

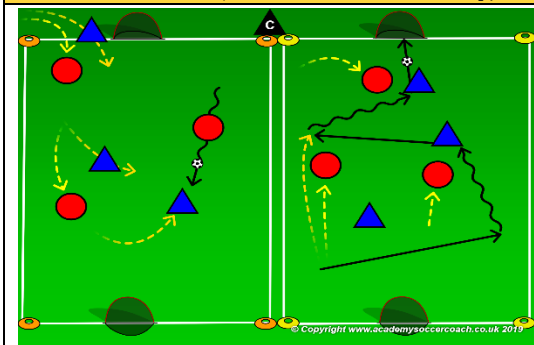


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|--|-----------------------|---|------------------|
|   | GOAL: | Improve the techniques of passing, dribbling and shooting | AGE GROUP |
| | PLAYER ACTIONS | Shoot, pass or dribble forward | |
| | KEY QUALITIES | Take initiative, be pro-active | U6 |
| MOMENT | Attacking | DURATION | |
| | | | 4v4 |

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| 1st PLAY PHASE (Intentional Free Play) – Up to 3v3 Game | Play multiple 3-4 minute games |
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Objective: to pass or dribble past an opponent then score goals

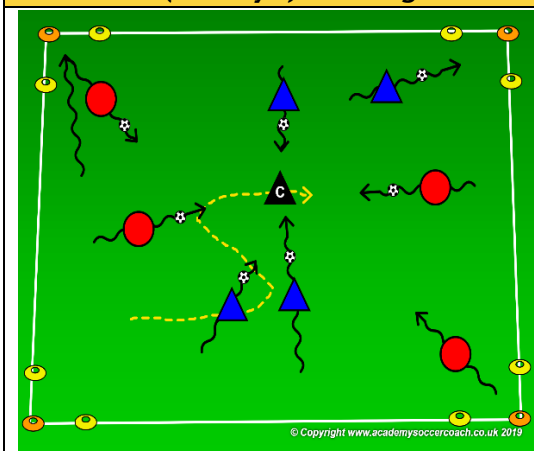
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

Key Words: go to goal, score goals

Guided Questions: When do you go straight to goal? What can you do if an opponent is in your way?

Answers: If you see an opening to the goal, go straight to the goal. You can go around them or pass to a teammate.

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| PRACTICE (Activity 1): Red Light/Green Light | 7.5 min.-8 intervals-1 min. play-30 sec. rest |
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Objective: to dribble and change directions toward the goal (coach)

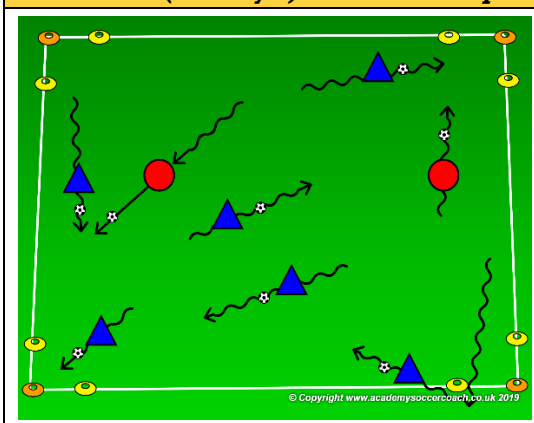
Organization: In a 15Wx20L grid, a small cone goal in each corner & all players with a soccer ball dribbling within the space. The coach(es) walk around the space. When the coach says “red light”, the players must stop their ball. If the coach says “green light”, the players must dribble again. If a player cannot stop their ball on red light, they must dribble through any goal then start playing again. Coach controls the frequency of the lights to allow the players’ time to respond. **Variations:** Yellow Light-dribble slow, Blue Light-5 toe taps on the ball. Purple Light-hop on 1 foot around the ball. **Rules:** On Green Light, the players are trying to dribble toward the coach. Once the coach is tagged, start a new game.

Key Words: Laces, Outside (of the foot), Inside (of the foot), Bottom (of the foot)

Guided Questions: Which part of your foot can you stop the ball with? What part of the foot will help you go faster?

Answers: Get close to the ball and softly touch it with the bottom of the foot to stop. Use your laces to push the ball forward and to faster.

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| PRACTICE (Activity 2): Wreck It Ralph | 8 Minutes-8 intervals-45 sec. play-15 sec. rest |
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Objective: to dribble your ball to goal while protecting it from opponents

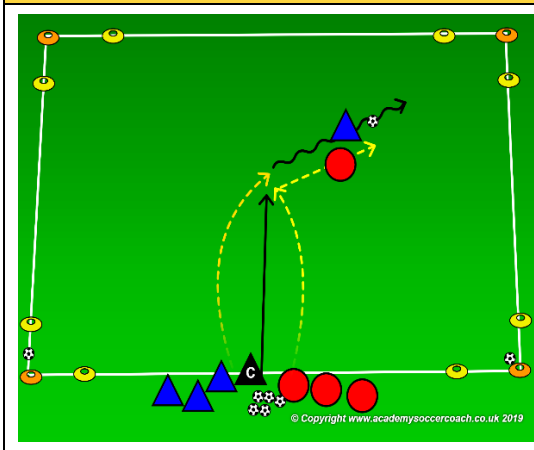
Organization: In a 15Wx20L grid, with a cone goal in every corner & every player with a soccer ball. All but 2 players are trying to dribble their soccer ball into as many goals as possible. 2 players do not try to score but try to WRECK the goal scorer’s points. If a Wreck It Ralph hits a goal scorer’s ball with their own, they demolish all the points and the goal scorer has to start scoring over again. **Rules:** Play begins when coach says, “GO”. Score by dribbling your ball through any of the 4 goals.

Key Words: Go forward, dribble to goal, protect your ball

Guided Question: What do you do to protect your ball?
Where do you have to point your toe if you want your laces to kick the ball?

Answers: Put your body in the way to block it from the opponents (hide it/shielding). Point your toe to the ground and push the ball in front with your laces.

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| PRACTICE (Activity 3): Soccer Combat | 8 Minutes-16 intervals-10 sec. play-20 sec. rest |
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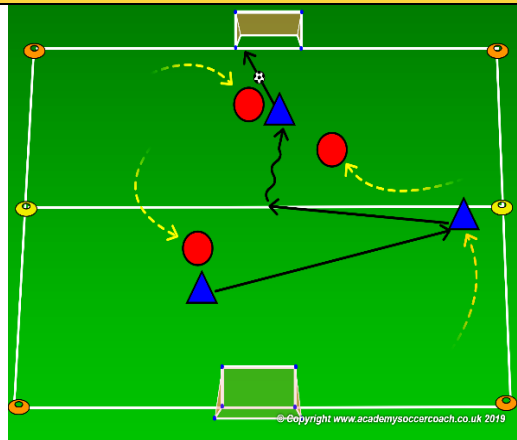
Objective: to dribble your ball toward a target & strike your ball to goal

Organization: In a 15Wx20L grid, a cone goal in every corner, 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. Once the coach plays a ball onto the field, a player from each team goes after the ball and tries to score by striking the ball into any of the 4 goals. **Rules:** Play starts when the coach passes a ball onto the field. Coach can make the game 1v1, 2v1 or 2v2 by telling the teams prior to kicking 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 player(s) to play.

Key Words: Find the open goal, go fast towards it

Guided Question: What can you do to trick the opponent? When would you use the bottom of your foot?

Answer: Pretend to go to one goal then change direction to go to the other. Use the bottom of your foot to stop the ball or to change directions (pull back)



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. Coach can determine to play quarters as well with a short break between. 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: turn, get the ball, score goals

Guided Questions: Who should determine whether to dribble pass or shoot? What are successful practice indicators?

Answers: The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.

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

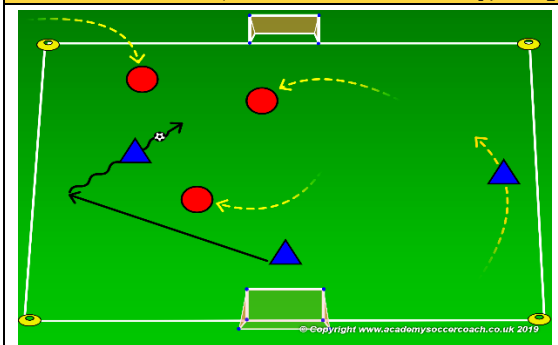
1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?

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|--|-----------------------|---|------------------|
|   | GOAL: | Improve the techniques of dribbling, passing and shooting | AGE GROUP |
| | PLAYER ACTIONS | Shoot, pass or dribble forward | U6 |
| | KEY QUALITIES | Take initiative, be pro-active | |
| | MOMENT | Attacking | DURATION |

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|---|---------------------------------------|
| 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

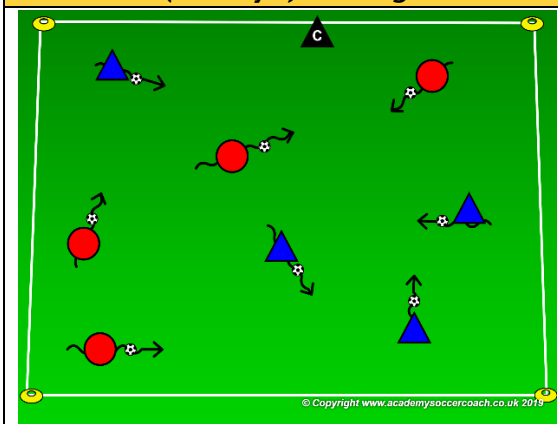
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

Key Words: turn to goal, take big touches into space

Guided Questions: What if you are not facing the goal? When can you push the ball further in front of you?

Answers: turn your body till you are facing the goal. If no one is between you and the goal, push the ball further in front.

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| PRACTICE (Activity 1): Sailing the Seas | 8 min.-8 intervals-40 sec. play-20 sec. rest |
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Objective: Improve the player's ability to dribble their soccer ball and change direction

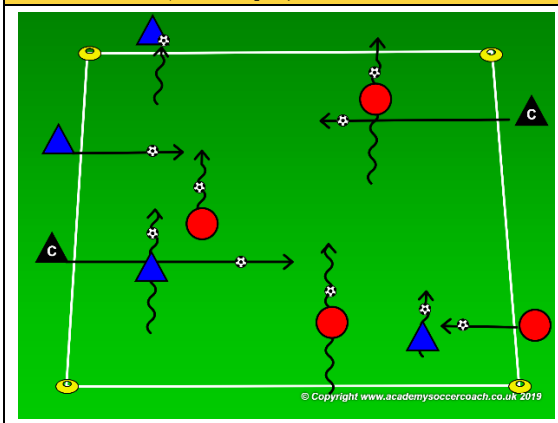
Organization: In a 15Wx20L grid, all the players with a soccer ball (ships) & the coaches the (ship's captain). The players dribble their ball and will change speed or direction based on the weather; high winds, go fast, no wind, go slow, hurricane, dribble in a circle, rogue wave, go backward. Each round, add a new direction, command or combine movements. **Rules:** Play starts when the coach says, "ahoy mates, set sail".

Key Words: Keep the ball close, find openings

Guided Questions: How do you keep the ball close? What is an opening?

Answers: Use soft touches to keep the ball close. Space between players or between a sideline and a player.

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| PRACTICE (Activity 2): Pirates of the Caribbean | 8 Minutes-8 intervals-30 sec. play-30 sec. rest |
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Objective: to improve the players ability to pass the ball toward a moving target

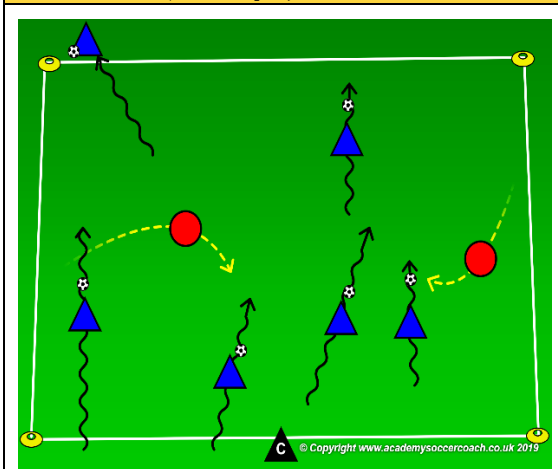
Organization: In a 15Wx20L grid, (the ship), place all the players one end line without a soccer ball (Captain Jack Sparrows). All soccer balls (cannon balls) are lined up on either side of the grid. Captain Jacks will try to run to the other side of the ship without getting hit by a cannon ball below the knee. Coaches (Barbosa) will start as the shooters. **Rules:** When the coach yells, "make it across or walk the plank" the players start across the grid. Pirates who get hit become Barbosas too. Hits below the knee change players from Pirates to Barbosas.

Key Words: strike the middle of the ball, touch the ball to the side to set up your pass

Guided Questions: Where should you kick the ball to keep it on the ground? What do you do before striking the ball?

Answers: Kick the middle of the ball with the middle of your foot to keep it on the ground. Light the fuse by moving the ball to the side before striking it.

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| PRACTICE (Activity 3): Bruce the Shark vs Nemo (Dori) | 8 Minutes-8 intervals-30 sec. play-30 sec. rest |
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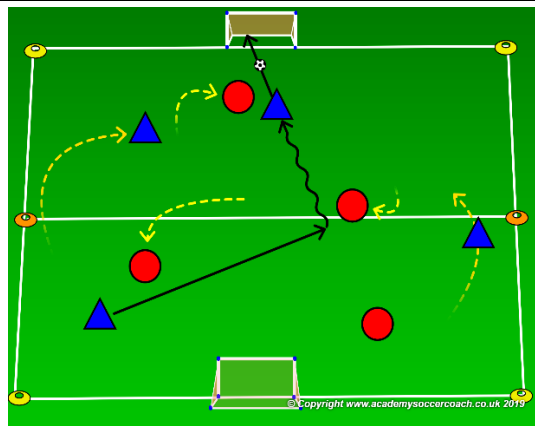
Objective: to dribble your soccer ball past an opponent and stop it once on the opposite side of the field

Organization: In a 15Wx20L grid, select 1-3 players to be Bruce the Sharks without a ball (coaches can start as sharks too). The rest of the players are Nemo or Dori. They all have a ball & start at one end of the grid. They have to swim (dribble their ball to the other side without losing their soccer ball to Bruce the Shark. **Rules:** Game starts when the Sharks yell, "Nemo, Nemo cross my ocean". Once a dribbler has reached the other side, he/she is safe.

Key Words: fool the sharks, stay away from the sharks

Guided Questions: What is a schemer? How do you know where to cross the ocean?

Answers: The player who patiently watches & waits for the best moment to go. Play with your head up, move across the shore and look for the best place to cross.



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. Coach can determine to play quarters as well with a short break between. 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: turn, get the ball, score goals

Guided Questions: Who are like the sharks in the game? What can you do if you see an opening all the way to the goal?



Answers: The team without the ball are like sharks. Dribble to the goal and score.

Five Elements of a Training Activity

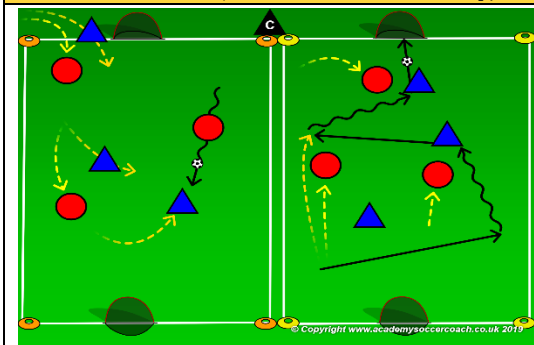
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?
4. **Challenging:** Are the players being challenged? (Is the right balance between being successful 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?

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|--|-----------------------|---|-------------------|------------|
|   | GOAL: | Improve the techniques of passing, dribbling and tackling | AGE GROUP | |
| | PLAYER ACTIONS | Shoot, pass or dribble forward | | U6 |
| | KEY QUALITIES | Read & understand the game, Demonstrate focus | | |
| MOMENT | Attacking | DURATION | 60 Minutes | 4v4 |

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|---|---------------------------------------|
| 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

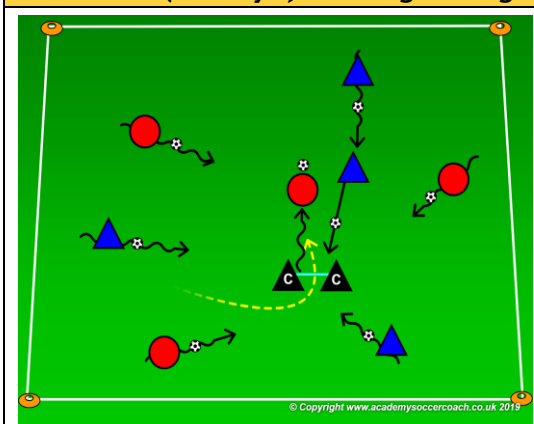
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

Key Words: go to goal, score goals

Guided Questions: When do you go straight to goal? What can you do if an opponent is in your way?

Answers: If you see an opening to the goal, go straight to the goal. You can go around them or pass to a teammate.

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| PRACTICE (Activity 1): Driving Through Moving Tunnel | 8 min.-6 intervals-1 min. play-20 sec. rest |
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Objective: Improve the player's ability to maneuver the ball with different surfaces of the foot.

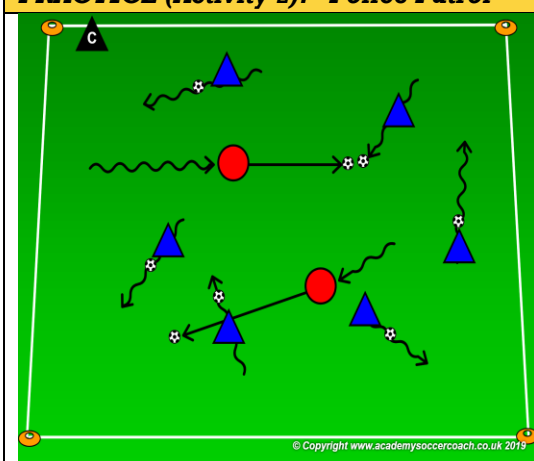
Organization: In a 15Wx20L grid, 2 coaches are joined by holding a pinny between them. They walk around the field to create a moving tunnel. Each player dribbles their soccer ball. The dribblers try to dribble or pass their ball through the tunnel. Count the number of times each player can play their soccer ball through the tunnel in 1 minute. If needed, select to players to make a second tunnel so the dribblers have more chances to score. Remember to change the players after each interval. **Rules:** Play begins as soon as the moving tunnel starts moving. Players must stay within the grid. Coach can award bonus points for dribbling with different surfaces of the foot.

Key Words: Move toward the tunnel. Watch out for traffic around the tunnel.

Guided Questions: When should you move fast to the tunnel? Why would you slow down and wait?

Answers: If there is an opening to the tunnel, move to it fast and score. If there is a lot of traffic around the tunnel, wait briefly for the opening to clear.

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| PRACTICE (Activity 2): Police Patrol | 8 Minutes-6 intervals-1 min. play-20 sec. rest |
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Objective: to dribble the ball away from opponents and pass it at moving targets (soccer balls)

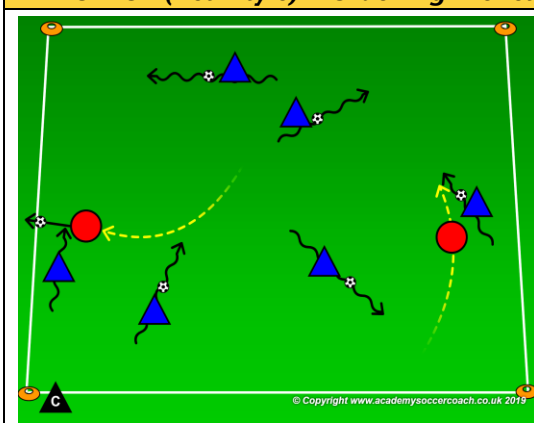
Organization: In a 15Wx20L grid, select 2-3 players to start as the (Police Patrol); they should wear pinnies. The rest of the players dribble their soccer ball with their feet (like crazy drivers). The police patrol dribble their soccer ball and try to ticket the crazy drivers by either hitting the driver's soccer ball with their ball or tagging the crazy drivers. Police patrol count the number of tickets they can give in 1 minute. **Rules:** Play begins as soon as the coach says, "police are on patrol!" Players must stay within the grid. Coaches can start as the Police Patrol.

Key Words: Dribble fast away from the police patrol, hide your ball (shielding)

Guided Questions: What should the crazy drivers do if their soccer ball gets away from them? How do you know where the police patrol is?

Answers: Use softer touches to keep the ball close. Dribble with your head up to see where the patrol is.

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| PRACTICE (Activity 3): Crushing Monster Trucks | 8 Minutes-8 intervals-40 sec. play-20 sec. rest |
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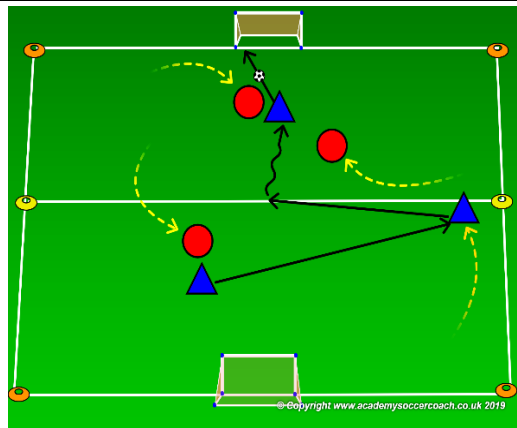
Objective: to dribble & shield your soccer ball or, if you do not have a ball, tackle it away

Organization: In a 15Wx20L grid, select 2-3 players to be Monster Trucks (no soccer ball). All other players dribble their ball around the grid & avoid the Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it & re-enter the game. Coach can ask them to complete a task before re-entering such as 5 toe taps. Count the number of smashed trucks at the end of an interval. **Rules:** Play begins as soon as the coach says, "let the crushing begin!" Players must stay within the grid.

Key Words: dribble forward, turn away from monster trucks and the sidelines.

Guided Questions: Which part of your foot can you use to get away from the monster trucks? What can you do if you see a monster truck coming to kick your ball away?

Answers: Use your laces to push the ball in front of you then run onto it. Put your body between the ball and the monster truck to block them from getting it (shielding)



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

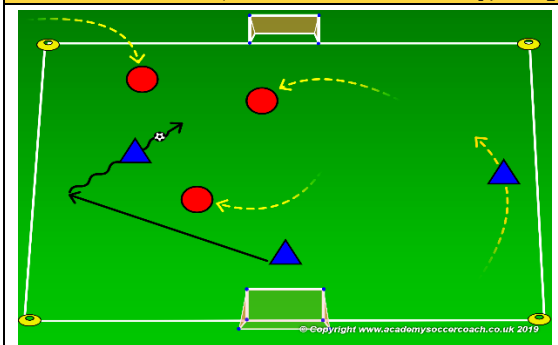
1. How did you do in achieving the goal of the training session?

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| | | | |
|--|-----------------------|---|------------------|
|   | GOAL: | Improve the techniques of dribbling and passing | AGE GROUP |
| | PLAYER ACTIONS | pass or dribble forward | |
| | KEY QUALITIES | Take initiative, be pro-active | 4v4 |
| | MOMENT | Attacking | |

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|---|---------------------------------------|
| 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

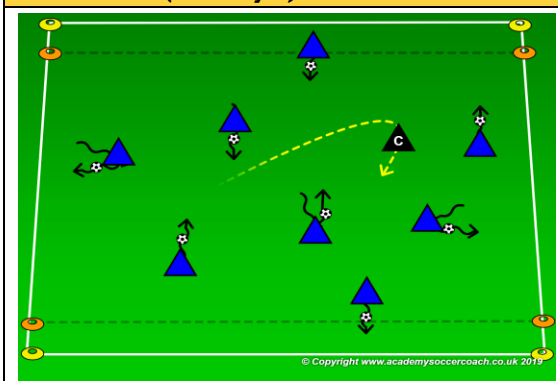
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Key Words: play forward, inside of foot for short passes

Guided Questions: If you have the ball, which direction should you try to play? Which part of your foot should you use to make a short pass?

Answers: Play in the direction of the goal you are attacking. Turn your toe to the side so you can strike the ball with the middle of the inside of your foot.

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| PRACTICE (Activity 1): 4 Surfaces Dribbling | 8 min.-6 intervals-1 min. play-20 sec. rest |
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Objective: Improve the player's ability to maneuver the ball with different surfaces of the foot.

Organization: In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a ball. Have the players use 4 surfaces in 1 fluid motion & in order: Outside of foot (pinky toe)-Inside of foot (big toe)-laces & bottom. Once the ball has been stopped, have them try it with the other foot. Players move throughout the grid toward each end zone.

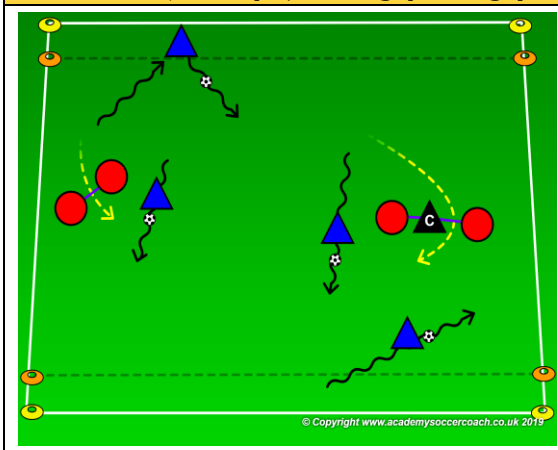
Rules: Play begins as soon as the coach calls out a surface. After 2 rounds, see if the players can shout out the surfaces as they use them.

Key Words: Outside (pinky toe), Inside (big toe), Laces, Bottom

Guided Questions: Which part(s) of your foot can help you move side to side? Which part of the foot can help you stop the ball?

Answers: The Outside & Inside of the foot help you move side to side. A soft touch with the bottom of the foot will help you stop the ball.

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| PRACTICE (Activity 2): Hungry, Hungry Hippos | 8 Minutes-8 intervals-30 sec. play-30 sec. rest |
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Objective: to improve the players ability to dribble the ball away from opponents

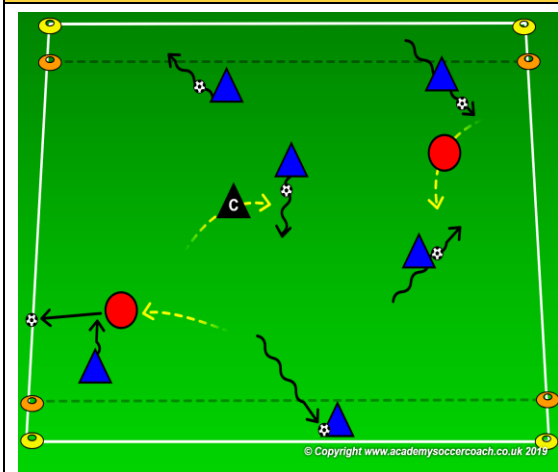
Organization: In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as Hungry Hippos in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Hippos. When the players cross & the Hippos can touch their soccer ball, they join hands with the Hippo to make the Hippo grow. How many times can the dribblers cross the river in 30 seconds? **Rules:** Play begins when the coach says the "the Hippos dare you to cross the river". Hippos should not be bigger than 4 players.

Key Words: Avoid Hippos, take big touches to go past the hippos, little touches to move the ball to the side

Guided Questions: Where do you need to get your ball to be safe? What should you do if a hippo is blocking the river's edge?

Answers: Avoid the hippos and get to the river's edge to be safe? Dribble your ball around the hippos to find an opening to the river's edge.

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| PRACTICE (Activity 3): Crocs In The River | 8 Minutes-6 intervals-1 min. play-20 sec. rest |
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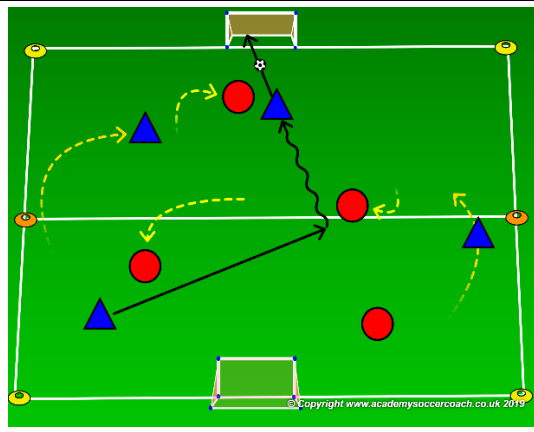
Objective: to dribble your ball toward a target & strike your ball to goal

Organization: In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as the Crocs in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Crocs. When the players cross & a Croc steals their ball, they become a Croc also. **Rules:** play begins when the coach says go. If a Croc steals a soccer ball, they must dribble it over the sideline (not kick). Dribbler can steal their ball back as long as it's on the field. Dribblers can rest for a moment in an end zone if they want.

Key Words: look for openings across the river, try to fake the crocs

Guided Questions: What should you do if you see an opening across the river? How can you fake out one of the crocs?

Answers: Try to dribble in one direction then change to directions as fast as you can turn the ball. Dribble fast with your laces to get past the Crocs but not so fast you lose the ball; too slow and Crocs may get you.



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. Coach can determine to play quarters as well with a short break between. 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: turn, play forward, score goals

Guided Questions: If you don't see an opening, what can you do next? What can you do if you see an opening all the way to the goal?

Answers: Pick your head up, look around and see if there is an opening elsewhere. Dribble to the goal and score.

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2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

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Training Session Self-Reflection Questions

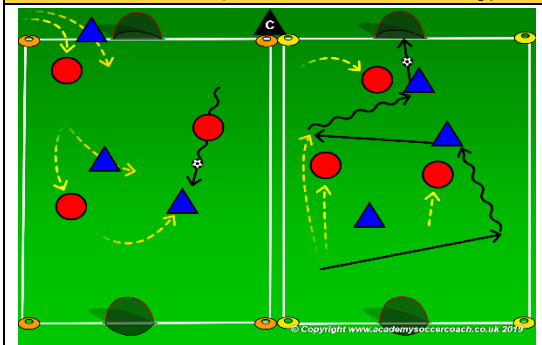
1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?

| | | | |
|--|-----------------------|---|------------------|
|   | GOAL: | Improve the techniques of dribbling, passing and shooting | AGE GROUP |
| | PLAYER ACTIONS | Shoot, pass or dribble forward | |
| | KEY QUALITIES | Read & understand the game, Demonstrate focus | 4v4 |
| | MOMENT | Attacking | |

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|---|---------------------------------------|
| 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

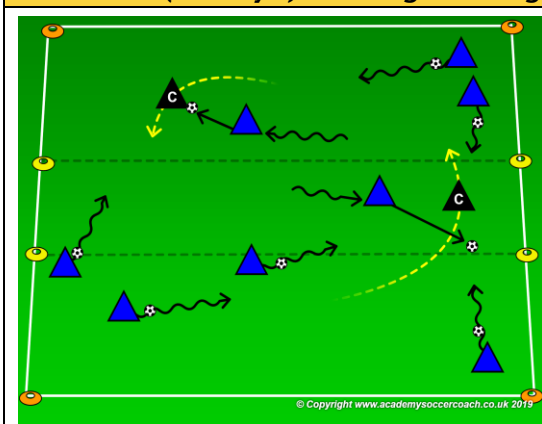
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

Key Words: go to goal, score goals

Guided Questions: When do you go straight to goal? What can you do if an opponent is in your way?

Answers: If you see an opening to the goal, go straight to the goal. You can go around them or pass to a teammate.

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| PRACTICE (Activity 1): Bulldogs Hunting for Milk-Bones | 8 min.-8 intervals-40 sec. play-20 sec. rest |
|---|---|



Objective: Improve the player's ability to maneuver the ball and strike it on target (the coach).

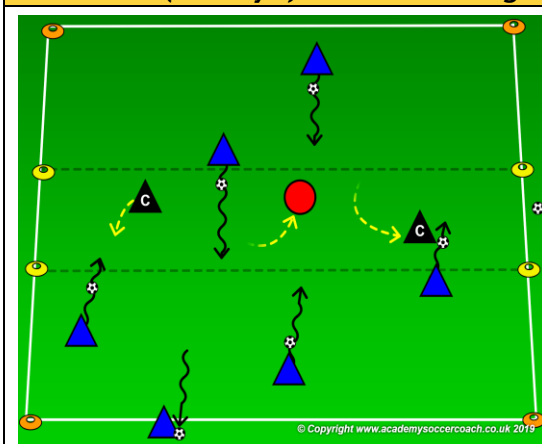
Organization: In a 15Wx20L grid, which includes a 5 yard zone across the middle of the grid (the Dog Pound). All the players with a soccer ball (the Bulldogs) & the coaches are the guards of the milk-bones. The players dribble their ball and try to hit the coach below the knees to score a milk-bone. **Rules:** Play starts when the coach asks, "does anyone want a milk-bone?" Coaches can only walk. Whoever scores the most milk-bones wins the round. Coach can award extra points for milk bones won in the dog pound.

Key Words: Make the ball move faster with bigger kicks

Guided Questions: What can you do to earn more milk-bones? Which part of the foot should you use for close shots/longer shots?

Answers: get closer to the coach before kicking the ball to hit him. Use the inside of the foot or toe when close to the coach & use the laces when further away.

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| PRACTICE (Activity 2): Boston Bulldogs | 7.5 Minutes-5 intervals-1 min. play-30 sec. rest |
|---|---|



Objective: to improve the player's ability to dribble the ball through opponents

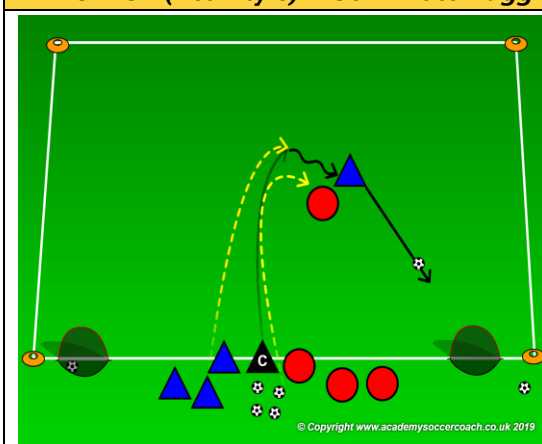
Organization: In a 15Wx20L grid, which includes a 5 yard zone across the middle of the grid (the Dog Pound). The coaches start in the middle as dog catchers (they can not leave the pound). The players are bulldogs. They start on 1 end line & try to dribble their soccer ball through the dog pound without waking the dog catchers. If they players get through to the other side, they get 10K points. If the dog catcher steals their ball, they become a dog catcher too. **Rules:** Play begins when the coach says "who let the dogs out". After 2 rounds, make the game continuous so the players do not stop on the sides; they turn to go back.

Key Words: soft touch to sneak past the dog catchers, big kick to get through the pound

Guided Questions: Why should you keep the ball close? When should you put a big kick on the ball?

Answers: If the dog catchers are in front of you, keep the ball close. If you see an opening with no dog catchers, use a big kick to get through the pound.

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| PRACTICE (Activity 3): Combat to Pugg Goals | 8 Minutes-11 intervals-10 sec. play-30 sec. rest |
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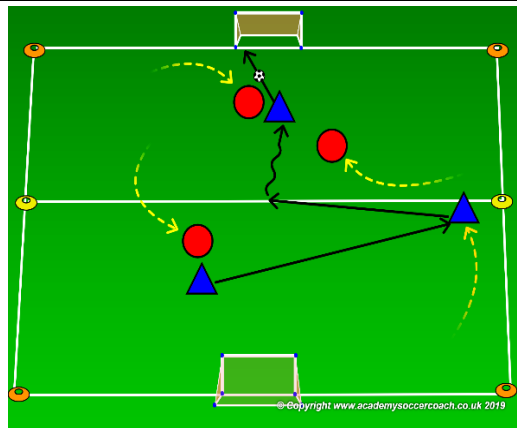
Objective: to dribble your ball toward a target & strike your ball to goal

Organization: In a 15Wx20L grid & 2 pugg goals on the same end line, the coach starts at the center of the end line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right & one on the left. Once the coach plays a ball onto the field, 1 player from each team goes after the ball and tries to score by striking the ball into the opponent's pugg goal. **Rules:** Play starts when the coach passes a ball onto the field. Coach can make the game 1v1, 2v1 or 2v2 by telling the teams prior to kicking 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 player(s) to play.

Key Words: Find the open goal, go fast towards it

Guided Question: What should you do if you get to the ball first? Why should you look over your shoulder before you turn?

Answer: Turn and go to the opponent's goal. Check your shoulder to see where the opponent is.



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

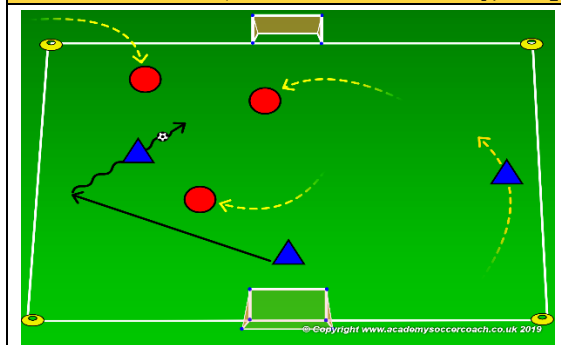
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?
4. **Challenging:** Are the players being challenged? (Is the right balance between being successful 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?

| | | | |
|--|-----------------------|---|------------------|
|   | GOAL: | Improve the techniques of dribbling and passing | AGE GROUP |
| | PLAYER ACTIONS | pass or dribble forward | U6 |
| | KEY QUALITIES | Take initiative, be pro-active | |
| | MOMENT | Attacking | DURATION |

| | |
|---|---------------------------------------|
| 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

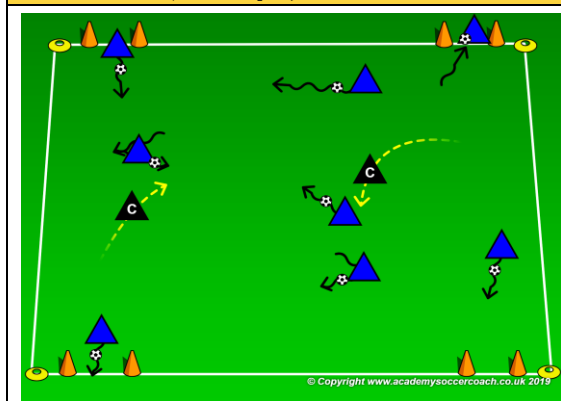
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

Key Words: play forward, inside of foot for short passes

Guided Questions: If you have the ball, which direction should you try to play? How can you score more easily?

Answers: Play in the direction of the goal you are attacking. Dribble the ball closer to the goal before shooting.

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| PRACTICE (Activity 1): 4 Surfaces Dribbling to 4 Goals | 8 min.-8 intervals-40 sec. play-20 sec. rest |
|---|---|



Objective: to dribble and change direction to goal

Organization: In a 15Wx20L grid, 2 cone goals on each end line & each player with a soccer ball: the players dribble their soccer ball using specific surfaces: outside right (pinky toe)-inside right (big toe)-repeat with the left foot. Coaches walk around and are obstacles for the players to avoid. Players must avoid them and get to the safety of a goal. **Rules:** Players begin dribbling as soon as they have their ball. On the coach's command (or whistle), the players will dribble their ball as fast as they can through any of the 4 goals. After each round, the coach can introduce a new surface until all 4 surfaces are completed in a row.

Key Words: Move the ball away from the coaches with the inside, outside or laces of your foot.

Coaching Points: Why should you use soft touches when dribbling? How do you know where the coaches are?

Answers: Soft touches help to keep the ball close. Dribble with your head up so you can see the coaches and the goals.

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| PRACTICE (Activity 2): Sid the Sloth vs Crash & Eddy | 8 Minutes-4 intervals-90 sec. play-30 sec. rest |
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Objective: to dribble your ball toward a target & strike your ball to the moving target

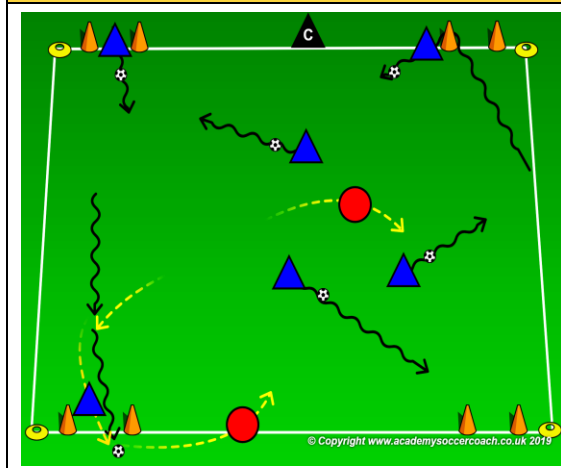
Organization: In a 15Wx20L grid, 2 cone goals on each end line, the players (Crash & Eddy the possums) try to dribble their soccer ball anywhere in the grid & avoid Sid the Sloth (coaches are Sid the Sloths & can only walk). Crash & Eddy try to dribble their soccer ball into as many goals as they can without getting tagged by Sid. **Rules:** play begins when Crash & Eddy are on the field. Crash & Eddy get 1000 pts for every goal they can score by dribbling through them. If they get tagged by Sid the Sloth, they lose all their pts and have to begin counting over.

Key Words: go around Sid, push the ball forward

Guided Questions: When do you want to go around the sloths? What if one goal is really crowded?

Answers: If the sloths are blocking the opening to the goal, go around them. Turn and find an opening to another goal.

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| PRACTICE (Activity 3): Saber Tooth Squirrels (Scrat) Acorn Hunt | 8 Minutes-4 intervals-90 sec. play-30 sec. rest |
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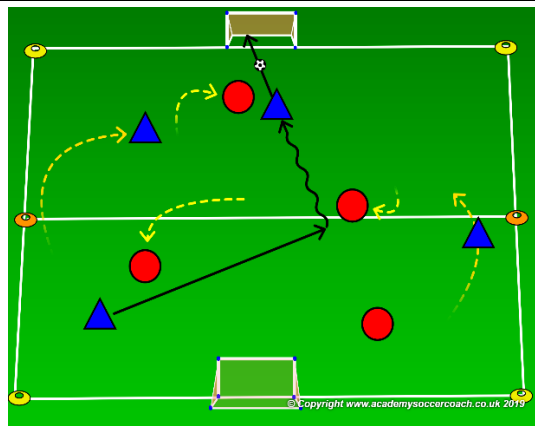
Objective: to dribble your ball toward a target & strike your ball to the moving target

Organization: In a 15Wx20L grid, 2 cone goals on each end line, select 2 players to be Scrats, all other players have a soccer ball: the players try to dribble their soccer ball (acorn) and score as many goals as they can while avoiding the Scrats. The Scrats try to steal the acorns and hide them in any of the 4 goals (trees). Dribblers can steal their ball back from the Scrats or from the goal. **Rules:** Play begins as soon as the Scrats enter the field. Dribblers get 1 pt. for every goal they score. If a Scrat steals their ball and scores, they lose all their points and have to start scoring again.

Key Words: Head up, keep your acorn away from Scrats.

Guided Questions: what can you do to avoid the Scrats? Why is it important to dribble with your head up?

Answers: Turn away from them and accelerate. Dribble with your head up to see where the Scrats are.



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. Coach can determine to play quarters as well with a short break between. 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: turn, play forward, score goals

Guided Questions: If Sid or Scrat are blocking your path to goal, what can you do next? Where can you play the ball if you think someone may steal it?

Answers: Pick your head up, look around and find a new opening to goal. Try to find a teammate and see if they have an opening to goal.

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

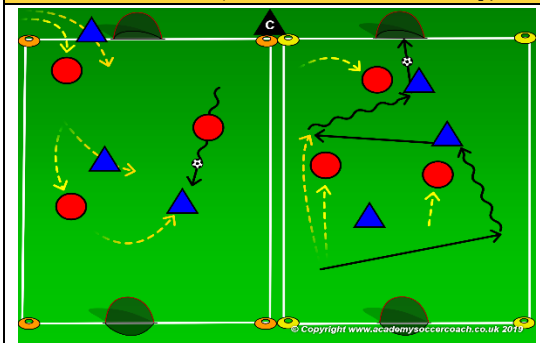
1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?

| | | | |
|--|-----------------------|--|------------------|
|   | GOAL: | Improve the techniques of dribbling, passing & striking the ball | AGE GROUP |
| | PLAYER ACTIONS | Shoot & pass or dribble forward | |
| | KEY QUALITIES | Read & understand the game, Demonstrate focus | 4v4 |
| | MOMENT | Attacking | |

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|---|---------------------------------------|
| 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: go to goal, score goals

Guided Questions: When do you go straight to goal? What can you do if an opponent is in your way?

Answers: If you see an opening to the goal, go straight to the goal. You can go around them or pass to a teammate.

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| PRACTICE (Activity 1): Steal the Treasure | 8 min.-6 intervals-1 min. play-20 sec. rest |
|--|--|



Objective: Improve the player's ability to turn & dribble their soccer ball to a target

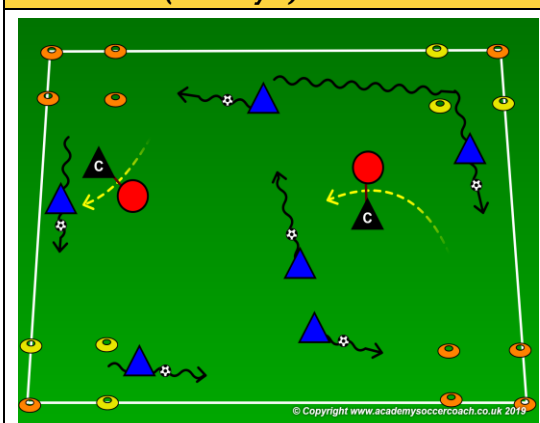
Organization: In a 15Wx20L grid, place a 4x4 square in every corner. Divide the players equally between the corners (each team makes up a team name). All the soccer balls start in the center of the grid. On the coach's command, the players race to the middle to get a ball (with their feet only) and take it to their home base. Once all the balls are gone from the middle, steal them from other teams. **Rules:** Play when coach says, "Game On!". Dribblers can only use their feet when getting or stealing a soccer ball. In later rounds, players can also kick the ball back to their home as long as someone can stop it.

Key Words: Look up to find soccer balls, find your home

Guided Questions: after you steal a treasure, what now? What can you do if you see a soccer ball on your field?

Answers: Once you have stolen some treasure, dribble back to you base as fast as you can. Go get it as fast as you can so you get to it before anyone else.

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| PRACTICE (Activity 2): 2 Headed Monster Invasion | 8 Minutes-4 intervals-90 sec. play-30 sec. rest |
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Objective: to improve the players ability to dribble the ball away from opponents

Organization: In a 15Wx20L grid, place a 4x4 square in every corner (cave). Divide the players equally between the 4 corners & each player has a soccer ball except for 2 set of 2 players. These players join hands (Two-Headed Monsters). The players try to dribble their ball into as many caves as possible. The Monsters try to tag them. **Rules:** Play when coach says, "Monsters on the Loose!" Dribblers get 100 points for each cave they get into. If tagged by a monster, they lose their points and have to begin scoring again. Monsters must stay connected.

Key Words: Try to sneak behind the monsters, turn quickly, stop the ball in a cave

Guided Question: What can you do if a monster is chasing you? Where can you go if a monster is guarding a cave?

Answers: Run to a cave with your soccer ball to avoid them. Chose a different cave and get their as fast as you can.

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| PRACTICE (Activity 3): Field of Doom | 8 Minutes-4 intervals-90 sec. play-30 sec. rest |
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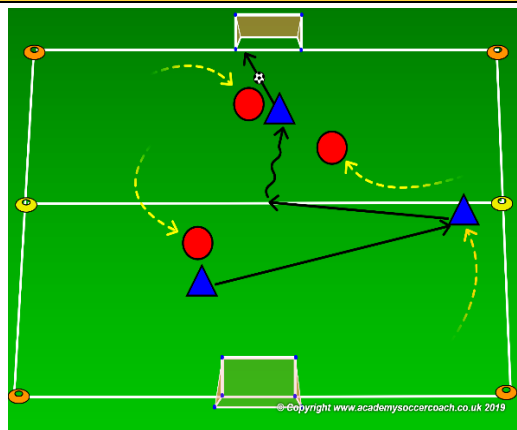
Objective: to turn and dribble your soccer ball away from pressure and find an open goal

Organization: In a 15Wx20L grid, place a 4x4 square in every corner. Select 2 players to start without a soccer ball. Players with a ball try to dribble from box to box while avoiding players without a soccer ball to score points. Players without a ball try to steal any ball and start scoring by getting into boxes. **Rules:** Play when coach says, "Game On!" Only players with a ball can score. If you lose your ball, you can either steal your ball back or steal one from any of the dribblers. Dribblers are safe in any box but need to get to another box for more points.

Key Words: Use your laces. Use the inside or outside of your foot. Change direction.

Guided Questions: When is it a good time to run to the next box? Why should you stop the ball and turn to a new box?

Answers: When the monsters are not ready or not looking, get to the next box as fast as you can. If a box is too crowded or closed by an opponent, stop your ball and turn toward another box.



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

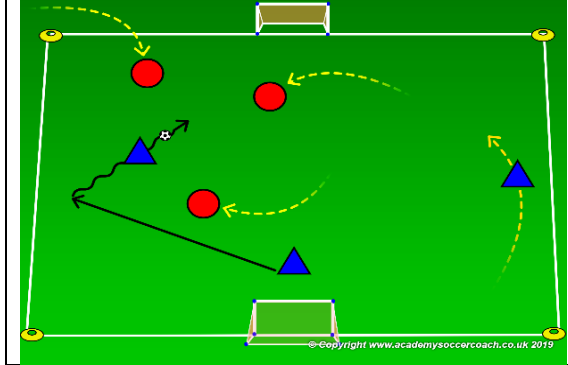
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?
4. **Challenging:** Are the players being challenged? (Is the right balance between being successful 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?

| | | | | |
|--|-----------------------|-------------------------------------|-----------------|------------------|
|   | GOAL: | Improve the techniques of dribbling | | AGE GROUP |
| | PLAYER ACTIONS | Dribble forward | | U6 |
| | 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

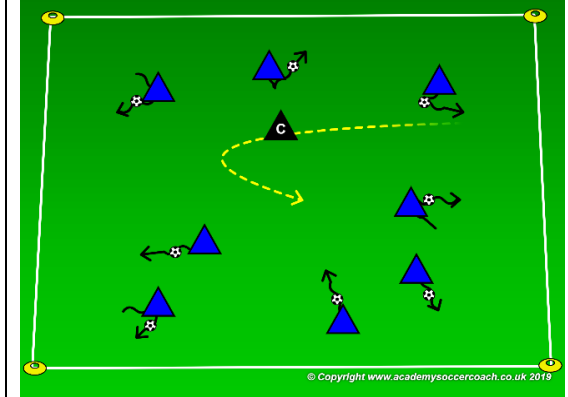
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

Key Words: play forward, try a new move, beat them

Guided Questions: If you have the ball, which direction should you try to play? What should you do if some is defending you?

Answers: Play in the direction of the goal you are attacking. Try a move to go around them (show me a new move).

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| PRACTICE (Activity 1): 6 Surfaces Dribbling | 8 min.-6 intervals-1 min. play-20 sec. rest |
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Objective: to dribble and change directions with different surfaces of the feet

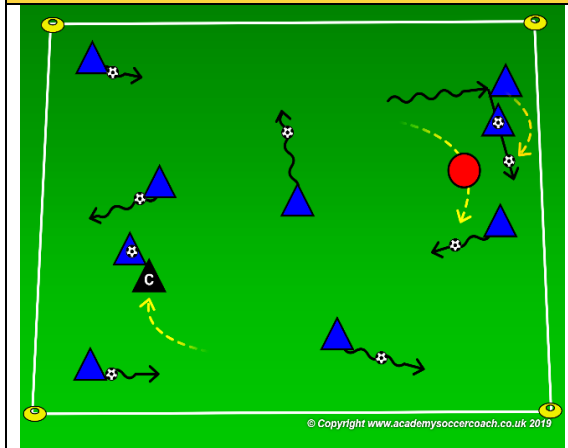
Organization: In a 15Wx20L grid & all players with a soccer ball. Have the players try to use the different surfaces of the foot in a pattern: outside right (pinky toe), inside right (big toe), outside left, inside left, 2 touches with the right foot laces & 2 touches with the left foot laces; repeat the pattern. Start with 1 surface, then add another surface. Once you have introduced all surfaces, try to put them all together. **Rules:** Play starts on coach's command. Players must stay within the field of play.

Key Words: Keep the ball rolling, which surface of the foot is next?

Guided Questions: What if the players cannot remember the pattern or the surfaces? How do you use the inside or outside of the foot?

Answers: Ask the players to say the surface they are going to use before they touch the ball with that surface. With the ball in front of the player, ask them to try to hit the side of the ball with their pinky toe for the outside or their big toe for the inside.

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| PRACTICE (Activity 2): Freeze Tag | 8 Minutes-6 intervals-1 min. play-30 sec. rest |
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Objective: to dribble your ball & change direction to find a target

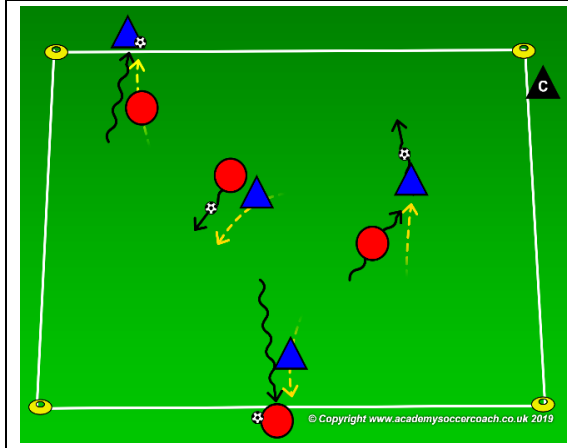
Organization: In a 15Wx20L grid, the coach will select 2 Freeze Monsters who do not need a soccer ball. The rest of the players will dribble their ball around the grid. The Freeze Monsters will try to tag the dribblers with their hand. Once tagged, the dribbler is frozen and must stand still with their ball over their head. To get unfrozen, a teammate can pass their ball to hit their shin or pass through their legs. **Rules:** Play begins when coach says, "beware of the Freeze Monsters". Dribblers must stay within the grid. If their soccer ball leaves grid, have the player bring it back as fast as they can.

Key Words: Turn the ball, stop the ball, kick your ball through the open legs

Guided Questions: How do you know where the Freeze Monsters are? What do you have to do to un-freeze a teammate?

Answers: If you do not see a Freeze Monster in front of you, look over your shoulder to make sure they do not sneak up. Dribble close to your teammate and kick the ball through their legs.

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| PRACTICE (Activity 3): 1v1 Dribbling Challenge | 7 Minutes-7 intervals-30 sec. play-30 sec. rest |
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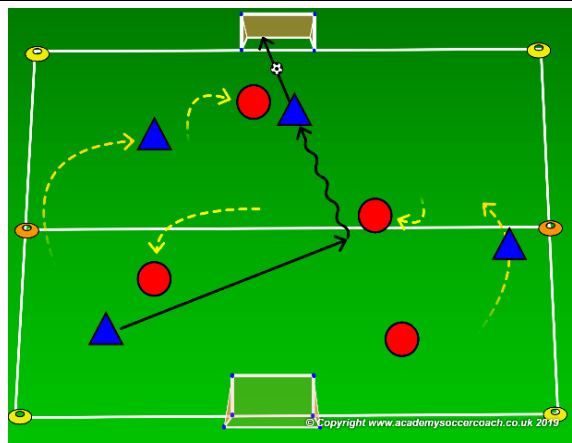
Objective: to dribble your ball past an opponent and stop it on the line

Organization: In a 15Wx20L grid, each player gets a partner and 1 soccer ball to share. Play a 1v1 game. 1 player attacks an end line and their partner/opponent attacks the opposite end line. All pairs play at the same time. **Rules:** play begins as soon as the player with the ball puts their first touch on the ball. After a goal is scored, the player who didn't score starts with the ball. The game is continuous for 30 seconds. Players must stay within the grid.

Key Words: Dribble forward to go by your opponent. Move the ball side to side to get around them.

Guided Questions: Do the players understand how to score? Where should you go if you see space behind your Opponent?

Answers: After a quick explanation (20-30 sec. max.) have players demonstrate the activity. Use your laces to push the ball into the space and run onto it (remember to make softer touches as you get closer to the end line?)



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. Coach can determine to play quarters as well with a short break between. 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: turn, play forward, score goals

Guided Questions: If you don't see an opening, what can you do next? What can you do if you see an opening all the way to the goal?

Answers: Pick your head up, look around and see if there is an opening elsewhere. Dribble to the goal and score.

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?

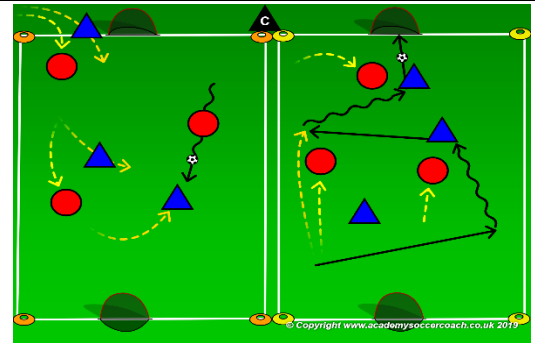
Training Session Self-Reflection Questions

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?



| | | | | |
|-----------------------|---|-----------------|------------|------------------|
| GOAL: | Improve the techniques of dribbling, passing & shooting | | | AGE GROUP |
| PLAYER ACTIONS | Shoot & pass or dribble forward | | | U6 |
| KEY QUALITIES | Take initiative, be pro-active | | | |
| MOMENT | Attacking | DURATION | 60 Minutes | 4v4 |

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

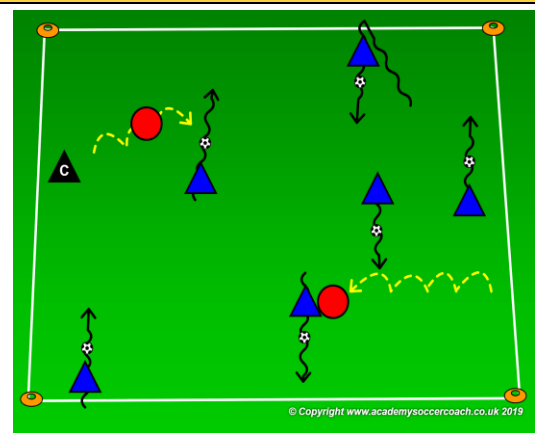
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

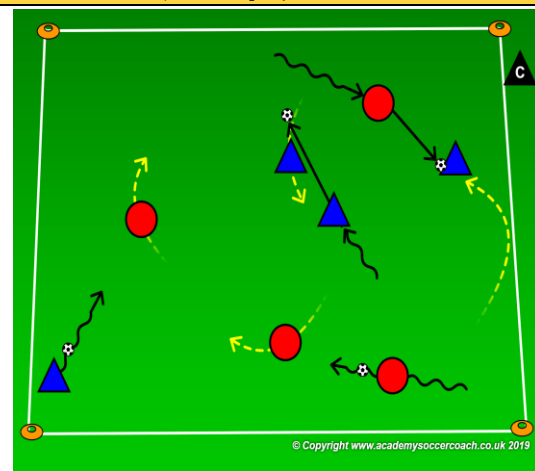
Organization: In a 15Wx20L grid, Select 2 players to start as Tiggers. They start without a soccer ball & can only hop/skip to avoid getting hit (Coaches can start as Tiggers also). The Rabbits start with a ball, can dribble & try to pass their ball to hit the Tiggers below their knees. **Rules:** Players 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**



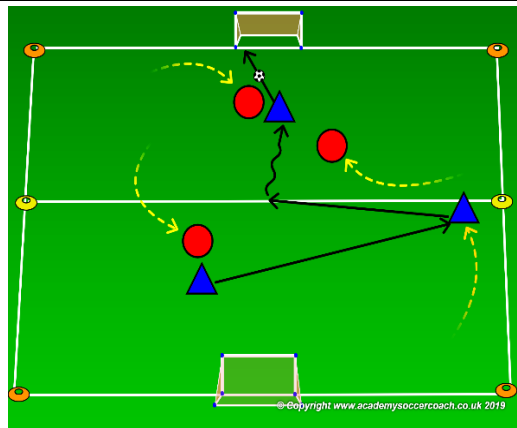
Objective: to dribble your ball toward a target & strike your ball to the moving target

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

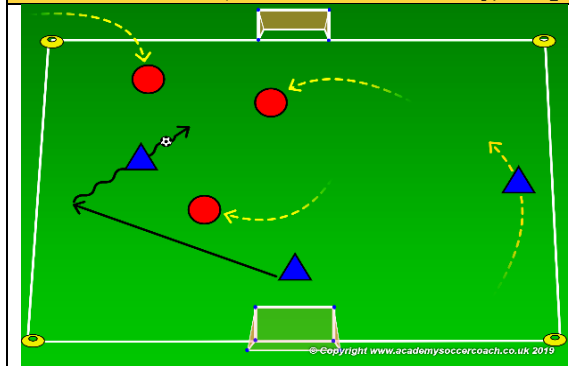
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?
4. **Challenging:** Are the players being challenged? (Is the right balance between being successful 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?

| | | | |
|--|-----------------------|---|------------------|
|   | GOAL: | Improve the techniques of dribbling, passing & striking the ball to score | AGE GROUP |
| | PLAYER ACTIONS | Shoot, pass or dribble forward | U6 |
| | KEY QUALITIES | Take initiative, focus | |
| | MOMENT | Attacking | DURATION |
| | | | 4v4 |

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

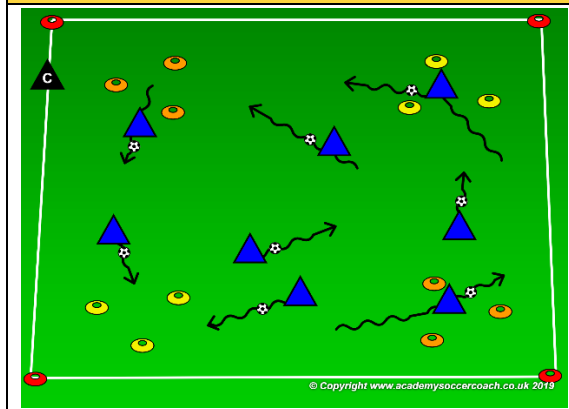
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

Key Words: play forward, try a new move, beat them

Guided Questions: If you have the ball, which direction should you try to play? What should you do if some is defending you?

Answers: Play in the direction of the goal you are attacking. Try a move to go around them (show me a new move).

PRACTICE (Activity 1): Triangle Gate Challenge **8 min.-6 intervals-1 min. play-20 sec. rest**



Objective: Improve the player's ability to dribble their soccer ball and stop it in the triangular spaces.

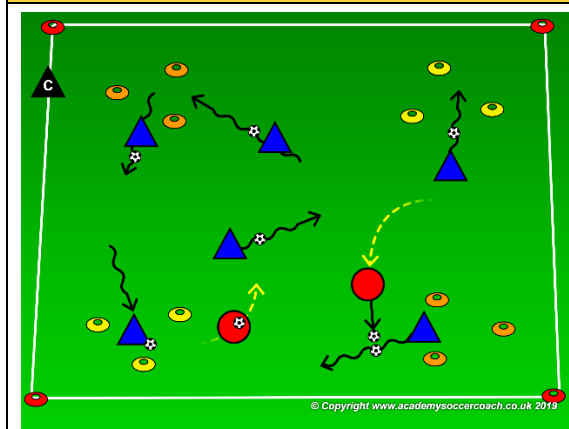
Organization: In a 15Wx20L grid, with several 3 yard triangular shaped Galaxies, all players with a soccer ball. In 90 seconds, challenge the players to get into & out of as many Galaxies as the can. Players dribble from one galaxy to another (triangle on the field). **Rules:** Play when coach says, "Go explore the Galaxy". Interval 1-how many Galaxies can you visit? Intervals 2 & 3, beat your score. Interval 4, must stop in the Galaxy before you can exit.

Key Words: Pick your head up. Go fast with the ball if you see an open gate.

Guided Questions: Why is it important to pick your head up or look over your shoulder? Where would you have the players start?

Answers: Pick your head up and check over your shoulder to find the open gates. Continue to look around whether dribbling fast or slow. You can either have the players start inside a gate or start in open space (coach's choice).

PRACTICE (Activity 2): Triangle Gate Challenge with Guards **8 Minutes-4 intervals-90 sec. play-30 sec. rest**



Objective: to improve the players ability to dribble the ball away from opponents

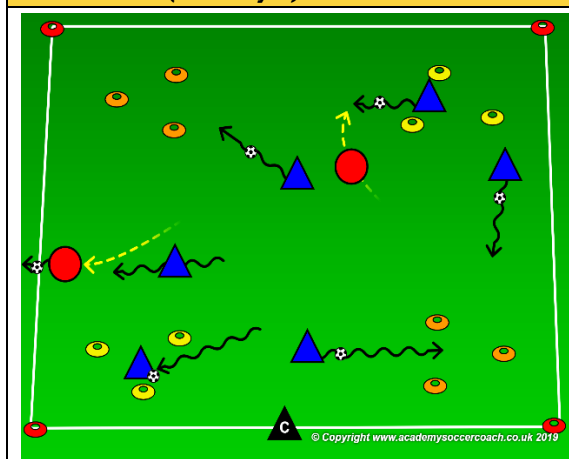
Organization: In a 15Wx20L grid, with several 3 yard triangular gates (bases). Select 2 players to be it. They have their ball in their hands & they guard the bases. The rest of the players dribble their soccer ball & get 1000 pts. for every base they can stop their ball in. **Rules:** Play starts on coach's command. Guards can only toss their soccer ball underhand to hit the dribbler's soccer ball. Dribblers are safe if they can stop in any triangle. Count how many bases you can land on. If your ball is hit, you lose your points.

Key Words: Stop your ball, look before you move to the next base

Guided Questions: Which part of your foot should you stop your soccer ball with? When is it safe to leave a triangle (base) and move to another?

Answers: Once in a triangle, a soft touch with the bottom of your foot will help to stop your soccer ball. When the goal guards moves away from the base, quickly moved to another base or exit the base on a side away from the guard.

PRACTICE (Activity 3): Monsters Inc. **8 Minutes-4 intervals-90 sec. play-30 sec. rest**



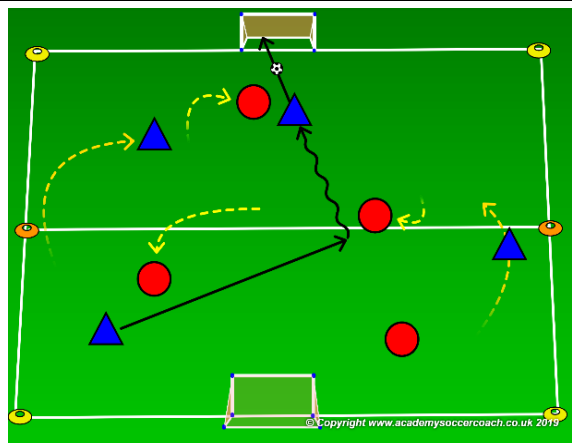
Objective: to dribble your ball toward a target & strike your ball toward a moving target

Organization: In a 15Wx20L grid, with several 3 yard triangles (closets to hide in). Select 2 players to be it (they are Boo) & do not need a ball. The rest of the players are Mike & Sully (from Monsters Inc). They dribble their soccer ball and try to hide from Boo in the closets. Boo is trying to steal their ball and hide it by dribbling it off the grid. **Rules:** Play when coach says, "look out for Boo". Dribblers must get from closet to closet. Dribblers are safe if they can stop their ball in a closet. Award points as needed for getting into a closet. Only 1 player allowed in a closet at a time so if a 2nd player enters, the first must leave.

Key Words: step closer to the ball (to stop it), look out for Boo

Guided Questions: Where should your body be when trying to stop the ball? Besides in the closets, when is another time you would want to stop the ball?

Answers: Try to run slightly ahead of the rolling ball before trying to put your foot on top to stop it. If the ball starts to get too far in front of you, stop it and start to dribble again.



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. Coach can determine to play quarters as well with a short break between. 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: turn, play forward, score goals

Guided Questions: If you don't see an opening, what can you do next? What can you do if you see an opening all the way to the goal?

Answers: Pick your head up, look around and see if there is an opening elsewhere. Dribble to the goal and score.

Five Elements of a Training Activity

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