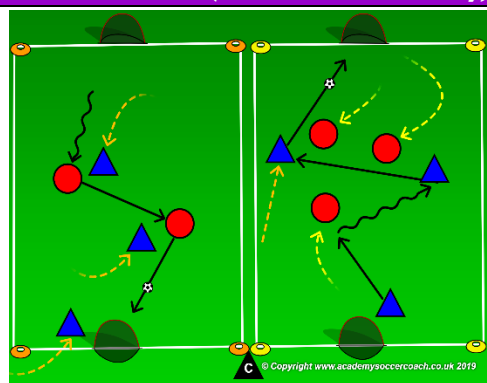




GOAL:	Build up in the defensive half			AGE GROUP
PLAYER ACTIONS	Pass or dribble forward, Spread out, Create passing options			U7/ 8U
KEY QUALITIES	Read and understand the game, Take initiative			
MOMENT	Attacking	DURATION	60 Minutes	4v4

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.

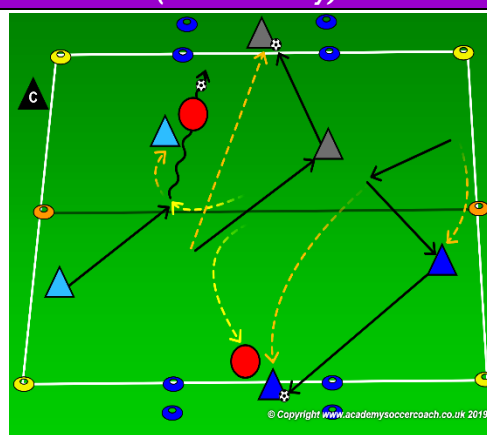
Key Words: go to goal, score goals

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): Pair Bandits

18 Minutes-6 intervals-90 sec. play-30 sec. rest



Organization: In a 20Wx30L yard grid, a 6Wx3L yard box goal on each end line, all players in pairs. Select 1 pair to be the bandits. Each pair needs 1 ball to share except for the bandits. The pairs with a ball will try to dribble & pass to either goal & pass to their teammate within the goal. After scoring in one end, play to the other. How many goals can you score in 2 minutes? The mission of the bandits is to steal the ball from the passing pairs & bring it to one of the two hideouts (goals). The passing pairs can take the ball back from the bandits before they get it all the way to the hideout. If the bandits get the ball into the hideout, the pair lose all their points and have to start counting over again. Rotate bandits after each interval. **Rules:** bandits cannot defend inside of the goal.

Key Words: Look up, find an opening, play through it

Guided Questions: Where should you go if a defender is closing your opening? What are some ways you can play the ball through an opening?

Answers: See if teammate can move to create a new opening. You can dribble through or pass through.

Notes: Variation-if bandits steal a ball and get it to a hideout, they can now begin scoring goals. The team that lost the ball must now steal another ball in order to start scoring again.

PRACTICE (Less Challenging): Bandits (Coach is it)

18 Minutes-9 intervals-90 sec. play-30 sec. rest



Organization: In a 20W x 30L yard grid, a 6W x 3L yard box goal on each end line and all players have a soccer ball. The coach will be the bandit. The players will try to dribble into the goals. After scoring in one end, play to the other. How many goals can you score in 2 minutes? The mission of the bandit is to steal the ball and bring it to one of the two hideouts (goals). The player can steal his/her ball back from the bandits before they get it all the way to the hideout. If the bandit succeeds in getting the ball into the hideout, the player loses all their points and have to start counting over again.

Key Words: find avoid the coach, go for goal

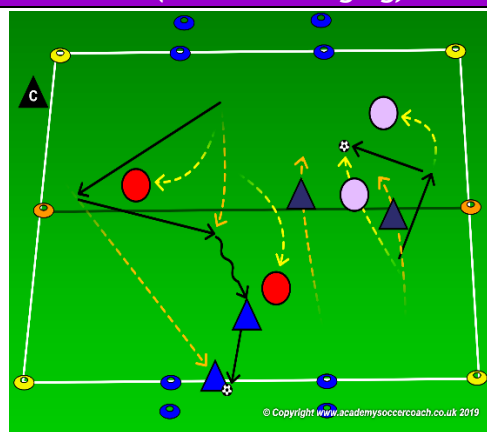
Guided Questions: Where should you go if another dribbler is in your way? What can you do if the coach/bandit is blocking the goal?

Answers: Try to find a new opening to the goal. If the bandit is blocking your opening, be patient, dribble away then back to goal.

Notes: Once the players understand the direction and where to score, challenge them to work with a partner. The 2 players now need to move the ball from one goal to the other.

PRACTICE (More Challenging): Multiple 2v2 to Goal

18 Minutes-6 intervals-2 min. play-1 min. rest



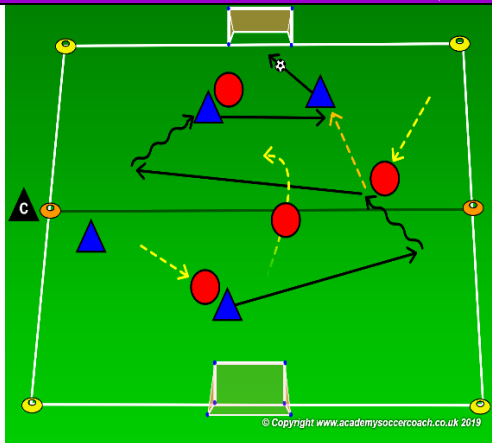
Organization: In a 20W x 30L yard grid, a 6W x 3L yard box goal on each end line, coach will create teams of 2 players. Two teams will play against one another and, on the same field and at the same time, two other teams will also play against one another. Each team will defend 1 goal and score in the other. A goal is scored by either dribbling the ball into the opponent's box or passing the ball to your teammate in the box. After a goal is scored, the scoring team backs up to allow the ball back into play and the game continues. If you have more than 4 teams of 2, either rotate teams onto the field or create a second field.

Key Words: play through, look up

Guided Questions: What are some things you have to look for in this game? Why should you try to keep the ball instead of kicking it away?

Answers: You have to look for your teammates, the goal or opponents. It is much easier to get the ball to your teammates if you receive it first, pick your head up and pass it to them.

Notes: Coach can add passing or scoring incentives as needed to further challenge the players.



Objective: to pass or dribble past an opponent 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 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: turn, get the ball, score goals

Guided Questions: Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

Answers: The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

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?