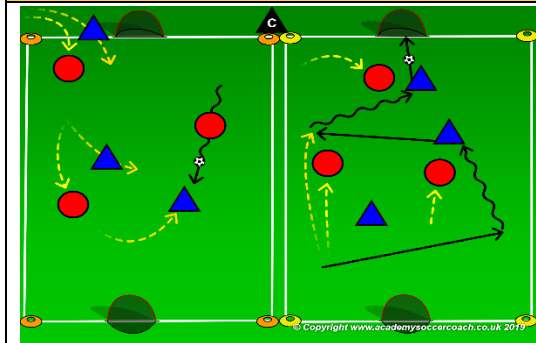
	GOAL:	Improve the techniques of passing, dribbling and shooting	AGE GROUP
	PLAYER ACTIONS	Shoot, pass or dribble forward	
	KEY QUALITIES	Take initiative, be pro-active	6U
MOMENT	Attacking	DURATION	60 Minutes
			4v4

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

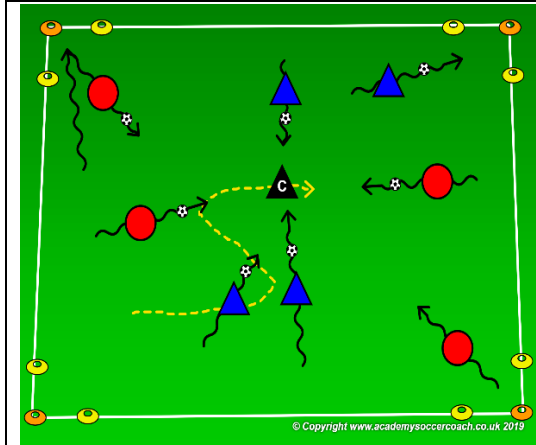
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

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)

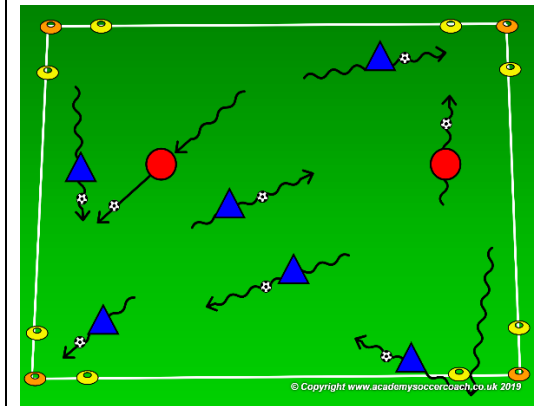
Organization: In a 15Wx20L grid, a small cone goal in each corner & all players with a soccer ball dribbling within the space. The coach(es) walk around the space. When the coach says “red light”, the players must stop their ball. If the coach says “green light”, the players must dribble again. If a 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.

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

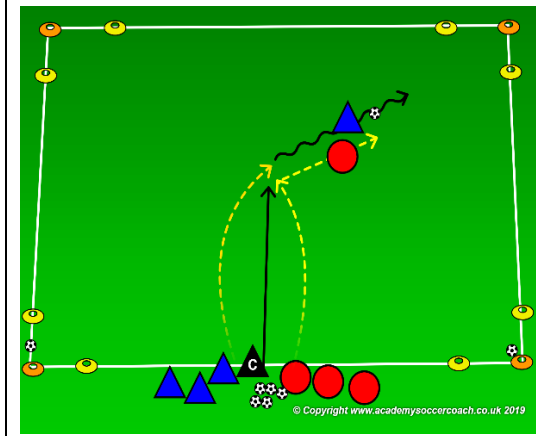
Organization: In a 15Wx20L grid, with a cone goal in every corner & every player with a soccer ball. All but 2 players are trying to dribble their soccer ball into as many goals as possible. 2 players do not try to score but try to WRECK the goal scorer’s points. If a Wreck It Ralph hits a goal scorer’s 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.

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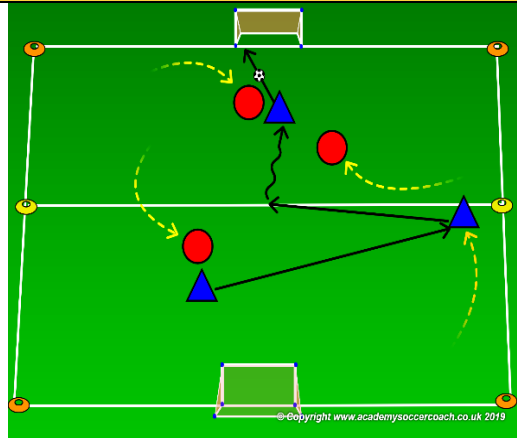
Objective: to dribble your ball toward a target & strike your ball to goal

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

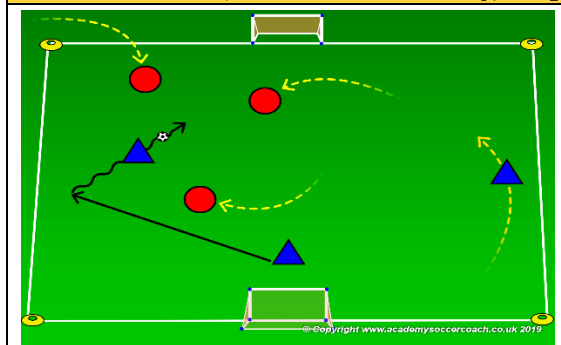
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?
4. **Challenging:** Are the players being challenged? (Is the right balance between being successful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

 	GOAL:	Improve the techniques of dribbling, passing and shooting	AGE GROUP
	PLAYER ACTIONS	Shoot, pass or dribble forward	6U
	KEY QUALITIES	Take initiative, be pro-active	
	MOMENT	Attacking	DURATION
			4v4

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

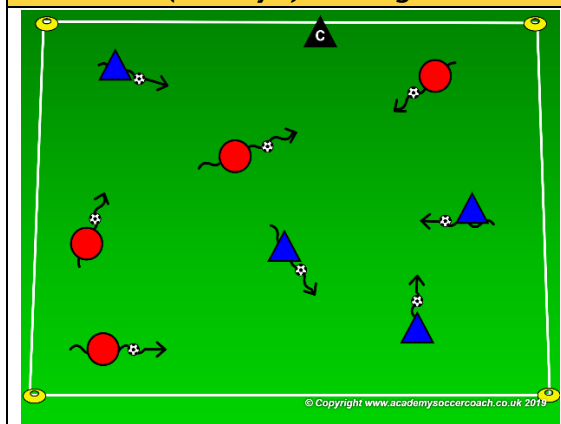
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

Key Words: 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.

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

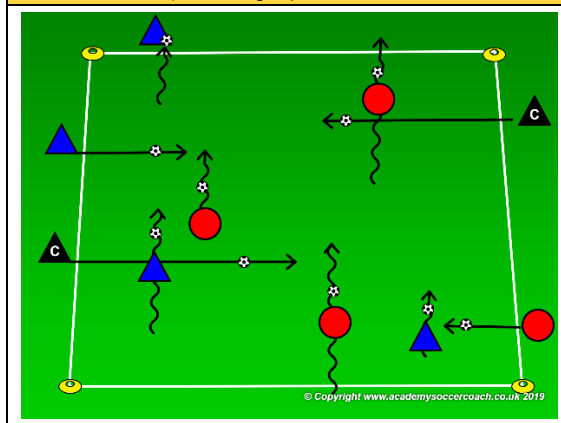
Organization: In a 15Wx20L grid, all the players with a soccer ball (ships) & the coaches the (ship's captain). The players dribble their ball and will change speed or direction based on the weather; high winds, go fast, no wind, go slow, hurricane, dribble in a circle, rogue wave, go backward. Each 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.

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

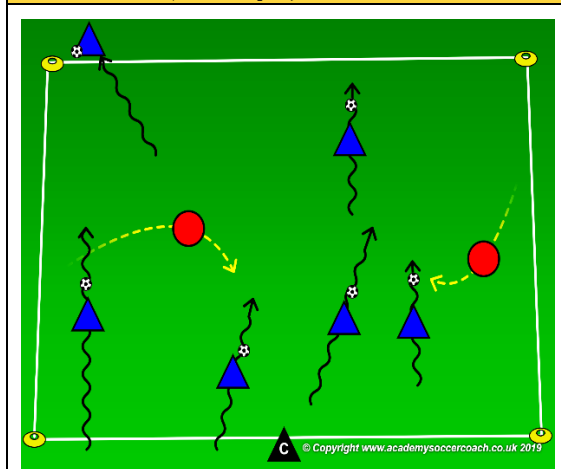
Organization: In a 15Wx20L grid, (the ship), place all the players one end line without a soccer ball (Captain Jack Sparrows). All soccer balls (cannon balls) are lined up on either side of the grid. Captain Jacks will try to run to the other side of the ship without getting hit by a cannon ball below 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.

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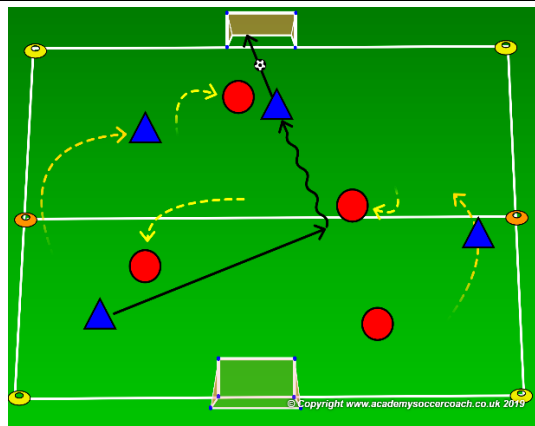
Objective: to dribble your soccer ball past an opponent and stop it once on the opposite side of the field

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

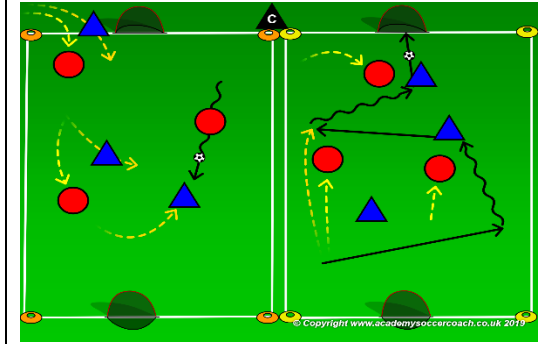
1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?

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

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

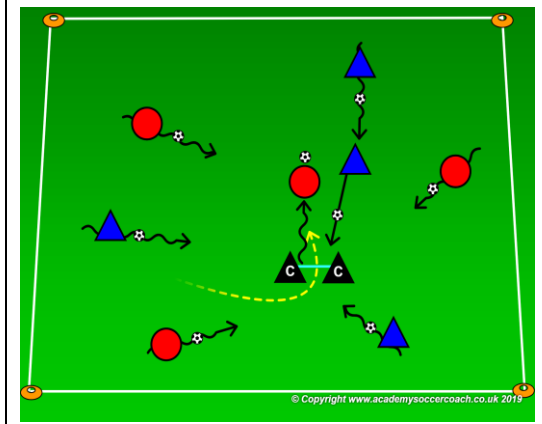
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

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.

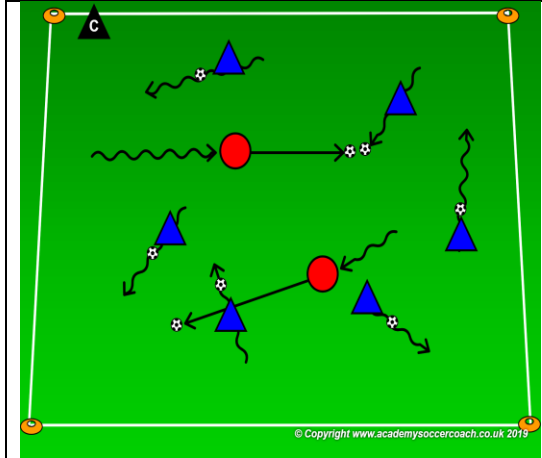
Organization: In a 15Wx20L grid, 2 coaches are joined by holding a pinny between them. They walk around the field to create a moving tunnel. Each player dribbles their soccer ball. The dribblers try to dribble or pass their ball through the tunnel. Count the number of times each player can play their 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.

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)

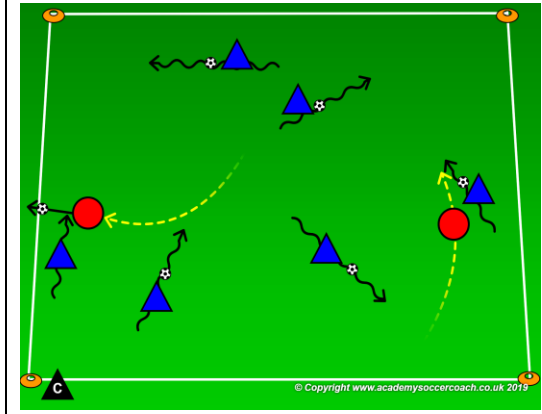
Organization: In a 15Wx20L grid, select 2-3 players to start as the (Police Patrol); they should wear pinnies. The rest of the players dribble their soccer ball with their feet (like crazy drivers). The police patrol dribble their soccer ball and try to ticket the crazy drivers by either hitting the 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.

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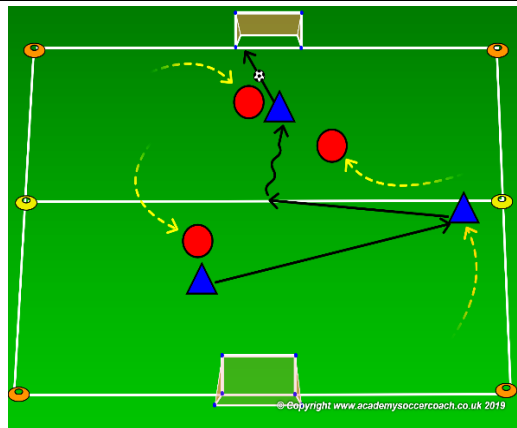
Objective: to dribble & shield your soccer ball or, if you do not have a ball, tackle it away

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

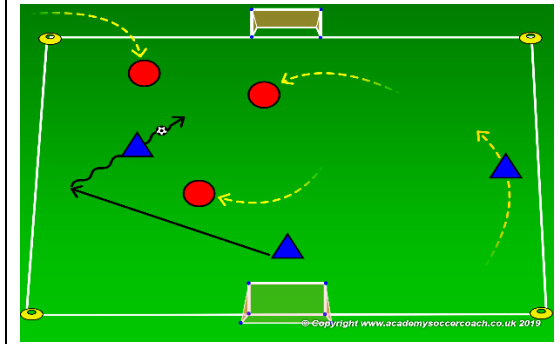
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?
4. **Challenging:** Are the players being challenged? (Is the right balance between being successful 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?
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	6U
	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
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Objective: to pass or dribble past an opponent then score goals

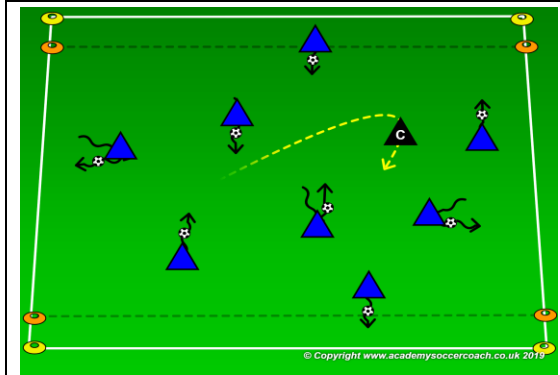
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

Key Words: 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.

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.

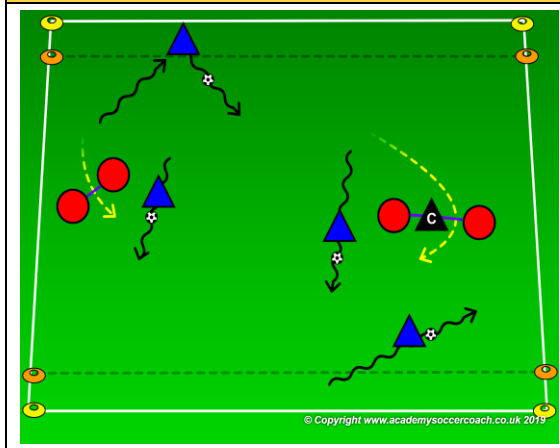
Rules: Play begins as soon as the coach calls out a surface. After 2 rounds, see if the players can shout out the surfaces as they use them.

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.

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

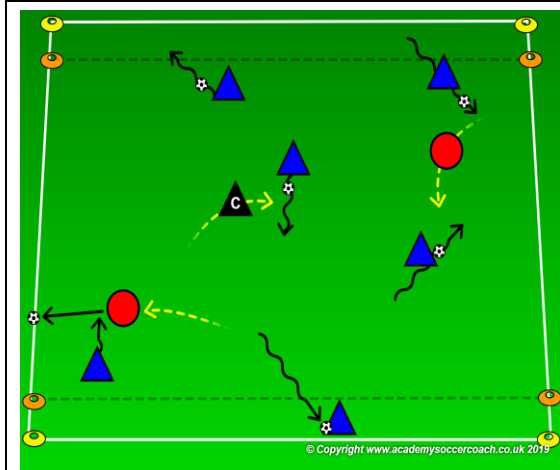
Organization: In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as Hungry Hippos in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Hippos. When the players cross & the 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.

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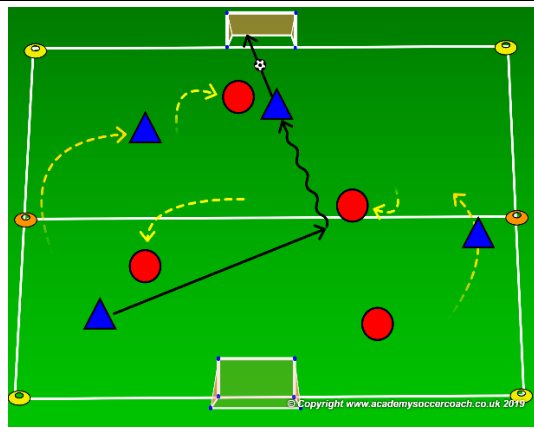
Objective: to dribble your ball toward a target & strike your ball to goal

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.

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

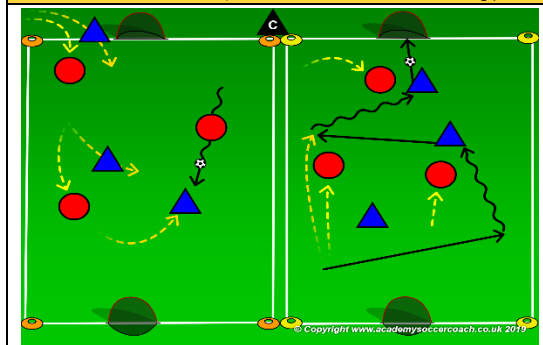
1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?

	GOAL:	Improve the techniques of dribbling, passing and shooting	AGE GROUP
	PLAYER ACTIONS	Shoot, pass or dribble forward	
	KEY QUALITIES	Read & understand the game, Demonstrate focus	6U
	MOMENT	Attacking	
			4v4

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

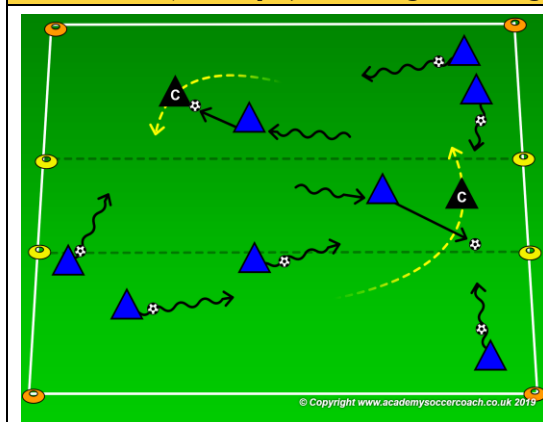
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

PRACTICE (Activity 1): Bulldogs Hunting for Milk-Bones	8 min.-8 intervals-40 sec. play-20 sec. rest
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Objective: Improve the player's ability to maneuver the ball and strike it on target (the coach).

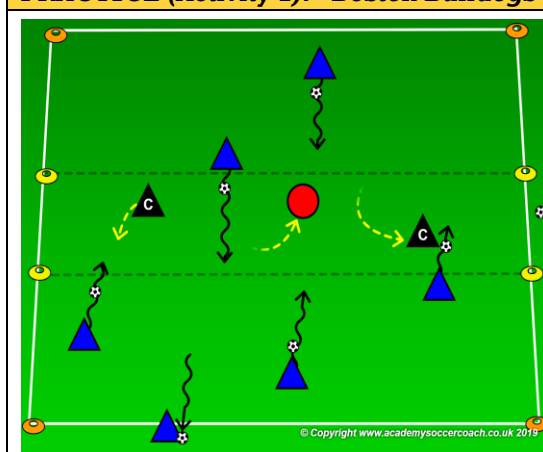
Organization: In a 15Wx20L grid, which includes a 5 yard zone across the middle of the grid (the Dog Pound). All the players with a soccer ball (the Bulldogs) & the coaches are the guards of the milk-bones. The players dribble their ball and try to hit the coach below the knees to score a milk-bone. **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.

PRACTICE (Activity 2): Boston Bulldogs	7.5 Minutes-5 intervals-1 min. play-30 sec. rest
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Objective: to improve the player's ability to dribble the ball through opponents

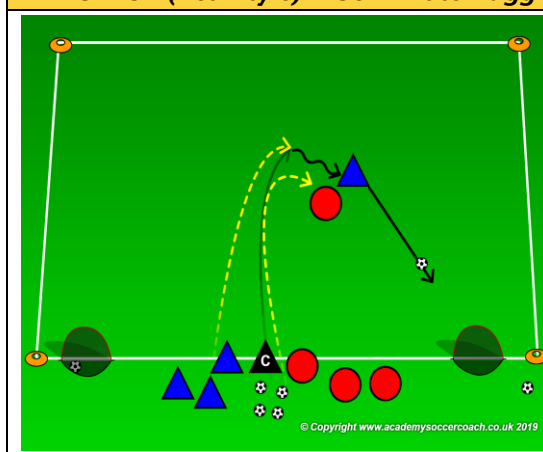
Organization: In a 15Wx20L grid, which includes a 5 yard zone across the middle of the grid (the Dog Pound). The coaches start in the middle as dog catchers (they can not leave the pound). The players are bulldogs. They start on 1 end line & try to dribble their soccer ball through the dog pound without 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.

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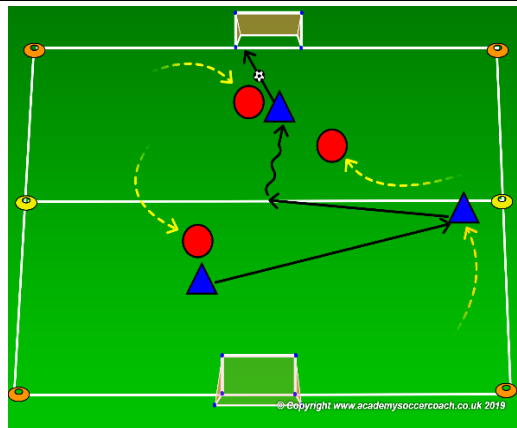
Objective: to dribble your ball toward a target & strike your ball to goal

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?