

# Fall 4U- Session #5



	Game	Set-Up	Rules	Phases & Progressions (if appropriate)	Coaching Points/Purpose
<b>Technical Warm-Up</b>	<b>Fox in the Middle</b>	-7x7 grid -5'	-All players with a ball except 2 -Player without a ball is the 'Fox' -Fox has to try and steal the other players 'eggs'	-Player that loses their ball is now the Fox -Work to keep play moving quickly after an egg is stolen (intercepted) -If a player can't steal an egg within 15s, pause and coach through some points for them to improve: get between ball and attacker, shoulder touching shoulder, etc... -Players score just prior to water break.	-Skill, small touches from attackers -Attacker's heads up to see where defender is coming from -Attackers turn ball away from Foxes -Foxes: be brave! -How fast can you (Fox) take the egg away? -What can you do to take the ball away? IE Pull Back, getting between ball and attacker, shoulder to shoulder -Fun!
<b>Small-Side Game</b>	<b>Keep Away</b>	-10x10 -5'	-Half players with balls, other half without -Players without balls are foxes that try to steal the other players eggs	-Attackers with balls, stay in the grid...cannot go outside the grid -Defenders without balls work hard and quick to steal the eggs from the attackers -If ball is stolen, defender works quickly to retrieve the stolen ball or take another attacker's ball -Players score just prior to water break.	-Same skill, touches, heads up, turns, and screens as the Tech Warm-Up for the attackers -Same for defenders as Tech Warm-up: -Brave -Separate ball from attacker -Shoulder to Shoulder -Pull back/Draw back to steal the ball -How quick can you steal the egg? -Fun!
<b>Expanded SSG</b>	<b>Battle (Dodgeball)</b>	-Use whole field, end line to end line, balls in the middle -5'	-1/2 players on one endline, other 1/2 players on the opposite endline -1/2 total balls to player total # in the center of the field, 1 less ball if there is an odd # of players -Coach yells 'Go' and players have to compete to win a ball, turn, and score at the goal where they began -If a player does not win a ball from the middle, they work hard to steal a ball, turn, and score -Play continues until all balls are scored...then game resets	-Coach can change up team members as necessary to ensure that teams are equal and each player has a chance to work on defending and winning the ball -Coach can feel free to change the starting point of the players so the attacker and defender meet at different angles...IE -Opposite Endlines -Same Endline -Endline and Touchline -Opposite Touchlines -Players score just prior to water break.	-Who can get the ball quickest? -Who's going to be 1 <sup>st</sup> to the ball? -Can you get in between the ball and the attacker? -Can you take the ball with a pull-back? -Who's going to be brave? -Where do you score after you get the ball? -Fun!
<b>Scrimmage</b>	<b>Game: Team vs Coach(es); Players vs Players</b>	-Whole field -5-10'	Normal rules: -Kick offs -Kick ins -Corner Kicks -Goal Kicks	-Can start with all players playing against the coach(es) to get a feel of direction and competition -Can progress to normal 4v4 -Can also work with the attackers in a numbers-up scenario to give the defenders more focus...IE 5v3 or 3v2 so the numbers- down team has more opportunity to defend -Players score just prior to water break.	-Work through concepts of the session's practice...Questions!..let the player use the game to discover and learn: -Who's going to be 1 <sup>st</sup> to the ball? -Who's going to win the ball? -Keep questions coming...coach should focus a lot more now on assisting player discovery during the game -Fun and Energetic!