

	<b>GOAL:</b>	Improve preventing the opponents from scoring							
	<b>PLAYER ACTIONS</b>	Protect the goal, steal the ball							
	<b>KEY QUALITIES</b>	Read and understand the game, Focus							
	<b>AGE GROUP</b>	U8/4v4	<b>MOMENT</b>	Defending	<b>DURATION</b>	60 min.			
<b>1<sup>st</sup> PLAY PHASE</b>	Intentional Free Play	<b>Duration:</b>	18 min.	<b>Activity time:</b>	4.5 min.	<b>Rest time:</b>	90 sec.	<b>Intervals</b>	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit <a href="http://www.mayouthsoccer.org/coaches/play_practice_play/">http://www.mayouthsoccer.org/coaches/play_practice_play/</a> for full description									
<b>PRACTICE (Core Activity):</b>	<b>Duration:</b>	18 min.	<b>Activity time:</b>	30 sec.	<b>Rest time:</b>	30 sec.	<b>Intervals</b>	18	
	<b>2v1 to Side Goals:</b> <b>Organization:</b> In a 20Wx30L grid, a goal near the 2 corners closest to the players. The coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right & one on the left. Each team will have 1 goal to defend and 1 goal to score in. The coach will play a ball onto the field. If the coach plays the ball in to the right side of the field, the team on the coach's right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent's goal. <b>Rules:</b> Play starts when the coach passes a ball onto the field. Team's get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next players to play. <b>Key Words:</b> block the goal, force them away from your goal <b>Guided Question:</b> Where can you go to block the goal? <b>Answer:</b> try to position your body between the ball and the goal. <b>Notes:</b> The goal position is important because it will help the defender get goal side quicker and eliminate options for the attackers.								
<b>PRACTICE (Less Challenging):</b>	<b>Duration:</b>	18 min.	<b>Activity time:</b>	1 min.	<b>Rest time:</b>	1 min.	<b>Intervals</b>	9	
	<b>2v1 to Side Goals (players enter field first):</b> <b>Organization:</b> Same set up as the Core Activity except, after the team is divided into 2 groups, the coach will appoint 2 players from 1 team and 1 from the other to enter the field. Each team will still have 1 goal to defend and 1 goal to score in. Once the players are on the field, the coach will play a ball onto the field to the team of 2. Both teams try to score in their opponent's goal. Set up multiple fields if needed. <b>Rules:</b> Play starts when the coach passes a ball onto the field. Teams get 1,000 points if they can score a goal. Once a goal is scored or if the ball goes out of play, game over and coach serves a new ball out for the next players to play. <b>Key Words:</b> block the goal, go, force them away from your goal <b>Guided Question:</b> Where can you go to block the goal? <b>Answer:</b> try to position your body between the ball and the goal. <b>Notes:</b> The goal position is important because it will help the defender get goal side quicker and eliminate options for the attackers. Coach should serve the ball into an open space to allow time for the defender to respond.								
<b>PRACTICE (More Challenging):</b>	<b>Duration:</b>	18 min.	<b>Activity time:</b>	30 sec.	<b>Rest time:</b>	30 sec.	<b>Intervals</b>	18	
	<b>2v1 to Goal:</b> <b>Organization:</b> In a 20Wx30L grid, a goal in the middle of each end line. The coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right & one on the left. Each team will have 1 goal to defend and 1 goal to score in. The coach will play a ball onto the field. If the coach plays the ball in to the right side of the field, the team on the coach's right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent's goal. <b>Rules:</b> Play starts when the coach passes a ball onto the field. Team's get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next players to play. <b>Key Words:</b> block the goal, force them away from your goal <b>Guided Question:</b> Where can you go to block the goal? <b>Answer:</b> try to position your body between the ball and the goal. <b>Notes:</b> By moving the goal into the middle of the field, the defender will have to decide how to prevent goals from his/her left side, right side & middle. Observing and adjusting the player's body position is key.								
<b>2<sup>nd</sup> PLAY PHASE</b>	The Game - 4v4	<b>Duration:</b>	24 min.	<b>Activity time:</b>	10 min.	<b>Rest time:</b>	2 min.	<b>Intervals</b>	2
Finish the session with a scrimmage using all FIFA rules, visit <a href="http://www.mayouthsoccer.org/coaches/play_practice_play/">http://www.mayouthsoccer.org/coaches/play_practice_play/</a> for full description.									
<b>FIVE ELEMENTS OF TRAINING ACTIVITY</b>					<b>TRAINING SESSION SELF REFLECTION QUESTIONS</b>				
<ol style="list-style-type: none"> <li><b>Organized:</b> Is the activity organized in the right way?</li> <li><b>Game like:</b> Is the activity game like?</li> <li><b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</li> <li><b>Challenging:</b> Are the players challenged? (Is there the right balance between being successful and unsuccessful?)</li> <li><b>Coaching:</b> Is there the right coaching based on the age/level of the players?</li> </ol>					<ol style="list-style-type: none"> <li>How did you do in achieving the goal of the training session?</li> <li>What did you do well?</li> <li>What could you do better?</li> </ol>				