

	GOAL:	Improve build up in the final third of the field							
	PLAYER ACTIONS	Create passing option, pass, dribble or shoot forward							
	KEY QUALITIES	Read and understand the game, Take initiative							
	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:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9	
	Groups of 2 v The Defenders: Organization: In 20Wx30L yard grid with 3 on each end line, coach will select 2-3 players to defend. All other players have a partner and a soccer ball. The teams with a soccer ball have to dribble or pass past the defenders and score in any of the 3 goals on one end. Once they have scored, they get any soccer ball from off the field or out of a goal and try to score in any of the 3 goals on the other side. How many goals can the attackers score in 1 minute? If a defender steals their soccer ball and can play it off the field, the attackers who lost their ball have to start counting goals over again. Rules: Can dribble, pass & shoot past the defenders. Rotate defenders after each round. Key Words: move with your teammate, help your teammate score Guided Questions: How can the 2 players with the ball beat any 1 defender? What can you do if the defender doesn't follow you? Answers: try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to the goal and score? Notes: Use cones for goals if needed. Adjust the number of defenders to make the game more or less challenging. Coaches can be defenders if needed.								
PRACTICE (Less Challenging):	Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9	
	Groups of 2 v The Defenders to End Lines: Organization: In 20Wx30L yard grid with the coach as the defender. All other players have a partner and a soccer ball. The teams with a soccer ball have to dribble or pass past the defenders and score stopping the ball across the end line. Once they have scored, they get any soccer ball from off the field, including the ball they just scored, and attack the opposite end line. How many goals can the attackers score in 1 minute? If a defender/coach steals their soccer ball and can play it off the field, the attackers who lost their ball have to start counting goals over again. Rules: Can dribble, pass & shoot past the defenders. After 2 rounds, try to add 1 player as a defender to increase the challenge. Key Words: move with your teammate, help your teammate score Guided Questions: How can the 2 players with the ball beat any 1 defender? What can you do if the defender doesn't follow you? Answers: try to dribble to get the defender to follow you then find your teammate with a pass.								
PRACTICE (More Challenging):	Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9	
	3v2 to Three Goals: Organization: In 20Wx30L yard grid with 3 on each end line, select 3 players to play against 2. The team with a soccer ball has to dribble or pass past the defenders and score in any of the 3 goals on the opponent's end line. Once they have scored, the same team gets any ball they can from off the field and can attack again (make it, take it). Rules: Can dribble, pass & shoot past the defenders. Only 1 ball on the field at a time. Game last for 1 minute then rotate players on the field or switch teams so everyone has equal chances to be on the team of 3. Key Words: move with your teammate, help your teammate score Guided Questions: How can the 2 players with the ball beat any 1 defender? What can you do if the defender doesn't follow you? Answers: try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to the goal and score? Notes: Use cones for goals if needed. Set up multiple fields if needed.								
2nd PLAY PHASE	The Game - 4v4	Duration:	24 min.	Activity time:	10 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? 				