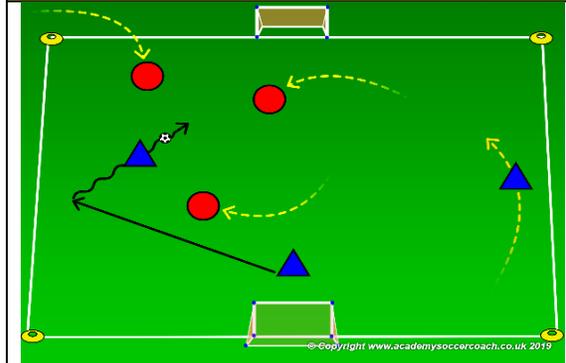


 	GOAL:	Improve the techniques of dribbling, passing & striking the ball to score	AGE GROUP
	PLAYER ACTIONS	Shoot, pass or dribble forward	6U
	KEY QUALITIES	Take initiative, focus	
	MOMENT	Attacking	DURATION
			4v4

1st PLAY PHASE (Intentional Free Play) – Up to 3v3 Game	Play multiple 3-4 minute games
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Objective: to pass or dribble past an opponent then score goals

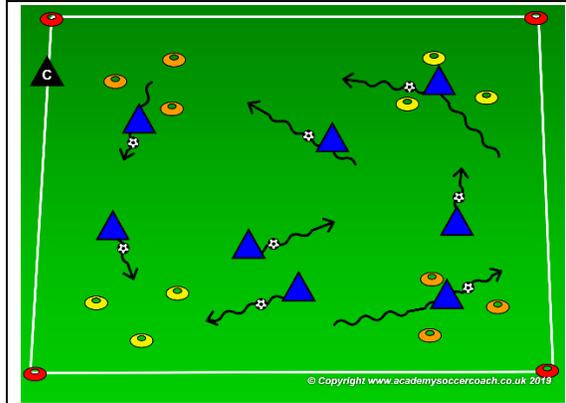
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

Key Words: play forward, try a new move, beat them

Guided Questions: If you have the ball, which direction should you try to play? What should you do if some is defending you?

Answers: Play in the direction of the goal you are attacking. Try a move to go around them (show me a new move).

PRACTICE (Activity 1): Triangle Gate Challenge	8 min.-6 intervals-1 min. play-20 sec. rest
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Objective: Improve the player's ability to dribble their soccer ball and stop it in the triangular spaces.

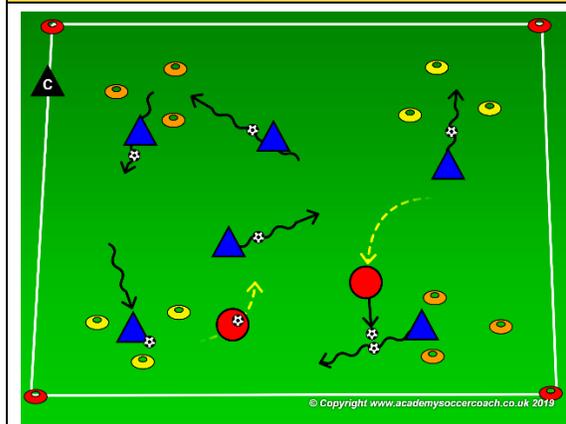
Organization: In a 15Wx20L grid, with several 3 yard triangular shaped Galaxies, all players with a soccer ball. In 90 seconds, challenge the players to get into & out of as many Galaxies as the can. Players dribble from one galaxy to another (triangle on the field). **Rules:** Play when coach says, "Go explore the Galaxy". Interval 1-how many Galaxies can you visit? Intervals 2 & 3, beat your score. Interval 4, must stop in the Galaxy before you can exit.

Key Words: Pick your head up. Go fast with the ball if you see an open gate.

Guided Questions: Why is it important to pick your head up or look over your shoulder? Where would you have the players start?

Answers: Pick your head up and check over your shoulder to find the open gates. Continue to look around whether dribbling fast or slow. You can either have the players start inside a gate or start in open space (coach's choice).

PRACTICE (Activity 2): Triangle Gate Challenge with Guards	8 Minutes-4 intervals-90 sec. play-30 sec. rest
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Objective: to improve the players ability to dribble the ball away from opponents

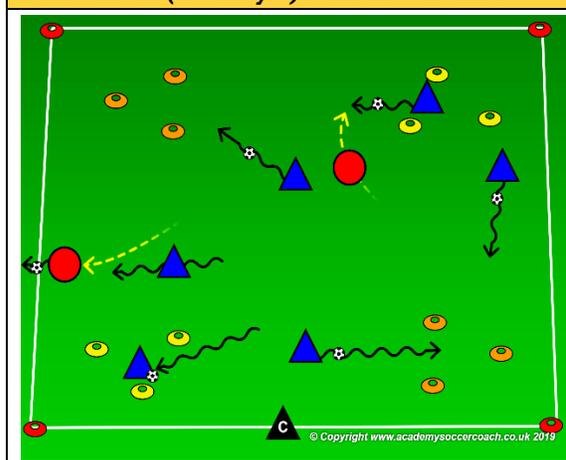
Organization: In a 15Wx20L grid, with several 3 yard triangular gates (bases). Select 2 players to be it. They have their ball in their hands & they guard the bases. The rest of the players dribble their soccer ball & get 1000 pts. for every base they can stop their ball in. **Rules:** Play starts on coach's command. Guards can only toss their soccer ball underhand to hit the dribbler's soccer ball. Dribblers are safe if they can stop in any triangle. Count how many bases you can land on. If your ball is hit, you lose your points.

Key Words: Stop your ball, look before you move to the next base

Guided Questions: Which part of your foot should you stop your soccer ball with? When is it safe to leave a triangle (base) and move to another?

Answers: Once in a triangle, a soft touch with the bottom of your foot will help to stop your soccer ball. When the goal guards moves away from the base, quickly moved to another base or exit the base on a side away from the guard.

PRACTICE (Activity 3): Monsters Inc.	8 Minutes-4 intervals-90 sec. play-30 sec. rest
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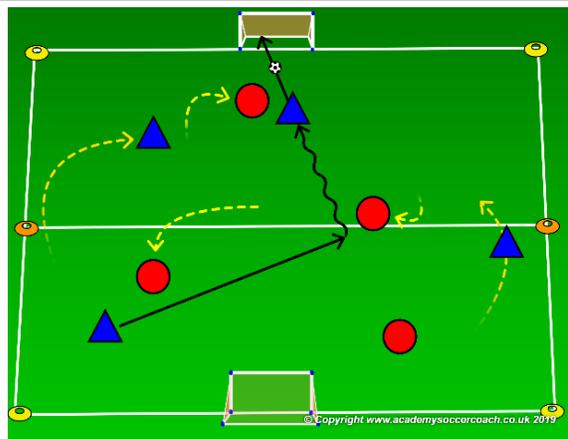
Objective: to dribble your ball toward a target & strike your ball toward a moving target

Organization: In a 15Wx20L grid, with several 3 yard triangles (closets to hide in). Select 2 players to be it (they are Boo) & do not need a ball. The rest of the players are Mike & Sully (from Monsters Inc). They dribble their soccer ball and try to hide from Boo in the closets. Boo is trying to steal their ball and hide it by dribbling it off the grid. **Rules:** Play when coach says, "look out for Boo". Dribblers must get from closet to closet. Dribblers are safe if they can stop their ball in a closet. Award points as needed for getting into a closet. Only 1 player allowed in a closet at a time so if a 2nd player enters, the first must leave.

Key Words: step closer to the ball (to stop it), look out for Boo

Guided Questions: Where should your body be when trying to stop the ball? Besides in the closets, when is another time you would want to stop the ball?

Answers: Try to run slightly ahead of the rolling ball before trying to put your foot on top to stop it. If the ball starts to get too far in front of you, stop it and start to dribble again.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 20Wx30L field and a small goal on each end line, play a 3v3 game or 4v4 (game should not exceed 4v4). Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Coach can determine to play quarters as well with a short break between. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: turn, play forward, score goals

Guided Questions: If you don't see an opening, what can you do next? What can you do if you see an opening all the way to the goal?

Answers: Pick your head up, look around and see if there is an opening elsewhere. Dribble to the goal and score.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

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

5. **Coaching:** Is there coaching based on the age and level of the players?

Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?

