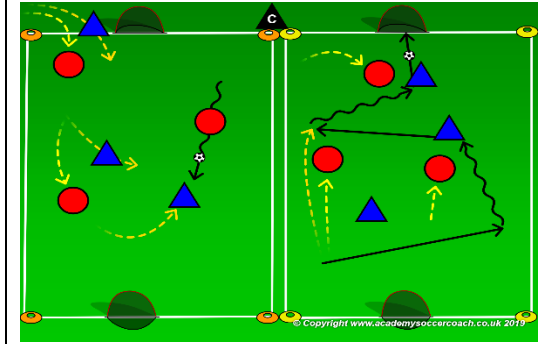
	<b>GOAL:</b>	Improve the techniques of dribbling, passing & striking the ball	<b>AGE GROUP</b>	
	<b>PLAYER ACTIONS</b>	Shoot & pass or dribble forward		
	<b>KEY QUALITIES</b>	Read & understand the game, Demonstrate focus		<b>6U</b>
<b>MOMENT</b>	Attacking	<b>DURATION</b>	<b>60 Minutes</b>	<b>4v4</b>

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

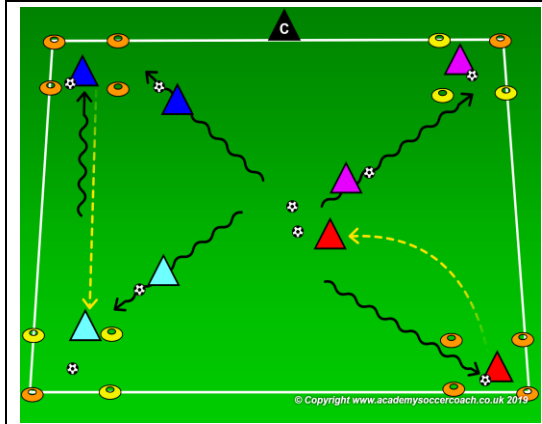
**Organization:** On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at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

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

**Guided Questions:** When do you go straight to goal? What can you do if an opponent is in your way?

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

<b>PRACTICE (Activity 1): Steal the Treasure</b>	<b>8 min.-6 intervals-1 min. play-20 sec. rest</b>
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**Objective:** Improve the player's ability to turn & dribble their soccer ball to a target

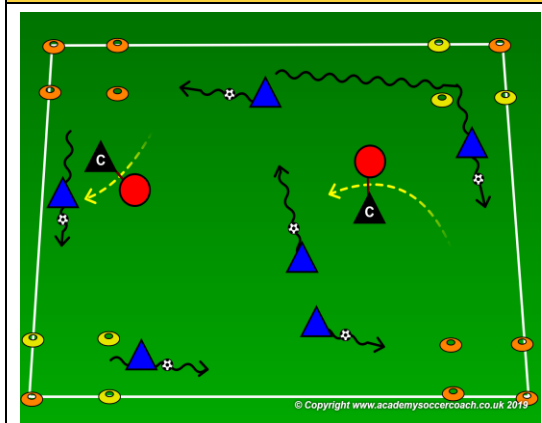
**Organization:** In a 15Wx20L grid, place a 4x4 square in every corner. Divide the players equally between the corners (each team makes up a team name). All the soccer balls start in the center of the grid. On the coach's command, the players race to the middle to get a ball (with their feet only) and take it to their home base. Once all the balls are gone from the middle, steal them from other teams. **Rules:** Play when coach says, "Game On!". Dribblers can only use their feet when getting or stealing a soccer ball. In later rounds, players can also kick the ball back to their home as long as someone can stop it.

**Key Words:** Look up to find soccer balls, find your home

**Guided Questions:** after you steal a treasure, what now? What can you do if you see a soccer ball on your field?

**Answers:** Once you have stolen some treasure, dribble back to you base as fast as you can. Go get it as fast as you can so you get to it before anyone else.

<b>PRACTICE (Activity 2): 2 Headed Monster Invasion</b>	<b>8 Minutes-4 intervals-90 sec. play-30 sec. rest</b>
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**Objective:** to improve the players ability to dribble the ball away from opponents

**Organization:** In a 15Wx20L grid, place a 4x4 square in every corner (cave). Divide the players equally between the 4 corners & each player has a soccer ball except for 2 set of 2 players. These players join hands (Two-Headed Monsters). The players try to dribble their ball into as many caves as possible. The Monsters try to tag them. **Rules:** Play when coach says, "Monsters on the Loose!" Dribblers get 100 points for each cave they get into. If tagged by a monster, they lose their points and have to begin scoring again. Monsters must stay connected.

**Key Words:** Try to sneak behind the monsters, turn quickly, stop the ball in a cave

**Guided Question:** What can you do if a monster is chasing you? Where can you go if a monster is guarding a cave?

**Answers:** Run to a cave with your soccer ball to avoid them. Chose a different cave and get their as fast as you can.

<b>PRACTICE (Activity 3): Field of Doom</b>	<b>8 Minutes-4 intervals-90 sec. play-30 sec. rest</b>
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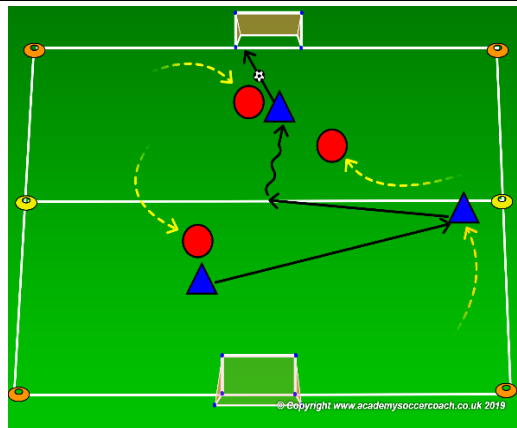
**Objective:** to turn and dribble your soccer ball away from pressure and find an open goal

**Organization:** In a 15Wx20L grid, place a 4x4 square in every corner. Select 2 players to start without a soccer ball. Players with a ball try to dribble from box to box while avoiding players without a soccer ball to score points. Players without a ball try to steal any ball and start scoring by getting into boxes. **Rules:** Play when coach says, "Game On!" Only players with a ball can score. If you lose your ball, you can either steal your ball back or steal one from any of the dribblers. Dribblers are safe in any box but need to get to another box for more points.

**Key Words:** Use your laces. Use the inside or outside of your foot. Change direction.

**Guided Questions:** When is it a good time to run to the next box? Why should you stop the ball and turn to a new box?

**Answers:** When the monsters are not ready or not looking, get to the next box as fast as you can. If a box is too crowded or closed by an opponent, stop your ball and turn toward another box.



**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. 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:** go to goal, get the ball

**Guided Questions:** Who should determine whether to dribble pass or shoot? If you do not have the ball, how can you steal it from the other team?

**Answers:** The player with the ball should make this decision (coaches can provide guided assistance only as needed). Steal the ball by tackling it away from the opponent. Remember to try to keep the ball once you have stolen it.

### 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?