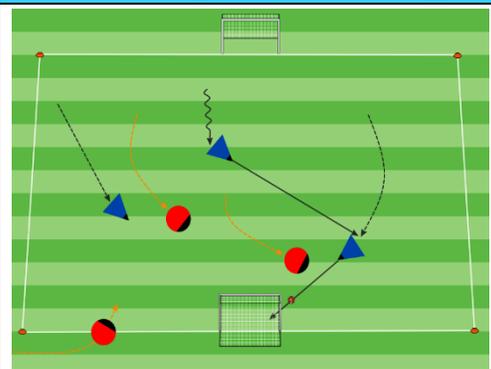




GOAL:	Improve the techniques of dribbling forward to score			AGE GROUP
PLAYER ACTIONS	Dribble Forward, score, play forward when possible			8U
KEY QUALITIES	Focus, read the game			
MOMENT	Attacking	DURATION	60 Minutes	4v4

1st PLAY PHASE (intentional Free Play) **18 Min.-Play multiple 3-4 minute games**



Objective: to pass or dribble past the opponents then score goals

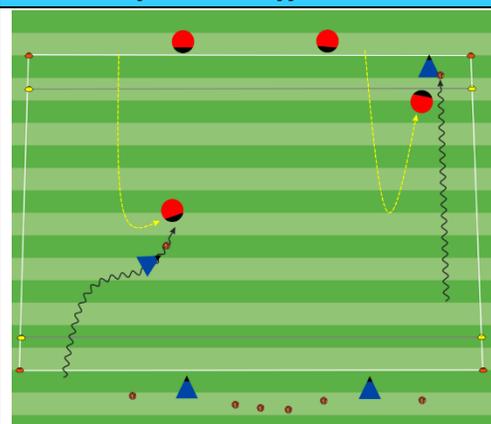
Organization: On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

Key Words: go to goal, score goals

Guided Questions: Are the players engaged? Are all the players getting challenged?

Answers: have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).

PRACTICE (Core Activity): Two x 1v1 to End Zones **20 Minutes-10 intervals-1 min. play-1 min. rest**



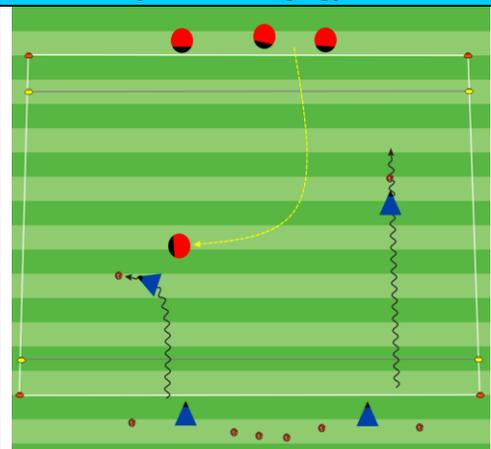
Organization: In 20Wx30L yard grid with a 5yd end zone on each end of the field. Each team starts behind one of the end zones. One team starts with soccer balls. On the coach's command, 2 players with soccer balls enter the field and try to dribble the ball into the opponent's end zone. The team without soccer balls send 2 players to try to steal the ball and score in the opposite end zone. Players who can stop the ball in the opponent's end zone get 10 points. After 5 rounds, switch teams so both teams have a chance to attack. **Rules:** Players try to dribble across to the other end zone. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After both soccer balls are either scored or knocked out of play, the game is over and the next game begins.

Key Words: Look up, find an opening, fake the defender, go forward.

Guided Questions: What should you do when confronted by a defender? When should you kick the ball further of front of you?

Answers: When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.

PRACTICE (Less Challenging): 2 Attack. vs 1 Def. to End Zones: **20 Minutes-20 intervals-30 sec. play-30 sec. rest**



Organization: In 20Wx30L yard grid with a 5yd end zone on each end of the field. Each team starts behind one end zones. One team starts with soccer balls. On the coach's command, 2 players with soccer balls enter the field and try to dribble the ball into the opponent's end zone. The team w/o soccer balls can only send 1 defender. Players who can stop the ball in the opponent's end zone get 10 points. After 5 rounds, switch so both teams have a chance to attack. **Rules:** Players try to dribble across to the other end zone. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After both soccer balls are either scored or knocked out of play, the game is over and the next game begins. Once 1 ball has been scored, the player who scored can help his/her teammate try to score their soccer ball.

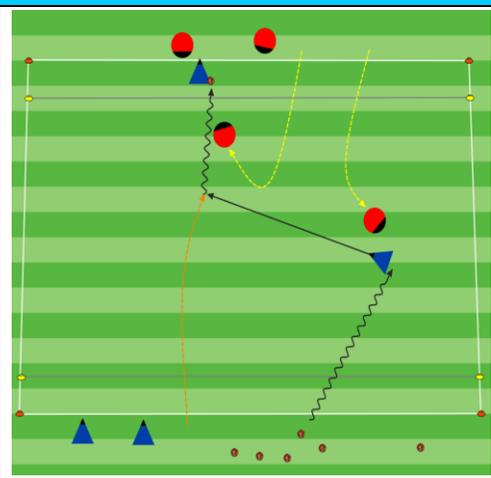
Key Words: Look up, find an opening, fake the defender, go to goal.

Guided Questions: What should you do when confronted by a defender? When should you kick the ball further of front of you?

Answers: When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.

Notes: Coaches need to recognize that both attackers cannot be challenged so one will have an easier path to the goal.

PRACTICE (More Challenging): 2V2 to End Zones **20 Minutes-10 intervals-1 min. play-1 min. rest**



Organization: In 20Wx30L yard grid with a 5yd end zone on each end of the field. Each team starts behind one of the end zones. One team starts with soccer balls. On the coach's command, 2 players with 1 soccer ball enter the field and try to dribble or pass the ball into the opponent's end zone. The team w/o a soccer ball also sends 2 players to defender. The team who can stop the ball in the opponent's end zone get 10 points. After 5 rounds, switch teams so both teams have a chance to start the attack. **Rules:** Teams can dribble or pass across to the other end zone & dribble. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After the soccer ball is either scored or knocked out of play, the game is over and the next game begins.

Key Words: Look up, find an opening, fake the defender, go to goal.

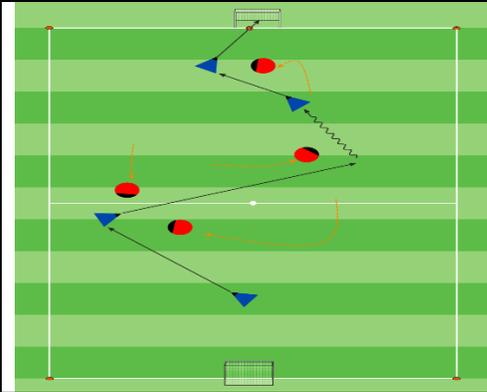
Guided Questions: What should you do when confronted by a defender? When should you kick the ball further of front of you?

Answers: When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.

Notes: It is important to allow one team to start with the ball. Coach can observe to see how the player with the ball starts the attack.

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

22 Minutes-2 intervals-9 min. play-2 min. rest



Objective: to pass or dribble past the opponents 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 11 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? What are successful practice indicators?

Answers: The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.

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?