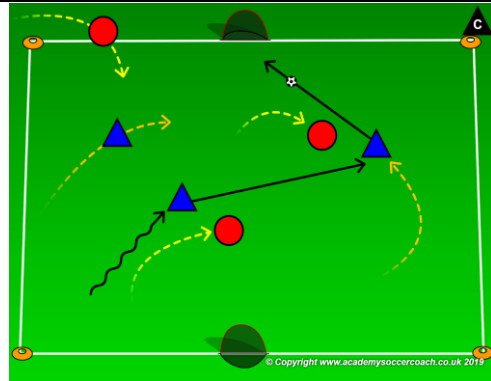
	<b>GOAL:</b>	Build up in the opponent's half		<b>AGE GROUP</b>	
	<b>PLAYER ACTIONS</b>	Pass or dribble forward, Create passing options			<b>8U</b>
	<b>KEY QUALITIES</b>	Take initiative, be pro-active			
	<b>MOMENT</b>	Attacking	<b>DURATION</b>	<b>60 Minutes</b>	<b>4v4</b>

**1st PLAY PHASE (intentional Free Play)** **18 Min.-Play multiple 3-4 minute games**



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

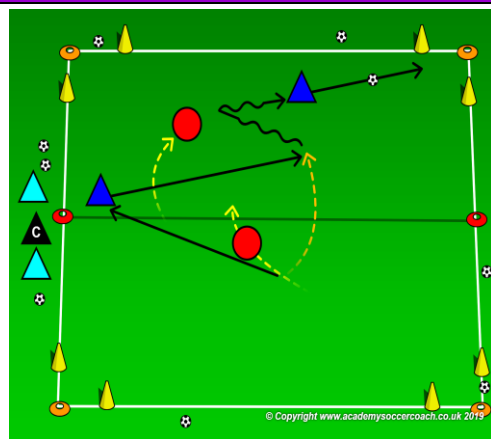
**Organization:** On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

**Key Words:** go to goal, score goals

**Guided Questions:** If you see an opening in front of you, where should you go? When should you pass instead of dribble?

**Answers:** Play forward to goal whenever possible. If all the openings in front of you are closed, quickly pass to a teammate to see if they can find an opening forward.

**PRACTICE (Core Activity): 2v2 to 4 Corner Goals** **18 Minutes-6 intervals-2 min. play-1 min. rest**



**Organization:** On the same 2 fields set up above (17Wx25L), place a cone goal in each corner of the field. Play a 2v2 game on each field. Each field will also have a team on the side line who switches in after 1 minute. Both teams will defend the 2 goals on one end line and attack the 2 goals on the other end line. Place several soccer balls around the field for quicker restarts.

**Rules:** coach keeps track of time. After 1 minute, a team leaves the field. After the first minute, each team remains on the field for 2 games and they have 1 game off. The game does not stop to switch teams. The team who stays on the field can score if the new team doesn't enter quickly.

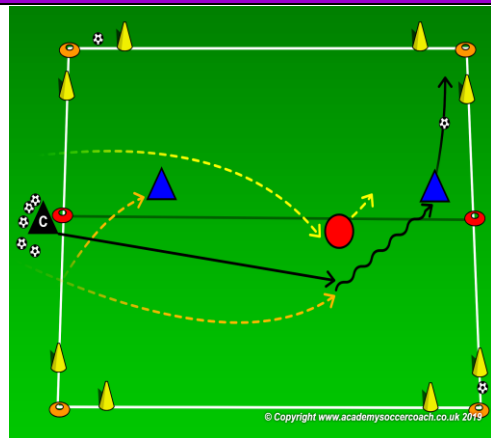
**Key Words:** Find the open goal, go, help your teammate

**Guided Question:** What can you do to trick the opponent? When would you use your laces to strike the ball?

**Answer:** Pretend to go to one goal then change direction to go to the other. Use your laces to strike the ball toward the goal.

**Notes:** makes fields slightly smaller if the coach chooses. Stop between rounds as need to organize the players but the more the game flows, the better.

**PRACTICE (Less Challenging): 2v1 to 4 Goals** **18 Minutes-18 intervals-30 sec. play-30 sec. rest**



**Organization:** In a 17Wx25L grid, a cone goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right & one on the left. Each team will have 2 goals to defend and 2 goals to score in. Prior to playing a ball onto the field the coach will announce which team gets 2 players and which team only gets 1. Once the ball is played onto the field, both teams go after the ball and try to score by striking the ball into either of their opponent's 2 goals. **Rules:** Play starts when the coach passes a ball onto the field. Teams get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next players to play.

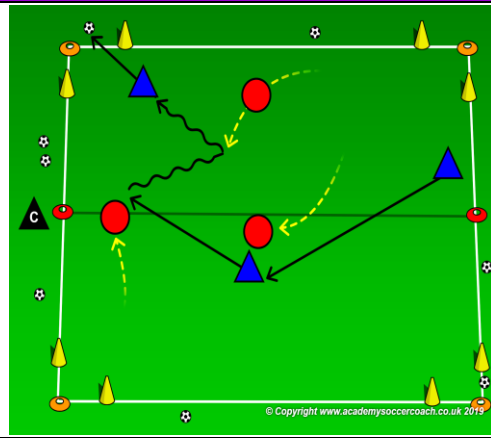
**Key Words:** Find the open goal, go, help your teammate

**Guided Question:** Where can you play the ball if the opening to one goal is blocked by the defender? When would you use your laces to strike the ball?

**Answer:** Try to play the ball to the other goal. Use your teammate to help if you have one. Use your laces to strike the ball toward the goal.

**Notes:** Play the ball in the area closest to the team of 2 to help them build the attack. Don't worry, the next ball may be played closer to the other team.

**PRACTICE (More Challenging): Multiple 3v3 to 4 Goals** **18 Minutes-6 intervals-2 min. play-1 min. rest**



**Organization:** On the same 2 fields set up above (17Wx25L), place a cone goal in each corner of the field. Play a 3v3 game on each field. Both teams will defend the 2 goals on one end line and attack the 2 goals on the other end line. Place several soccer balls around the field for quicker restarts. **Rules:** coach keeps track of time. If a ball leaves the field, the team who didn't kick it out or score can retrieve any ball from off the field.

**Key Words:** Find the open goal, go, help your teammate

**Guided Question:** What can you do to trick the opponent? When would you use your laces to strike the ball?

**Answer:** Pretend to go to one goal then change direction to go to the other. Use your laces to strike the ball toward the goal.

**Notes:** makes fields slightly smaller if the coach chooses. Stop between to rotate subs in if needed.

