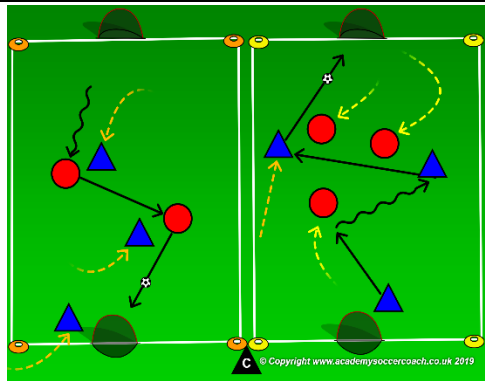




<b>GOAL:</b>	Improve build up in the opponent's half			<b>AGE GROUP</b>
<b>PLAYER ACTIONS</b>	Shoot, Pass or dribble forward			<b>8U</b>
<b>KEY QUALITIES</b>	Read and understand the game, Take initiative, Focus			
<b>MOMENT</b>	Attacking	<b>DURATION</b>	<b>60 Minutes</b>	<b>4v4</b>

**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.

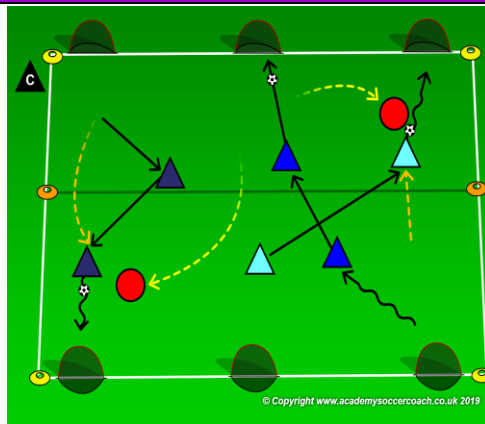
**Key Words:** go to goal, score goals

**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): Groups of 2 vs The Defenders**

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



**Organization:** In a 20Wx30L yard grid and 3 goals on each end line, coach will select 2-3 players to defend. All other players have a partner and a soccer ball to share. The teams with a ball can dribble or pass past the defenders and score in any of the 3 goals on one end line. Once they have scored, they get any soccer ball from off the field or out of the goal and try to score on any of the 3 goals on the other side. How many goals can they score in 1 minute? If a defender steals their soccer ball and can play it off the field, the players who lost their ball lose all their points and have to start scoring again.

**Rules:** Players can dribble, pass or shoot past the defenders. Rotate defenders after each round.

**Key Words:** move with your teammate, help your teammate score

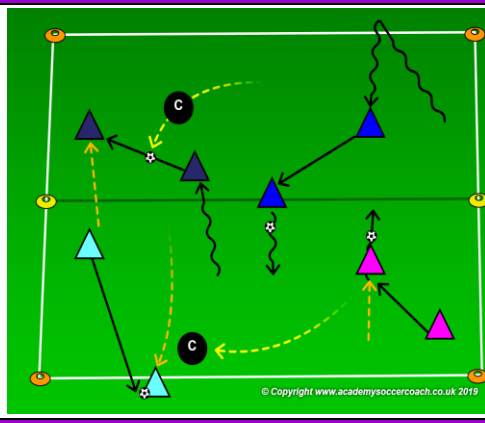
**Guided Questions:** How can the 2 players with a ball beat any 1 defender? What can you do if the defender doesn't follow you?

**Answers:** Try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to goal and score.

**Notes:** Use cones for goals if needed. Adjust the number of defenders to make the game more or less challenging. Coaches can be defenders if needed.

**PRACTICE (Less Challenging): Groups of 2 vs Defenders to End Lines**

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



**Organization:** In a 20Wx30L yard grid play groups of 2 vs the coaches to the end lines; coaches are the defenders. All other players have a partner and a soccer ball to share. The teams with a ball can dribble or pass past the defenders and score by stopping their ball on or slightly across the end line. Once they have scored, they get any soccer ball from off the field and try to on the opposite end line. How many goals can they score in 1 minute? If a defender/coach steals their soccer ball and can play it off the field, the players who lost their ball lose all their points and have to start scoring again.

**Rules:** Players can dribble or pass past the defenders to get to the end line.

**Key Words:** move with your teammate, help your teammate score

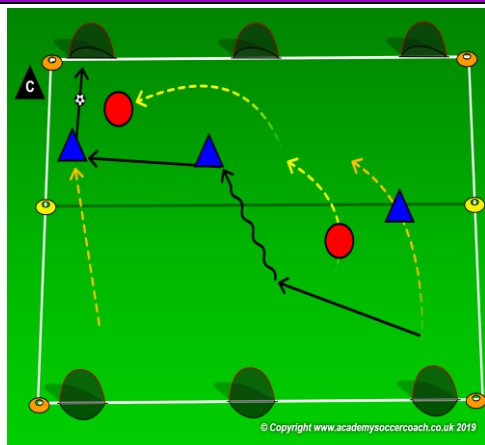
**Guided Questions:** How can the 2 players with a ball beat any 1 defender? What can you do if the defender doesn't follow you?

**Answers:** Try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to goal and score.

**Notes:** Use the players as defenders once they have had some success at scoring. Adjust the number of defenders to make the game more or less challenging.

**PRACTICE (More Challenging): 3v2 to Three Goals**

**18 Minutes-3 intervals-4 min. play-2 min. rest**



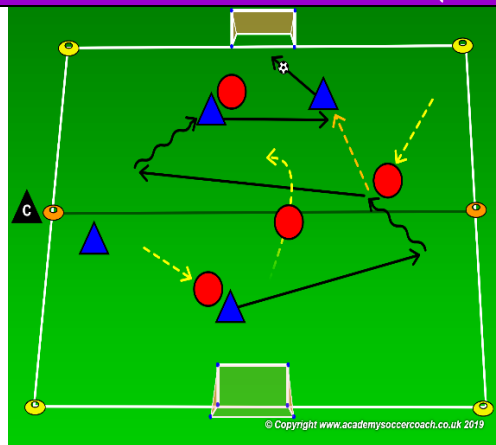
**Organization:** In a 20Wx30L yard grid and 3 goals on each end line, play a 3v2 game. The team of 3 starts with the ball has to dribble, pass or shoot past the defenders and into any of their 3 goals. Once they have scored, they get any soccer ball from off the field and try to score on any of the 3 goals at the same end of the field (make it, take it). How many goals can they score in 1 minute? If a defender steals their soccer ball and can play it off the field, the players who lost their ball lose all their points and have to start scoring again. **Rules:** Players can dribble, pass or shoot past the defenders. Rotate defenders after each round.

**Key Words:** move with your teammate, help your teammate score

**Guided Questions:** How can the 2 players with a ball beat any 1 defender? What can you do if the defender doesn't follow you?

**Answers:** Try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to goal and score.

**Notes:** Use cones for goals if needed. Adjust the number of defenders to make the game more or less challenging.



**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?