



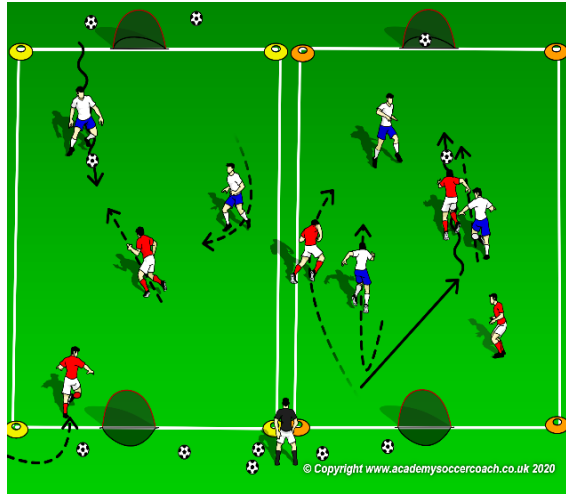
<b>GOAL:</b>	Improve the techniques of passing & dribbling				
<b>PLAYER ACTIONS</b>	Pass or dribble forward				
<b>KEY QUALITIES</b>	Read & understand the game, take initiative				
<b>MOMENT</b>	Attacking	<b>DURATION</b>	60 minutes	<b>PLAYERS</b>	8 - 12

**U6**  
**4v4**

**SKILL ACQUISITION: Dribbling:** Surface of the foot and ball, quality of the touch, change direction, head up — **Passing:** Surface of the foot and ball, eyes on the ball while striking

**1<sup>st</sup> PLAY PHASE (Intentional Free Play)**

**12 minutes (play multiple 3-4 minute games)**



**OBJECTIVE:** To pass or dribble past an opponent then score

**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** On your 20W x 30L game field, set up two (13W x 20L) fields with a 4 yard space between. Place a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game starts 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once 1 field is at 3v3, start a second game on the field next to it.

**KEY WORDS:** move the ball around the opponent, take a chance

**GUIDED QUESTIONS:** Where do you go if an opponent is blocking your opening to the goal? What can you do if you are close to and have an opening to the goal?

**ANSWERS:** Try to play around the opponent/defender either by passing or dribbling. If you have an opening to goal, first choice is to try to score.

**Note:** Both questions elicit thoughts of game understanding. It is important to observe the players to determine if they can demonstrate these actions during the play. The following activities should help encourage the actions.

**(Act. 1): The Cat in the Hat vs Things 1 & 2**

**8 minutes-8 intervals-30 sec. play-30 sec. rest**



**OBJECTIVE:** To dribble and change direction to avoid Things 1 & 2

**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** In a 15W x 20L grid, select 2 players to start as Things 1 & 2; they do not need a soccer ball & can only hop to move. The rest of the players start with a soccer ball at 1 end line; they are Cats in Hats. The Cats try to dribble their ball from 1 end line to the other as many times in 30 seconds as they can. If a Cat gets tagged by Thing 1 or 2, they become a thing also. **RULES:** Play begins as soon as the coach say, "LETS HAVE SOME FUN." Count the number of times the cats can safely cross.

**KEY WORDS:** Faster with longer touches, slower with shorter touches

**GUIDED QUESTIONS:** Why should you use big touches to dribble? What kind of touches should you use if you are get close to an end line and want to turn?

**ANSWERS:** By kicking it further in front, you can build up speed and go faster. Use softer touches when you close to an end line and want to turn.

**Note:** A variation in the game is to allow the players to switch roles if a Thing can tag a cat. Coaches can also start as Things 1 & 2 in the first round. Remember to encourage dribbling. If the coaches start has Things 1 & 2, sometimes allow the players to achieve success by not rushing to tag a player who is struggling to dribble.

**(Act. 2): Tiggers vs Rabbits (Winnie the Pooh)**

**8 minutes-8 intervals-45 sec. play-15 sec. rest**



**OBJECTIVE:** Improve dribbling toward a target and kicking your ball to a moving target

**PLAYER ACTIONS:** Pass or dribble forward

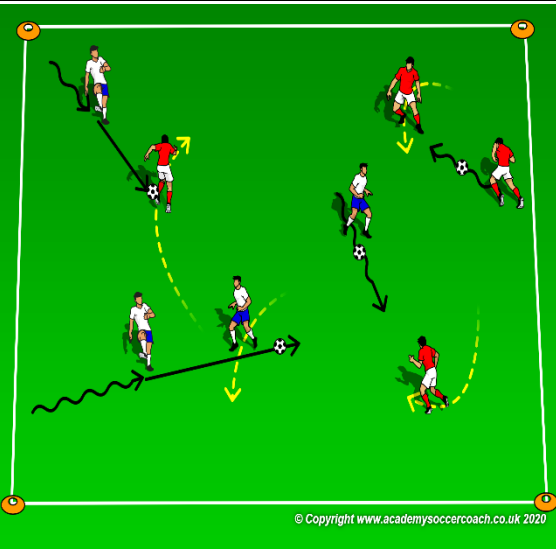
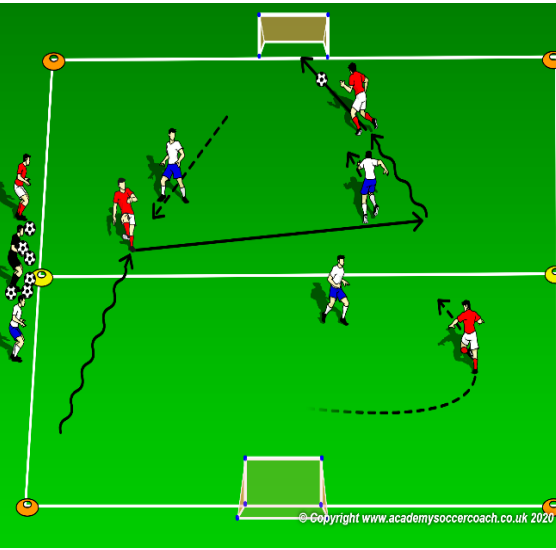
**ORGANIZATION:** In a 15W x 20L grid, select 2 players to start as Tiggers. They start without soccer balls and can only hop or skip to avoid getting hit with a ball. The rest of the players start with a soccer ball and they are Rabbits. They dribble their ball & try to hit the Tiggers in their socks with their ball. Since the Rabbits hate the noise the Tiggers are making, they only way to stop them is with their ball. **RULES:** Play begins as soon as 1 Tigger takes a hop. Rabbits get 1 million points for every Tigger they can hit. Each round, switch who are Rabbits and who are the Tiggers.

**KEY WORDS:** Kick the ball closer to a Tigger, watch the ball as your foot hits the ball

**GUIDED QUESTIONS:** Why would you get closer to a Tigger before you try to hit them? Where is the best place to strike a soccer ball if you want to hit a Tigger in the socks?

**ANSWERS:** It is easier to hit the Tiggers if you are closer to them. If you watch your foot hit the ball right in the middle, the ball will stay low to hit the socks.

**Note:** Coaches can start as Tiggers. Observe the players and how they are kicking the ball to make for a safer game. Encourage striking through the middle of the ball to help keep it on the ground.

<p><b>(Act. 3): Good Minions vs Evil Minions</b></p> 	<p><b>8 minutes-8 intervals-45 sec. play-15 sec. rest</b></p> <p><b>OBJECTIVE:</b> Improve dribble toward a target and striking the ball to a moving target</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward</p> <p><b>ORGANIZATION:</b> In a 15W x 20L grid, 2 teams-1 team of Good Minions, without soccer balls &amp; 1 team of Evil Minions, with soccer balls. Evil Minions try to dribble their ball &amp; zap the Good Minions by hitting them below the knee with their ball. Good Minions try to run &amp; avoid getting hit. <b>RULES:</b> Play begins as soon as the first Evil Minion begins to dribble. If an Evil Minion hits a Good Minion, the switch roles; the Good Minion becomes Evil and Evil Minion becomes Good. The new Evil Minion get a ball and begins to hunt the Good Minions.</p> <p><b>KEY WORDS:</b> Accuracy (Aim,) Pace (Speed) &amp; Weight (Strength)</p> <p><b>GUIDED QUESTIONS:</b> Who can describe what they have to do with the ball in order to hit a Good Minion? So, when is the best to for the Evil Minions to shoot their ray gun (soccer ball?)</p> <p><b>ANSWERS:</b> Take aim by turning your body toward the Good Minion hit the ball with enough pace so the Good Minion can't get out of the way. After you have dribbled close and took aim, hit through the middle of the ball with the middle of your foot to hit the Good Minion.</p> <p><b>Note:</b> Coaches can start as Good Minions. Always be aware of how players are striking the ball and guide the players on ways to keep the ball on the ground. If a coach becomes an Evil Minion, remember to strike the ball gently to make the game safer for the players.</p>
<p><b>2<sup>nd</sup>. PLAY PHASE: The Game – 3v3 or 4v4</b></p> 	<p><b>24 minutes-2 intervals-10 min. play-2 min. rest</b></p> <p><b>OBJECTIVE:</b> Build up close the opponent's goal to create chances and score goals by passing and dribbling</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward</p> <p><b>ORGANIZATION:</b> In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. Play for 24 minutes. Play 2 equal halves with a half-time. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA &amp; local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.</p> <p><b>KEY WORDS:</b> Go to goal, get the ball</p> <p><b>GUIDED QUESTIONS:</b> What is the most important job for the player with the ball? If your teammate has the ball, why should you try to stay out of their way?</p> <p><b>ANSWERS:</b> The player with the ball should try to find an opening to goal and score. If your teammate has the ball, stay out of the way so they can pass or dribble to the goal.</p> <p><b>Note:</b> Coaches should provide limited instruction; only as needed. Very often, the players may not make a decision to dribble pass or shoot. In fact, they may leave the ball for someone else to take. Ask them questions to help them learn to read and understand the game.</p>

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p><b>1.Organized:</b> Is the exercise organized in the right way?</p> <p><b>2.Game like:</b> Is the exercise game like?</p> <p><b>3.Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</p> <p><b>4.Challenging:</b> Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p><b>5.Coaching:</b> Is there the proper coaching based on the age/level of the players?</p>	<p><b>1. How did you achieve your goals of the training session?</b></p> <p><b>2. What did you do well?</b></p> <p><b>3. What could you do better?</b></p>