play-2 min. rest
 <p>© Copyright www.academysoccercoach.co.uk 2020</p>	<p>OBJECTIVE: Build up close the opponent's goal to create chances and score goals</p> <p>PLAYER ACTIONS: Dribble forward, shoot</p> <p>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.</p> <p>KEY WORDS: Go for it, go to goal, score</p> <p>GUIDED QUESTIONS: When should you try to score a goal? How would you describe some of our scoring chances in the first half?</p> <p>ANSWERS: Any time you are close to the opponent's goal you should try to score. For question 2, try to determine if the players can recall what happened leading up to a shot or a goal. In the second half, see if they can repeat it.</p> <p>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.</p>

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1.Organized: Is the exercise organized in the right way?</p> <p>2.Game like: Is the exercise game like?</p> <p>3.Repetitions: Are there repetitions when looking at the overall goal of the session?</p> <p>4.Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>5.Coaching: Is there the proper coaching based on the age/level of the players?</p>	<p>1. How did you achieve your goals of the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>

	GOAL:	Improve build up in the opponent's half of the field					4v4
	PLAYER ACTIONS	Pass or dribble forward					
	KEY QUALITIES	Take initiative, be pro-active					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8 - 12	

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch, change direction, head up — **Passing:** Surface of the foot and ball, eyes on the ball while striking

1st PLAY PHASE (Intentional Free Play)



12 minutes (play multiple 3-4 minute games)

OBJECTIVE: To pass or dribble past an opponent and score goals

PLAYER ACTIONS: Pass or dribble forward

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.

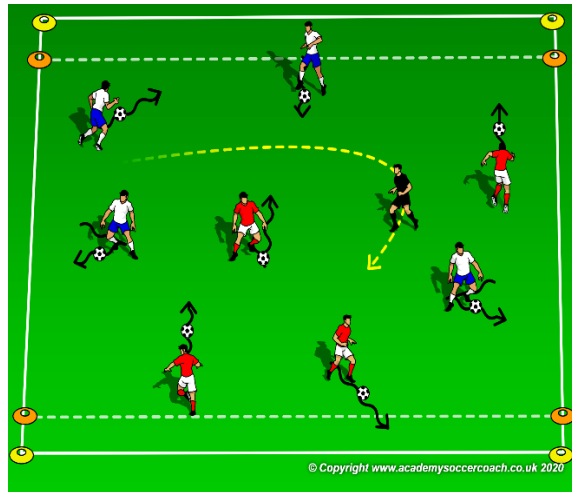
KEY WORDS: Go forward, inside of the foot for shorter passes

GUIDED QUESTIONS: If you have the ball, which direction should you try to play? Which part of your foot should strike the ball for shorter passes?

ANSWERS: Turn your body & ball until you are facing the goal you want to go to. Try to use the inside of your foot to strike through the middle of the ball.

Note: Striking through the middle of the ball will help to keep the ball on the ground. This is not only easier for the person receiving the ball but makes the games safer too.

PRACTICE (Activity 1): 4 Surface Dribbling



8 minutes-6 intervals-1 min. play-20 sec. rest

OBJECTIVE: Improve the player's ability to maneuver the ball with different surfaces of the foot

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 15W x 20L grid, which includes a 3 yard end zone on each end line and all players with a soccer ball. Ask the players to use the following 4 surfaces in 1 fluid motion & in order: Outside of the foot (pinky toe), inside of the foot (big toe), laces & bottom (sole). Once they have stopped it with the bottom of their foot, try to repeat the pattern with their other foot. While using the 4 surfaces, players try to move from 1 end zone to the other. **RULES:** Play begins as soon as the coach calls out the first surface. After 2 rounds, see if the players can shout out the surfaces as they use them.

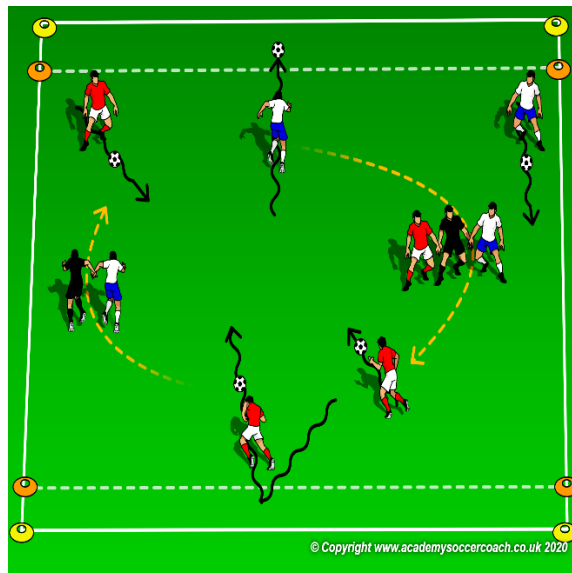
KEY WORDS: Outside, inside, laces & bottom

GUIDED QUESTIONS: Which parts of the foot can help you move side to side? What do you have to do with your foot if you want your laces to hit the ball?

ANSWERS: The outside & insides of your feet will help you move the ball side to side. Point your toe down toward the ground so your laces are facing the ball. Now, hit the ball with your laces.

Note: Introducing the 4 surfaces works best when 1 surface is introduced at a time then the other surfaces are layered in 1 at a time. This will allow time to become more comfortable with each surface.

PRACTICE (Activity 2): Hungry, Hungry Hippos



8 minutes-6 intervals-1 min. play-20 sec. rest

OBJECTIVE: Improve the player's ability to dribble the ball away from opponents

PLAYER ACTIONS: Dribble forward

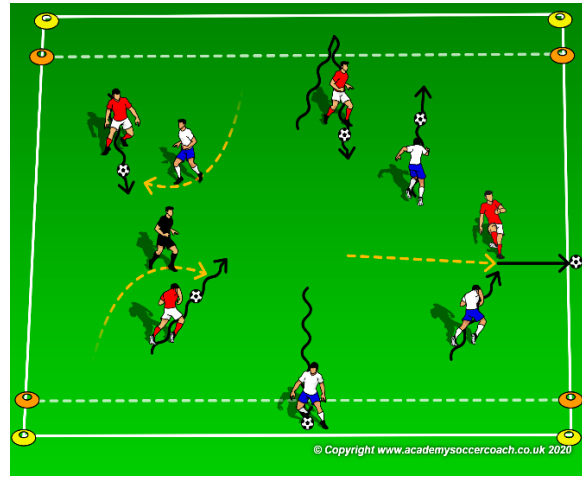
ORGANIZATION: In a 15W x 20L grid, which includes a 3 yard end zone on each end line & each player with a soccer ball. The coaches start as the hungry hippos in the river. Players dribble their ball across the river to the river's edge (end zone) while avoiding the hippos. When the players cross and get tagged by a hippo or their ball gets tagged, they join hands with the hippo to make the hippo grow. How many times can the dribblers cross the river in 1 minute without getting tagged? **RULES:** The game begins with the hippos say, "we dare you to cross the river." Hippos should not get bigger than 4 players.

KEY WORDS: Watch out for the hippos, dribble fast

GUIDED QUESTIONS: How do you know where the hippos are? Where are the safe areas of the field?

ANSWERS: Pick your head up and look around to find the hippos. Dribble to the river's edge to be safe.

Note: First team to get 4 players in their hippo wins the round. Start a new game. This makes the game safer so the end player is not getting whipped around.

PRACTICE (Activity 3): Crocs in the River

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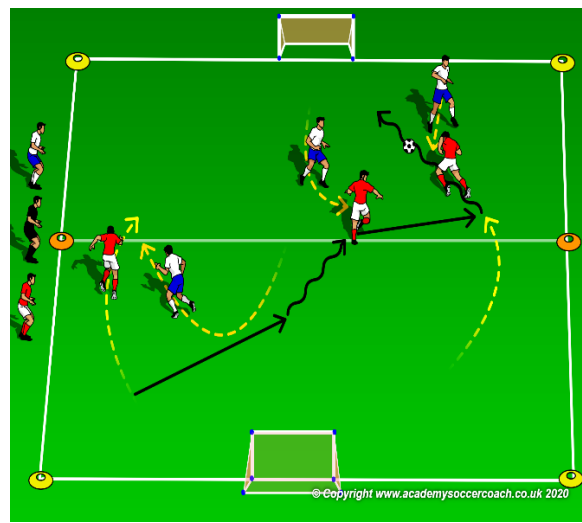
8 minutes-6 intervals-1 min. play-20 sec. rest**OBJECTIVE:** Move the ball forward to get past the opponent's**PLAYER ACTIONS:** Dribble forward

ORGANIZATION: In a 15W x 20L grid, which includes a 3 yard end zone on each end line & each player starts with a soccer ball. The coaches start as Crocs in the River. The players dribble their soccer ball across the river to the river's edge (end zone) while avoiding the crocs. When a player crosses and a croc can steal their ball and play it over a side, the dribbler becomes a croc also. **Rules:** Play begins when coach says go. If a croc steals a ball, they must dribble it over the side line (not kick). Dribblers can steal their ball back as long as it is on the field. Dribblers can rest for a moment if they reach an end zone but must cross to get points.

KEY WORDS: look for openings across the river, try to fake the crocs**GUIDED QUESTIONS:** What is an opening to get across the river? How can you fake out one of the crocs?

ANSWERS: An opening is a gap across the river with no crocs guarding it. Try to dribble in one direction. Then with the inside or outside of the foot, change direction and get across quickly.

Note: Coaches can have the players switch roles if they lose their soccer ball instead of accumulating crocs. Help the players identify the openings that are safe to cross in and why they are safe.

2nd. PLAY PHASE: The Game – 3v3 or 4v4

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24 Minutes-2 intervals-10 min. play-2 min. rest**OBJECTIVE:** Move the ball forward toward the opponent's goal & create scoring chances**PLAYER ACTIONS:** Pass or dribble forward

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 away, play forward, score goals

GUIDED QUESTIONS: If you don't see an opening to the goal, what can you do next? What can you do if you are not facing the forward?

ANSWERS: Turn the ball to side and look for a new opening to either the goal or a teammate. Just like in the Crocs in the River game, use the inside or outside of your foot to help you change direction with the ball.

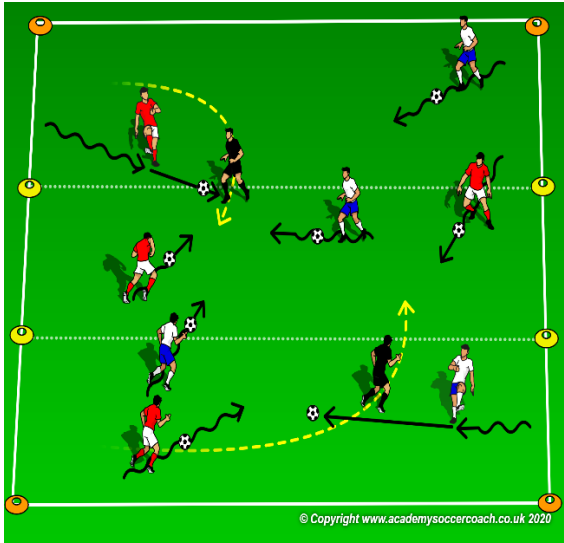
Note: Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.

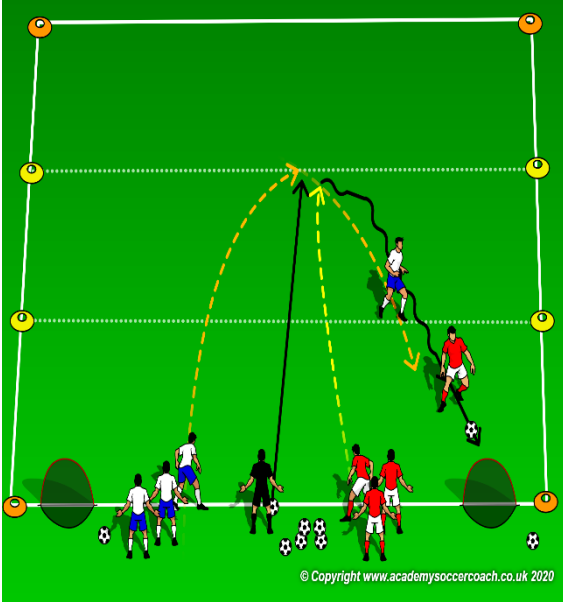
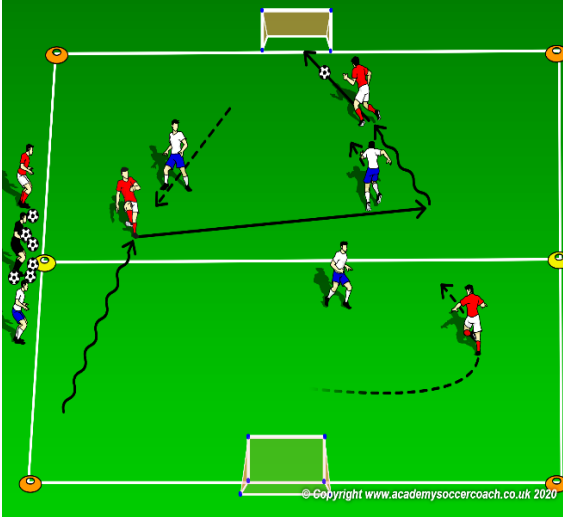
FIVE ELEMENTS of TRAINING EXERCISE

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?

TRAINING SESSION SELF-REFLECTION QUESTIONS

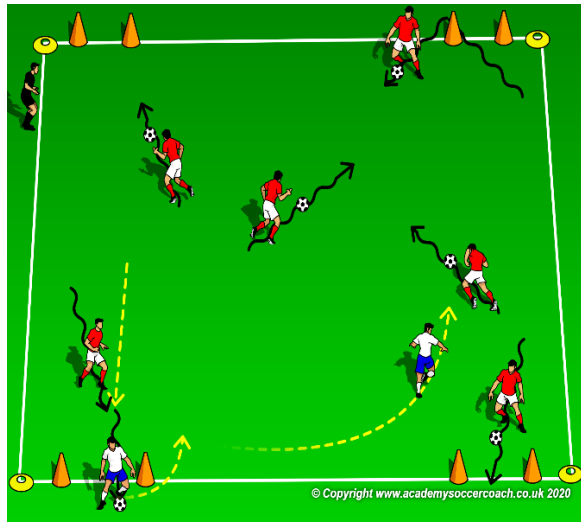
1. How did you achieve your goals of the training session?
2. What did you do well?
3. What could you do better?

	GOAL:		Improve build up in the opponent's half of the field					4v4
	PLAYER ACTIONS		Shoot, pass or dribble forward					
	KEY QUALITIES		Read & understand the game, take initiative					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8 - 12		
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								
1st PLAY PHASE (Intentional Free Play)			12 minutes (play multiple 3-4 minute games)					
			<p>OBJECTIVE: Move the ball forward to create scoring chances, score goals</p> <p>PLAYER ACTIONS: Pass or dribble forward, shoot</p> <p>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.</p> <p>KEY WORDS: Go to goal, score goals</p> <p>GUIDED QUESTIONS: When should you go straight to goal? What's the difference between a pass and a shot?</p> <p>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.</p> <p>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.</p>					
PRACTICE (Activity 1): "Hunting the Coach"			8 minutes-8 intervals-40 sec. play-20 sec. rest					
			<p>OBJECTIVE: Move the ball toward the goal (coach) and score</p> <p>PLAYER ACTIONS: Dribble forward & shoot</p> <p>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!"</p> <p>KEY WORDS: Move toward the tunnel, watch out for traffic around the tunnel</p> <p>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?</p> <p>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.</p> <p>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.</p>					
PRACTICE (Activity 2): Boston Bulldogs			7.5 minutes-5 intervals-1 min. play-30 sec. rest					
			<p>OBJECTIVE: Improve the players ability to dribble the ball through the opponents</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>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?</p> <p>KEY WORDS: soft touches around the dog catcher, big touched to get through the pound</p> <p>GUIDED QUESTIONS: When is it important to keep the ball close? Why would you kick the ball harder?</p> <p>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.</p> <p>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.</p>					

PRACTICE (Activity 3): Doggy Goal Combat	8 minutes-11 intervals-10 sec. play-30 sec. rest
 <p>© Copyright www.academysoccercoach.co.uk 2020</p>	<p>OBJECTIVE: Turn the ball to goal and shoot</p> <p>PLAYER ACTIONS: Shoot, Pass or dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid, select which includes a 5 yard zone across the middle and 2 pugg 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.</p> <p>KEY WORDS: Turn away from danger, dribble fast to a safe space on the field</p> <p>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?</p> <p>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.</p> <p>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.</p>
2 nd . PLAY PHASE: The Game – 3v3 or 4v4	24 minutes-2 intervals-10 min. play-2 min. rest
 <p>© Copyright www.academysoccercoach.co.uk 2020</p>	<p>OBJECTIVE: Build up close the opponent's goal to create chances and score goals</p> <p>PLAYER ACTIONS: Dribble forward, shoot</p> <p>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.</p> <p>KEY WORDS: Turn, go to goal, score</p> <p>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?</p> <p>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.</p> <p>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.</p>

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1.Organized: Is the exercise organized in the right way?</p> <p>2.Game like: Is the exercise game like?</p> <p>3.Repetitions: Are there repetitions when looking at the overall goal of the session?</p> <p>4.Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>5.Coaching: Is there the proper coaching based on the age/level of the players?</p>	<p>1. How did you achieve your goals of the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>

	GOAL:	Improve the techniques of shooting, passing & dribbling					4v4
	PLAYER ACTIONS	Shoot, pass or dribble forward					
	KEY QUALITIES	Take initiative, be pro-active					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8 - 12	
SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch, change direction, head up – Passing: Surface of the foot & ball, eyes on the ball while striking – Shoot: Surface of the foot & ball, eye on the ball, watch the ball off the foot							
1 st PLAY PHASE (Intentional Free Play)		12 minutes (play multiple 3-4 minute games)					
		<p>OBJECTIVE: To pass or dribble past an opponent and score goals</p> <p>PLAYER ACTIONS: Shoot, pass or dribble forward</p> <p>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.</p> <p>KEY WORDS: Play forward, turn to goal, laces to ball</p> <p>GUIDED QUESTIONS: If you have the ball, which direction should you try to play? How can you score more easily?</p> <p>ANSWERS: Turn your body & ball until you are facing the goal you want to go to. Move the ball closer to the goal before shooting it.</p> <p>Note: Striking through the middle of the ball will help to keep the ball on the ground. This is not only easier for the person receiving the ball but makes the games safer too.</p>					
PRACTICE (Act. 1): 4 Surface Dribbling to 4 Goals		8 minutes-8 intervals-40 sec. play-20 sec. rest					
		<p>OBJECTIVE: To dribble and change direction to goal</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid with 2 cone goals on each end line & each player with a soccer ball, the players dribble their ball using specific surfaces: outside right (pinky toe)-inside right (big toe)- laces & bottom. Repeat with the left foot. Coaches walk around the field and act as obstacles while the players try to dribble to the safety of any of the 4 goals. RULES: Players begin dribbling as soon as they have their ball. On the coach's command (or whistle), the players will dribble their ball as fast as they can through any of the 4 goals. After each round, the coach introduces a new surface until all 4 surfaces are completed in a row.</p> <p>KEY WORDS: Outside, inside, laces & bottom</p> <p>GUIDED QUESTIONS: How do you know where the coaches are? (Building on the first question) Since the goals never move, why is it still important to dribble with your head up?</p> <p>ANSWERS: By looking around, you can see where the coaches are moving to. Since the coaches and the other players could be in your way, it is important to know where everyone is.</p> <p>Note: Introducing the 4 surfaces works best when 1 surface is introduced at a time then the other surfaces are layered in 1 at a time. This will allow time to become more comfortable with each surface.</p>					
PRACTICE (Act. 2): Sid the Sloth vs Crash & Eddy		8 minutes-4 intervals-90 sec. play-30 sec. rest					
		<p>OBJECTIVE: Improve dribbling to avoid opponents & dribbling to goal</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid, 2 cone goals on each end line, the players (Crash & Eddy the possums) try to dribble their soccer ball to as many goals as possible while avoiding Sid the Sloths (the coaches who can only walk.) Sid the Sloths try to tag Crash & Eddy. RULES: Play begins as soon as Crash & Eddy begin dribbling. Crash & Eddy get 1000 points for every goal they can score by dribbling through the cones. If Sid the Sloth tags a dribbler, they lose all their points & have to begin counting over again.</p> <p>KEY WORDS: Go around Sid, push the ball forward</p> <p>GUIDED QUESTIONS: When do you want to go around the sloths? What can you do if one goal is really crowded?</p> <p>ANSWERS: If Sid is blocking your opening to a goal, you can try to dribble around them (use the outside & inside of the foot to move the ball to the side and laces to push it past Sid.) Use the outside, inside or bottom of the foot to turn the ball toward an open goal.</p> <p>Note: Coach should focus on the player's success. Sometimes, instead of tagging them, encourage them to move around the coach and get away. The thought of getting tagged could make them move a little faster.</p>					

PRACTICE (Activity 3): Scrats Acorn Hunt**8 minutes-4 intervals-90 sec. play-30 sec. rest****OBJECTIVE:** Move the ball forward to get past the opponent's in order to score**PLAYER ACTIONS:** Shoot, pass or dribble forward

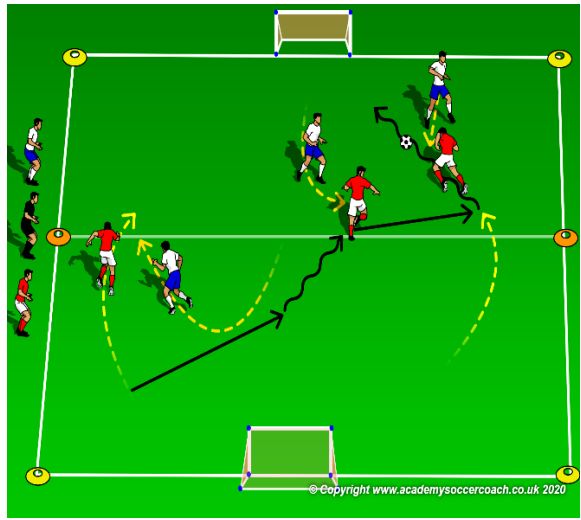
ORGANIZATION: In a 15W x 20L grid, 2 cone goals on each end line, select 2 players to be Scrats (they do not need a soccer ball.) All other players have a soccer ball. The dribblers try to dribble their soccer ball (acorn) into as many goals as possible while avoiding the Scrats. The Scrats try to steal the dribbler's acorns and hide them in the trees (goals.) **Rules:** Play begins as soon as the Scrats enter the field. Dribblers get 1 point for every goal they score. Dribblers can steal their ball back before Scrat gets it to a tree. If a Scrat steals their ball and hides it in a tree, the dribbler loses all their points and have to begin scoring over again.

KEY WORDS: Get close to the goal, try to shoot, don't let the Scrats hide your ball

GUIDED QUESTIONS: What are some ways you can score more goals? What would happen if you stole the ball back from Scrat before they could hide your ball?

ANSWERS: Try to shoot it from far away then run after it or dribble closer to the goal before you shoot it. You can keep the Scrat from scoring/hiding your ball and save your points.

Note: In the last few rounds, you can try to accumulate Scrats. If a Scrat steals and hides a ball in a goal, that player becomes a Scrat also. Which player can last the longest? Remember to encourage the dribblers more than the Scrats.

2nd. PLAY PHASE: The Game – 3v3 or 4v4**24 Minutes-2 intervals-10 min. play-2 min. rest****OBJECTIVE:** Move the ball forward toward the opponent's goal & score goals**PLAYER ACTIONS:** Shoot, pass or dribble forward

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 away, play forward, score goals, move out of your teammate's way

GUIDED QUESTIONS: If you don't see an opening to the goal, what can you do next? What can you do if your teammate has the ball?

ANSWERS: Turn the ball to side and look for a new opening to either the goal or a teammate. Be careful not to block the goal from your teammate. Try to get open to receive a pass if your teammate needs your help.


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

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?

TRAINING SESSION SELF-REFLECTION QUESTIONS

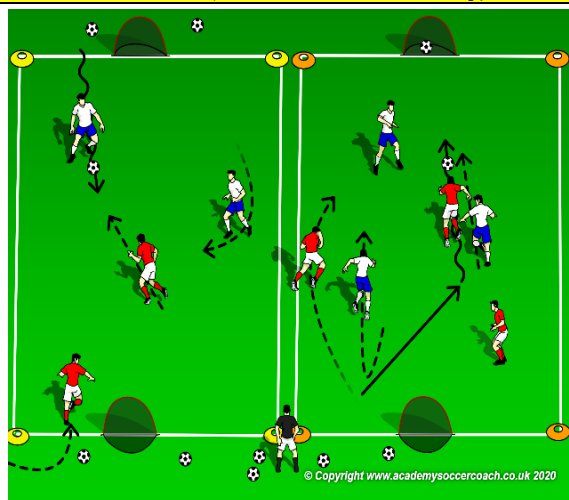
1. How did you achieve your goals of the training session?
2. What did you do well?
3. What could you do better?

	GOAL:	Improve build up in the opponent's half of the field					4v4
	PLAYER ACTIONS	Pass or dribble forward					
	KEY QUALITIES	Read & understand the game, take initiative					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8 - 12	

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch, change direction, head up

1st PLAY PHASE (Intentional Free Play)

12 minutes (play multiple 3-4 minute games)



OBJECTIVE: Move the ball forward to create scoring chances

PLAYER ACTIONS: Pass or dribble forward

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 forward, try a new move, beat them

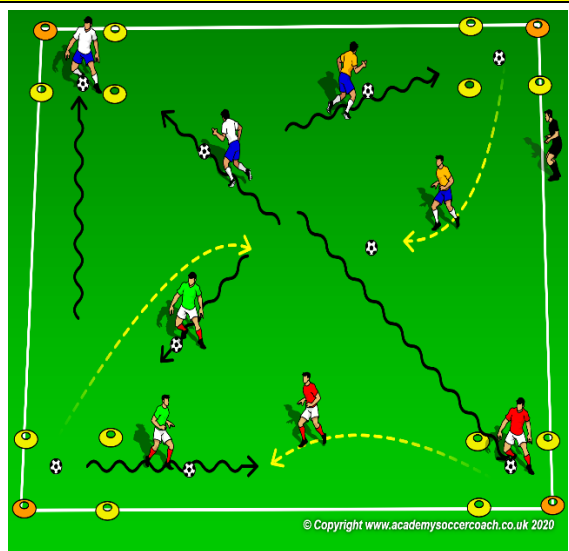
GUIDED QUESTIONS: When should you go straight to goal? What's the difference between a pass and a shot?

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): Steal the Treasure

8 minutes-6 intervals-1 min. play-20 sec. rest



OBJECTIVE: Improve the player's ability to turn and dribble their soccer ball to a target

PLAYER ACTIONS: Dribble forward

ORGANIZATION: In a 15W x 20L grid, place a 4x4 square in each corner & all soccer balls start in the middle of the grid. Divide the players equally between the corners (each team should make up their own team name). On the coach's command, the players race to the middle to get a ball with their feet and dribble it back to their home square. Once all the balls are gone from the middle, the players can steal soccer balls from other squares. **RULES:** Play begins when the coach says, "GAME ON!" Dribblers can only use their feet to get and dribble a soccer ball.

KEY WORDS: Find your home base, look up to find anyone trying to steal your ball

GUIDED QUESTIONS: After you steal a treasure, what now? What can you do if you see a soccer ball on the field?

ANSWERS: Once you have stolen some treasure, get it back to your home base quickly. Go get it and dribble it back to your home base.

Note: Watch players and make sure they are only using their feet. When guarding the soccer balls, children may try to lay on top of them. For a safer environment, make a rule that doesn't allow for this. In later rounds, challenge the players to pass it back to their home base.

PRACTICE (Act. 2): 2 Headed Monster Invasion

8 minutes-4 intervals-90 sec. play-30 sec. rest



OBJECTIVE: Improve the players ability to dribble the ball away from opponents

PLAYER ACTIONS: Dribble forward

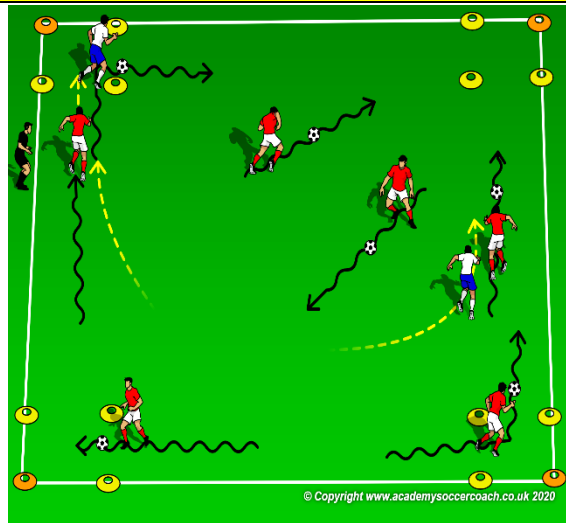
ORGANIZATION: In a 15W x 20L grid, place a 4x4 square in each corner (caves.) Divide the players equally between the 4 corners & each player has a soccer ball except for 2. Each of these players joins hands with a coach to become a Two-Headed Monster. The players try to dribble their soccer ball into as many caves as possible. The monsters try to tag them. **RULES:** Play begins when the coach says, "MONSTERS ON THE LOOSE!" Dribblers get 100 points for every cave they can get into. If tagged by a monster, they lose their points and begin scoring again. The caves are safe for the dribblers & the monsters must stay connected.

KEY WORDS: sneak behind a monster, stop the ball (in a cave), scan the field

GUIDED QUESTIONS: What can you do if the monsters are not facing you? Where can you go if a monster is guarding a cave?

ANSWERS: Quickly sneak behind them to an open cave. Scan the field to find an open cave. Turn if you have to and get to that cave as quickly as you can.

Note: Early on, coaches may need to encourage some players to move from cave to cave. Help them recognize when it is safe to go. Stop assisting once they identify the moment to go.

PRACTICE (Activity 3): Field of Doom**8 minutes-4 intervals-90 sec. play-30 sec. rest****OBJECTIVE:** Turn & dribble your soccer ball away from pressure and find and open goal**PLAYER ACTIONS:** Dribble forward

ORGANIZATION: In a 15W x 20L grid, place a 4x4 square in each corner. Select 2 players to start without a soccer ball; all other players with a ball. Players with a ball try to dribble from box to box. Each box they safely get into is worth 1000 points. Players without a ball try to steal any ball they can and start scoring by getting safely to a box. **RULES:** Play begins when the coach says, "Game On!" Dribblers get 100 points for every box they can get into. If a player loses their ball, they can either steal their ball back or try to steal another ball so they can start scoring again. A dribbler is safe once they get into a box.

KEY WORDS: Turn away from danger, dribble fast to a safe space on the field**GUIDED QUESTIONS:** When is a good time to run to the next box? Why might you want to stop your ball inside one of the boxes?**ANSWERS:** If you see an opening to the next box & can get their safely. By stopping the ball in the box, you have time to rest and scan the field for the next box to get to.

Note: Coaches may have to remind the players to try to keep scoring. Coaches may also have to remind the players without a ball that the boxes are safe places for the dribblers. Remember to focus on the players with the ball and the decisions they may have to make.

2nd. 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 by dribbling and shooting**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:** Who should determine whether to dribble, pass or shoot? Why do you think the player should make their own decision?**ANSWERS:** The players must be allowed to make their own decisions? Because they have the ball so they get to choose based on what they see.



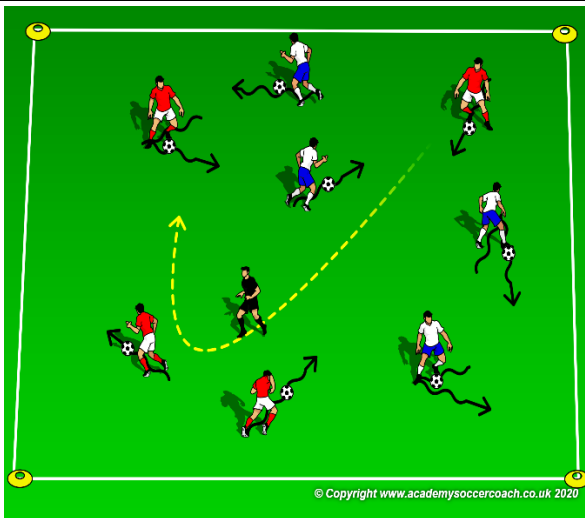
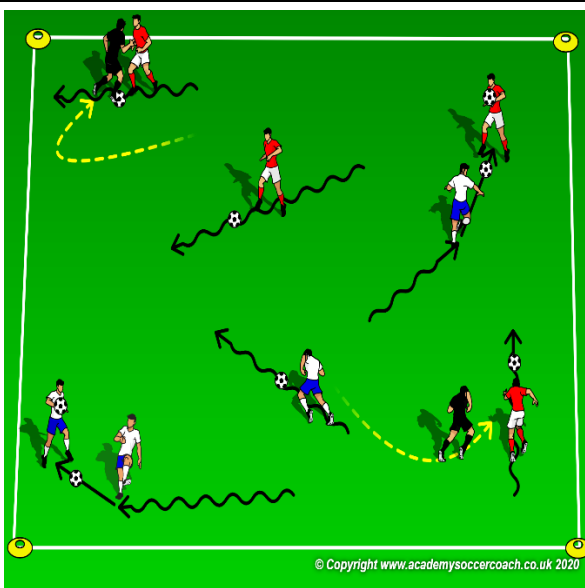
Note: Coaches should provide limited instruction; only as needed. Very often, the players may not make a decision to dribble pass or shoot. In fact, they may leave the ball for someone else to take. Ask them questions to help them learn to read and understand the game.

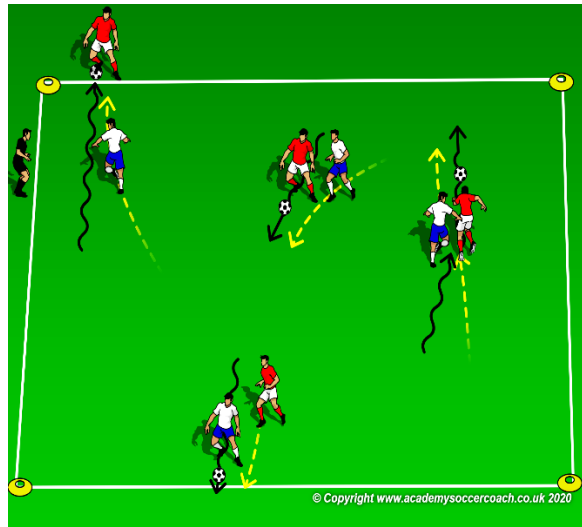
FIVE ELEMENTS of TRAINING EXERCISE

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?

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. How did you achieve your goals of the training session?
2. What did you do well?
3. What could you do better?

	GOAL:		Improve the techniques of shooting, passing & dribbling				4v4
	PLAYER ACTIONS		Dribble forward				
	KEY QUALITIES		Take initiative, be pro-active				
	MOMENT		Attacking	DURATION	60 minutes	PLAYERS	
SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch, change direction, head up – Passing: Surface of the foot and ball, eyes on the ball while striking							
1st PLAY PHASE (Intentional Free Play)				12 minutes (play multiple 3-4 minute games)			
				<p>OBJECTIVE: To pass or dribble past an opponent and score goals</p> <p>PLAYER ACTIONS: Dribble forward</p> <p>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.</p> <p>KEY WORDS: Play forward, try a new move, beat them to goal</p> <p>GUIDED QUESTIONS: If you have the ball, which direction should you try to play? Who can show me a new move they have tried in this game?</p> <p>ANSWERS: Turn your body & ball until you are facing the goal you want to go to. Question 2 is trying to encourage the players to show you something they may have learned this season. The answer is in their ability to show.</p> <p>Note: Striking through the middle of the ball will help to keep the ball on the ground. This is not only easier for the person receiving the ball but makes the games safer too.</p>			
PRACTICE (Activity 1): 6 Surface Dribbling				8 minutes-6 intervals-1 min. play-20 sec. rest			
				<p>OBJECTIVE: To dribble and change direction</p> <p>PLAYER ACTIONS: Dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid & all players with a soccer ball, the players dribble their ball using specific surfaces: outside right (pinkie toe)-inside right (big toe)-laces-bottom-toe-heel. Repeat with the left foot. Coaches walk around the field to assist or encourage the players through the pattern. RULES: Players begin dribbling as soon as they have their ball. On the coach's command (or whistle), the players will dribble their ball as fast as they can using all six surfaces. After each round, the coach introduces a new surface until all 6 surfaces are completed in a row.</p> <p>KEY WORDS: Outside, inside, laces, bottom, toe & heel</p> <p>GUIDED QUESTIONS: What can you do to help you remember the different surfaces? Who can explain to me what they have to do with their foot in order to use the different surfaces?</p> <p>ANSWERS: Encourage the players to say the surfaces as they use them. This will help with their memory of the pattern. Question 2 is checking for understanding. See if the players can tell & show the team how they can use the different surfaces.</p> <p>Note: Since the players have already used 4 surfaces, start with who can show the 4 surfaces in rounds 1 & 2. Now, 1 at a time, introduce the 2 new surfaces.</p>			
PRACTICE (Activity 2): Freeze Tag				9 minutes-6 intervals-1 min. play-30 sec. rest			
				<p>OBJECTIVE: Improve dribbling to avoid opponents</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid, the coach will select 2 Freeze Monsters who do not need a soccer ball. The rest of the players dribble their ball around the grid and avoid the Freeze Monsters. If a Freeze Monster tags a dribbler, they are frozen. They must stand & hold their soccer ball over their head so their teammates know they are frozen. To get unfrozen, a dribbling teammate must hit them in their shin guards with their ball. RULES: Play begins when the coach says, "BEWARE OF THE FREEZE MONSTER!" Dribblers must stay within the grid. If their ball goes out of play, the dribbler must retrieve it as fast as they can and return to the game.</p> <p>KEY WORDS: Find who is frozen, unfreeze your teammate</p> <p>GUIDED QUESTIONS: How do you know where the Freeze Monsters are or where the frozen players are? How do you unfreeze a teammate?</p> <p>ANSWERS: You have to look up and around you to see the Freeze Monsters and your frozen teammates. When no Freeze Monsters are close, dribble to your teammate and pass your ball into their shin guards.</p> <p>Note: If they players are able to hit their teammates in the shin guards, you can also try to have them pass through their frozen teammates legs. If they are struggling the free their teammates, a simple tag can unfreeze them too. Coaches can start as freeze monsters if needed.</p>			

PRACTICE (Activity 3): 1v1 Dribble Challenge**7 minutes-7 intervals-30 sec. play-30 sec. rest****OBJECTIVE:** Move the ball forward to get past the opponent's in order to score (stop it on the line)**PLAYER ACTIONS:** Dribble forward

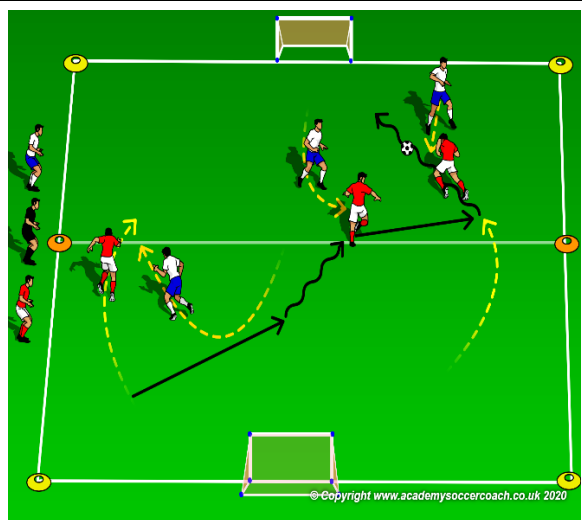
ORGANIZATION: In a 15W x 20L grid, each player gets a partner and 1 soccer ball to share. Play a short 1v1 game. 1 player attacks an end line & their partner/opponent attacks the opposite end line. All pairs play at the same time. **Rules:** Play begins as soon as any player touches the ball. Goals are scored by the attacking player stopping the ball on the opponent's end line. After a goal is scored, the player who didn't score starts with the ball. The game is continuous for 30 seconds. Players must stay within the grid.

KEY WORDS: Get the ball to the line, stop it, go around them

GUIDED QUESTIONS: What is the best way to get by your opponent and score? Once you get to the line, who can show me at least 2 different ways to stop your ball & score?

ANSWERS: Find an opening all the way to the line then push the ball in front of you so you can run after it. Question 2 is a check for understanding. Encourage the players to show you how they can stop the ball on the line (without using their hands.)

Note: The coach can walk around the field if needed to interact with the players. Your positive voice can be encouraging to the players to try and score. The field should be big enough but monitor the players if they begin to get too congested.

2nd. PLAY PHASE: The Game – 3v3 or 4v4**24 Minutes-2 intervals-10 min. play-2 min. rest****OBJECTIVE:** Move the ball forward toward the opponent's goal & score goals**PLAYER ACTIONS:** Pass or dribble forward

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 away, play forward, score goals, move out of your teammate's way

GUIDED QUESTIONS: If you don't see an opening to the goal, what can you do next? What can you do if your teammate has the ball?

ANSWERS: Turn the ball to side and look for a new opening to either the goal or a teammate. Be careful not to block the goal from your teammate. Try to get open to receive a pass if your teammate needs your help.


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

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?

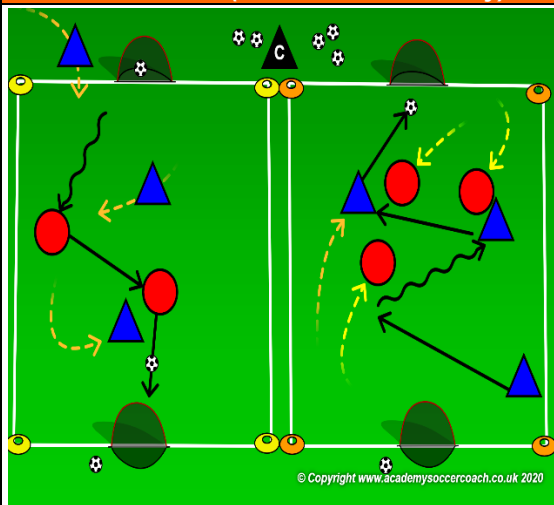
TRAINING SESSION SELF-REFLECTION QUESTIONS

1. How did you achieve your goals of the training session?
2. What did you do well?
3. What could you do better?

	GOAL:	Improve build up in the opponent's half					4v4
	PLAYER ACTIONS	Shoot, Pass or dribble forward					
	KEY QUALITIES	Read and understand the game, Take initiative					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8-12	

SKILL ACQUISITION: **Shoot:** Surface of the foot and ball, Pace and accuracy — **Passing:** Surface of the foot and ball, Pace and accuracy — **Receiving:** Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)



DURATION: 20 min. - **INTERVALS:** 3 - **ACTIVITY:** 4 min. - **REST:** 1 min.

OBJECTIVE: To pass or dribble past an opponent in order to create scoring chances

PLAYER ACTIONS: Shoot, Pass or dribble forward

ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each 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.

KEY WORDS: look up, find your teammate

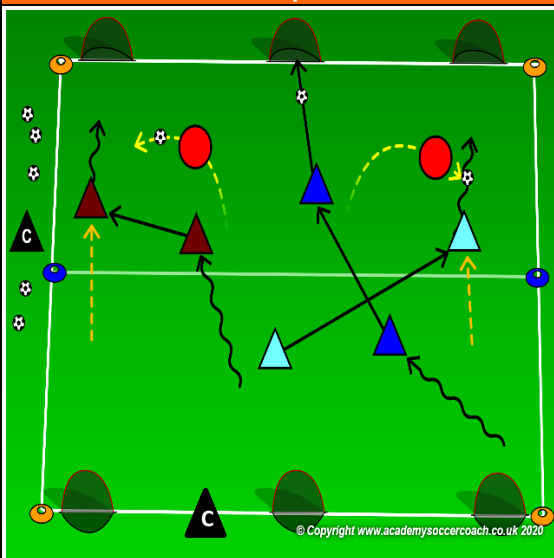
GUIDED QUESTIONS: How do you know where the goal & opponents are? What can you do if goal is too far away?

ANSWERS: Look up to see if you have an opening or if it's closed. Find a teammate who is closer to the goal to see if they can score.

NOTES: Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.

CORE ACTIVITY: Groups of 2 vs The Defenders

DURATION: 18 min. - **INTERVALS:** 6 - **ACTIVITY:** 2 min. - **REST:** 1 min.



OBJECTIVE: To pass or dribble past an opponent in order to create scoring chances

PLAYER ACTIONS: Shoot, Pass or dribble forward

ORGANIZATION: In a 25Wx35L grid with 3 goals on each end line, the coach will select 2-3 players to defend. All other players have a partner & a soccer ball to share. The teams with a ball can dribble or pass past the defenders & score in any of the 3 goals on an end line. Once they have scored, they can get any soccer ball from the goal or behind the goal & try to score in any of the 3 goals on the opposite end line. Challenge the players to score as many goals as they can in 2 minutes. **RULES:** if a defender steals their soccer ball & can play it off the field, the players who lost their ball lose all their points & must begin scoring over. Players can shoot, pass or dribble into a goal. Rotate defenders after each round.

KEY WORDS: look up, move with your teammate

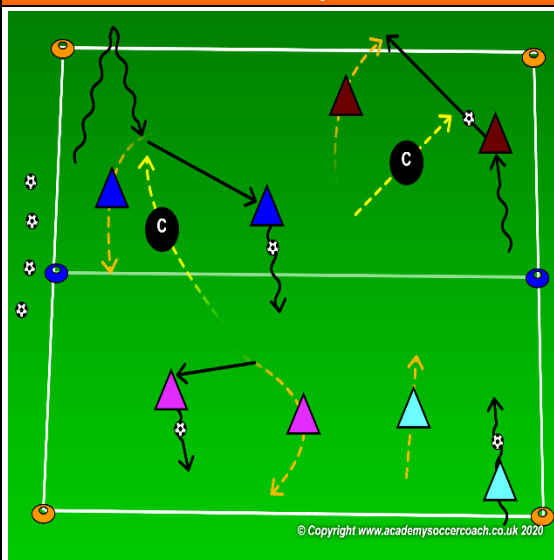
GUIDED QUESTIONS: How do you know where the goal & opponents are? How can the 2 players with a ball beat any 1 defender? Why is it important to turn your body toward your teammate when you are ready to pass the ball?

ANSWERS: Look up to see if you have an opening or if it's closed. Try to dribble the ball toward a defender to see if he/she follows you then pass to your teammate. Facing my teammate will help me make a more accurate pass.

Note: After 2-3 successful rounds, coaches can have the players switch roles if they steal a ball from the attackers & the game continues.

LESS CHALLENGING: Groups of 2 vs Defenders to End Lines

DURATION: 18 min. - **INTERVALS:** 9 - **ACTIVITY:** 90 sec. - **REST:** 30 sec.



OBJECTIVE: To pass or dribble past an opponent in order to create scoring chances

PLAYER ACTIONS: Pass or dribble forward

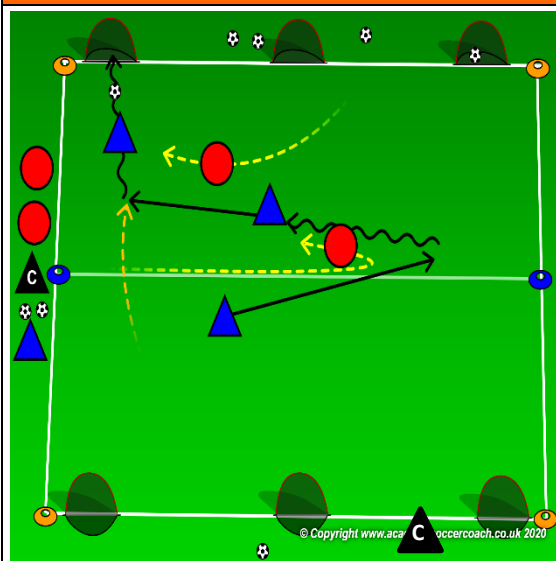
ORGANIZATION: In a 25Wx35L grid play groups of 2 vs the coaches to the end lines. The coach will start as defenders. All other players have a partner & a soccer ball to share. The teams with a ball can dribble or pass past the defenders & score by crossing an end line. Once they have scored, they can get any soccer ball from beyond the end line & try to score by crossing the opposite end line. Challenge the players to score as many goals as they can in 2 minutes. **RULES:** if a defender/coach steals their soccer ball & can play it off the field, the players who lost their ball lose all their points & must begin scoring over. Players can pass to their teammate over the end line or dribble over the end line.

KEY WORDS: look up, move with your teammate

GUIDED QUESTIONS: How do you know where the goal & opponents are? How can the 2 players with a ball beat any 1 defender? Why is it important to turn your body toward your teammate when you are ready to pass the ball?

ANSWERS: Look up to see if you have an opening or if it's closed. Try to dribble the ball toward a defender to see if he/she follows you then pass to your teammate. Facing my teammate will help me make a more accurate pass.

Note: After 2-3 successful rounds, coaches can step out of the activity, select 2-3 players to be defenders & return to the Core Activity.

MORE CHALLENGING: 3v2 to Three Goals**DURATION: 18 min. - INTERVALS: 3 - ACTIVITY: 4 min. - REST: 2 min.****OBJECTIVE:** To pass or dribble past an opponent in order to create scoring chances**PLAYER ACTIONS:** Shoot, Pass or dribble forward

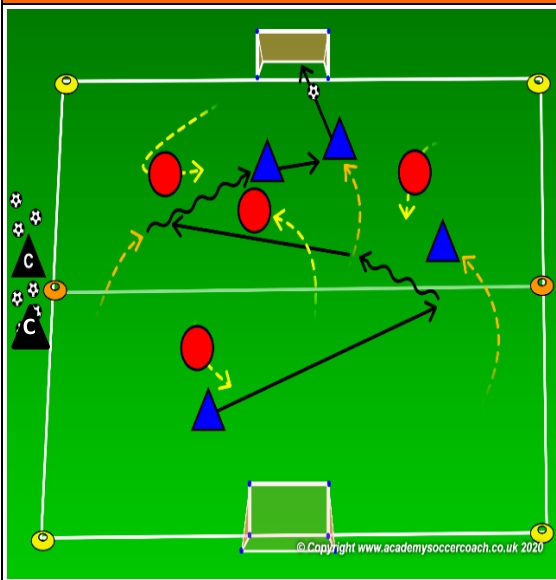
ORGANIZATION: In a 25Wx35L grid with 3 goals on each end line, play a 3v2 game. The team of 3 starts with the ball & can dribble or pass past the defenders & score in any of the 3 goals on an end line. Once they have scored, they can get any soccer ball from the goal or behind the goal & try to score in any of the 3 goals on the opposite end line. Challenge the players to score as many goals as they can in 4 minutes. **RULES:** if a defender steals their soccer ball & score in any goal, the attacking team loses all their points & must begin scoring over. Players can shoot, pass or dribble into a goal. Rotate defenders after each round.

KEY WORDS: look up, move with your teammate

GUIDED QUESTIONS: How do you know where the goal & opponents are? How can the 2 players with a ball beat any 1 defender? Why is it important to turn your body toward your teammate when you are ready to pass the ball?

ANSWERS: Look up to see if you have an opening or if it's closed. Try to dribble the ball toward a defender to see if he/she follows you then pass to your teammate. Facing my teammate will help me make a more accurate pass.

Note: Coach can also make this a game of 3v2 where each team defends 3 goals and scores on the 3 goals on the opposite end line.

2nd. PLAY PHASE: The Game – 4v4**DURATION: 22 min- INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.****OBJECTIVE:** To pass or dribble past an opponent then score goals.**PLAYER ACTIONS:** Shoot, Pass or dribble forward

ORGANIZATION: In a 25Wx35L field & a small goal on each end line, play a 4v4 game with no goal keepers. Play for 22 minutes – 2 x 9-minute halves with a 2-minute half-time. Local rules apply. If the ball leaves the field, the coach can play another ball onto the field and the play continues.

KEY WORDS: look up, move with your teammate

GUIDED QUESTIONS: How do you know where the goal & opponents are? How can the 2 players with a ball beat any 1 defender? Why is it important to turn your body toward your teammate when you are ready to pass the ball?

ANSWERS: Look up to see if you have an opening or if it's closed. Try to dribble the ball toward a defender to see if he/she follows you then pass to your teammate. Facing my teammate will help me make a more accurate pass.

NOTES: Depending on your local rules, coaches may introduce throw-ins, corner kicks & goal kicks if rules enforce. Remember to create a build out line for goal kicks and focus on the techniques needed to complete the task instead of the moment of the players on the field. The game must be played so try not to dwell on the restarts.

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?

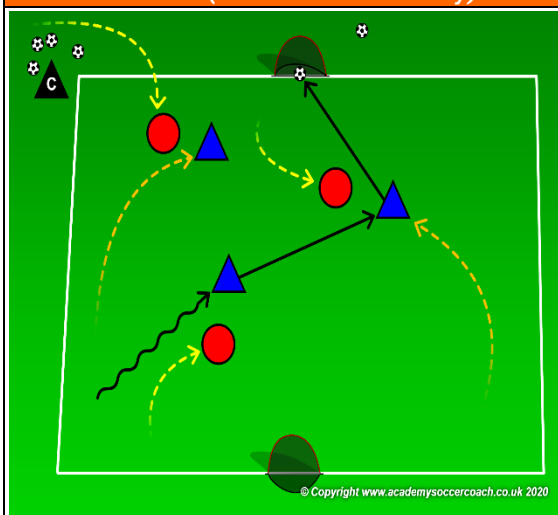
1. How did you achieve your goals of the training session?
2. What did you do well?
3. What could you do better?

	GOAL:	Prevent build up in your defensive half					4v4
	PLAYER ACTIONS	Protect your goal, Pressure the ball, Steal the ball					
	KEY QUALITIES	Read & understand the game, Take initiative					
	MOMENT	Defending	DURATION	60 minutes	PLAYERS	8-12	

SKILL ACQUISITION: Pressure: Angle, speed, distance of approach, footwork – **Types of Tackles:** Poke, Block, intercept

1st PLAY PHASE (Intentional Free Play)

DURATION: 18 min. - INTERVALS: 3 - ACTIVITY: 5 min. - REST: 1 min.



OBJECTIVE: To deny the opponent's ability to build up and create scoring chance.

PLAYER ACTIONS: Protect the goal, Steal the ball

ORGANIZATION: On your 25W x 35L 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: step to the ball, get the ball

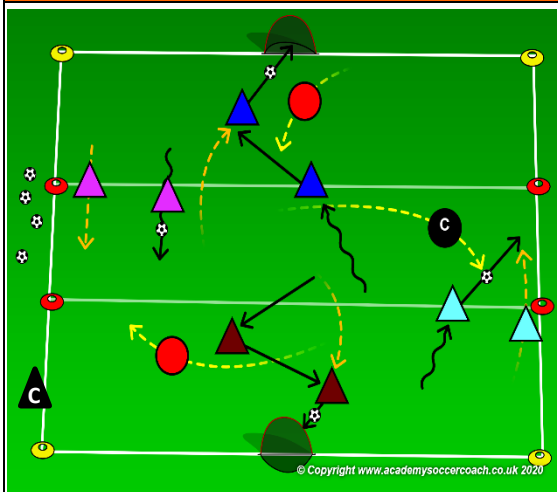
GUIDED QUESTIONS: If you are the closest defender to the ball, what should you do? When should you try to steal the ball from the opponent?

ANSWERS: Step closer to ball and pressure it. Do not let the player with the ball go straight to goal. If the opponent kicks the ball too far in front of themselves, step closer and try to tackle the ball away.

NOTES: Remember to focus on the team without the ball. At the first break, ask questions which generate thoughts about when to pressure the ball & when to tackle the ball. Second break, elicit answers from the same questions to determine the level of understanding from the players.

CORE ACTIVITY: 2v1+1+1 – Defend Each Zone

DURATION: 18 min - INTERVALS: 9 - ACTIVITY: 1 min. - REST: 1 min.



OBJECTIVE: To deny the opponent's ability to build and create scoring chances.

PLAYER ACTIONS: Pressure the ball, Protect the goal, Steal the ball

ORGANIZATION: Divide your 25W x 35L game field into thirds & a goal on each end line. Coach will select 1 player to defend each 1/3 of the field. Each defender must remain in their zone (1/3). The rest of the players will have a partner & a soccer ball to share. The attackers try to dribble or pass through each third & score in the goal at one end. Once they have scored, they will play back through the thirds & try to score in to goal at the opposite end. **RULES:** if the attackers miss the goal, no point scored & they play to the other end. If a defender steals their soccer ball, they lose all their points & must start scoring over again.

KEY WORDS: force to the sides, win the ball, block your goal

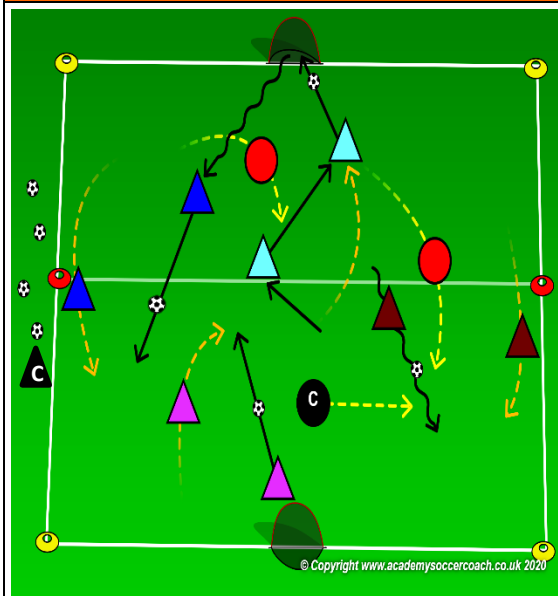
GUIDED QUESTIONS: Why is it important to step closer to the ball? When should you try to tackle the ball? How should you approach the ball, so you are pressuring the ball & blocking your goal at the same time?

ANSWERS: to force the head of the attacker down & make mistakes? If the attacker kicks the ball too far in front of him/her, step in to tackle it. Bend your run to block the goal then begin to move closer to the ball to steal it.

NOTES: Defenders can count the number of times they steal the ball & challenge new defenders to beat their score. Coach can defend 1 zone if needed or partner with a player to attack.

LESS CHALLENGING ACTIVITY: 2v1 (or more) Defend the Zones

DURATION: 18 min - INTERVALS: 9 - ACTIVITY: 1 min. - REST: 1 min.



OBJECTIVE: To deny the opponent's ability to build and create scoring chances.

PLAYER ACTIONS: Pressure the ball, Protect the goal, Steal the ball

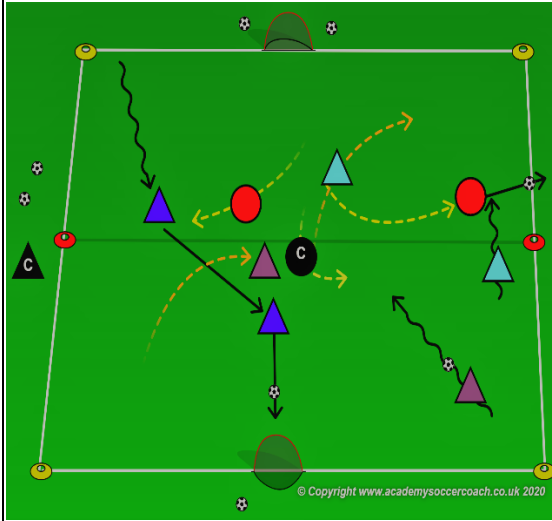
ORGANIZATION: Divide your 25W x 35L game field in 1/2 & a goal on each end line. Coach will select 1 player to defend each 1/2 of the field & 1 more defender who can enter both halves. Each defender must remain in their 1/2 except for the identified defender who can go anywhere. The rest of the players will have a partner & a soccer ball to share. The attackers try to dribble or pass through each 1/2 & score in the goal at one end. Once they have scored, they will play back through the field & try to score in to goal at the opposite end. **RULES:** if the attackers miss the goal, no point scored & they play to the other end. If a defender steals their soccer ball, they lose all their points & must start scoring over again.

KEY WORDS: force to the sides, win the ball, block your goal

GUIDED QUESTIONS: Why is it important to step closer to the ball? When should you try to tackle the ball? How should you approach the ball, so you are pressuring the ball & blocking your goal at the same time?

ANSWERS: to force the head of the attacker down & make mistakes? If the attacker kicks the ball too far in front of him/her, step in to tackle it. Bend your run to block the goal then begin to move closer to the ball to steal it.

NOTES: Defenders can count the number of times they steal the ball & challenge new defenders to beat their score. Coach can defend 1 zone if needed or partner with a player to attack. Coach should not be the free defender.

MORE CHALLENGING: Multiple Teams of 2 vs 3 Defenders**DURATION: 18 min - INTERVALS: 6 - ACTIVITY: 2 min. - REST: 1 min.****OBJECTIVE:** To deny the opponent's ability to build and create scoring chances.**PLAYER ACTIONS:** Pressure the ball, Protect the goal, Steal the ball

ORGANIZATION: Divide your 25W x 35L game field in 1/2 & a goal on each end line. Coach will select 3 players to defend. Each defender must protect both goals. The rest of the players will have a partner & a soccer ball to share. The attackers try to dribble or pass through each 1/2 & score in the goal at one end. Once they have scored, they will play back through the field & try to score in to goal at the opposite end.

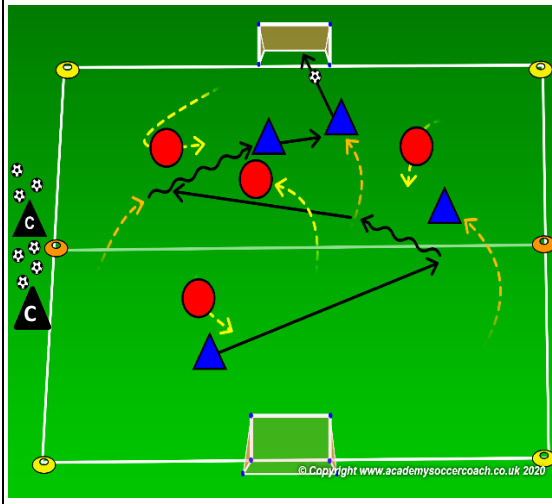
RULES: if the attacker misses the goal, no point scored & they play to the other end. If a defender steals their soccer ball, they lose all their points & must start scoring over again.

KEY WORDS: force to the sides, win the ball, block your goal

GUIDED QUESTIONS: Why is it important to step closer to the ball? When should you try to tackle the ball? How should you approach the ball, so you are pressuring the ball & blocking your goal at the same time?

ANSWERS: to force the head of the attacker down & make mistakes? If the attacker kicks the ball too far in front of him/her, step in to tackle it. Bend your run to block the goal then begin to move closer to the ball to steal it.

NOTES: Defenders can count the number of times they steal the ball & challenge new defenders to beat their score. Coach can defend 1 zone if needed or partner with a player to attack.

2nd. PLAY PHASE: The Game – 4v4**DURATION: 20 min - INTERVALS: 2 - ACTIVITY: 10 min. - REST: 2 min.****OBJECTIVE:** To deny the opponent's ability to create scoring chances or score goals.**PLAYER ACTIONS:** Protect the goal, Steal the ball

ORGANIZATION: In a 25Wx35L field & a small goal on each end line, play a 4v4 game with no goal keepers. Play for 22 minutes – 2 x 9-minute halves with a 2-minute half-time. Local rules apply. If the ball leaves the field, the coach can play another ball onto the field and the play continues.

KEY WORDS: force to the sides, win the ball, block your goal

GUIDED QUESTIONS: Why is it important to step closer to the ball? When should you try to tackle the ball? How should you approach the ball, so you are pressuring the ball & blocking your goal at the same time?


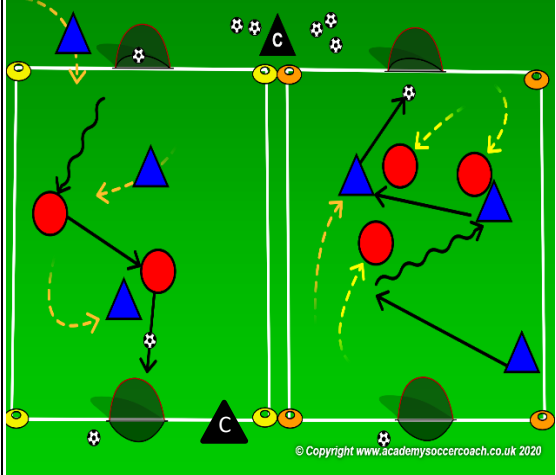
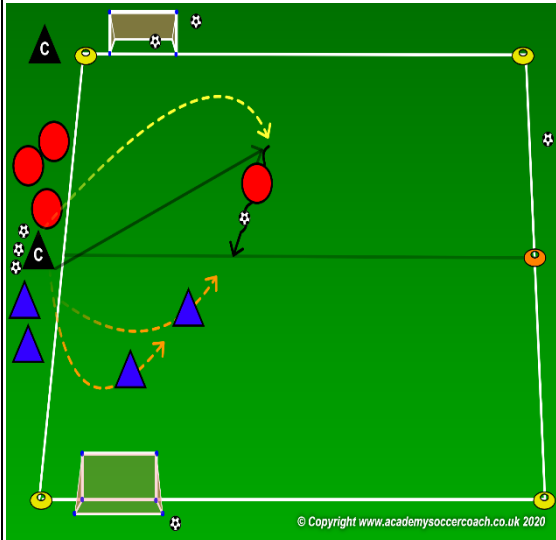
ANSWERS: to force the head of the attacker down & make mistakes? If the attacker kicks the ball too far in front of him/her, step in to tackle it. Bend your run to block the goal then begin to move closer to the ball to steal it.

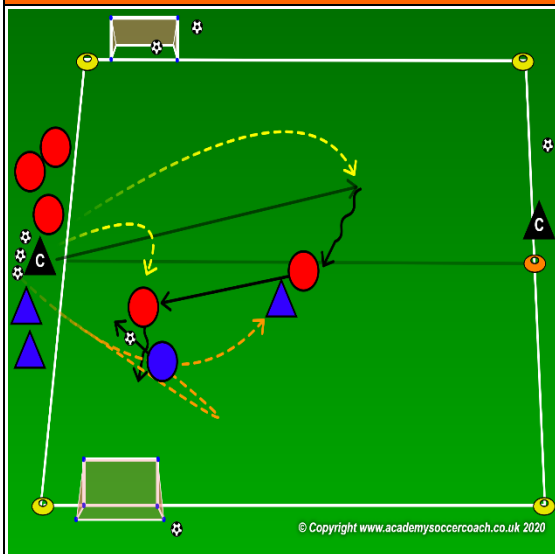
NOTES: Depending on your local rules, coaches may introduce throw-ins, corner kicks & goal kicks if rules enforce. Remember to create a build out line for goal kicks and focus on the techniques needed to complete the task in the moment of the players on the field. The game must be played so try not to dwell on the restarts.

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 in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

	GOAL:		Prevent build up in the opponent's half				4v4
	PLAYER ACTIONS		Protect the goal, Steal the ball				
	KEY QUALITIES		Read and understand the game, Focus				
	MOMENT		Defending	DURATION	60 minutes	PLAYERS	
SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – Cover: Distance, body position.							
1 st PLAY PHASE (Intentional Free Play)			DURATION: 20 min. - INTERVALS: 3 - ACTIVITY: 4 min. - REST: 1 min.				
			<p>OBJECTIVE: To protect your goal &, if possible, steal the ball</p> <p>PLAYER ACTIONS: Protect the goal, Steal the ball</p> <p>ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each 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: block your goal, get back</p> <p>GUIDED QUESTIONS: What should you do if you see your goal is not protected? What does it mean to "tackle the ball?"</p> <p>ANSWERS: Move so you are blocking the goal. Get close enough to the ball so you can touch it. Once there, either poke the ball away from the opponent by kicking it out of their reach or put your foot close to the ball to block it from being kicked forward.</p> <p>NOTES: All comments should be directed at the team without the ball. Help them recognize the moments they need to get back to protect their goal and when to step to the ball to try to steal it.</p>				
CORE ACTIVITY: 2v1 to Side Goals (reloading game)			DURATION: 18 min. - INTERVALS: 18 - ACTIVITY: 30 sec. - REST: 30 sec.				
			<p>OBJECTIVE: Protect your goal &, if possible, steal the ball</p> <p>PLAYER ACTIONS: Protect your goal, Steal the ball</p> <p>ORGANIZATION: On a 15Wx25L grid & a goal in each end line (close to the nearest corner), play a 2v1 game. The coach starts with all the soccer balls at midfield & on the sideline. Divide the players into 2 teams with 1 starting on the coaches right & the other on the left. Each team will have 1 goal to score in & 1 to defend. The coach will play a ball onto the field. If the coach plays the ball to the right side of the field, the team on the coach's right gets 1 player & the team on the coach's left get 2. Both teams try to score in their opponent's goal. RULES: play starts when the coach serves a ball onto the field. Once a goal is scored or the ball leaves the field, all players leave the field & rejoin their team on the sideline. The coach will serve another ball onto the field for the next players on each team to play.</p> <p>KEY WORDS: block your goal, win the ball</p> <p>GUIDED QUESTIONS: What should you do if you see your goal is not protected? What does it mean to "tackle the ball?" How can you poke tackle the ball away from the opponent?</p> <p>ANSWERS: Move so you are blocking the goal. Get close enough to the ball so you can touch it. Once there, either poke the ball away from the opponent by kicking it out of their reach or put your foot close to the ball to block it from being kicked forward. If you are approaching the dribbler from an angle, once you move slightly in front of the dribbler, reach your foot close to the ball and poke it away with your toe.</p> <p>Note: Remember to focus on the defending players. The team of 2 will need to cooperate to protect their goal & steal the ball. Help guide these players to recognize when to step to the ball & when to drop back to protect their goal. The players will tend to chase the ball. Set up multiple fields to allow for more play time.</p>				
LESS CHALLENGING ACT.: 2v1 to Side Goals (players enter 1 st)			DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 1 min. - REST: 1 min.				
			<p>OBJECTIVE: Protect your goal &, if possible, steal the ball</p> <p>PLAYER ACTIONS: Protect your goal, Steal the ball</p> <p>ORGANIZATION: On a 15Wx25L grid & a goal in each end line (close to the nearest corner), play a 2v1 game. The coach starts with all the soccer balls at midfield & on the sideline. Once the players have been divided into 2 groups, the coach will appoint which team has 2 players & which has one. After the players enter the field, the coach will play the ball into the team of 1. Both teams have a goal to score in and 1 to defend. RULES: play starts when the coach serves a ball onto the field. The game last for 1 minute. If the ball leaves the field, the coach will serve another ball onto the field so the game will continue. After 1 minute, all players leave the field & the coach identifies the next players to enter.</p> <p>KEY WORDS: block your goal, win the ball</p> <p>GUIDED QUESTIONS: What should you do if you see your goal is not protected? What does it mean to "tackle the ball?" How can you poke tackle the ball away from the opponent?</p> <p>ANSWERS: Move so you are blocking the goal. Get close enough to the ball so you can touch it. Once there, either poke the ball away from the opponent by kicking it out of their reach or put your foot close to the ball to block it from being kicked forward. If you are approaching the dribbler from an angle, once you move slightly in front of the dribbler, reach your foot close to the ball and poke it away with your toe.</p> <p>Note: Remember to focus on the defending players. The team of 2 will need to cooperate to protect their goal & steal the ball. Help guide these players to recognize when to step to the ball & when to drop back to protect their goal. The players will tend to chase the ball. Set up multiple fields to allow for more play time.</p>				

MORE CHALLENGING ACT.: 2v2 to Side Goals (reloading game)**DURATION: 18 min.– INT.: 18 – ACT.: 30 sec. - REST: 30 sec.****OBJECTIVE:** Protect your goal &, if possible, steal the ball**PLAYER ACTIONS:** Protect your goal, Steal the ball

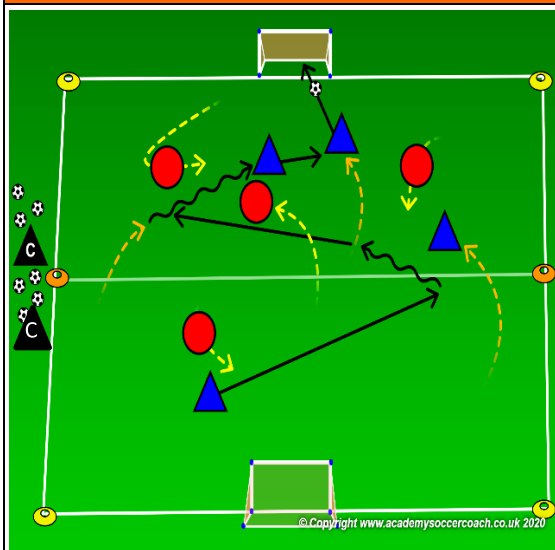
ORGANIZATION: On a 15Wx25L grid & a goal in each end line (close to the nearest corner), play a 2v2 game. The coach starts with all the soccer balls at midfield & on the sideline. Divide the players into 2 teams with 1 starting on the coaches right & the other on the left. Each team will have 1 goal to score in & 1 to defend. The coach will play a ball onto the field. When the coach plays the soccer ball onto the field, both teams send 2 players onto the field. Each team tries to score in their opponent's goal. **RULES:** play starts when the coach serves a ball onto the field. Once a goal is scored or the ball leaves the field, all players leave the field & rejoin their team on the sideline. The coach will serve another ball onto the field for the next players on each team to play.

KEY WORDS: block your goal, win the ball

GUIDED QUESTIONS: What should you do if you see your goal is not protected? What does it mean to "tackle the ball?" How can you poke tackle the ball away from the opponent?

ANSWERS: Move so you are blocking the goal. Get close enough to the ball so you can touch it. Once there, either poke the ball away from the opponent by kicking it out of their reach or put your foot close to the ball to block it from being kicked forward. If you are approaching the dribbler from an angle, once you move slightly in front of the dribbler, reach your foot close to the ball and poke it away with your toe.

Note: Remember to focus on the defending players. The team of 2 without the ball will need to cooperate to protect their goal & steal the ball. Help guide these players to recognize when to step to the ball & when to drop back to protect their goal. The players will tend to chase the ball.

2nd. PLAY PHASE: The Game – 4v4**DURATION: 22 min- INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.****OBJECTIVE:** Protect the goal from the opponent trying to score & win the ball if you can**PLAYER ACTIONS:** Protect your goal, steal the ball

ORGANIZATION: In a 25Wx35L field & a small goal on each end line, play a 4v4 game with no goal keepers. Play for 22 minutes – 2 x 9-minute halves with a 2-minute half-time. Local rules apply. If the ball leaves the field, the coach can play another ball onto the field and the play continues.

KEY WORDS: block your goal, win the ball

GUIDED QUESTIONS: What should you do if you see your goal is not protected? What does it mean to "tackle the ball?" How can you poke tackle the ball away from the opponent?


ANSWERS: Move so you are blocking the goal. Get close enough to the ball so you can touch it. Once there, either poke the ball away from the opponent by kicking it out of their reach or put your foot close to the ball to block it from being kicked forward. If you are approaching the dribbler from an angle, once you move slightly in front of the dribbler, reach your foot close to the ball and poke it away with your toe.

NOTES: Depending on your local rules, coaches may introduce throw-ins, corner kicks & goal kicks if rules enforce. Remember to create a build out line for goal kicks and focus on the techniques needed to complete the task instead of the moment of the players on the field. The game must be played so try not to dwell on the restarts.

FIVE ELEMENTS of TRAINING EXERCISE**TRAINING SESSION SELF-REFLECTION QUESTIONS**

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- 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?**
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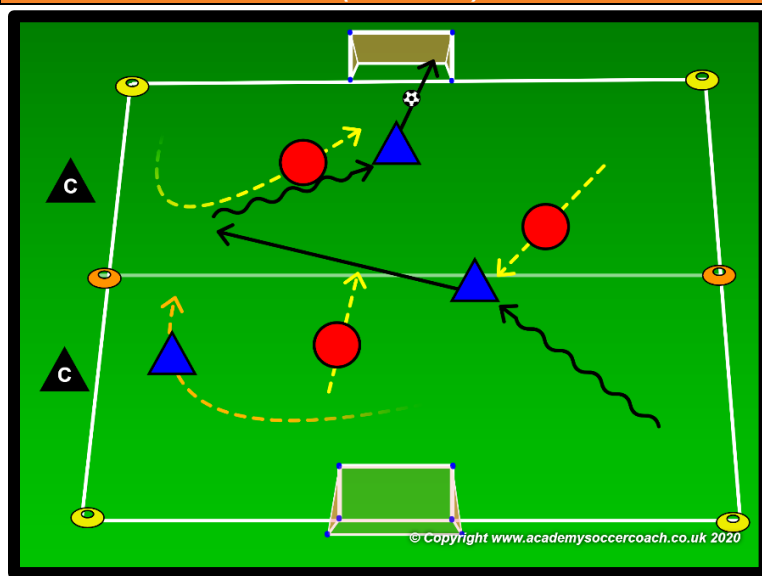
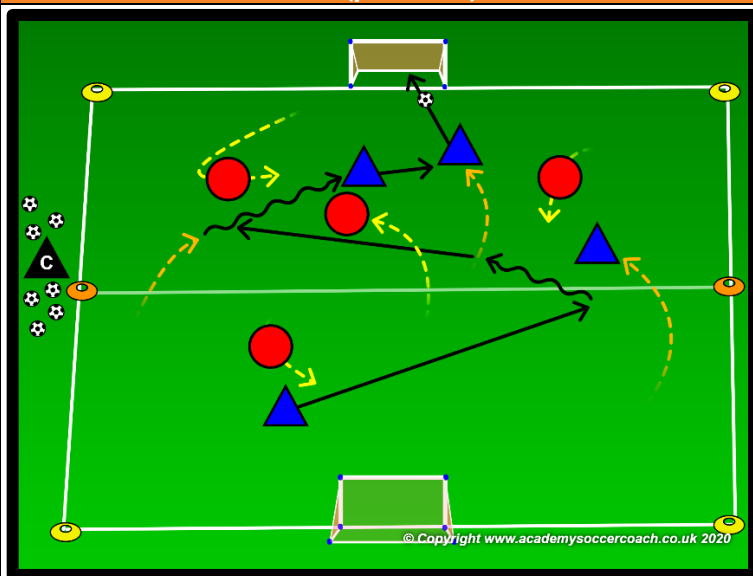
	GOAL:	Fantastic Fours					4v4
	PLAYER ACTIONS	Pass or dribble forward, Create passing options					
	KEY QUALITIES	Take initiative, Be pro-active					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	12 or more	

Fantastic 4's Soccer Festival: divide all players into teams of 4 to play 4v4 games; with no goal keepers. If needed, the games can be 3v3 as long as everyone is playing. Each game will last for 8 minutes with a 2 minute break between each game. Most games allow for players to earn more points by completing a task when scoring. After each game, the coach will tally the scores before sending the players to fields for the next game. If possible, change opponents for each game.

Scoring: 3 points for win · 2 points for tie · 1 point for loss + bonus for each game is available

Tie Breaker: Coach should track goals for & against to use in case of a tie at the end.

4v4 (preferred)	3v3 (if needed)
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Game - 1

DURATION: 6 min. - REST: 2 min.

Play a Regular Game: (no bonus points for this game) Maximum points are as listed above.

Game - 2

DURATION: 6 min. - REST: 2 min.

One Touch Goals: Any goal scored from 1 touch counts as 5 goals instead of 1. If you score 1 goal with multiple touches and 1 goal with 1 touch, you team has 6 goals.

Game - 3

DURATION: 6 min. - REST: 2 min.

3 Passes, 3 Points: If your team completes 3 consecutive passes and scores a goal, the goal is worth 3 points. All other goals are worth 1 point.

Game - 4

DURATION: 6 min. - REST: 2 min.

Everyone Across the Halfway Line: (no bonus points for this game) Everyone on the attacking team must be across the halfway line in order for a goal to count. If one or more players have not crossed over the line and a goal is scored, it doesn't count.

Game - 5

DURATION: 6 min. - REST: 2 min.

Everyone Must Score Once Before Anyone Can Score a Second Goal: (no bonus points for this game) If you score a goal, you cannot score a second goal until all your teammates have scored their first.

Game - 6

DURATION: 6 min. - REST: 2 min.

Win By 2 Goals: If your team wins by exactly 2 goals, your team gets 5 bonus goals at the end of the game toward goal differential. A 3-1 victory earns your team the bonus but a 3-2 does not.

Game - 7

DURATION: 6 min. - REST: 2 min.

Play a Regular Game: (no bonus points for this game) Maximum points are as listed above.

NOTES:

In order to fit your training time space –

- Adjust game times to fit the practice time allotted
- Only play as many rounds as you can in the time provided

Coaches can add or adjust any conditions as needed in order to challenge the players to their ability.

FIVE ELEMENTS of TRAINING EXERCISE

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

TRAINING SESSION SELF-REFLECTION QUESTIONS

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

2. What did you do well?

3. What could you do better?