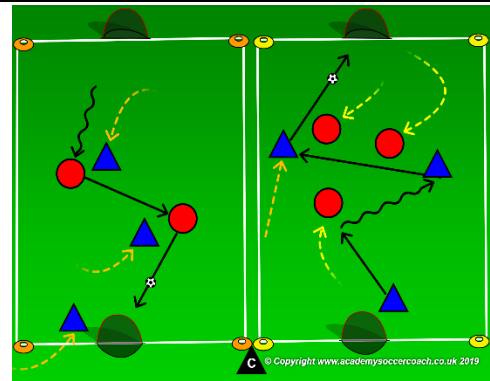
	<b>GOAL:</b>	Prevent build up in the opponent's half		<b>AGE GROUP</b>	
	<b>PLAYER ACTIONS</b>	Protect the goal, Steal the ball			<b>8U</b>
	<b>KEY QUALITIES</b>	Read and understand the game, Focus			
	<b>MOMENT</b>	Defending	<b>DURATION</b>	<b>60 Minutes</b>	<b>4v4</b>

<b>1st PLAY PHASE (intentional Free Play)</b>	<b>18 Min. - Play multiple 3-4 minute games</b>
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**Objective:** to pass or dribble past an opponent then score goals

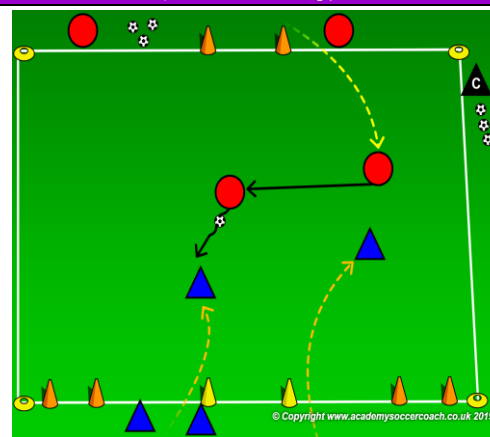
**Organization:** On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

**Key Words:** block your goal, get back

**Guided Questions:** What should you do if you see an opening to your goal? Where should you go if the ball is closer to your goal than you are?

**Answers:** Move to block your goal. Get back so you are closer to your goal than the ball is.

<b>PRACTICE (Core Activity): 2v2 Defend 3 – Counter to 1</b>	<b>18 Minutes-9 intervals-1 min. play-1 min. rest</b>
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**Organization:** In a 20Wx30L grid, with 3 goals on 1 end line and 1 goal on the other, play a 2v2 game. Teams start on opposite end lines. The team defending the single goal starts with the ball. 2 players from the attacking team enter the field with 1 ball. As soon as they enter the field, 2 players from the opposite team enter the field. The team who starts with the ball can attack any of the 3 opponent's goals. If the defending team wins the ball, they can score in the single goal. **Rules:** defending team cannot enter the field until the attacking team takes their 1st touch on the soccer ball. Game lasts for 1 minute. Coach can serve balls onto the field if the original is scored or leaves the field. Multiple goals can be scored within the minute game time.

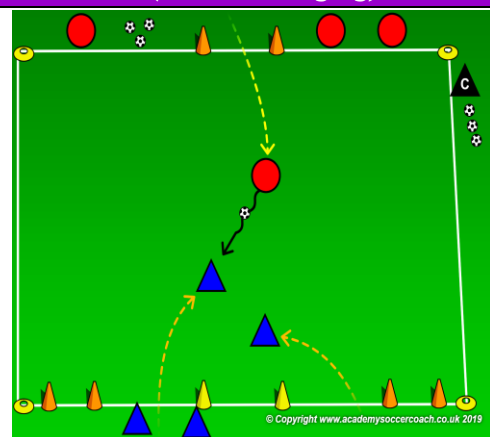
**Key Words:** attack the ball, help each other, win the ball

**Guided Questions:** Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?

**Answers:** The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.

**Notes:** after several rounds, switch who is starting the attack and who starts defending. A tendency is to coach the attackers. Remember to focus on the team without the ball.

<b>PRACTICE (Less Challenging): 2v2 Defend 3 – Counter to 1</b>	<b>18 Minutes-18 intervals-30 sec. play-30 sec. rest</b>
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**Organization:** In a 20Wx30L grid, with 3 goals on 1 end line and 1 goal on the other, play a 2v2 game. Teams start on opposite end lines. The team defending the single goal starts with the ball. 1 player from the attacking team enters the field with 1 soccer ball. As soon as he/she enters the field, 2 players from the opposite team enter the field. The team who starts with the ball can attack any of the 3 opponent's goals. If the defending team wins the ball, they can score in the single goal. Once the ball is scored or leaves the field, all players also leave the field so the next round can begin. (set up multiple fields if needed) **Rules:** defending team cannot enter the field until the attacking team takes their 1st touch on the soccer ball.

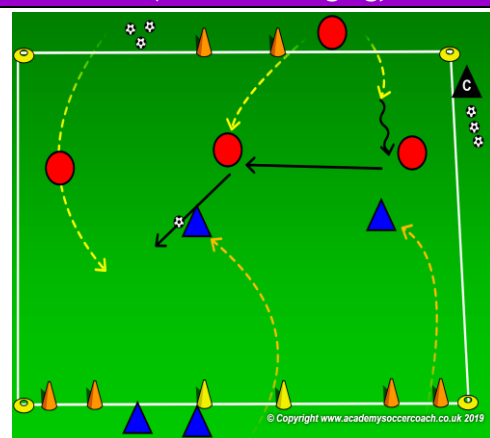
**Key Words:** attack the ball, help each other, win the ball

**Guided Questions:** Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?

**Answers:** The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.

**Notes:** after several rounds, switch who is starting the attack and who starts defending. A tendency is to coach the attackers. Remember to focus on the team without the ball.

<b>PRACTICE (More Challenging): 3v2 Defend 3 Goals - Counter to 1</b>	<b>18 Minutes-6 intervals-2 min. play-1 min. rest</b>
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**Organization:** In a 20Wx30L grid, with 3 goals on 1 end line and 1 goal on the other, play a 3v2 game. Teams start on opposite end lines. The team defending the single goal starts with the ball. 3 players from the attacking team enter the field with 1 soccer ball. As soon as they enter the field, 2 players from the opposite team enter the field. The team who starts with the ball can attack any of the 3 opponent's goals. If the defending team wins the ball, they can score in the single goal. **Rules:** defending team cannot enter the field until the attacking team takes their 1st touch on the soccer ball. Game lasts for 2 minutes. Coach can serve balls onto the field if the original is scored or leaves the field. Multiple goals can be scored within the game time.

**Key Words:** attack the ball, help each other, win the ball

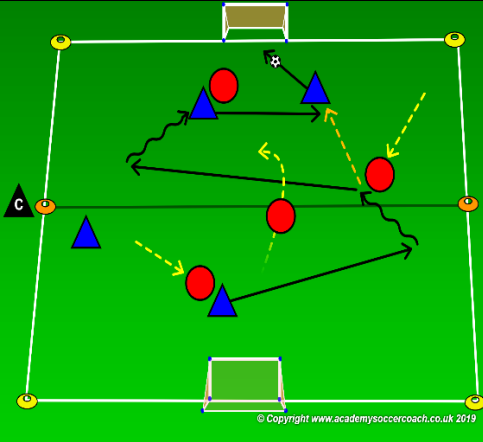
**Guided Questions:** Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?

**Answers:** The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.

**Notes:** after several rounds, switch who is starting the attack and who starts defending. A tendency is to coach the attackers. Remember to focus on the team without the ball.

**2<sup>nd</sup>. PLAY PHASE: The Game – 4v4 (no Goal Keepers)**

**24 Minutes-2 intervals-10 min. play-2 min. rest**



**Objective:** to pass or dribble past an opponent then score goals

**Organization:** In a 25Wx35L field and a small goal on each end line, play a 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:** turn, get the ball, score goals

**Guided Questions:** Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?


**Answers:** The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.

**Five Elements of a Training Activity**

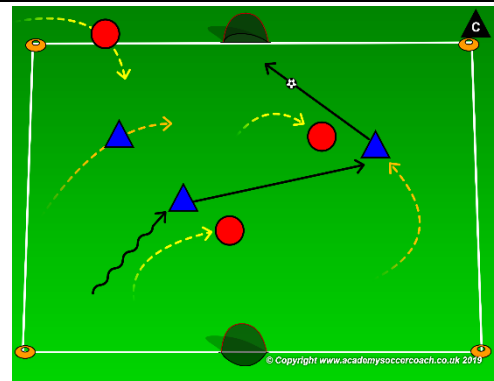
- 1. Organized:** Is the activity organized in the right way?
- 2. Game-like:** Is the activity game-like?
- 3. Repetition:** Is there repetition, when looking at the overall goal of the training session?
- 4. Challenging:** Are the players being challenged? (is the right balance between being successful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

	<b>GOAL:</b>	Deny Scoring Chances		<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Pressure the ball, steal the ball		
	<b>KEY QUALITIES</b>	Read and understand the game, Take initiative		
<b>MOMENT</b>	Defending	<b>DURATION</b>	<b>60 Minutes</b>	<b>4v4</b>

**1st PLAY PHASE (intentional Free Play)** **18 Min.-Play multiple 3-4 minute games**



**Objective:** to deny the opponent's ability to create scoring chances or scoring goals.

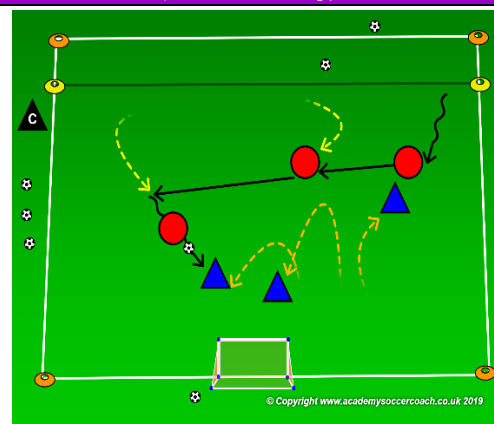
**Organization:** On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

**Key Words:** block your goal, get back

**Guided Questions:** What should you do if you see an opening to your goal? Where should you go if the ball is closer to your goal than you are?

**Answers:** Move to block your goal. Get back so you are closer to your goal than the ball is.

**PRACTICE (Core Activity): 3v3 Defend Your Goal** **18 Minutes-3 intervals-4 min. play-2 min. rest**



**Organization:** In a 20Wx30L yard grid with a goal on one end line & a 3 yard end zone on the other, play a 3v3 game. The focus team defends the goal and scores by stopping the ball in the opponent's end zone. The focus team can enter the end zone with a pass to a teammate or dribbling in. The opposing team (red circles) cannot wait in the end zone but can enter to stop the attack. **Rules:** play local laws/rules of the game other than scoring.

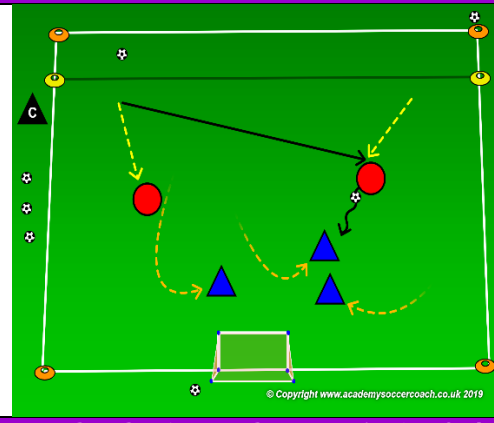
**Key Words:** move together, step to the ball, close the openings

**Guided Questions:** Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field?

**Answers:** By getting compact, it is more difficult to play the ball through your team? The further up the field you can win the ball, the easier it will be to get a chance to score.

**Notes:** Same size fields as the first play stage; simply add the end zone. 2 games can be played at the same time. This game can be 3v2 or 2v2 if attendance is low for training.

**PRACTICE (Less Challenging): 3v2 Defend Your Goal** **18 Minutes-3 intervals-4 min. play-2 min. rest**



**Organization:** In a 20Wx30L yard grid with a goal on one end line & a 3 yard end zone on the other, play a 3v2 game. The focus team (blue triangles) has 3 players & they defend the goal. They score by stopping the ball in the opponent's end zone. The focus team can enter the end zone with a pass to a teammate or dribbling in. The opposing team (red circles) cannot wait in the end zone but can enter to stop the attack. **Rules:** play local laws/rules of the game other than scoring.

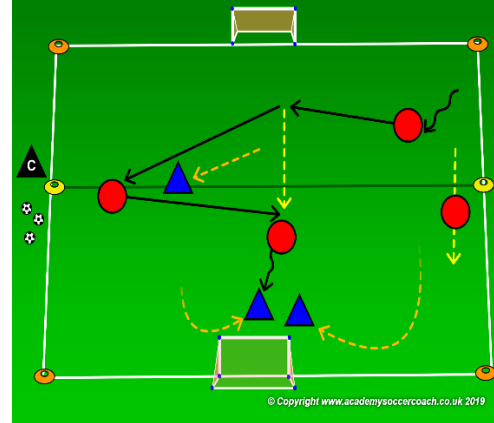
**Key Words:** move together, step to the ball, close the openings

**Guided Questions:** Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field?

**Answers:** By getting compact, it is more difficult to play the ball through your team? The further up the field you can win the ball, the easier it will be to get a chance to score.

**Notes:** Same size fields as the first play stage; simply add the end zone. 2 games can be played at the same time. This game can be 3v2 or 2v2 if attendance is low for training.

**PRACTICE (More Challenging): 3v4 Defend your Goal** **18 Minutes-3 intervals-5 min. play-1 min. rest**



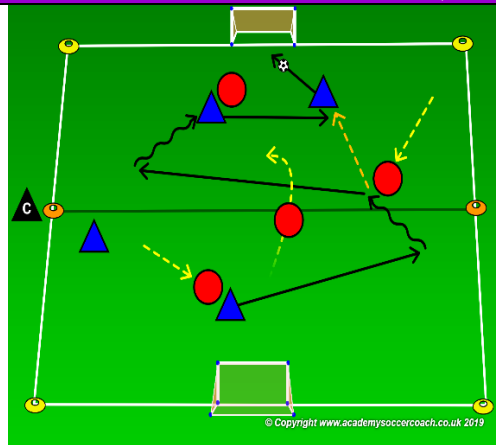
**Organization:** In a 20Wx30L yard grid with a goal on each end line. Play a 3v4 game. The focus team (blue triangles) has 3 players & they defend one goal. They score in the opponent's goal. The opposing team (red circles) have 4 players. **Rules:** play local laws/rules of the game other than scoring.

**Key Words:** move together, step to the ball, close the openings

**Guided Questions:** Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field?

**Answers:** By getting compact, it is more difficult to play the ball through your team? The further up the field you can win the ball, the easier it will be to get a chance to score.

**Notes:** Same size fields as the first play stage; simply add the end zone. 2 games can be played at the same time. Adjust players as needed to allow the session to flow.



**Objective:** to pass or dribble past an opponent then score goals

**Organization:** In a 25Wx35L field and a small goal on each end line, play a 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:** move together, step to the ball, close the openings

**Guided Questions:** Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?


**Answers:** The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

### Five Elements of a Training Activity

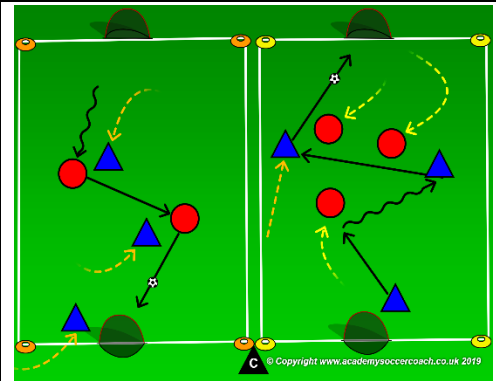
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?
4. **Challenging:** Are the players being challenged? (is the right balance between being successful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

	<b>GOAL:</b>	Improve build up in the opponent's half		<b>AGE GROUP</b>	
	<b>PLAYER ACTIONS</b>	Shoot, Pass or dribble forward			<b>8U</b>
	<b>KEY QUALITIES</b>	Read and understand the game, Take initiative, Focus			
	<b>MOMENT</b>	Attacking	<b>DURATION</b>	<b>60 Minutes</b>	<b>4v4</b>

<b>1st PLAY PHASE (intentional Free Play)</b>	<b>18 Min.-Play multiple 3-4 minute games</b>
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**Objective:** to pass or dribble past an opponent then score goals

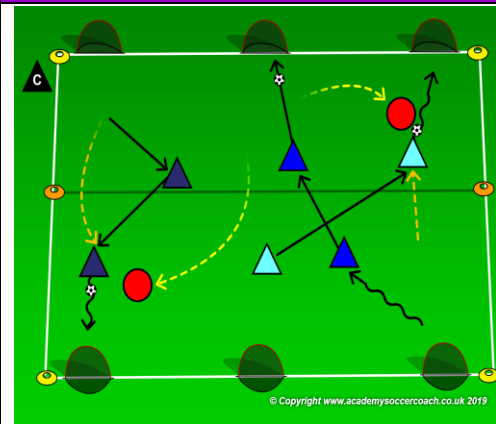
**Organization:** On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

**Key Words:** go to goal, score goals

**Guided Questions:** If you see an opening in front of you, where should you go? When should you pass instead of dribble?

**Answers:** Play forward to goal whenever possible. If all the openings in front of you are closed, quickly pass to a teammate to see if they can find an opening forward.

<b>PRACTICE (Core Activity): Groups of 2 vs The Defenders</b>	<b>18 Minutes-6 intervals-2 min. play-1 min. rest</b>
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**Organization:** In a 20Wx30L yard grid and 3 goals on each end line, coach will select 2-3 players to defend. All other players have a partner and a soccer ball to share. The teams with a ball can dribble or pass past the defenders and score in any of the 3 goals on one end line. Once they have scored, they get any soccer ball from off the field or out of the goal and try to score on any of the 3 goals on the other side. How many goals can they score in 1 minute? If a defender steals their soccer ball and can play it off the field, the players who lost their ball lose all their points and have to start scoring again.

**Rules:** Players can dribble, pass or shoot past the defenders. Rotate defenders after each round.

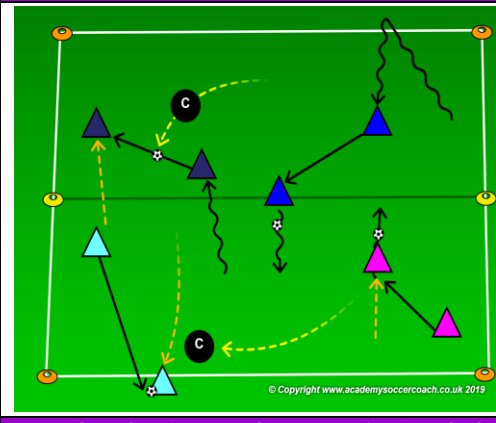
**Key Words:** move with your teammate, help your teammate score

**Guided Questions:** How can the 2 players with a ball beat any 1 defender? What can you do if the defender doesn't follow you?

**Answers:** Try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to goal and score.

**Notes:** Use cones for goals if needed. Adjust the number of defenders to make the game more or less challenging. Coaches can be defenders if needed.

<b>PRACTICE (Less Challenging): Groups of 2 vs Defenders to End Lines</b>	<b>18 Minutes-6 intervals-2 min. play-1 min. rest</b>
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**Organization:** In a 20Wx30L yard grid play groups of 2 vs the coaches to the end lines; coaches are the defenders. All other players have a partner and a soccer ball to share. The teams with a ball can dribble or pass past the defenders and score by stopping their ball on or slightly across the end line. Once they have scored, they get any soccer ball from off the field and try to on the opposite end line. How many goals can they score in 1 minute? If a defender/coach steals their soccer ball and can play it off the field, the players who lost their ball lose all their points and have to start scoring again.

**Rules:** Players can dribble or pass past the defenders to get to the end line.

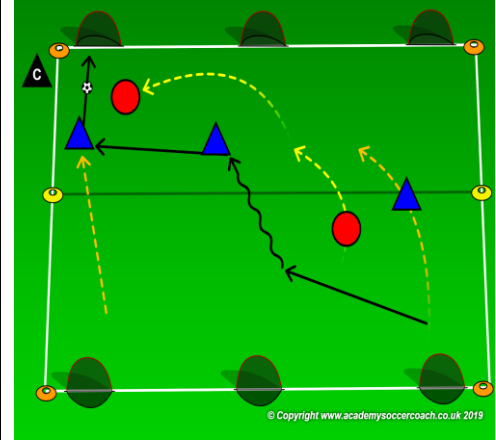
**Key Words:** move with your teammate, help your teammate score

**Guided Questions:** How can the 2 players with a ball beat any 1 defender? What can you do if the defender doesn't follow you?

**Answers:** Try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to goal and score.

**Notes:** Use the players as defenders once they have had some success at scoring. Adjust the number of defenders to make the game more or less challenging.

<b>PRACTICE (More Challenging): 3v2 to Three Goals</b>	<b>18 Minutes-3 intervals-4 min. play-2 min. rest</b>
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**Organization:** In a 20Wx30L yard grid and 3 goals on each end line, play a 3v2 game. The team of 3 starts with the ball has to dribble, pass or shoot past the defenders and into any of their 3 goals. Once they have scored, they get any soccer ball from off the field and try to score on any of the 3 goals at the same end of the field (make it, take it). How many goals can they score in 1 minute? If a defender steals their soccer ball and can play it off the field, the players who lost their ball lose all their points and have to start scoring again.

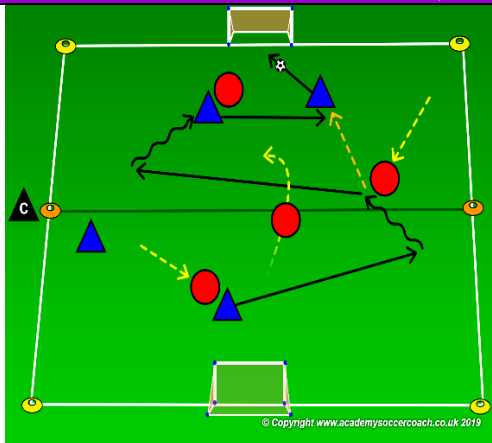
**Rules:** Players can dribble, pass or shoot past the defenders. Rotate defenders after each round.

**Key Words:** move with your teammate, help your teammate score

**Guided Questions:** How can the 2 players with a ball beat any 1 defender? What can you do if the defender doesn't follow you?

**Answers:** Try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to goal and score.

**Notes:** Use cones for goals if needed. Adjust the number of defenders to make the game more or less challenging.



**Objective:** to pass or dribble past an opponent then score goals

**Organization:** In a 25Wx35L field and a small goal on each end line, play a 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:** turn, get the ball, score goals

**Guided Questions:** Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?


**Answers:** The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

### Five Elements of a Training Activity

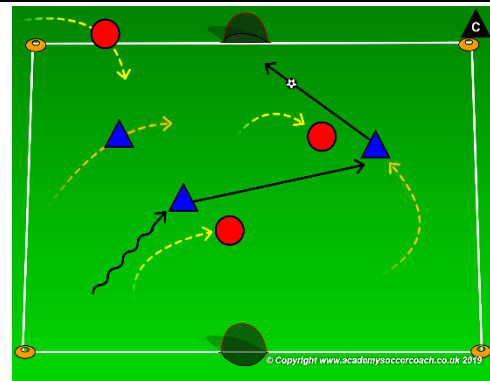
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2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?
4. **Challenging:** Are the players being challenged? (is the right balance between being successful and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

	<b>GOAL:</b>	Prevent build up in your defending half		<b>AGE GROUP</b>	
	<b>PLAYER ACTIONS</b>	Pressure the ball, steal the ball, protect your goal			<b>8U</b>
	<b>KEY QUALITIES</b>	Read and understand the game, Take initiative			
	<b>MOMENT</b>	Defending	<b>DURATION</b>	<b>60 Minutes</b>	<b>4v4</b>

<b>1st PLAY PHASE (intentional Free Play)</b>	<b>18 Min.-Play multiple 3-4 minute games</b>
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**Objective:** to deny the opponent's ability to create scoring chances or scoring goals.

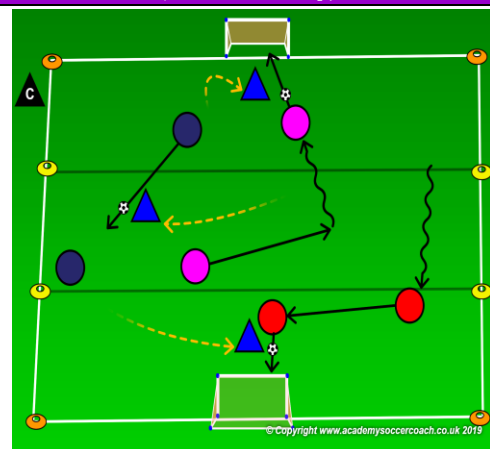
**Organization:** On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

**Key Words:** block your goal, get back

**Guided Questions:** Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?

**Answers:** By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.

<b>PRACTICE (Core Activity): 2v1+1+1 – Defend Each Zone</b>	<b>18 Minutes-9 intervals-1 min. play-1 min. rest</b>
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**Organization:** In a 20Wx30L yard grid divided into 3rds & 2 goals on each end line. Coach will select 1 player to defend each 3<sup>rd</sup> of the field. Each defender must remain in their zone (3<sup>rd</sup>). The rest of the players will have a partner and a soccer ball to share. The attackers try to dribble, pass and shoot to beat the defender and score in the goal at one end. Once they have scored, they get their ball and try to score at the other end. If they miss the goal or a defender in any 3<sup>rd</sup> steals their ball, they must start scoring over again. The defenders can count how many soccer balls they can steal in 1 minute. **Rules:** defenders cannot leave their zone. Attackers lose their points even if a defender only touches their soccer ball.

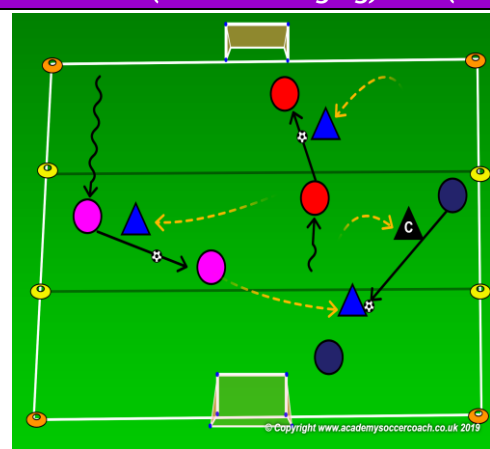
**Key Words:** force the attacker away from the goal, get it, win the ball

**Guided Questions:** Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?

**Answers:** By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.

**Notes:** Coaches can use cones for goals if goals are not available.

<b>PRACTICE (Less Challenging): 2v1 (or more) Defend the Zones</b>	<b>18 Minutes-9 intervals-1 min. play-1 min. rest</b>
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**Organization:** In a 20Wx30L yard grid divided into 3rds & 2 goals on each end line. Coach will select 1 player to defend each 3<sup>rd</sup> of the field. One or more of the zones can have a 2<sup>nd</sup> defender. The rest of the players will have a partner and a soccer ball to share. The attackers try to dribble, pass and shoot to beat the defender and score in the goal at one end. Once they have scored, they get their ball and try to score at the other end. If they miss the goal or a defender in any 3<sup>rd</sup> steals their ball, they must start scoring over again. The defenders can count how many soccer balls they can steal in 1 minute. **Rules:** defenders cannot leave their zone. Attackers lose their points even if a defender only touches their soccer ball.

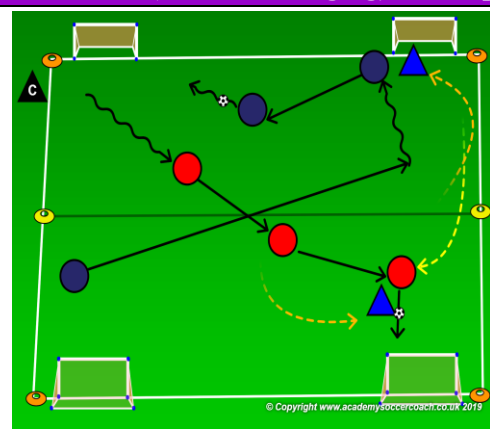
**Key Words:** force the attacker away from the goal, get it, win the ball

**Guided Questions:** Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?

**Answers:** By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.

**Notes:** Coaches should help the defenders to win the ball.

<b>PRACTICE (More Challenging): Multiple Teams of 3v2 Defenders</b>	<b>18 Minutes-6 intervals-2 min. play-1 min. rest</b>
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**Organization:** In a 20Wx30L yard grid & 2 goals on each end line. Coach will select 2 player to defend. The rest of the players will have a partner and a soccer ball to share. The attackers try to dribble, pass and shoot to beat the defender and score in either goal at 1 end. Once they have scored, they get their ball and try to score at the other end. If they miss the goal or a defender in steals their ball, they must start scoring over again. The defenders can count how many soccer balls they can steal in 1 minute. **Rules:** Attackers lose their points even if a defender only touches their soccer ball.

**Key Words:** force the attacker away from the goal, get it, win the ball

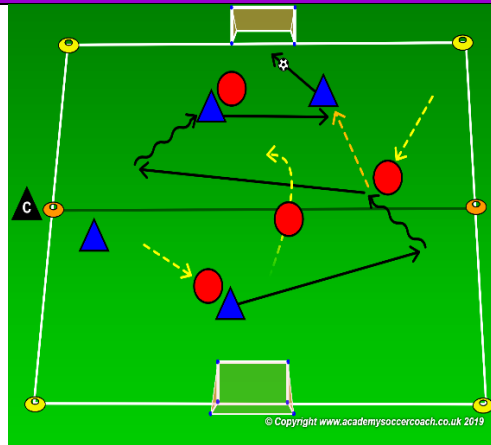
**Guided Questions:** Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?

**Answers:** By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.

**Notes:** Defenders can defend anywhere on the field.

**2<sup>nd</sup>. PLAY PHASE: The Game – 4v4 (no Goal Keepers)**

**24 Minutes-2 intervals-10 min. play-2 min. rest**



**Objective:** to pass or dribble past an opponent then score goals

**Organization:** In a 25Wx35L field and a small goal on each end line, play a 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:** move together, step to the ball, close the openings

**Guided Questions:** Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

**Answers:** The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.


**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?)
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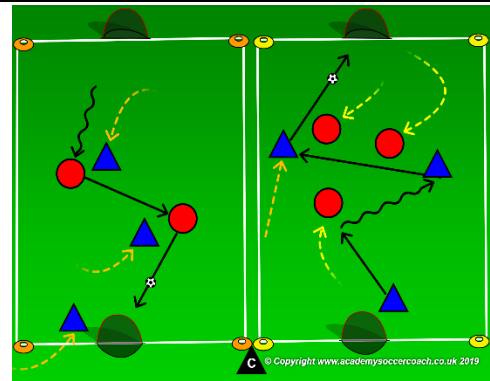
**Training Session Self-Reflection Questions**

- 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?**



	<b>GOAL:</b>	Prevent Goals		<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Protect the goal, Steal the ball		
	<b>KEY QUALITIES</b>	Read and understand the game, Focus		
	<b>MOMENT</b>	Defending	<b>DURATION</b>	<b>60 Minutes</b>
				<b>4v4</b>

**1st PLAY PHASE (intentional Free Play)** **18 Min.-Play multiple 3-4 minute games**



**Objective:** to pass or dribble past an opponent then score goals

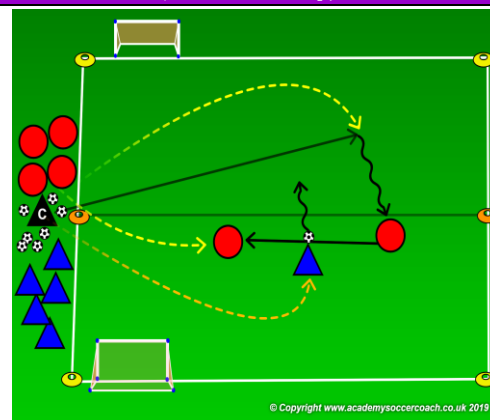
**Organization:** On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

**Key Words:** block your goal, get back

**Guided Questions:** What should you do if you see an opening to your goal? Where should you go if the ball is closer to your goal than you are?

**Answers:** Move to block your goal. Get back so you are closer to your goal than the ball is.

**PRACTICE (Core Activity): 2v1 to Side Goals (reloading game)** **18 Minutes-18 intervals-30 sec. play-30 sec. rest**



**Organization:** In a 20Wx30L yard grid & a goal on each end line close to the corner. The coach starts with all the soccer balls on in the center of 1 of the sidelines. Divide the group into 2 teams; 1 starts on the coaches right and the other on the left. Each team will have 1 goal to score in and 1 goal to defend. The coach will play a ball onto the field. If the coach plays a ball to the right side of the field, the team on the coach's right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent's goal. **Rules:** Play starts when the coach plays a ball onto the field. Once a goal is scored or the ball leaves the field, all players off the field & a new ball is played for the next players to play.

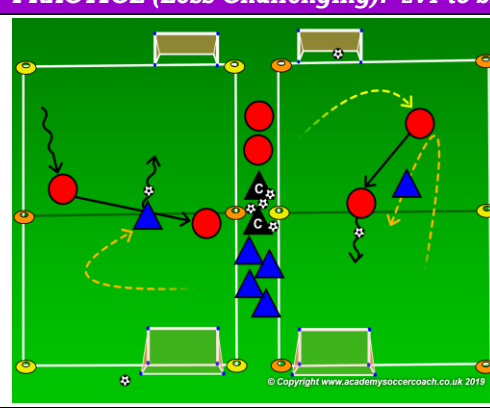
**Key Words:** block your goal, do not let them turn

**Guided Questions:** Where can you go to block the goal? How can you keep the player with the ball from turning?

**Answers:** try to position your body between the ball and the goal. Move closer to the player with the ball so you can poke the ball away if they try to turn.

**Notes:** Coaches can use cones for goals if goals are not available. Add points as needed to increase the competition. For example, all goals are worth 1000 points.

**PRACTICE (Less Challenging): 2v1 to Side Goals (players enter 1st)** **18 Minutes-9 intervals-1 min. play-1 min. rest**



**Organization:** Same set up as the Core Activity except, after dividing the team into 2 groups, the coach will appoint 2 players from 1 team and 1 from the other to enter the field. Each team will still have 1 goal to score in and 1 to defend. Once the players have entered the field, the coach will play a ball onto the field. **Rules:** Play starts when the coach plays a ball onto the field. The game lasts for 1 minute. After 1 minute, all players off the field & the coach appoints new players to play the next game.

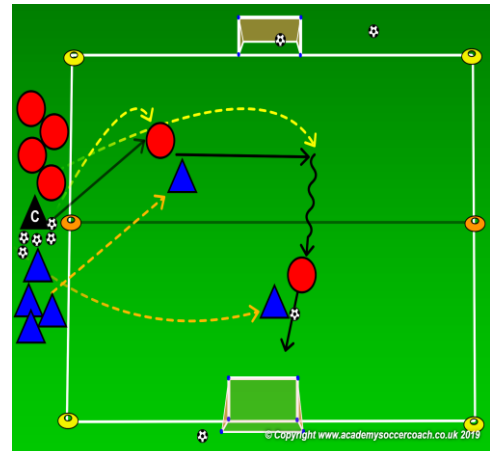
**Key Words:** block your goal, force the ball away from your goal

**Guided Questions:** Where can you go to block the goal? How can you keep the player with the ball from turning?

**Answers:** try to position your body between the ball and the goal. Move closer to the player with the ball so you can poke the ball away if they try to turn.

**Notes:** Coaches can use cones for goals if goals are not available. Add points as needed to increase the competition. For example, all goals are worth 1000 points.

**PRACTICE (More Challenging): 2v2 to Side Goals (reloading game)** **18 Minutes-18 intervals-30 sec. play-30 sec. rest**



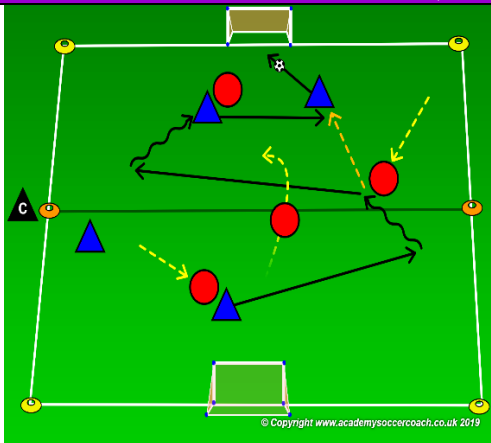
**Organization:** In a 20Wx30L yard grid & a goal in the middle of each end line. The coach starts with all the soccer balls on in the center of 1 of the sidelines. Divide the group into 2 teams; 1 starts on the coaches right and the other on the left. Each team will have 1 goal to score in and 1 goal to defend. The coach will play a ball onto the field. If the coach plays a ball to the right side of the field, the team on the coach's right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent's goal. **Rules:** Play starts when the coach plays a ball onto the field. Once a goal is scored or the ball leaves the field, all players off the field & a new ball is played for the next players to play.

**Key Words:** block your goal, force the ball away from your goal

**Guided Questions:** Where can you go to block the goal? How can you keep the player with the ball from turning?

**Answers:** try to position your body between the ball and the goal. Move closer to the player with the ball so you can poke the ball away if they try to turn.

**Notes:** by moving the goal into the center, the defender will have to move further onto the field to defend it. Add a player to the team of 1 to make it a 2v2 game if needed.



**Objective:** to pass or dribble past an opponent then score goals

**Organization:** In a 25Wx35L field and a small goal on each end line, play a 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:** turn, get the ball, score goals

**Guided Questions:** Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?


**Answers:** The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.

### Five Elements of a Training Activity

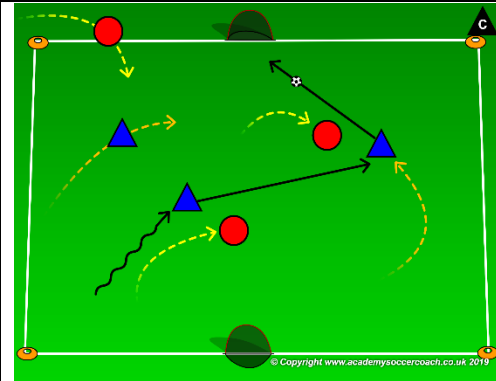
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?
4. **Challenging:** Are the players being challenged? (is the right balance between being successful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

	<b>GOAL:</b>	Improve building up in the opponent's half	<b>AGE GROUP</b>	
	<b>PLAYER ACTIONS</b>	Dribble forward, Score, Play forward when possible	<b>8U</b>	
	<b>KEY QUALITIES</b>	Read & Understand the game, take initiative, be pro-active		
<b>MOMENT</b>	Attacking	<b>DURATION</b>	<b>60 Minutes</b>	<b>4v4</b>

**1st PLAY PHASE (intentional Free Play)** **18 Min.-Play multiple 3-4 minute games**



**Objective:** to pass or dribble past an opponent then score goals

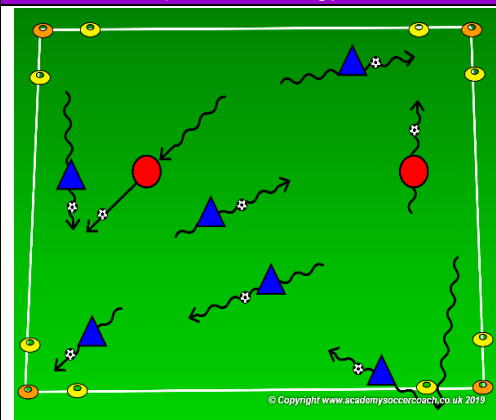
**Organization:** On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

**Key Words:** go to goal, score goals

**Guided Questions:** If you see an opening in front of you, where should you go? When should you pass instead of dribble?

**Answers:** Play forward to goal whenever possible. If all the openings in front of you are closed, quickly pass to a teammate to see if they can find an opening forward.

**PRACTICE (Core Activity): Wreck It Ralph** **18 Minutes-9 intervals-1 min. play-1 min. rest**



**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.

**Notes:** Rotate the area of the field the ball is served into to change the starting points of the attacks. You can also serve a ball closer to a player who has not had many opportunities to play the ball.

**PRACTICE (Less Challenging): Find the Open Goal** **18 Minutes-18 intervals-1 min. play-1 min. rest**



**Organization:** In 20Wx30L yard grid with a 5yd end zone on each end of the field. Each team starts behind their end zone. One team starts with a soccer balls. On the coach's command, 2 players with 1 ball enter the field and try to dribble the ball into the opponent's end zone. The team w/o soccer balls can only send 1 defender. Players who can stop the ball in the opponent's end zone get 10 points. After 5 intervals, switch so both teams have a chance to attack. **Rules:** Players try to dribble across to the other end zone. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After both soccer balls are either scored or knocked out of play, the game is over and the next game begins.

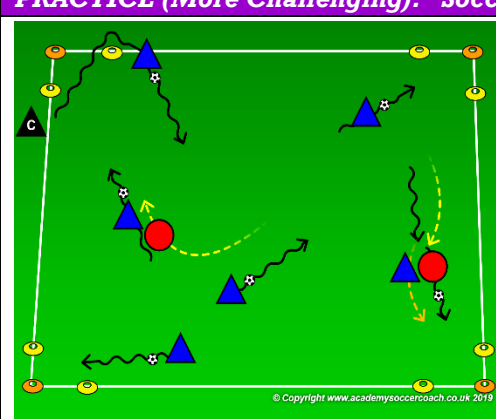
**Key Words:** Look up, find an opening, fake the defender, go to goal.

**Guided Questions:** What should you do when confronted by a defender? When should you kick the ball further of front of you?

**Answers:** When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.

**Notes:** Spread out can also be introduced so 1 defender cannot cover both players. Remember to keep the primary focus on the player with the ball.

**PRACTICE (More Challenging): Soccer Combat** **18 Minutes-9 intervals-1 min. play-1 min. rest**



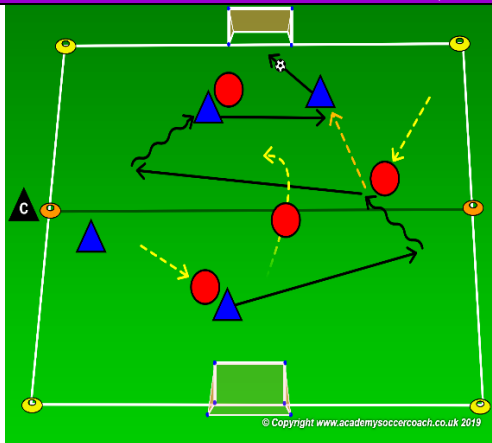
**Organization:** In a 15Wx20L grid, with a cone goal in every corner & all but 2 players with a soccer ball. The players with a soccer ball will trying to score as many goals as possible in 1 minute. The players without a soccer ball are trying to steal any ball they can and start scoring for themselves. If your soccer ball is stolen, you can either steal your ball back or steal a ball from another player. **Rules:** Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals that are open. You must have a soccer ball in order to score.

**Key Words:** Go forward, dribble to goal

**Guided Question:** What can you do to protect your soccer ball? Where do you go if you see a goal is blocked by a defender?

**Answers:** Either put your body between your ball and the defender or dribble fast to a goal. Turn away and attack an open goal.

**Notes:** Coaches can start as defenders if needed but should switch over to players within the first few rounds.



**Objective:** to pass or dribble past an opponent then score goals

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**Key Words:** turn, get the ball, score goals

**Guided Questions:** Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

**Answers:** The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

### Five Elements of a Training Activity

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### Training Session Self-Reflection Questions

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