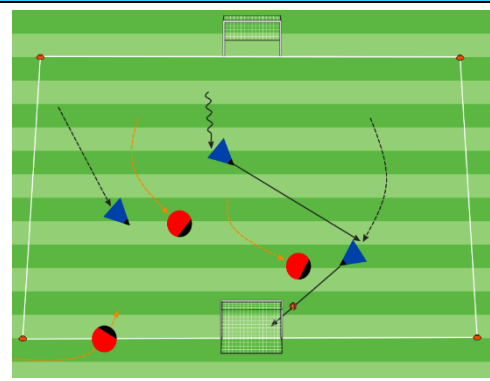




<b>GOAL:</b>	Build Up in the Attacking Half - Improve Shooting, Passing & Dribbling forward	<b>AGE GROUP</b>
<b>PLAYER ACTIONS</b>	Shoot, Pass or Dribble Forward, Create Passing Options	<b>8U</b>
<b>KEY QUALITIES</b>	Take initiative, be pro-active	
<b>MOMENT</b>	Attacking	<b>DURATION</b>
		<b>60 Minutes</b>
		<b>4v4</b>

**1<sup>st</sup> PLAY PHASE (intentional Free Play)** **20 Min.-Play multiple 3-4 minute games**



**Objective:** to pass or dribble past the opponents then score goals

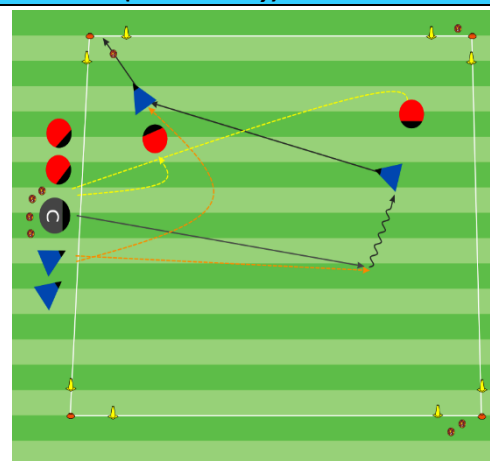
**Organization:** On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at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

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

**Guided Questions:** Are the players engaged? Are all the players getting challenged?

**Answers:** have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).

**PRACTICE (Core Activity): 2v2 to 4 Corner Goals** **15 Minutes-18 intervals-20 sec. play-30 sec. rest**



**Organization:** In a 20Wx30L 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. The coach will play a ball onto the field. 2 players from each team 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. Team's 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.

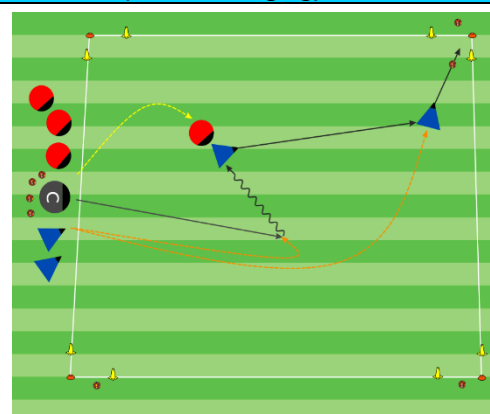
**Key Words:** Find the open goal, go, help your teammate

**Guided Question:** 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:** Rotate the area of the field the ball is served into to change the starting points of the attacks. You can also serve a ball closer to a player who has not had many opportunities to play the ball.

**PRACTICE (Less Challenging): 2v1 to 4 Corner Goals** **15 Minutes-18 intervals-20 sec. play-30 sec. rest**



**Organization:** In a 20Wx30L 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.

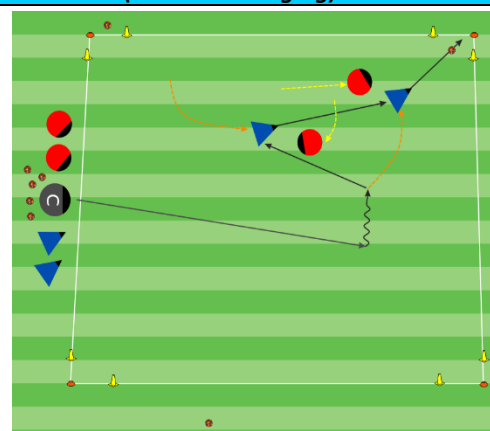
**Key Words:** Find the open goal, go, help your teammate

**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): 2V2 to 4 Corner Goal (3 serves)** **14 Minutes-7 intervals-1 min. play-1 min. rest**



**Organization:** In a 20Wx30L 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. 2 players from each team will start on the field. The coach will play a ball onto the field to start the game. When the ball goes out of play, or a goal is scored, the coach serves another ball onto the field. After 3 soccer balls have been served onto the field and either scored or knocked out of play, the game is over and the next players enter the field. **Rules:** Coach serves the ball for all restarts. Laws of the game apply.

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

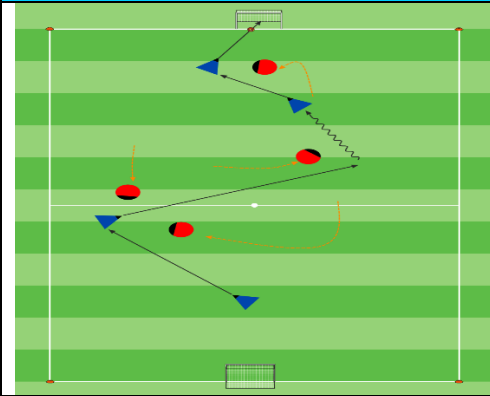
**Guided Question:** Once a goal is scored or the ball goes out of play, what should you do next? When should you kick the ball toward the goal (shoot)?

**Answer:** Find an opening where you can get the ball. When you see an opening to the goal (no opponents in your way).

**Notes:** Players do not have to be ready when you play a ball onto the field. The ball in play will tell them it is time to be ready.

**2<sup>nd</sup>. PLAY PHASE: The Game – 4v4 (no Goal Keepers):**

**26 Minutes-2 intervals-11 min. play-2 min. rest**



**Objective:** to pass or dribble past the opponents then score goals

**Organization:** In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 11 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:** turn, get the ball, score goals

**Guided Questions:** Who should determine whether to dribble pass or shoot? What are successful practice indicators?

**Answers:** The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.

**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?