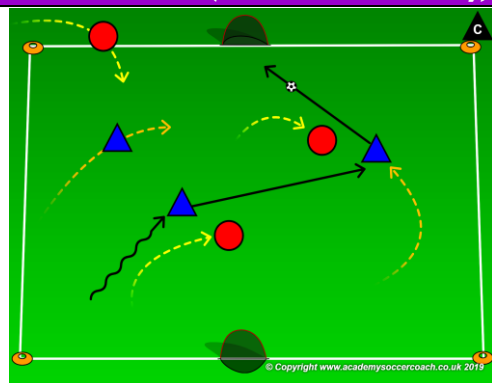




GOAL:	Build up in the opponent's half			AGE GROUP
PLAYER ACTIONS	Pass or dribble forward, Create passing options			U7/8U
KEY QUALITIES	Take initiative, be pro-active			
MOMENT	Attacking	DURATION	60 Minutes	4v4

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.

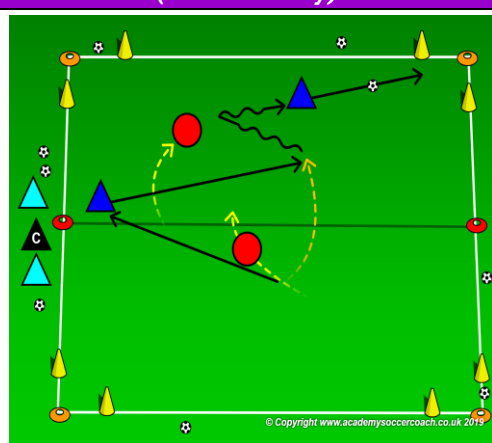
Key Words: go to goal, score goals

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): 2v2 to 4 Corner Goals

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



Organization: On the same 2 fields set up above (17Wx25L), place a cone goal in each corner of the field. Play a 2v2 game on each field. Each field will also have a team on the side line who switches in after 1 minute. Both teams will defend the 2 goals on one end line and attack the 2 goals on the other end line. Place several soccer balls around the field for quicker restarts.

Rules: coach keeps track of time. After 1 minute, a team leaves the field. After the first minute, each team remains on the field for 2 games and they have 1 game off. The game does not stop to switch teams. The team who stays on the field can score if the new team doesn't enter quickly.

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

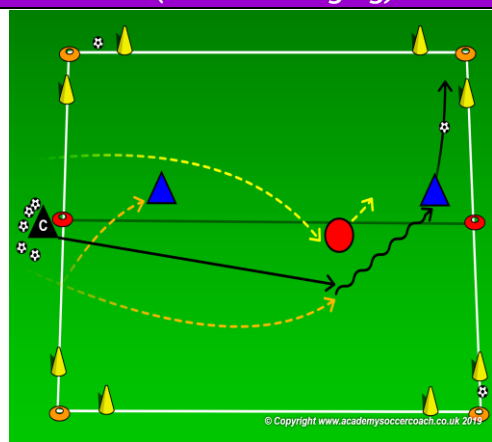
Guided Question: What can you do to trick the opponent? When would you use your laces to strike the ball?

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: makes fields slightly smaller if the coach chooses. Stop between rounds as need to organize the players but the more the game flows, the better.

PRACTICE (Less Challenging): 2v1 to 4 Goals

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



Organization: In a 17Wx25L 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

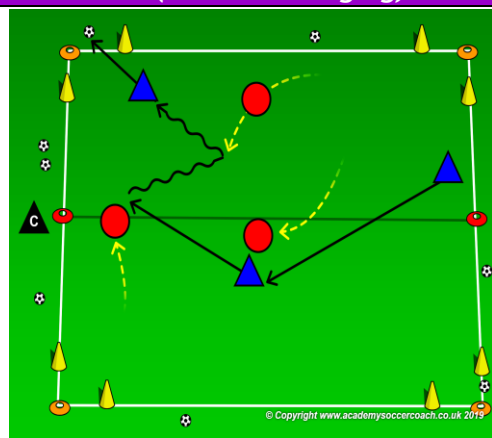
Guided Question: Where can you play the ball if the opening to one goal is blocked by the defender? When would you use your laces to strike the ball?

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): Multiple 3v3 to 4 Goals

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



Organization: On the same 2 fields set up above (17Wx25L), place a cone goal in each corner of the field. Play a 3v3 game on each field. Both teams will defend the 2 goals on one end line and attack the 2 goals on the other end line. Place several soccer balls around the field for quicker restarts. **Rules:** coach keeps track of time. If a ball leaves the field, the team who didn't kick it out or score can retrieve any ball from off the field.

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

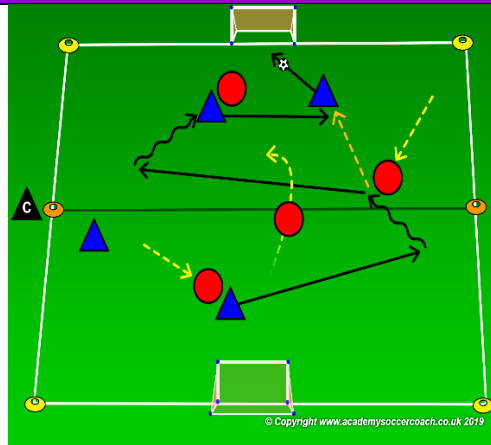
Guided Question: What can you do to trick the opponent? When would you use your laces to strike the ball?

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: makes fields slightly smaller if the coach chooses. Stop between to rotate subs in if needed.

2nd. PLAY PHASE: The Game – 4v4 (no Goal Keepers)

24 Minutes-2 intervals-10 min. play-2 min. rest



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?**