



# NC Youth Academy

## LESSON PLANS



## 8U – Spring 2018

**Art Rex**

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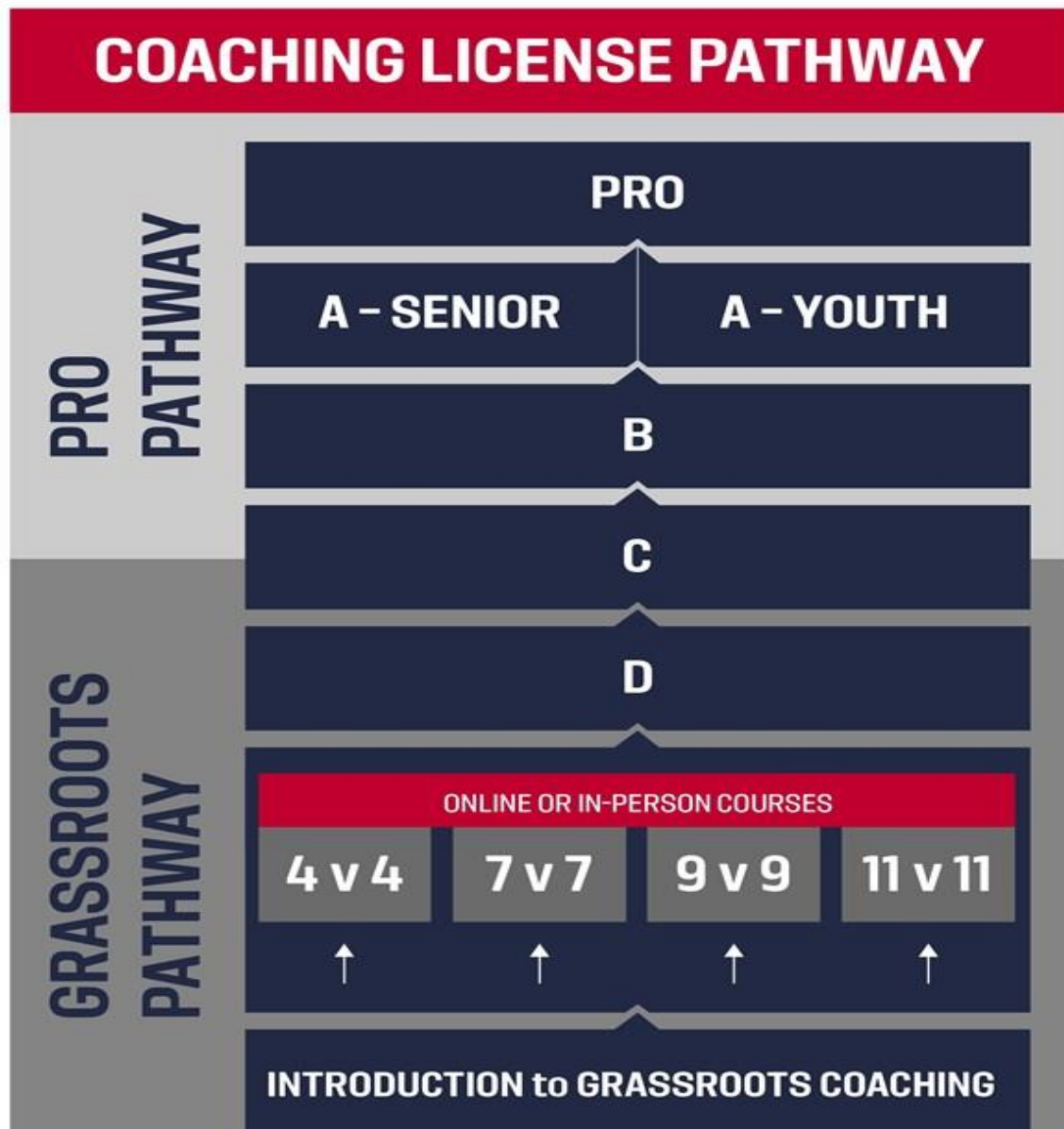
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*NC Youth Academy Admin*



# U.S. SOCCER



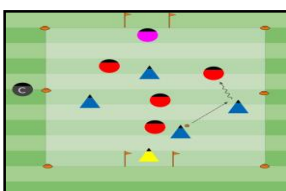
*“To continue to improve the state of soccer in the United States, we must continue to improve the players in our country. This begins with our coach's and there is not a larger or more impactful group than our coach's at the grassroots level.”*

-Director of Coaching Education, Nico Romeijn

# GRASSROOTS PRACTICE: PLAY-PRACTICE-PLAY PHILOSOPHY

The 3 Stage Training Session: Play-Practice-Play Model (Zone 1 Development)			
Practice Stage	Stage 1: Play	Stage 2: Practice	Stage 3: Play
Theoretical Framework	<b>Play - 'Deliberate Play'</b> (Cote et al., 2003; 2009; 2013; 2015)	<b>Skill Acquisition - 'Play-Practice'</b> , Activities (Lauder, 2001; 2013), <i>Teaching Games for Understanding (TGFU)</i> , (Griffin & Butler, 2005)	<b>Contextual Learning</b> – Let them play (Fonseca, 2006; Tamarit, 2015)
Purpose	A fun introduction to practice that promotes <b>intrinsic motivation and creativity</b> . Games <b>orientate players</b> to the practice goal and are adapted to fit the environment.	<b>Engaging learning</b> situations/activities designed to promote practice goal (i.e., team tactical principles and key qualities). Challenge - balance successful/unsuccessful	A regular game format (i.e., 4v4, 7v7 etc.). Players are placed into the game format (contextual learning) to provide an opportunity to <b>apply/implement</b> their learning.
Activity Characteristics	Fun, inclusive, engaging, game-like, freedom for creativity	Fun, actively involved, frequent repetitions, game-like activities – <b>TTP/key qualities -skill acquisition/transfer of learning</b>	Fun, <b>game-like</b> , even numbers, position rotations, rules
Primary Learning Source	The Game Peer learning Guided questions/ <b>key questions</b>	One or multiple activities Based on players needs/stage of development Guided questions/ <b>key message</b> /reflections/feedback	The Game Peer learning Guided questions/ <b>key words</b> – feedback during natural stoppages
Coach Instruction	Monitoring – <b>environment teaches</b> Guided questions during natural stoppages or between games.	<b>Activity modification</b> based on ability Instruction – <b>positive/solution orientated</b> Guided Discovery Learning Modeling/Demonstrations	Primarily <b>observational</b> <b>Selective</b> side line coaching During natural stoppages

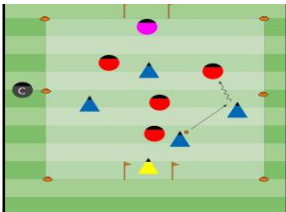
## PLAY – Small Sided Game



## PRACTICE – Core Activity

If the core activity isn't working then...

Less Challenging Activity



OR

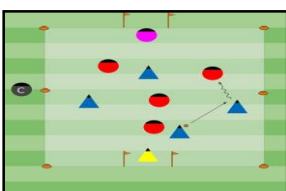


OR

More Challenging Activity



## PLAY – Let them Play





### Week 1

**Goal:** To improve player's ability to dribble forward to score goals **Key Qualities:** Read/understand, Take initiative, Proactive

**Age Group:** 8U

**Team Tactical Principles:** 4v4 : Dribble Forward, Score Goals

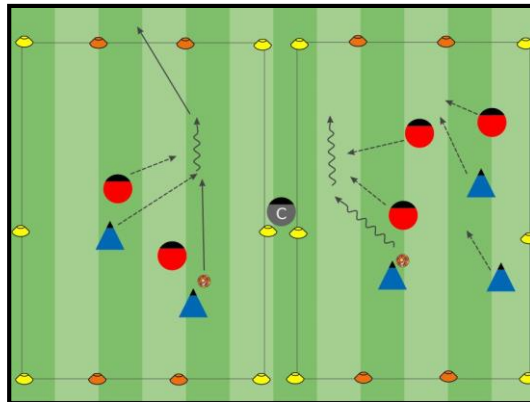
### PLAY – Small Sided Game

**Objective:** To play forward, create chances, & score goals

**Organization:** Two 30x20 fields, free play, add players up to 2v2 or 3v3, make additional fields if necessary

**Time:** 30 minutes total with two breaks

**Rules:** Free play, Kick-ins



**Key Words:** Opening

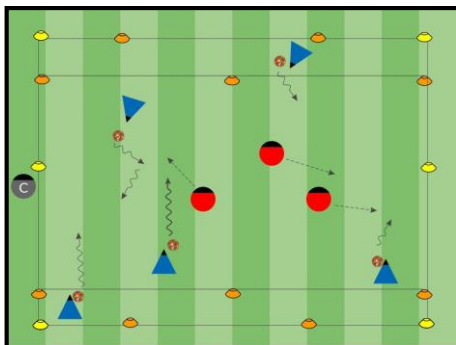
**Guided Questions:**

Can you find an opening?

Can you create an opening?

What can you do if you see an opening?

### Less Challenging Activity



**Organization:** In a 30x20 field make 5x20 safety zone on each end. Players w/a ball try to dribble into the safety zone. Players w/o a ball try to steal the ball & dribble into the safety zone. Play 2 minutes games with 1 minutes rest - switch roles. Keep track of points

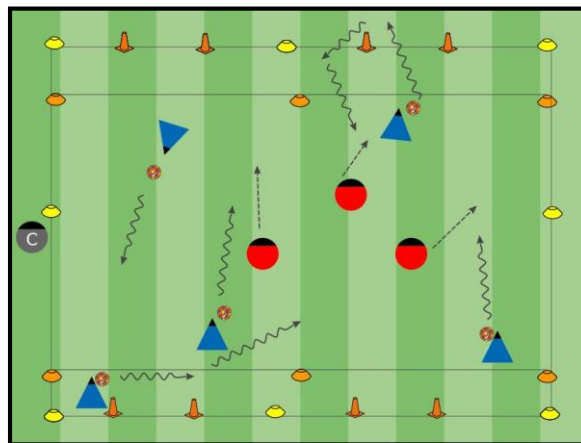
**Key Words:**

Opening, Forward, Dribble

**Guided Questions:**

How can we find or create openings to play forward and score? How can we dribble forward? Where can we dribble?

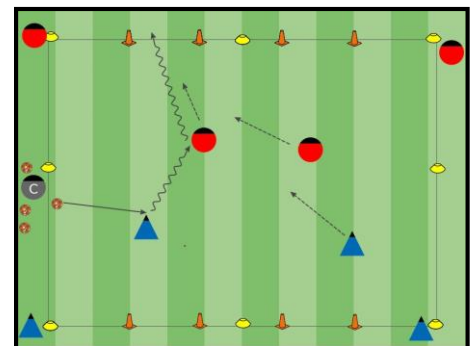
### PRACTICE – Core Activity



**Organization:** In a 30x20 field make 5x20 safety zone on each end. Players w/a ball try to dribble into the safety zone then through the cones. Players w/o a ball try to steal the ball & dribble into the safety zone then through the cones. Play 2 minutes games with 1 minute active rest - switch roles. Keep track of points

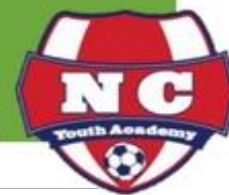
**Activity Duration: 30 Minutes**

### More Challenging Activity

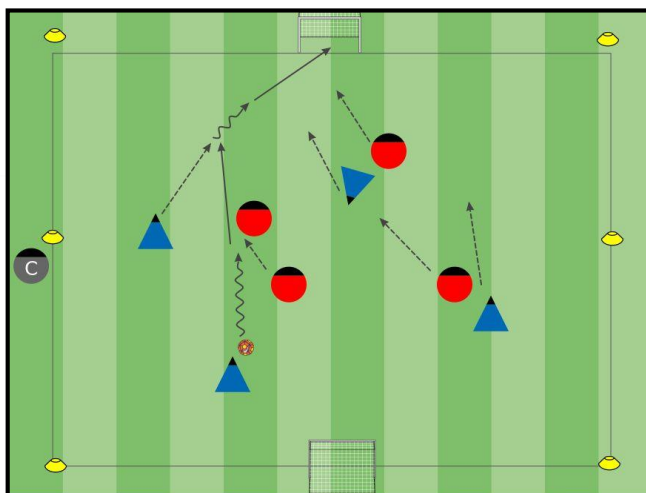


**Organization:** In a 30x20 with 2 goals on each end line, play 2v1,2v2, etc. Coach passes the ball to one team to start the game. Players dribble through the goals for a point. Play 2 minute games with 1 minutes active rest-switch roles. Keep track of points.





### PLAY – Let them Play

**Objective:**

To play forward with the dribble, create chances, & score goals

**Organization:**

On a 30x40 field, free play to 1 goal on each end. Play 4v4.

**Rules:** LOTG, PDI

**Time:** 30 minutes total with two breaks

**Guided Questions:**

How can we get open? How do we know if we're open?  
When, where, & how should we pass or dribble forward?

**Answers:**

Dribble when the player with the ball has space. Find and move to space. Play forward with the dribble or the pass.

**Key Words:** Opening, Support

#### 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 there balance between being successful & unsuccessful?)

**5. Coaching:** Is there proper coaching based on the age & level of the player?

#### Training Session Reflections Questions

1. Did you achieve your goals?  
Yes/No

What went well?

What could you do better?



### Week 2

**Goal:** To improve player's ability to pass forward to score goals **Key Qualities:** Read/understand, Take initiative, Proactive

**Age Group:** 8U

**Team Tactical Principles:** 4v4 : Pass Forward, Spread Out, Score Goals

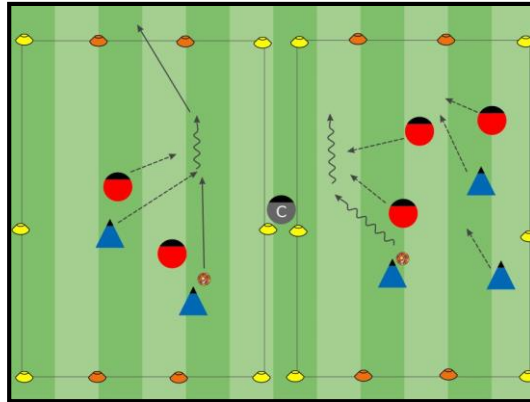
### PLAY – Small Sided Game

**Objective:** To play forward, create chances, & score goals

**Organization:** Two 30x20 fields, free play, add players up to 2v2 or 3v3, make additional fields if necessary

**Time:** 30 minutes total with two breaks

**Rules:** Free play, Kick-ins



**Key Words:** Opening, Forward

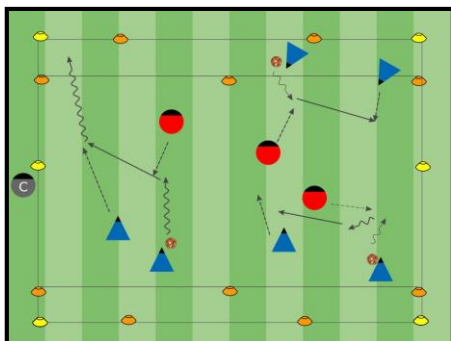
**Guided Questions:**

Can you find an opening?

Can you create an opening?

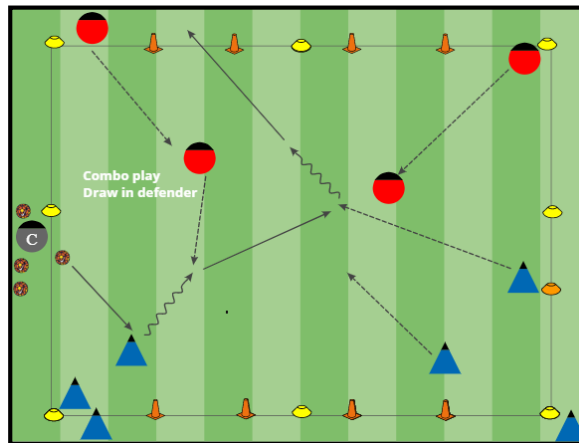
What can you do if you see an opening?

### Less Challenging Activity



**Organization:** In a 30x20 field make 5x20 safety zone on each end. Players w/a ball try to pass & dribble into the safety zone w/ their teammate. Players w/o a ball try to steal the ball & dribble into the safety zone. Play 2 minutes games with 1 minute active rest & switch roles. Keep track of points

### PRACTICE – Core Activity

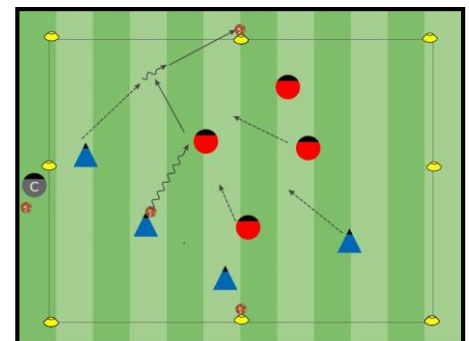


**Organization:** In a 30x20 with 2 goals on each end line, play numbers up for the team the coach's passes to 3v2, 4v3, etc. Coach passes the ball to one team to start the game. Players pass through the goals for a point. Play 2 minute games with 1 minute active rest - switch roles. Keep track of points.

**\*\*modified game, # of passes = # of points/goals**

**Activity Duration: 30 Minutes**

### More Challenging Activity



**Organization:** In a 30x20 with 2 balls on a cones to make goals on each end line, play 4v4. Play 2 minute games with 1 minute active rest - switch roles. Keep track of points.

**\*\*modified game, # of passes = # of points/goals**

**Key Words:**

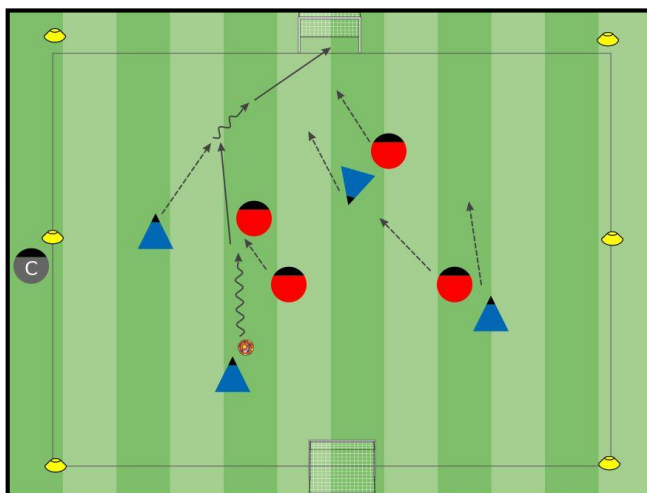
Opening, Forward, Pass

**Guided Questions:**

How can we find or create openings to play forward and score? Who can we pass forward to when we have the ball?



### PLAY – Let them Play

**Objective:**

To play forward with the pass, create chances, & score goals

**Organization:**

On a 30x40 field, free play to 1 goal on each end. Play 4v4.

**Rules:** LOTG, PDI

**Time:** 30 minutes total with two breaks

**Guided Questions:**

How can we get open? Where can we spread out?

When, where, & how should we pass or dribble forward?

**Answers:**

Pass when there is a defender in front of me, or there is a teammate open in space. Find & move to space. Play forward with the dribble or the pass.

**Key Words:** Opening, Support, Forward, Pass

#### 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 there balance between being successful & unsuccessful?)

**5. Coaching:** Is there proper coaching based on the age & level of the player?

#### Training Session Reflections Questions

1. Did you achieve your goals?  
Yes/No

What went well?

What could you do better?



### Week 3

**Goal:** To improve player's ability to find and create passing opportunities **Key Qualities:** Read/understand, take initiative

**Age Group:** 8U

**Team Tactical Principles:** 4v4 : Pass Forward, Spread Out, Support Attack

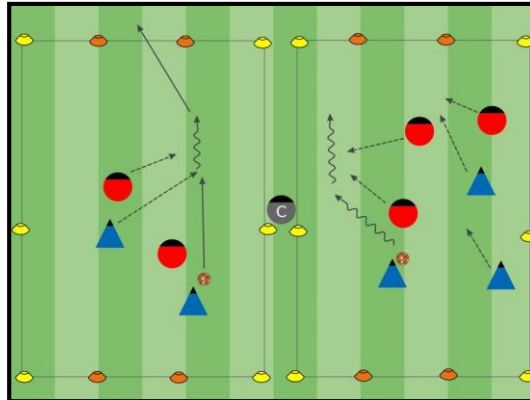
### PLAY – Small Sided Game

**Objective:** To play forward, create chances, & score goals

**Organization:** Two 30x20 fields, free play, add players up to 2v2 or 3v3, make additional fields if necessary

**Time:** 30 minutes total with two breaks

**Rules:** Free play, Kick-ins

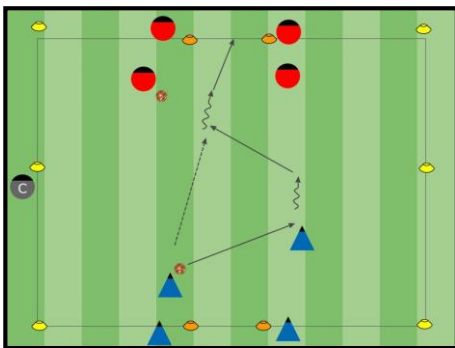


**Key Words:** Opening, Forward, Support

**Guided Questions:**

How can we find or create openings to play forward and score?

### Less Challenging Activity



**Organization:** In a 30x20 field make 2 goals on each end. On coach's command, pairs try to score in the goal. Do not steal the other teams ball. Combination game options:  
-Fastest Goal  
-Each teammate touches the ball  
-Most Passes + Fastest Goal  
Keep score Blue vs Red, Play 2 minutes games with 1 minute active rest Keep track of points.

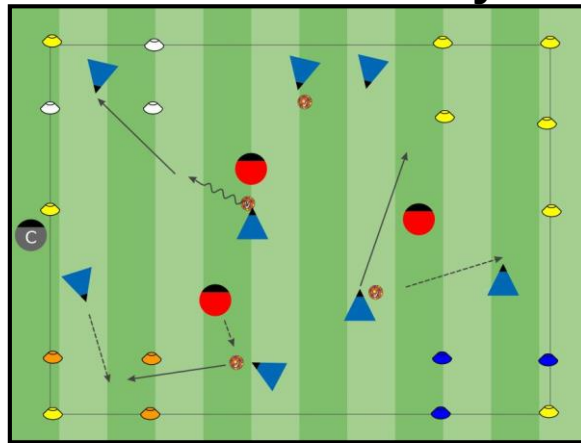
**Key Words:**

Opening, Forward, Pass, Support

**Guided Questions:**

How can we find or create openings to play forward and score? Who can we pass forward to when we have the ball?

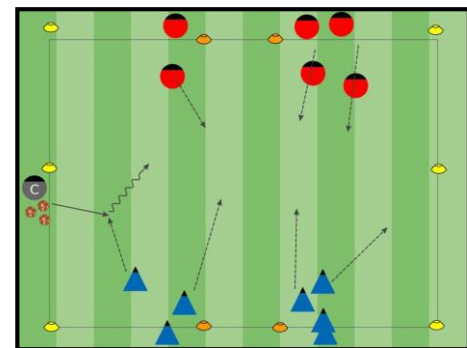
### PRACTICE – Core Activity



**Organization:** In a 30x20 w/4 corner goals. Each pair tries to pass, dribble, & move into the different color corner goals while keeping possession. Defenders try to steal the ball and dribble away from the attackers. Attackers should run into the corner goals when their teammate has the ball to score a point. Visit new colors for a new point.  
Play 2 minute games with 1 minute active rest - switch roles. Keep track of points.

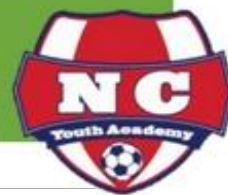
**Activity Duration: 30 Minutes**

### More Challenging Activity

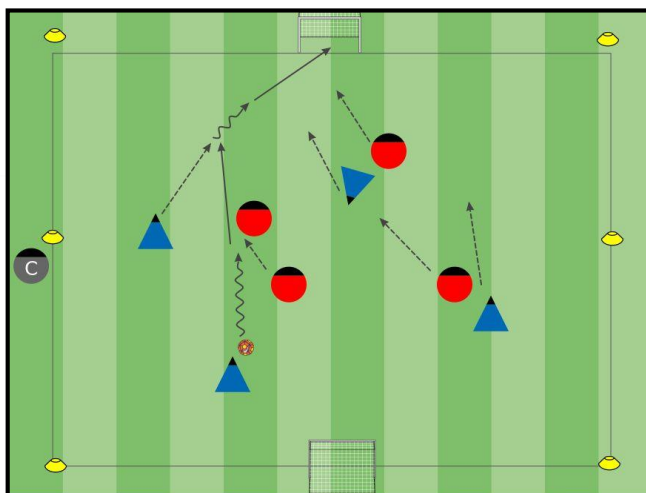


**Organization:** In a 30x20 make a goal at each end. Coach starts with the balls and designates the match up – 3v2, 3v3, 4v3, 4v4. Coach passes the ball into one team. Play 2 minute games with 1 minute active rest - switch matchup. Keep track of points.





### PLAY – Let them Play

**Objective:**

To play forward with the pass, create chances, & score goals

**Organization:**

On a 30x40 field, free play to 1 goal on each end. Play 4v4.

**Rules:** LOTG, PDI

**Time:** 30 minutes total with two breaks

**Guided Questions:**

How can we get open? Where can we spread out?

When, where, & how should we pass or dribble forward?

**Answers:**

Pass when there is a defender in front of me, or there is a teammate open in space. Find & move to space. Play forward with the dribble or the pass.

**Key Words:** Opening, Forward, Pass, Support

#### 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 there balance between being successful & unsuccessful?)

**5. Coaching:** Is there proper coaching based on the age & level of the player?

#### Training Session Reflections Questions

1. Did you achieve your goals?  
Yes/No

What went well?

What could you do better?



### Week 4

**Goal:** To improve player's technique to shoot

**Key Qualities:** Technique, Take initiative, Proactive

**Age Group:** 8U

**Team Tactical Principles:** 4v4: Shoot, Score Goals, Support Attack

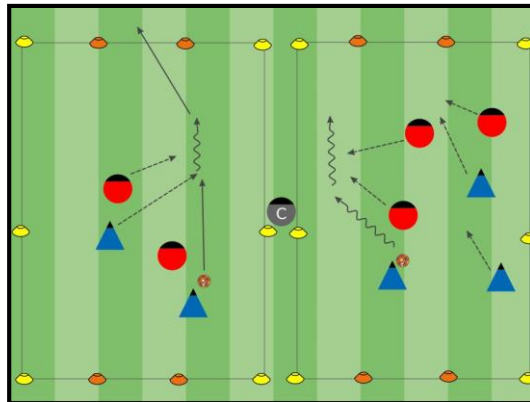
### PLAY – Small Sided Game

**Objective:** To play forward, create chances, & score goals

**Organization:** Two 30x20 fields, free play, add players up to 2v2 or 3v3, make additional fields if necessary

**Time:** 30 minutes total with two breaks

**Rules:** Free play, Kick-ins

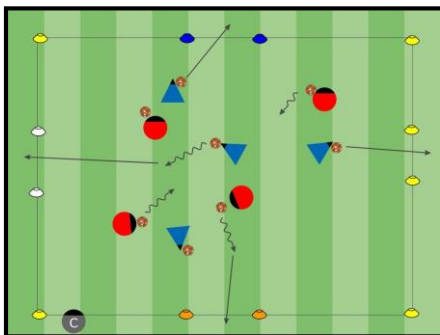


**Key Words:** Opening, Shoot

**Guided Questions:**

How can we find or create openings to play forward and score?

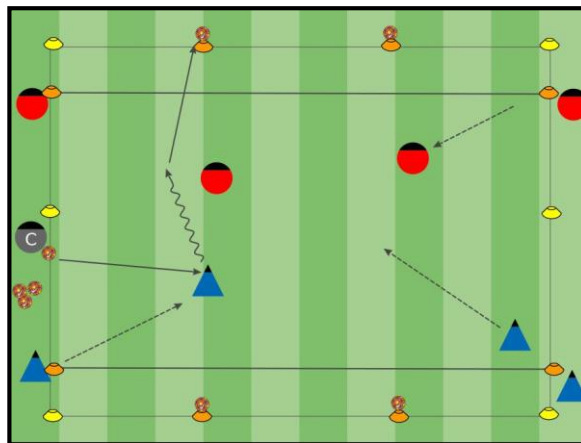
### Less Challenging Activity



**Organization:** In a 30x20 field make 4 goals on each line. Every player with a ball. On coach's command, players dribble and shoot on a new goal. Shooting game options:

- Most Goals
  - Goal scored from furthest away
  - Conrtest with a friend for the most goals
- Play 2 minutes games w/ 1 minute active rest  
Keep track of points.

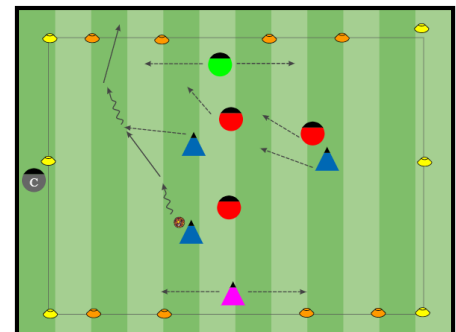
### PRACTICE – Core Activity



**Organization:** In a 30x20 make a 5x20 shooting zone on each side. Coach passes the ball out onto the field and play 2v2. Players shoot to knock the balls off the cones. Goals scored outside the 5x20 shooting zone = 5pts, goals inside the 5x20 shooting zone = 1pt. Play 2 minute games with 1 minute active rest. Keep track of points.

**Activity Duration:** 30 Minutes

### More Challenging Activity



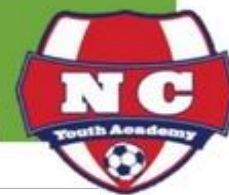
**Organization:** In a 30x20 make 2 goals on each side the field. Play 4v4 with GKs who defend 2 goals. Teams can score on either goal by passing through the cones. Play 2 minute games with 1 minute active rest - Keep track of points.

**Key Words:**

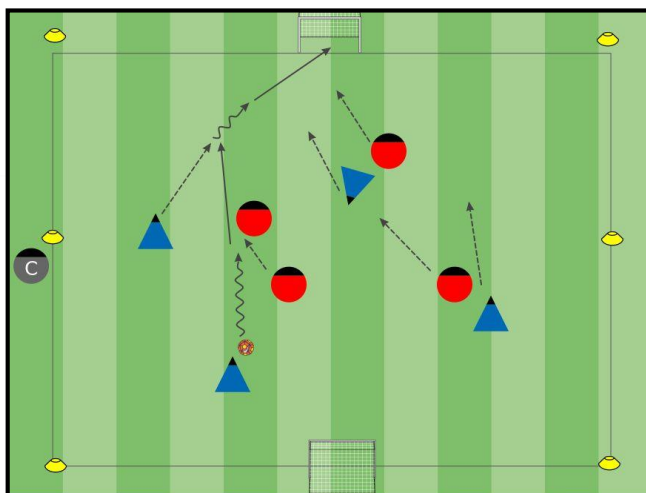
Shoot, Score Goals, Support Attack

**Guided Questions:**

How can we find or create openings to play forward and score? When can we shoot on the goal? Where do we dribble before shooting?



### PLAY – Let them Play

**Objective:**

To play forward with the pass, create chances, & score goals

**Organization:**

On a 30x40 field, free play to 1 goal on each end. Play 4v4.

**Rules:** LOTG, PDI

**Time:** 30 minutes total with two breaks

**Guided Questions:**

What do we do if we have space in front of the goal? How can we get open? Where can we spread out? When, where, & how should we pass or dribble forward?

**Answers:**

If there is space in front of the player with the ball, or the player with the ball is close to the other team's goal. We can move into space away from the defenders.

**Key Words:** Shoot, Score Goals, Support Attack

#### 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 there balance between being successful & unsuccessful?)
- 5. Coaching:** Is there proper coaching based on the age & level of the player?

#### Training Session Reflections Questions

1. Did your achieve your goals?  
Yes/No

What went well?

What could you do better?



### Week 5

**Goal:** To improve player's ability to score goals **Key Qualities:** Read/understand, technique, take initiative, proactive

**Age Group:** 8U

**Team Tactical Principles:** 4v4: Shoot, Score Goals, Create Chances

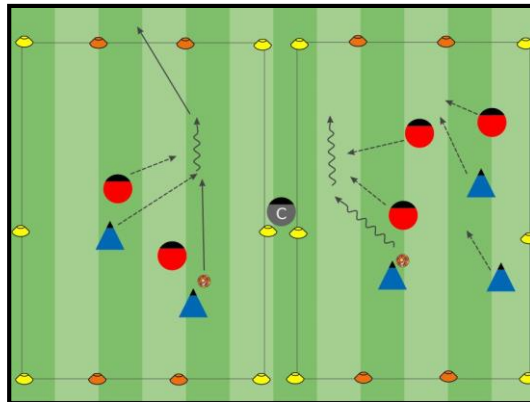
### PLAY – Small Sided Game

**Objective:** To play forward, create chances, & score goals

**Organization:** Two 30x20 fields, free play, add players up to 2v2 or 3v3, make additional fields if necessary

**Time:** 30 minutes total with two breaks

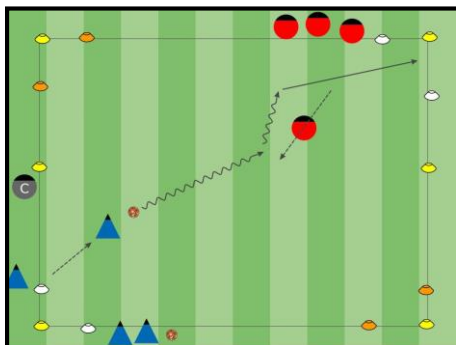
**Rules:** Free play, Kick-ins



**Key Words:** Opening, Shoot, Attack,

**Guided Questions:**  
How can we find or create openings to play forward and score?

### Less Challenging Activity

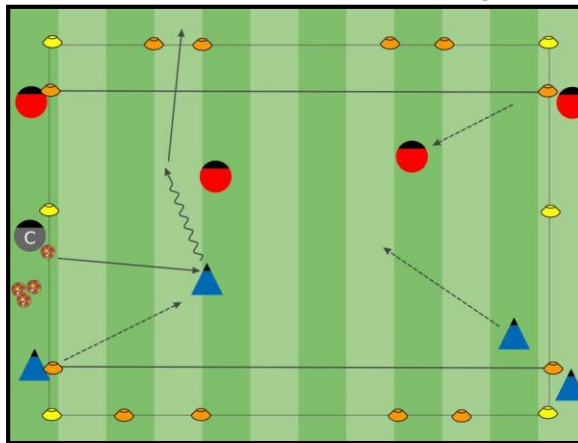


**Organization:** In a 30x20 field make 4 goals on each line. On coach's command, players dribble onto the field for 1v1 game. Use 2 different colors for the goals.  
White goals = 5pts  
Orange goals = 1pt  
Play directional game, meaning score on 2 goals, defend 2 goals. Play 2 minutes games w/ 1 minute active rest. Keep track of points.

**Key Words:**  
Shoot, Score Goals, Create Chances

**Guided Questions:**  
When can we shoot on the goal? Where do we dribble before shooting? What do we look at while shooting?

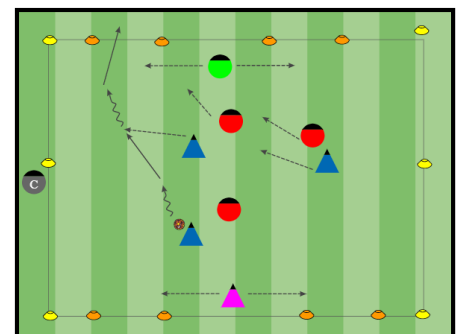
### PRACTICE – Core Activity



**Organization:** In a 30x20 make a 5x20 shooting zone on each side. Place 2 goals on each endline. Coach passes the ball out onto the field and play 2v2. Players use the cones for a goal. Goals scored outside the 5x20 shooting zone = 5pts, goals inside the 5x20 shooting zone = 1pt. Play 2 minute games with 1 minute active rest. Keep track of points.

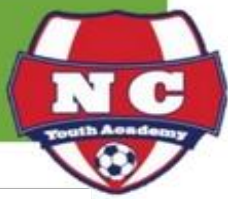
**Activity Duration: 30 Minutes**

### More Challenging Activity

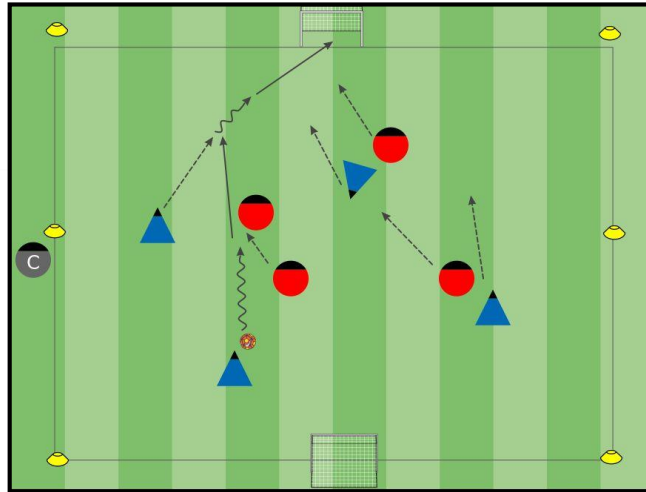


**Organization:** In a 30x20 make 2 goals on each side the field. Play 4v4 with GKs who defend 2 goals. Teams can score on either goal by passing through the cones. Play 2 minute games with 1 minute active rest - Keep track of points.





### PLAY – Let them Play

**Objective:**

To play forward with the pass, create chances, & score goals

**Organization:**

On a 30x40 field, free play to 1 goal on each end. Play 4v4.

**Rules:** LOTG, PDI

**Time:** 30 minutes total with two breaks

**Guided Questions:**

What do we do if we have space in front of the goal? How can we get open? Where can we spread out? When, where, & how should we pass or dribble forward?

**Answers:**

If there is space in front of the player with the ball, or the player with the ball is close to the other team's goal. We can move into space away from the defenders.

**Key Words:** Shoot, Score Goals, Create Chances

#### 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 there balance between being successful & unsuccessful?)
- 5. Coaching:** Is there proper coaching based on the age & level of the player?

#### Training Session Reflections Questions

1. Did you achieve your goals?  
Yes/No

What went well?

What could you do better?



### Week 6

**Goal:** To improve player's ability to regain the ball

**Key Qualities:** Read/understand, Take initiative, Proactive

**Age Group:** 8U

**Team Tactical Principles:** 4v4: Pressure, Delay, Anticipate Attack

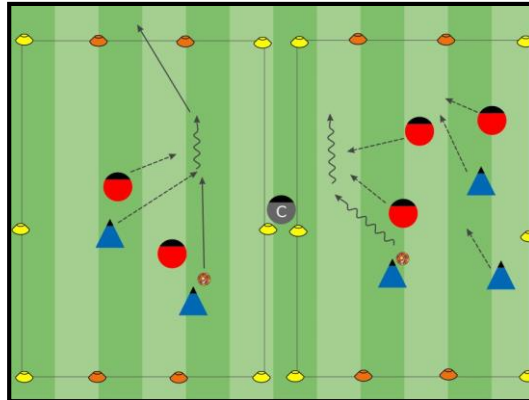
### PLAY – Small Sided Game

**Objective:** To play forward, create chances, & score goals

**Organization:** Two 30x20 fields, free play, add players up to 2v2 or 3v3, make additional fields if necessary

**Time:** 30 minutes total with two breaks

**Rules:** Free play, Kick-ins

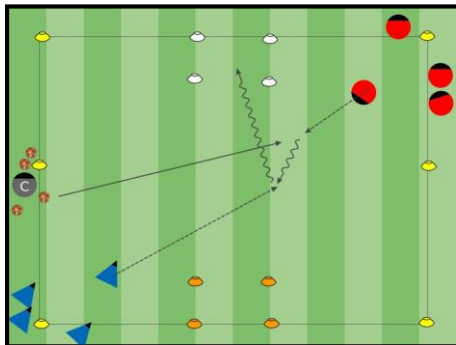


**Key Words:** Pressure, Delay

**Guided Questions:**

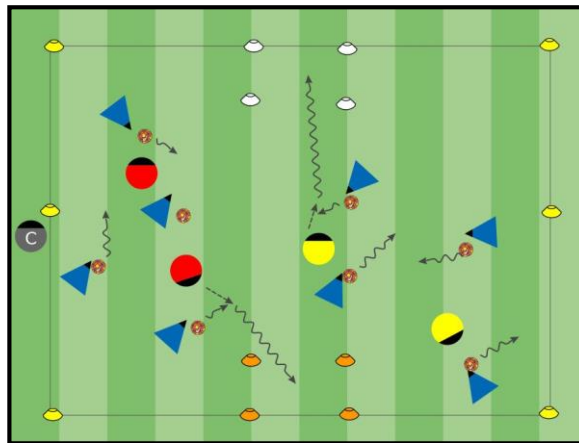
Who should apply pressure to the ball?  
Where can we move to block openings?

### Less Challenging Activity



**Organization:** In a 30x20 field make 1 box on each endline. Coach passes the ball to the player to start the game. Play 1v1, try to dribble into the box.  
1pt = goal by dribbling into box from coach's pass  
5pts = goal by stealing the ball and dribbling into the box. Play 2 minutes games w/ 1 minute active rest. Keep track of points.

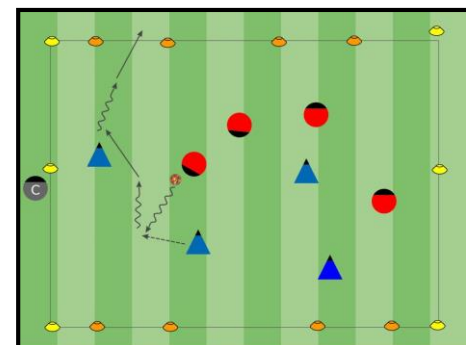
### PRACTICE – Core Activity



**Organization:** In a 30x20 make a 1 box on each endline. Each player has a ball except the defender teams (if different colors). Game starts and defending team tries to regain possession and place it in their box. The defending team with the most balls win! If the attacker loses their ball they can recover to try to win the ball, and take it out of the box. Play 2 minute games with 1 minute active rest. Switch Keep track of points.

**Activity Duration:** 30 Minutes

### More Challenging Activity



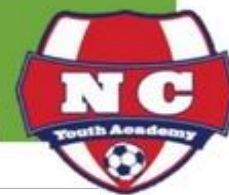
**Organization:** In a 30x20 make 2 goals on each side the field. Play 4v4. Goals after a steal are worth 5pts, goals while in possession are worth 1 point. Play 2 minute games with 1 minute active rest - Keep track of points.

**Key Words:**

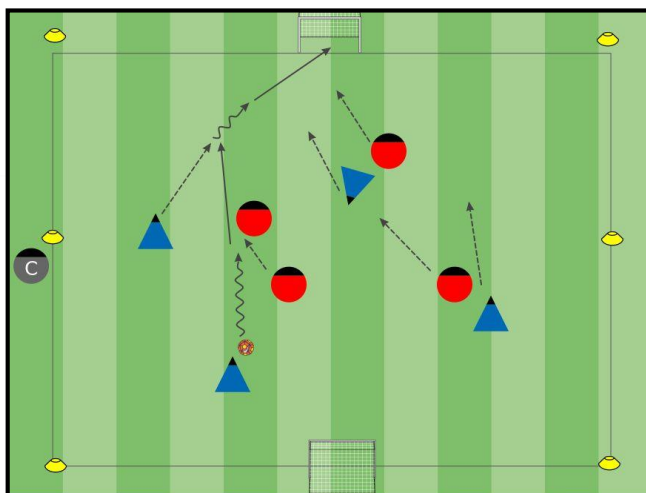
Pressure, Delay, Regain Possession

**Guided Questions:**

When can we try to regain the ball? Where should we try to pressure the ball? Who should pressure the ball?



### PLAY – Let them Play

**Objective:**

To read the game and try to regain possession to score goals.

**Organization:**

On a 30x40 field, free play to 1 goal on each end. Play 4v4.

**Rules:** LOTG, PDI **Time:** 30 minutes total with two breaks

**Guided Questions:**

Who should pressure the ball? What can we do if we can not win the ball?

Where are the places on the field we want to pressure the ball? What do we do once we regain the ball?

**Answers:**

The player closest to the ball should pressure. We pressure near the sidelines, or on a poor technical touch. If we can not win the ball we try to stay in front of the other team. When we win the ball we try to score.

**Key Words:** Pressure, Delay, Deny the dribble, Regain the ball

#### 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 there balance between being successful & unsuccessful?)

**5. Coaching:** Is there proper coaching based on the age & level of the player?

#### Training Session Reflections Questions

1. Did you achieve your goals?  
Yes/No

What went well?

What could you do better?



### Week 7

**Goal:** To improve player's ability to work together to regain the ball

**Key Qualities:** Read/understand, Take initiative, Proactive

**Age Group:** 8U **Team Tactical Principles:** 4v4: Anticipate Attack, Cover the Goal, Make it Compact

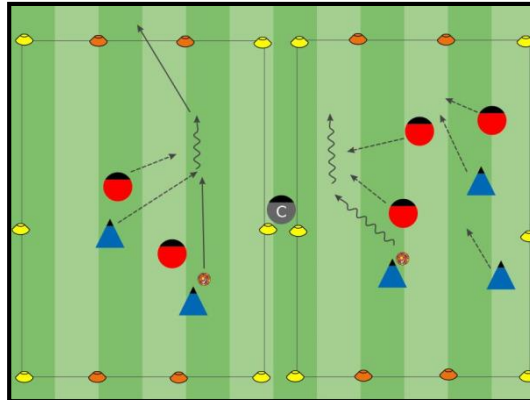
### PLAY – Small Sided Game

**Objective:** To play forward, create chances, & score goals

**Organization:** Two 30x20 fields, free play, add players up to 2v2 or 3v3, make additional fields if necessary

**Time:** 30 minutes total with two breaks

**Rules:** Free play, Kick-ins

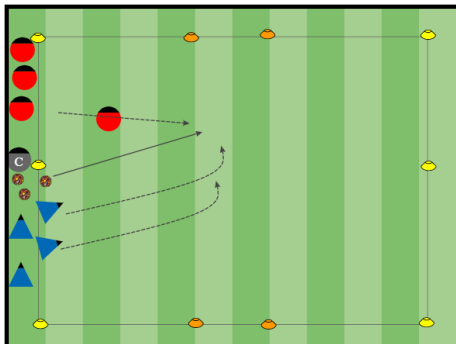


**Key Words:** Pressure, Cover the Goal

**Guided Questions:**

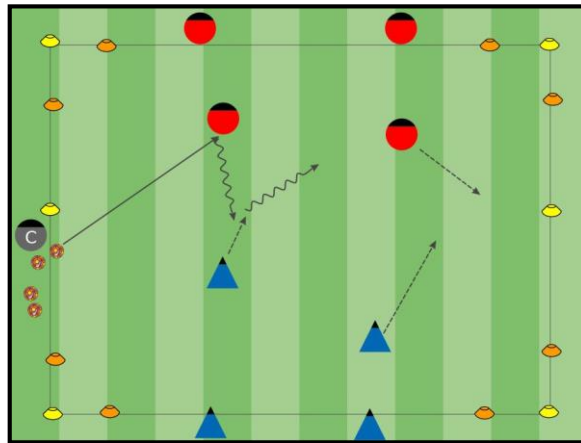
Who should apply pressure to the ball?  
Where can we move to block openings?

### Less Challenging Activity



**Organization:** In a 30x20 field make 1 goal on each endline. Coach passes the ball to the player to start the game. Play numbers up defending 1v2, 2v3, etc. Play 2 minutes games w/ 1 minute active rest. Switch roles. Keep track of points.

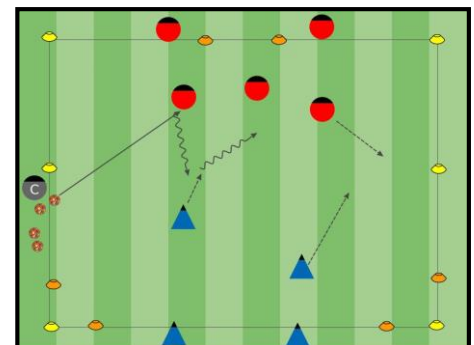
### PRACTICE – Core Activity



**Organization:** In a 30x20 make 2 angled goals on each endline. Play 2v2 game with the coach passing the ball into each goal. Coach passes the ball to start the game. Goals after a steal are worth 5pts, goals while in possession are worth 1 point. Play 2 minute games with 1 minute active rest. Switch. Keep track of points.

**Activity Duration: 30 Minutes**

### More Challenging Activity



**Organization:** In a 30x20 field make 1 goal for the attacking team with more players, and 2 goals for the defending team with less players on each endline. Coach passes the ball to the player to start the game. Play numbers down defending 1v2, 2v3, etc. Play 2 minutes games w/ 1 minute active rest. Switch roles. Keep track of points.

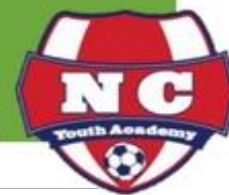
**Key Words:**

Pressure, Cover the Goal, Regain Possession

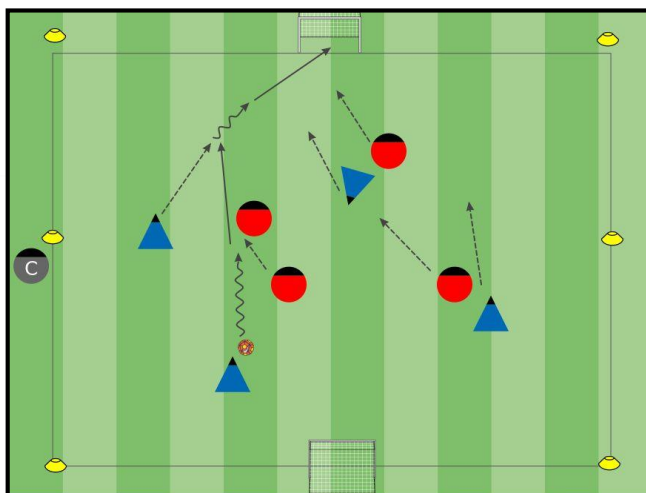
**Guided Questions:**

Who can pressure the ball? What can the player not pressuring the ball do to support their teammate? Where can you move to defend the goal?





### PLAY – Let them Play

**Objective:**

To read the game and try to regain possession to score goals.

**Organization:**

On a 30x40 field, free play to 1 goal on each end. Play 4v4.

**Rules:** LOTG, PDI **Time:** 30 minutes total with two breaks

**Guided Questions:**

Who should pressure the ball? What can we do if we can not win the ball?  
Where are the places on the field we want to pressure the ball? What do we do once we regain the ball?

**Answers:**

The player closest to the ball should pressure. We pressure near the sidelines, or on a poor technical touch. If we can not win the ball we try to stay in front of the other team. When we win the ball we try to score.

**Key Words:** Pressure, Delay, Deny the dribble, Regain the ball

#### Five Elements of a Training Activity

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- 3. Repetition:** Is there repetition, when looking at the overall goal of the training session?
- 4. Challenging:** Are the players being challenged (is there balance between being successful & unsuccessful?)
- 5. Coaching:** Is there proper coaching based on the age & level of the player?

#### Training Session Reflections Questions

1. Did your achieve your goals?  
Yes/No

What went well?

What could you do better?



### Week 8

**Goal:** To reinforce players passion for the game.

**Key Qualities:** Read/understand, take initiative, proactive

**Age Group:** 8U

**Team Tactical Principles:** 4v4

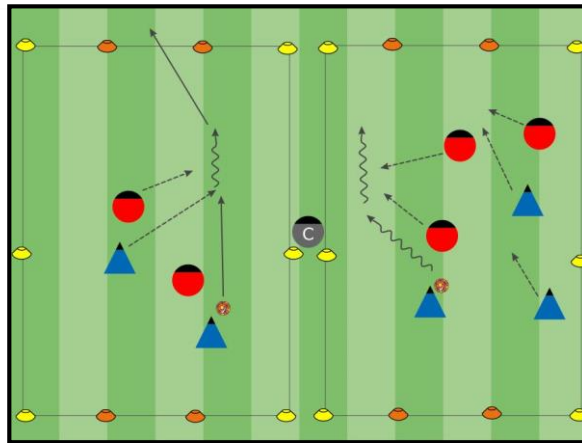
### PLAY – Small Sided Game

**Objective:** To play forward, create chances, & score goals

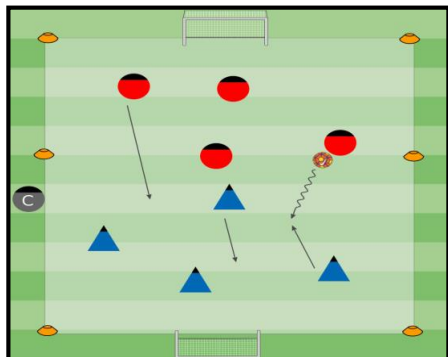
**Organization:** Two 30x20 fields, free play, add players up to 2v2 or 3v3, make additional fields if necessary

**Time:** 30 minutes total with two breaks

**Rules:** Free play, Kick-ins



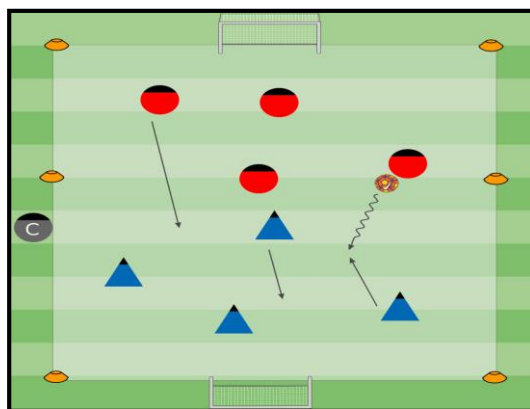
#### Less Challenging Activity



**Organization:** In a 30x20 field make 1 goal on each endline. Play 3v3/4v4

GAME #1 | Steal the ball & score = 10pts.....all other goals worth 1pt.

#### PRACTICE – Core Activity

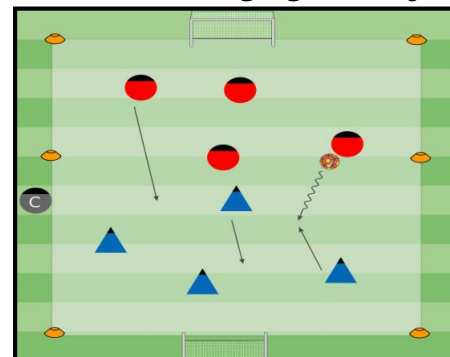


**Organization:** In a 30x20 field make 1 goal on each endline. Play 3v3/4v4

GAME #2 | 1v1 Move + Goal = 10pts.....all other goals worth 1pt.

**Activity Duration:** 30 Minutes

#### More Challenging Activity



**Organization:** In a 30x20 field make 1 goal on each endline. Play 3v3/4v4

GAME #3 | Sharing (passing) with a teammate + Goal = 10pts .....all other goals with 1pt.



### PLAY – Let them Play

**Objective:**

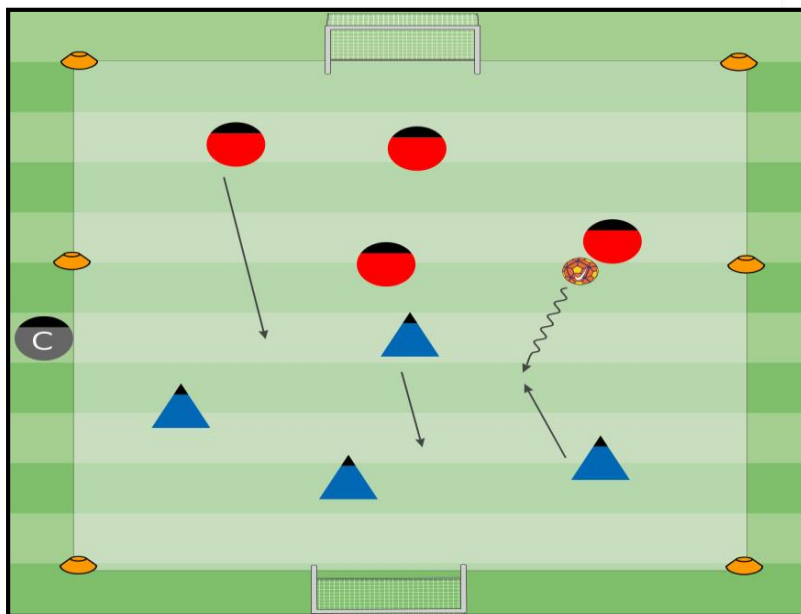
Small Sided games Fun

**Organization:**

3v3 or 4v4 Game.

**Rules:** LOTG, PDI

**Time:** 30 minutes total with two breaks



#### Five Elements of a Training Activity

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1. Did you achieve your goals?  
Yes/No

What went well?

What could you do better?