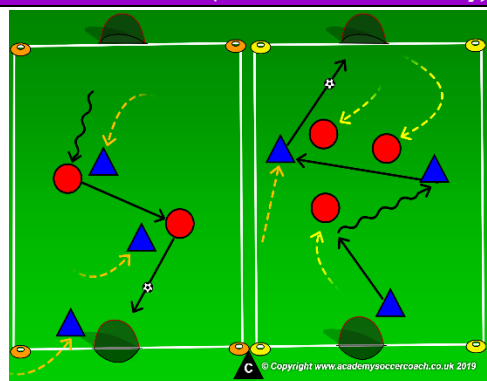




<b>GOAL:</b>	Improve Scoring Goals			<b>AGE GROUP</b>
<b>PLAYER ACTIONS</b>	Shoot, Pass or dribble forward			<b>U7/ 8U</b>
<b>KEY QUALITIES</b>	Read and understand the game, Take initiative, Focus			
<b>MOMENT</b>	Attacking	<b>DURATION</b>	<b>60 Minutes</b>	<b>4v4</b>

**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

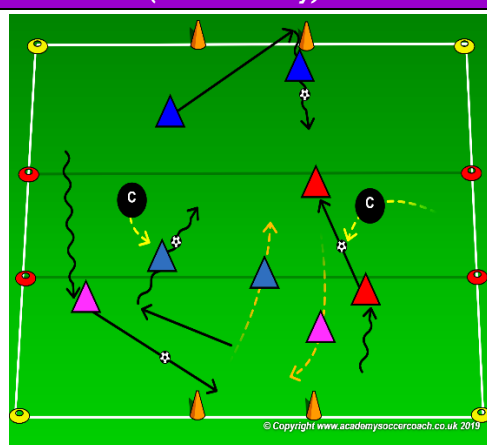
**Organization:** On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 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): Boston Bulldogs (with partner)** **14 Minutes-7 intervals-1 min. play-1 min. rest**



**Organization:** In a 20Wx30L grid, with a 5 yard zone in the middle (the dog pound) & a cone goal on each end line. Coaches start in the pound as the dog catchers (dog catchers do not use a soccer ball & must stay in the pound). Each player has a partner and one soccer ball to share. Players start on one end line. Players (bulldogs) try to sneak through the dog pound without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they can go back through the dog pound to score in the other goal. **Rules:** When the coach yells, "Who let the dogs out?" the players start across the grid. If a dog catcher steals your soccer ball you and your partner lose your points and have to start scoring again.

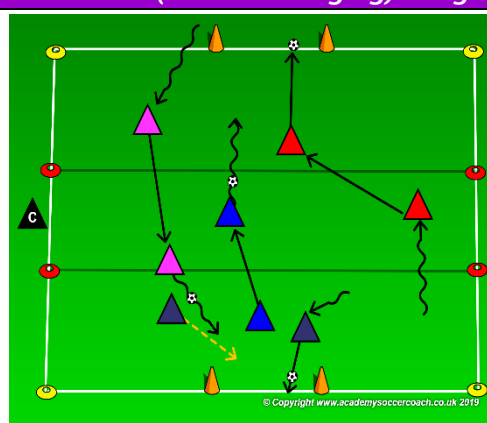
**Key Words:** play quickly, dribble (or pass) through the pound

**Guided Questions:** How can you get the ball through the dog pound the fastest? Once you get past the dog pound, what part of your foot can you use to score?

**Answers:** You can kick the ball through the pound but it is helpful if your partner is on the other side. You can point your toe down so you can strike the ball with your laces.

**Notes:** Players can start as dog catchers also but will be in the pound with their partner. After a few rounds, if the catcher steals a ball, the dog catchers and bulldogs can switch roles.

**PRACTICE (Less Challenging): Dogs Gone Wild** **14 Minutes-7 intervals-1 min. play-1 min. rest**



**Organization:** In a 20Wx30L grid, with a 5 yard zone in the middle (the dog pound) & a cone goal on each end line. Each player has a partner and one soccer ball to share. Players start on one end line. Players (bulldogs) try to sneak through the dog pound. If they can get through the dog pound without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they can go back through the dog pound to score in the other goal. How many goals can they score in 1 minute? Challenge them to beat their score each round. **Rules:** When the coach yells, "Who let the dogs out?" the players start across the grid. Can kick the ball through the goal or dribble through for points.

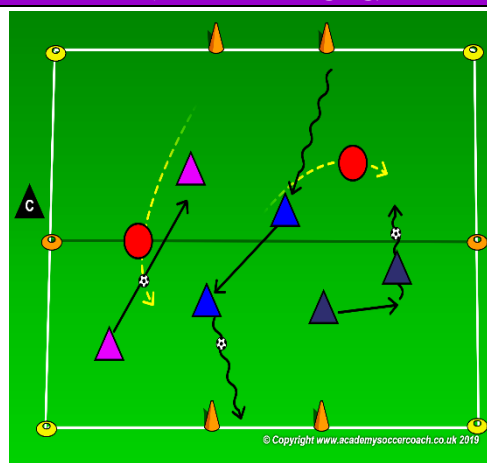
**Key Words:** Go to goal, dribble (or pass) through the pound

**Guided Questions:** How can you get the ball through the dog pound the fastest? Once you get past the dog pound, what part of your foot can you use to score?

**Answers:** You can kick the ball through the pound but it is helpful if your partner is on the other side. You can point your toe down so you can strike the ball with your laces.

**Notes:** Coaches can step into the dog pound as obstacles to see if the players can play the ball around the coaches (dog catchers).

**PRACTICE (More Challenging): Boston Bulldog (no pound)** **14 Minutes-7 intervals-1 min. play-1 min. rest**



**Organization:** In a 20Wx30L grid, with a cone goal on each end line. Coaches or 2 players start as dog catchers (dog catchers do not use a soccer ball.) The rest of the players have a partner and a soccer ball to share. Players start on one end line. Players (bulldogs) try to play past the dog catchers without getting caught. If they can get past the dog catchers without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they can go back past the dog catchers to score in the other goal. **Rules:** When the coach yells, "Who let the dogs out?" the players start across the grid. If a dog catcher steals your soccer ball you and your partner lose your points and have to start scoring again.

**Key Words:** Go fast, find your partner

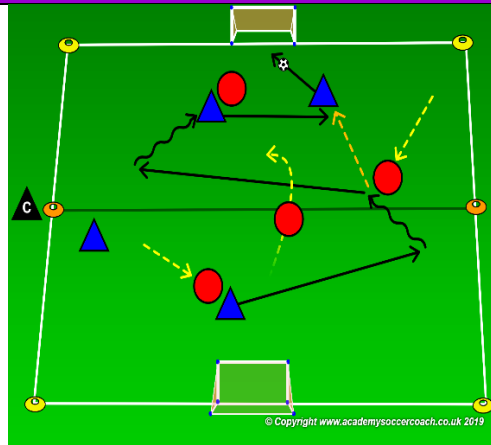
**Guided Questions:** How can you get past the defender quickly? Once you give the ball to your teammate, what should you do next?

**Answers:** You can pass forward to your teammate hard enough so the defender can't steal it. You should move to a new opening and hopefully closer to the goal.

**Notes:** After a few rounds, if the dog catcher steals a ball, the dog catchers and bulldogs can switch roles.

**2<sup>nd</sup>. 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?**