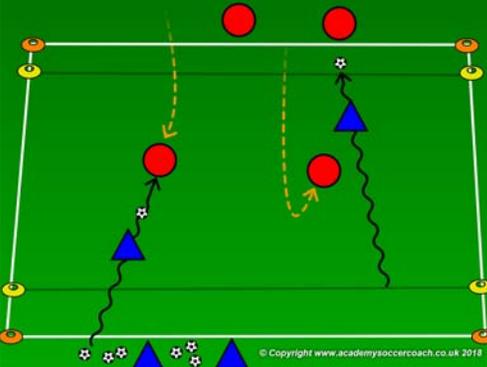
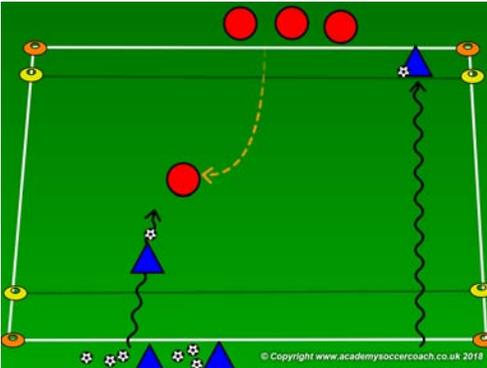
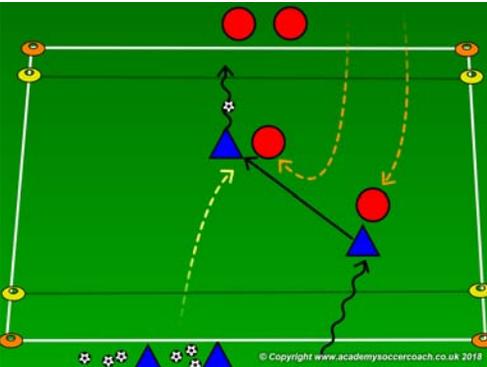


 	GOAL:	Improve the techniques of Dribbling Forward to score goals							
	PLAYER ACTIONS	Dribble Forward, Shoot							
	KEY QUALITIES	Focus, Read the game							
	AGE GROUP	U8/4v4	MOMENT	Attacking	DURATION	60 min.			
1st PLAY PHASE	Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 sec.	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):	Duration:	20 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	10	
	2 x 1v1 to End Zones: Organization: In 20Wx30L yd 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: 1.- What should you do when confronted by a defender? 2.- When should you kick the ball further of front of you? Answers: 1.- When a defender is close, take softer touches to keep the ball close. 2.- 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):	Duration:	20 min.	Activity time:	30 sec.	Rest time:	30 sec.	Intervals	20	
	2 Attackers vs 1 Defender to End Zones: Organization: In 20Wx30L yd 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 can only send 1 defender. 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 to goal. Guided Questions: 1.- What should you do when confronted by a defender? 2.- When should you kick the ball further of front of you? Answers: 1.- When a defender is close, take softer touches to keep the ball close. 2.- 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):	Duration:		Activity time:		Rest time:		Intervals		
	2v2 to End Zones: Organization: In 20Wx30L yd 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 without soccer balls 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: 1.- What should you do when confronted by a defender? 2.- When should you kick the ball further of front of you? Answers: 1.- When a defender is close, take softer touches to keep the ball close. 2.- 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	Duration:	22 min.	Activity time:	9 min.	Rest time:	2 min.	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				