

Fall 2020



**GOAL:**

Improve the techniques of shooting, passing & dribbling

**PLAYER ACTIONS**

Shoot, pass or dribble forward

**KEY QUALITIES**

Take initiative, be pro-active

**MOMENT**

Attacking

**DURATION**

60 minutes

**PLAYERS**

8 - 12

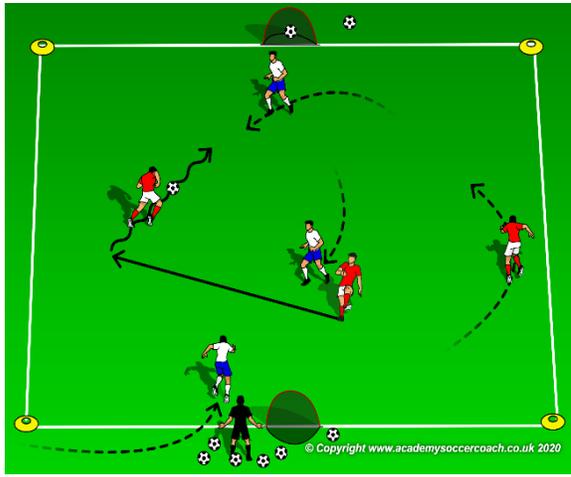
**U6**

**4v4**

**SKILL ACQUISITION:** **Dribbling:** Surface of the foot and ball, quality of the touch, change direction, head up – **Passing:** Surface of the foot & ball, eyes on the ball while striking – **Shoot:** Surface of the foot & ball, eye on the ball, watch the ball off the foot

**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:** Shoot, 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:** Play forward, turn to goal, laces to ball

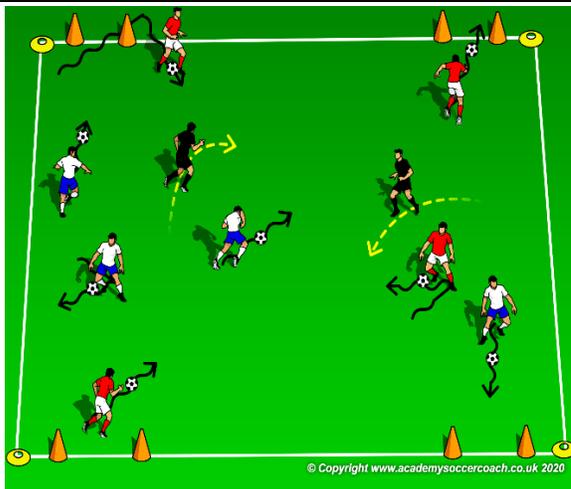
**GUIDED QUESTIONS:** If you have the ball, which direction should you try to play? How can you score more easily?

**ANSWERS:** Turn your body & ball until you are facing the goal you want to go to. Move the ball closer to the goal before shooting it.

**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 (Act. 1): 4 Surface Dribbling to 4 Goals**

**8 minutes-8 intervals-40 sec. play-20 sec. rest**



**OBJECTIVE:** To dribble and change direction to goal

**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** In a 15W x 20L grid with 2 cone goals on each end line & each player with a soccer ball, the players dribble their ball using specific surfaces: outside right (pinky toe)-inside right (big toe)- laces & bottom. Repeat with the left foot. Coaches walk around the field and act as obstacles while the players try to dribble to the safety of any of the 4 goals. **RULES:** Players begin dribbling as soon as they have their ball. On the coach's command (or whistle), the players will dribble their ball as fast as they can through any of the 4 goals. After each round, the coach introduces a new surface until all 4 surfaces are completed in a row.

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

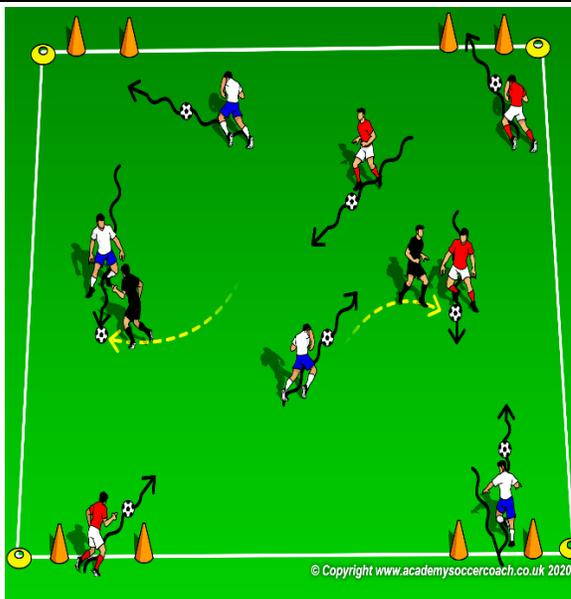
**GUIDED QUESTIONS:** How do you know where the coaches are? (Building on the first question) Since the goals never move, why is it still important to dribble with your head up?

**ANSWERS:** By looking around, you can see where the coaches are moving to. Since the coaches and the other players could be in your way, it is important to know where everyone is.

**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 (Act. 2): Sid the Sloth vs Crash & Eddy**

**8 minutes-4 intervals-90 sec. play-30 sec. rest**



**OBJECTIVE:** Improve dribbling to avoid opponents & dribbling to goal

**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** In a 15W x 20L grid, 2 cone goals on each end line, the players (Crash & Eddy the possums) try to dribble their soccer ball to as many goals as possible while avoiding Sid the Sloths (the coaches who can only walk.) Sid the Sloths try to tag Crash & Eddy. **RULES:** Play begins as soon as Crash & Eddy begin dribbling. Crash & Eddy get 1000 points for every goal they can score by dribbling through the cones. If Sid the Sloth tags a dribbler, they lose all their points & have to begin counting over again.

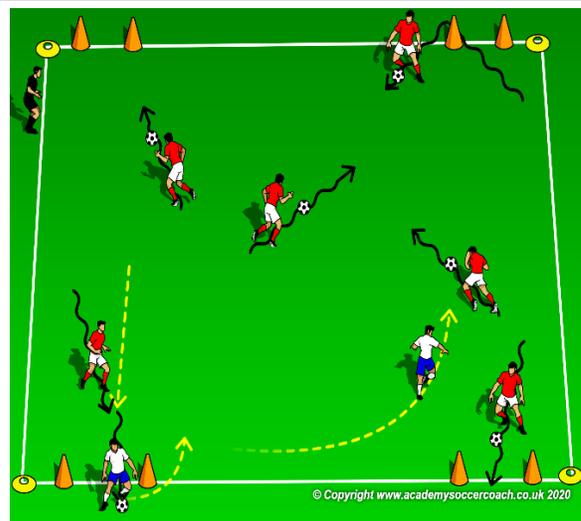
**KEY WORDS:** Go around Sid, push the ball forward

**GUIDED QUESTIONS:** When do you want to go around the sloths? What can you do if one goal is really crowded?

**ANSWERS:** If Sid is blocking your opening to a goal, you can try to dribble around them (use the outside & inside of the foot to move the ball to the side and laces to push it past Sid.) Use the outside, inside or bottom of the foot to turn the ball toward an open goal.

**Note:** Coach should focus on the player's success. Sometimes, instead of tagging them, encourage them to move around the coach and get away. The thought of getting tagged could make them move a little faster.

**PRACTICE (Activity 3): Scrats Acorn Hunt**



**8 minutes-4 intervals-90 sec. play-30 sec. rest**

**OBJECTIVE:** Move the ball forward to get past the opponent's in order to score

**PLAYER ACTIONS:** Shoot, pass or dribble forward

**ORGANIZATION:** In a 15W x 20L grid, 2 cone goals on each end line, select 2 players to be Scrats (they do not need a soccer ball.) All other players have a soccer ball. The dribblers try to dribble their soccer ball (acorn) into as many goals as possible while avoiding the Scrats. The Scrats try to steal the dribbler's acorns and hide them in the trees (goals.) **Rules:** Play begins as soon as the Scrats enter the field. Dribblers get 1 point for every goal they score. Dribblers can steal their ball back before Scrat gets it to a tree. If a Scrat steals their ball and hides it in a tree, the dribbler loses all their points and have to begin scoring over again.

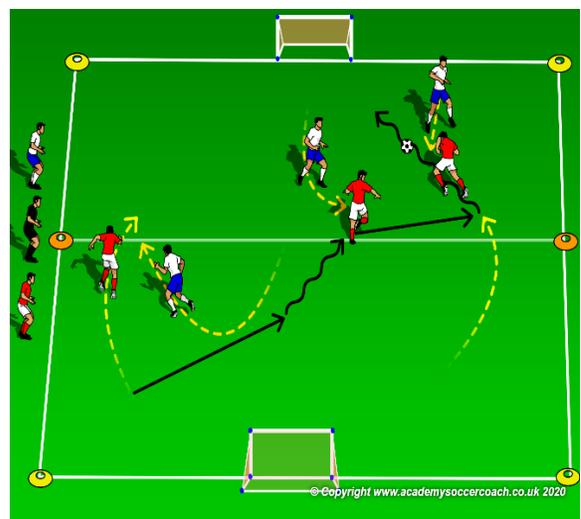
**KEY WORDS:** Get close to the goal, try to shoot, don't let the Scrats hide your ball

**GUIDED QUESTIONS:** What are some ways you can score more goals? What would happen if you stole the ball back from Scrat before they could hide your ball?

**ANSWERS:** Try to shoot it from far away then run after it or dribble closer to the goal before you shoot it. You can keep the Scrat from scoring/hiding your ball and save your points.

**Note:** In the last few rounds, you can try to accumulate Scrats. If a Scrat steals and hides a ball in a goal, that player becomes a Scrat also. Which player can last the longest? Remember to encourage the dribblers more than the Scrats.

**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 & score goals

**PLAYER ACTIONS:** Shoot, 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, move out of your teammate's way

**GUIDED QUESTIONS:** If you don't see an opening to the goal, what can you do next? What can you do if your teammate has the ball?

**ANSWERS:** Turn the ball to side and look for a new opening to either the goal or a teammate. Be careful not to block the goal from your teammate. Try to get open to receive a pass if your teammate needs your help.

**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?**