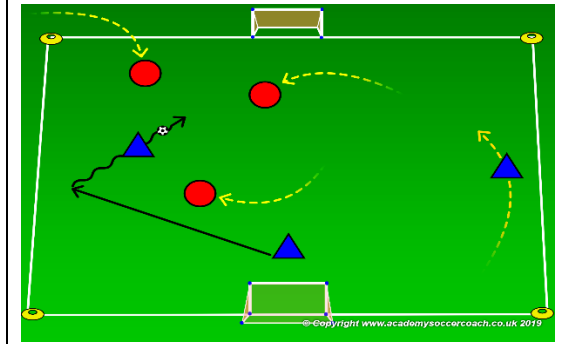
	GOAL:	Improve the techniques of dribbling, passing and shooting	AGE GROUP
	PLAYER ACTIONS	Shoot, pass or dribble forward	6U
	KEY QUALITIES	Take initiative, be pro-active	
	MOMENT	Attacking	DURATION
			4v4

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

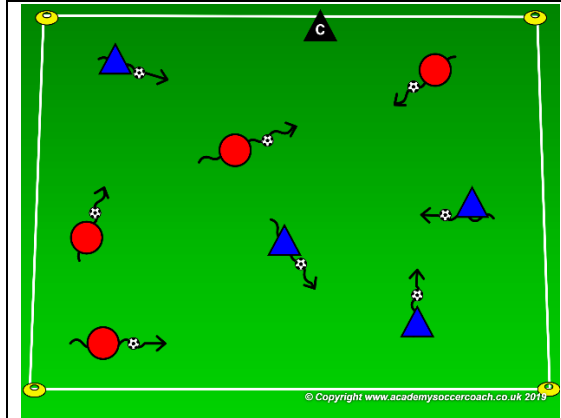
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

Key Words: turn to goal, take big touches into space

Guided Questions: What if you are not facing the goal? When can you push the ball further in front of you?

Answers: turn your body till you are facing the goal. If no one is between you and the goal, push the ball further in front.

PRACTICE (Activity 1): Sailing the Seas	8 min.-8 intervals-40 sec. play-20 sec. rest
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Objective: Improve the player's ability to dribble their soccer ball and change direction

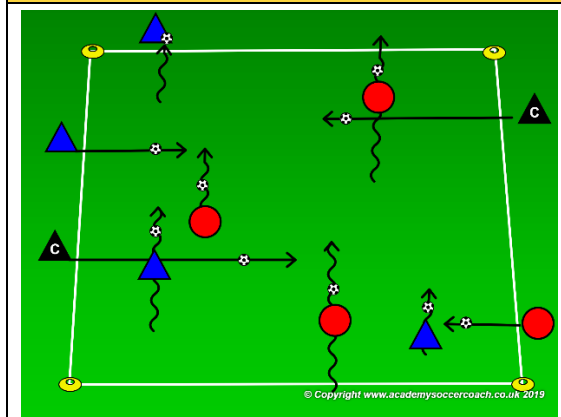
Organization: In a 15Wx20L grid, all the players with a soccer ball (ships) & the coaches (the ship's captain). The players dribble their ball and will change speed or direction based on the weather; high winds, go fast, no wind, go slow, hurricane, dribble in a circle, rogue wave, go backward. Each round, add a new direction, command or combine movements. **Rules:** Play starts when the coach says, "ahoy mates, set sail".

Key Words: Keep the ball close, find openings

Guided Questions: How do you keep the ball close? What is an opening?

Answers: Use soft touches to keep the ball close. Space between players or between a sideline and a player.

PRACTICE (Activity 2): Pirates of the Caribbean	8 Minutes-8 intervals-30 sec. play-30 sec. rest
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Objective: to improve the players ability to pass the ball toward a moving target

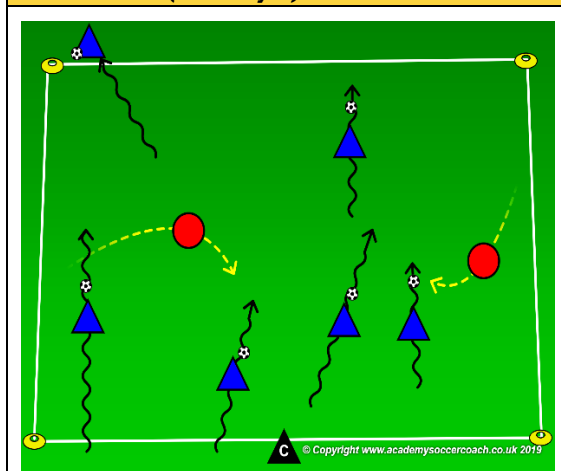
Organization: In a 15Wx20L grid, (the ship), place all the players one end line without a soccer ball (Captain Jack Sparrows). All soccer balls (cannon balls) are lined up on either side of the grid. Captain Jacks will try to run to the other side of the ship without getting hit by a cannon ball below the knee. Coaches (Barbosa) will start as the shooters. **Rules:** When the coach yells, "make it across or walk the plank" the players start across the grid. Pirates who get hit become Barbosas too. Hits below the knee change players from Pirates to Barbosas.

Key Words: strike the middle of the ball, touch the ball to the side to set up your pass

Guided Questions: Where should you kick the ball to keep it on the ground? What do you do before striking the ball?

Answers: Kick the middle of the ball with the middle of your foot to keep it on the ground. Light the fuse by moving the ball to the side before striking it.

PRACTICE (Activity 3): Bruce the Shark vs Nemo (Dori)	8 Minutes-8 intervals-30 sec. play-30 sec. rest
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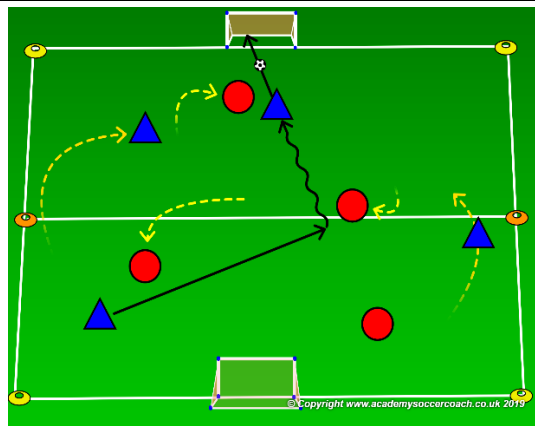
Objective: to dribble your soccer ball past an opponent and stop it once on the opposite side of the field

Organization: In a 15Wx20L grid, select 1-3 players to be Bruce the Sharks without a ball (coaches can start as sharks too). The rest of the players are Nemo or Dori. They all have a ball & start at one end of the grid. They have to swim (dribble their ball to the other side without losing their soccer ball to Bruce the Shark. **Rules:** Game starts when the Sharks yell, "Nemo, Nemo cross my ocean". Once a dribbler has reached the other side, he/she is safe.

Key Words: fool the sharks, stay away from the sharks

Guided Questions: What is a schemer? How do you know where to cross the ocean?

Answers: The player who patiently watches & waits for the best moment to go. Play with your head up, move across the shore and look for the best place to cross.



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, get the ball, score goals

Guided Questions: Who are like the sharks in the game? What can you do if you see an opening all the way to the goal?

Answers: The team without the ball are like sharks. 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?

