



<b>GOAL:</b>	Improve build up in the opponent's half of the field		
<b>PLAYER ACTIONS</b>	Pass or dribble forward		
<b>KEY QUALITIES</b>	Take initiative, be pro-active		
<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 and score goals

**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.

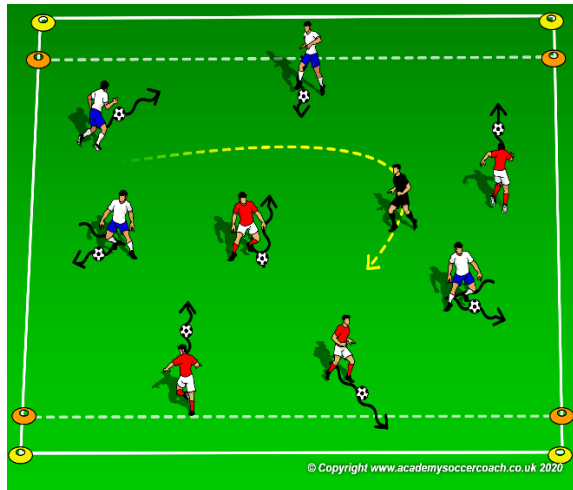
**KEY WORDS:** Go forward, inside of the foot for shorter passes

**GUIDED QUESTIONS:** If you have the ball, which direction should you try to play? Which part of your foot should strike the ball for shorter passes?

**ANSWERS:** Turn your body & ball until you are facing the goal you want to go to. Try to use the inside of your foot to strike through the middle of the ball.

**Note:** Striking through the middle of the ball will help to keep the ball on the ground. This is not only easier for the person receiving the ball but makes the games safer too.

**PRACTICE (Activity 1): 4 Surface Dribbling**



**8 minutes-6 intervals-1 min. play-20 sec. rest**

**OBJECTIVE:** Improve the player's ability to maneuver the ball with different surfaces of the foot

**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** In a 15W x 20L grid, which includes a 3 yard end zone on each end line and all players with a soccer ball. Ask the players to use the following 4 surfaces in 1 fluid motion & in order: Outside of the foot (pinkie toe), inside of the foot (big toe), laces & bottom (sole). Once they have stopped it with the bottom of their foot, try to repeat the pattern with their other foot. While using the 4 surfaces, players try to move from 1 end zone to the other. **RULES:** Play begins as soon as the coach calls out the first surface. After 2 rounds, see if the players can shout out the surfaces as they use them.

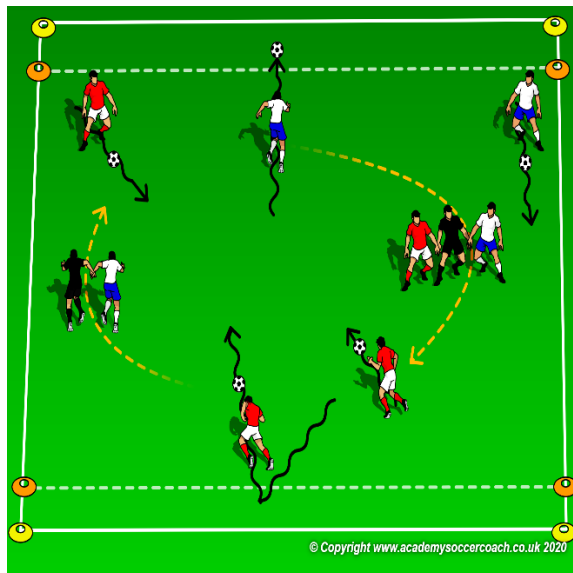
**KEY WORDS:** Outside, inside, laces & bottom

**GUIDED QUESTIONS:** Which parts of the foot can help you move side to side? What do you have to do with your foot if you want your laces to hit the ball?

**ANSWERS:** The outside & insides of your feet will help you move the ball side to side. Point your toe down toward the ground so your laces are facing the ball. Now, hit the ball with your laces.

**Note:** Introducing the 4 surfaces works best when 1 surface is introduced at a time then the other surfaces are layered in 1 at a time. This will allow time to become more comfortable with each surface.

**PRACTICE (Activity 2): Hungry, Hungry Hippos**



**8 minutes-6 intervals-1 min. play-20 sec. rest**

**OBJECTIVE:** Improve the player's ability to dribble the ball away from opponents

**PLAYER ACTIONS:** Dribble forward

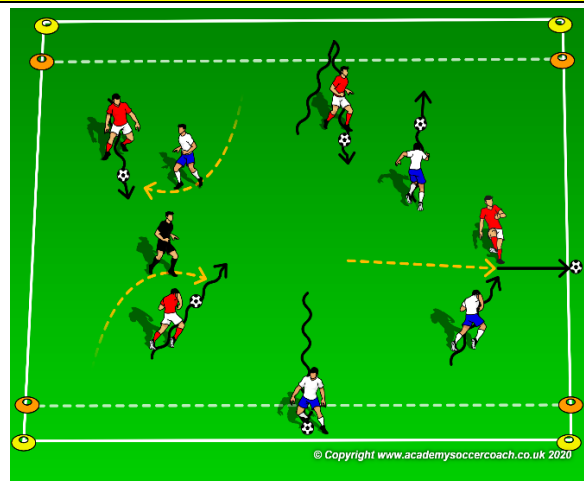
**ORGANIZATION:** In a 15W x 20L grid, which includes a 3 yard end zone on each end line & each player with a soccer ball. The coaches start as the hungry hippos in the river. Players dribble their ball across the river to the river's edge (end zone) while avoiding the hippos. When the players cross and get tagged by a hippo or their ball gets tagged, they join hands with the hippo to make the hippo grow. How many times can the dribblers cross the river in 1 minute without getting tagged? **RULES:** The game begins with the hippos say, "we dare you to cross the river." Hippos should not get bigger than 4 players.

**KEY WORDS:** Watch out for the hippos, dribble fast

**GUIDED QUESTIONS:** How do you know where the hippos are? Where are the safe areas of the field?

**ANSWERS:** Pick your head up and look around to find the hippos. Dribble to the river's edge to be safe.

**Note:** First team to get 4 players in their hippo wins the round. Start a new game. This makes the game safer so the end player is not getting whipped around.

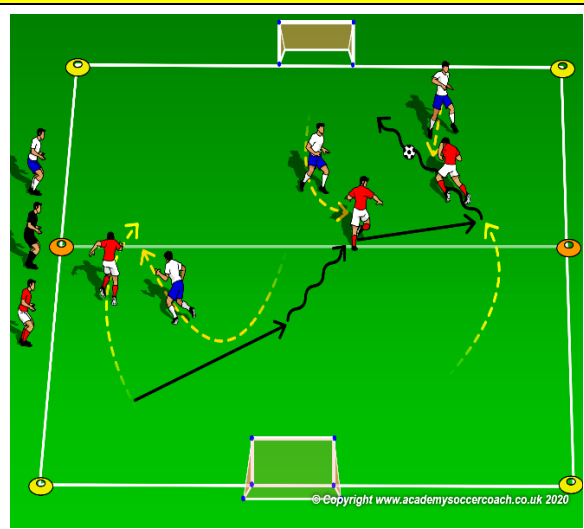
**PRACTICE (Activity 3): Crocs in the River****8 minutes-6 intervals-1 min. play-20 sec. rest****OBJECTIVE:** Move the ball forward to get past the opponent's**PLAYER ACTIONS:** Dribble forward

**ORGANIZATION:** In a 15W x 20L grid, which includes a 3 yard end zone on each end line & each player starts with a soccer ball. The coaches start as Crocs in the River. The players dribble their soccer ball across the river to the river's edge (end zone) while avoiding the crocs. When a player crosses and a croc can steal their ball and play it over a side, the dribbler becomes a croc also. **Rules:** Play begins when coach says go. If a croc steals a ball, they must dribble it over the side line (not kick). Dribblers can steal their ball back as long as it is on the field. Dribblers can rest for a moment if they reach an end zone but must cross to get points.

**KEY WORDS:** look for openings across the river, try to fake the crocs**GUIDED QUESTIONS:** What is an opening to get across the river? How can you fake out one of the crocs?

**ANSWERS:** An opening is a gap across the river with no crocs guarding it. Try to dribble in one direction. Then with the inside or outside of the foot, change direction and get across quickly.

**Note:** Coaches can have the players switch roles if they lose their soccer ball instead of accumulating crocs. Help the players identify the openings that are safe to cross in and why they are safe.

**2nd. PLAY PHASE: The Game – 3v3 or 4v4****24 Minutes-2 intervals-10 min. play-2 min. rest****OBJECTIVE:** Move the ball forward toward the opponent's goal & create scoring chances**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** 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 & 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.

**KEY WORDS:** turn away, play forward, score goals

**GUIDED QUESTIONS:** If you don't see an opening to the goal, what can you do next? What can you do if you are not facing the forward?

**ANSWERS:** Turn the ball to side and look for a new opening to either the goal or a teammate. Just like in the Crocs in the River game, use the inside or outside of your foot to help you change direction with the ball.

**Note:** Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.

**FIVE ELEMENTS of TRAINING EXERCISE**

1. **Organized:** Is the exercise organized in the right way?
2. **Game like:** Is the exercise game like?
3. **Repetitions:** Are there repetitions when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there the proper coaching based on the age/level of the players?

**TRAINING SESSION SELF-REFLECTION QUESTIONS**

1. **How did you achieve your goals of the training session?**
2. **What did you do well?**
3. **What could you do better?**