### 3rd PLAY PHASE
**Organized:** FIVE ELEMENTS OF TRAINING ACTIVITY

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>U8/4v4</th>
<th>MOMENT</th>
<th>Attacking</th>
<th>DURATION</th>
<th>60 min.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1st PLAY PHASE</strong></td>
<td>Intentional Free Play</td>
<td>Duration: 18 min.</td>
<td>Activity time: 4.5 min.</td>
<td>Rest time: 90 sec.</td>
<td>Intervals: 3</td>
</tr>
</tbody>
</table>

As players arrive, play Small Sided Games (1v1 -4v4) please visit [http://www.mayouthsoccer.org/coaches/play_practice_play/](http://www.mayouthsoccer.org/coaches/play_practice_play/) for full description.

### PRACTICE (Core Activity):
**Organization:** Boston Bulldogs (with partners):

- **Guided Questions:**
  - How can you get the ball through the dog pound the fastest?
  - Once you get past the dog pound, what part of your foot can you use to score?

- **Answers:**
  - You can kick the ball through the pound but it is helpful if your partner is on the other side.
  - You can point your toe down so you can strike the ball with your laces.

- **Notes:**
  - Players can start as dog catchers also but will be in the pound with their partner. After a few rounds, if the dog catcher steals a ball, the dog catchers and bulldogs can switch roles.

### PRACTICE (Less Challenging):
**Organization:** Dogs Gone Wild:

- **Rules:** When the coach yells, “Who let the dogs out?” the players start across the grid. Can kick the ball through the goal or dribble through for points.

- **Key Words:** Go to goal, dribble (or pass) through the pound

- **Guided Questions:**
  - How can you get the ball through the dog pound the fastest?
  - Once you get past the dog pound, what part of your foot can you use to score?

- **Answers:**
  - You can kick the ball through the pound but it is helpful if your partner is on the other side.
  - You can point your toe down so you can strike the ball with your laces.

- **Notes:**
  - Coaches can step into the dog pound as obstacles to see if the players can play the ball around the coaches (dog catchers).

### PRACTICE (More Challenging):
**Organization:** Boston Bulldogs (no dog pound):

- **Guided Questions:**
  - How can you get the ball through the dog pound the fastest?
  - Once you get past the dog pound, what part of your foot can you use to score?

- **Answers:**
  - You can kick the ball through the pound but it is helpful if your partner is on the other side.
  - You can point your toe down so you can strike the ball with your laces.

- **Notes:**
  - After a few rounds, if the dog catcher steals a ball, the dog catchers and bulldogs can switch roles.

### 2nd PLAY PHASE
**The Game - 4v4**

<table>
<thead>
<tr>
<th>DURATION</th>
<th>Activity time:</th>
<th>Rest time:</th>
<th>Intervals</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Duration:</strong> 28 min.</td>
<td>Activity time: 12 min.</td>
<td>Rest time: 2 min.</td>
<td>Intervals: 2</td>
</tr>
</tbody>
</table>


### FIVE ELEMENTS OF TRAINING ACTIVITY

1. **Organized:** Is the activity organized in the right way?
2. **Game like:** Is the game activity game like?
3. **Repetitions:** Are there repetitions when looking at the overall goal of the session?
4. **Challenging:** Are the players challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there the right coaching based on the age/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?