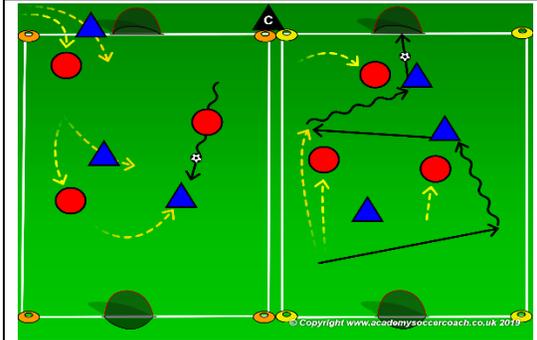


	GOAL:	Improve the techniques of dribbling, passing & shooting		AGE GROUP
	PLAYER ACTIONS	Shoot & pass or dribble forward		6U
	KEY QUALITIES	Take initiative, be pro-active		
	MOMENT	Attacking	DURATION	60 Minutes

1st PLAY PHASE (Intentional Free Play) – Up to 3v3 Game **Play multiple 3-4 minute games**



Objective: to pass or dribble past an opponent then score goals

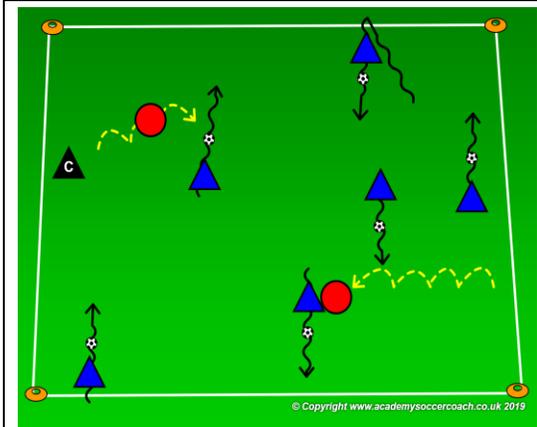
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

Key Words: move the ball around the opponents, dribble, take a chance

Guided Questions: Where do you go if the opening to the goal is closed by a defender? What can you do if you are close to the goal and have an opening to the goal?

Answers: Try to play around the opponent either by passing or dribbling. If you have an opening to the goal, shoot.

PRACTICE (Activity 1): The Cat in the Hat vs Things 1 & 2 **8 min.-8 intervals-30 sec. play-30 sec. rest**



Objective: to dribble and change directions to avoid Things 1 & 2

Organization: In a 15Wx20L grid, select 2 players to start as Thing 1 & 2; they do not need a soccer ball & can only hop around the field. The rest of the players start at 1 end line, all with a ball. They are Cats in Hats. The Cats try to dribble their soccer ball from 1 end of the field to the other without getting tagged by Things 1 or 2. **Rules:** Players begin dribbling as soon as the coach says "Let's Have Fun!" Count the number of times the cats can cross the field in 30 seconds. If a Cat gets tagged, they become a Thing also (or can switch roles with Things or simply have them keep scoring from 0 again). Switch Things after 30 seconds.

Key Words: Faster with longer touches, slower with shorter touches

Guided Question: Why should the players use big touches to dribble? When should the players use softer touches?

Answers: They can build up and maintain speed if they can get the ball further away from their body. Use softer touches when you want to stop the ball or to change direction.

PRACTICE (Activity 2): Tiggers vs Rabbits (Winnie the Pooh) **8 Minutes-8 intervals-45 sec. play-15 sec. rest**



Objective: to dribble your ball toward a target & strike your ball to the moving target

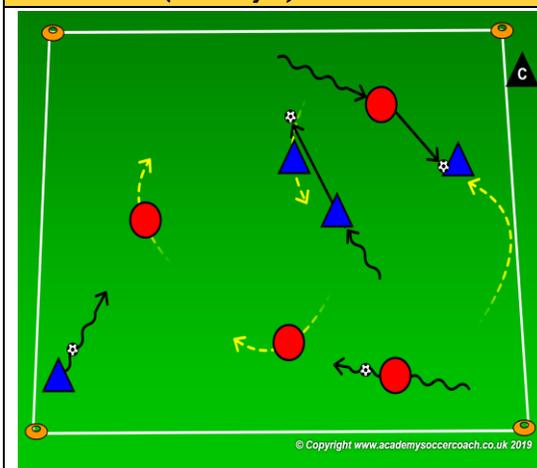
Organization: In a 15Wx20L grid, Select 2 players to start as Tiggers. They start without a soccer ball & can only hop/skip to avoid getting hit (Coaches can start as Tiggers also). The Rabbits start with a ball, can dribble & try to pass their ball to hit the Tiggers below their knees. **Rules:** Players begin dribbling as soon as the first Tigger makes one hop. Rabbits get 10,000 pts for every Tigger they can hit. Each round, switch who are the Rabbits and who are the Tiggers.

Key Words: Kick the ball toward a Tigger, watch the ball as it hits your foot

Guided Question: Why should you get close to the Tiggers before you try to hit them? What part of your foot should you use when trying to hit the Tiggers?

Answers: It makes it easier to hit the Tiggers if you are closer to them. Point your toe to the side and kick through the middle of the ball with the inside of your foot.

PRACTICE (Activity 3): Good Minions vs Evil Minions **8 Minutes-8 intervals-45 sec. play-15 sec. rest**



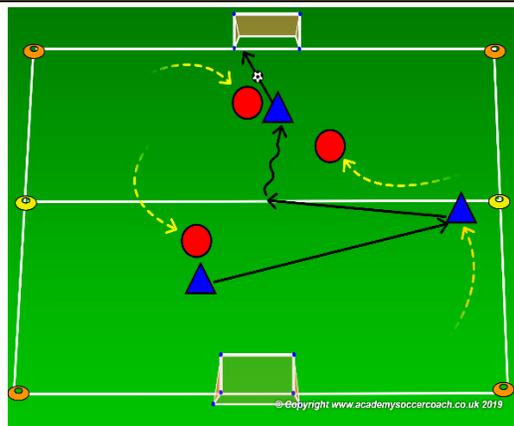
Objective: to dribble your ball toward a target & strike your ball to the moving target

Organization: In a 15Wx20L grid, 2 teams-1 team of Good Minions; without a soccer ball & 1 team of Evil Minions; with soccer balls. Evil Minions try to dribble the soccer ball and zap the Good Minions by hitting them below the knee with the ball. Good Minions try not to get hit. **Rules:** Players begin as soon as the first Evil Minion starts to dribble. If an Evil Minion hits a Good Minion, the Evil becomes good and the good becomes Evil. The new Evil Minion gets a soccer ball. Who are the Good Minions at the end of the interval?

Key Words: Accuracy (Aim), Pace (Speed) & Weight (Strength)

Guided Question: How can the evil minions shoot the good minions? When should the evil minions shoot their ray gun?

Answers: Take aim by turning your body toward the good minion. After you dribble close and took aim, try to hit the middle of the ball with your shoe laces to hit the good minions.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 20Wx30L field and a small goal on each end line, play a 3v3 game or 4v4 (game should not exceed 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: go to goal, get the ball

Guided Questions: Who should determine whether to dribble pass or shoot? If you do not have the ball, how can you steal it from the other team?

Answers: The player with the ball should make this decision (coaches can provide guided assistance only as needed). Steal the ball by tackling it away from the opponent. Remember to try to keep the ball once you have stolen it.

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?