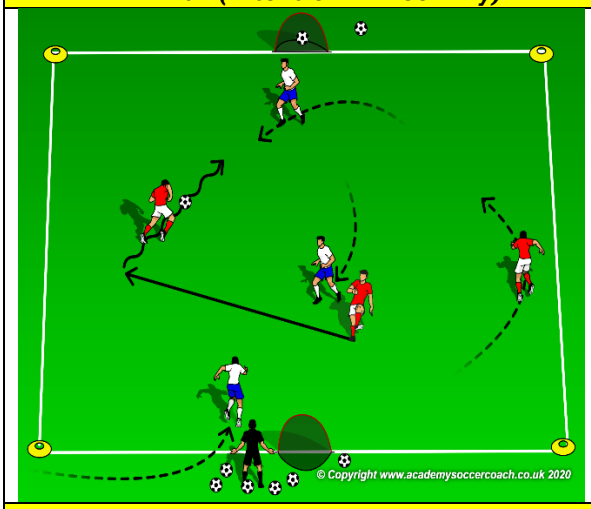
Week 2							U6 4v4
	GOAL:	Improve build up in the opponent's half of the field					
	PLAYER ACTIONS	Pass or dribble forward					
	KEY QUALITIES	Take initiative, be pro-active					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8 - 12	

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch, change direction, head up – **Passing:** Surface of the foot and ball, eyes on the ball while striking

1st PLAY PHASE (Intentional Free Play) — *12 minutes (play multiple 3-4 minute games)*



OBJECTIVE: Move the ball forward to create scoring chances

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: On your 20W x 30L game field, set up two (13W x 20L) fields with a 4 yard space between. Place a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game starts 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once 1 field is at 3v3, start a second game on the field next to it.

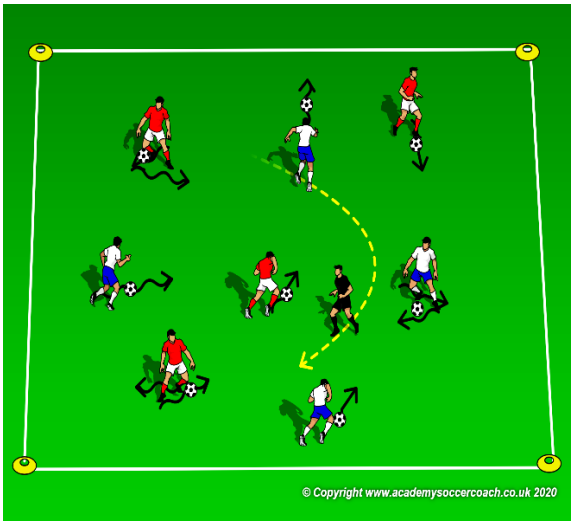
KEY WORDS: Take big touches, turn to goal, find space between players

GUIDED QUESTIONS: What can you do if you are not facing the goal? When can you push the ball further in front of you?

ANSWERS: Turn your body & ball until you are facing the goal you want to go to. If no one is between you and the goal, push the ball further in front of you.

Note: Help players recognize openings such as the space between opponents or the space between a side line and opponent. Play the ball through these openings when possible.

PRACTICE (Activity 1): Sailing the Seas — *8 minutes-8 intervals-40 sec. play-20 sec. rest*



OBJECTIVE: Improve the player's ability to dribble their soccer ball and change direction

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 15W x 20L grid, all players with a soccer ball (their ship) & the coach is the captain of all the ships. The players will dribble their ball and change speed or direction based on the weather; high winds=dribble faster, no wind=go slow, hurricane=dribble in a circle & rogue wave=go backward. Each round, add 1-2 new directions. Coach can even try to combine some of the movements such as dribble forward then turn in a circle. **RULES:** Play starts when the captain says, "ahoy mates, set sail."

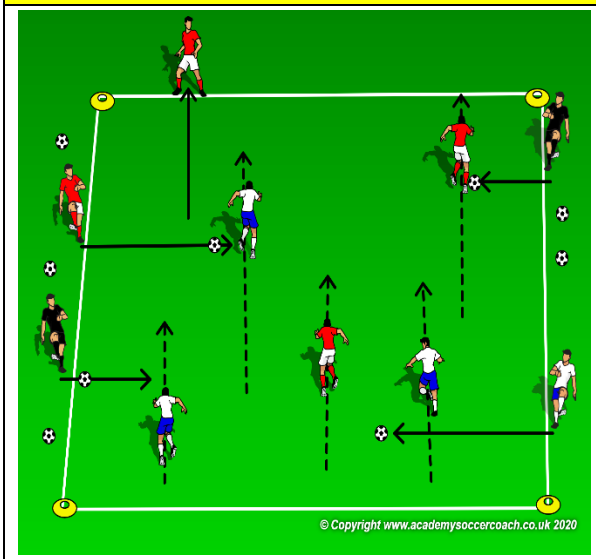
KEY WORDS: Turn in a circle, use the bottom of your foot to go backward

GUIDED QUESTIONS: Can you list 2 things your foot would have to do to turn in a circle? Who can show me what they would have to do to go backwards?

ANSWERS: Quickly look over your shoulder, get close the ball, take little touch so each touch turns the ball a little, use your big toe or little toe (inside or outside of the foot) to turn the ball. Gently put your foot on top of the ball, pull the ball back toward you, while keeping your foot on top of the ball, hop backwards with your foot that is on the ground & pull backward again.

Note: Try to allow the players to demonstrate the turns or change of speed. This will give a good indication of who understands as well as who can complete the task.

PRACTICE (Activity 2): Pirates of the Caribbean — *8 minutes-12 intervals-20 sec. play-20 sec. rest*



OBJECTIVE: Move the ball toward the goal through dribbling. Pass the ball toward a teammate.

PLAYER ACTIONS: Pass or dribble forward

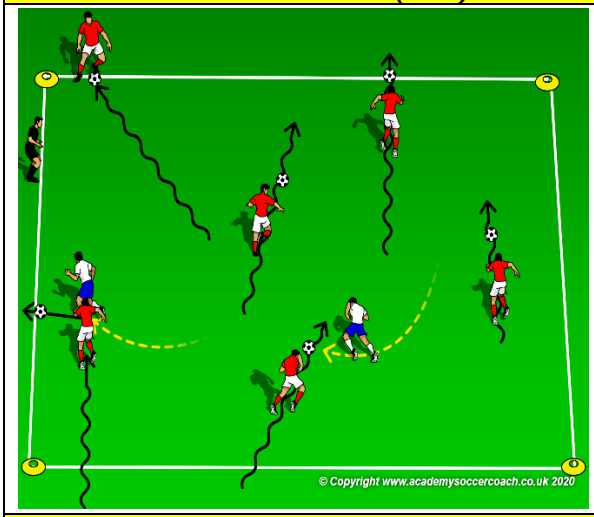
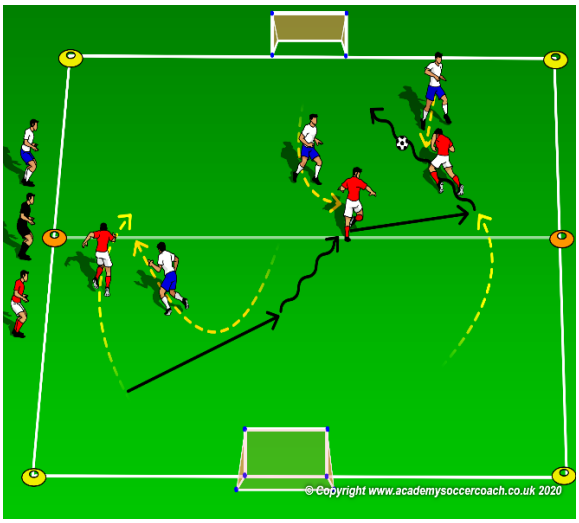
ORGANIZATION: In a 15W x 20L grid (the ship), place all the players on one end line without a soccer ball (Captain Jack Sparrows.) All soccer balls (cannon balls) are lined up on either side of the grid. Captain Jacks will try to run to the other side of the ship without out getting hit by a cannon ball below the knee. Coaches (Barbosa) will start as the shooters. **RULES:** When the coach says "make it across or walk the plank," the players start across the grid. Captain Jacks who get hit below the knee become Barbosas also and fire cannon balls in the next round.

KEY WORDS: Strike through the middle of the ball, touch the ball to the side to set up your pass

GUIDED QUESTIONS: What happens to the ball if you kick it close to the bottom? When Captain Jack is too far away, what can you do with the ball to get closer?

ANSWERS: The ball goes up in the air so try to kick through the middle of the ball to keep it on the ground. Touch the ball to the side or dribble up the side before shooting it.

Note: make the field narrower if players are struggling to kick far enough but not so narrow that the kicks become too hard. Monitor all Barbosas to keep the shots low (safety first.)

PRACTICE (Activity 3): Bruce the Shark vs Nemo (Dori)	***8 minutes-12 intervals-20 sec. play-20 sec. rest***
	**OBJECTIVE:** Move the ball forward to get past the opponent's **PLAYER ACTIONS:** Dribble forward **ORGANIZATION:** In a 15W x 20L grid, all players except for 1-3 start with their soccer ball on one end line. Select 1-3 players to be Bruce the Sharks. They do not need a soccer ball (coaches can start as sharks too). The players on the end line are Nemo or Dori. They must swim (dribble their soccer ball) to the other side and stop it on the opposite end line without losing it to Bruce the Shark. **Rules:** Game starts when Sharks yell, "Nemo, Nemo cross my ocean." Once a dribbler has reached the other side, he/she is safe. **KEY WORDS:** Swim away from the sharks, try to fool the sharks **GUIDED QUESTIONS:** How do you know where it is safe to cross the ocean? What can you do if a shark blocks your opening to the other side? **ANSWERS:** If the sharks are not looking or if they are not close to you, swim past them. Try to find a new opening to get across. **Note:** Coaches can be Bruce the Sharks to allow for more dribbling and player success. This game can be continuous by asking the players to get across as many times as possible in 1 minute. Remember to allow for longer rest after the extended work.
2nd. PLAY PHASE: The Game – 3v3 or 4v4	***24 Minutes-2 intervals-10 min. play-2 min. rest***
	**OBJECTIVE:** Move the ball forward toward the opponent's goal & create scoring chances **PLAYER ACTIONS:** Pass or dribble forward **ORGANIZATION:** In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4) no goal keepers. Play for 24 minutes. Play 2 equal halves with a half-time. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes. **KEY WORDS:** Strike through the middle of the ball, go to goal, find your teammate **GUIDED QUESTIONS:** When should you try to pass to a teammate? Thinking back to Bruce the shark and Nemo, who would be the sharks in this game and who is Nemo? **ANSWERS:** If the openings are closed to go to dribble forward or go to the goal, try to pass the ball to a teammate who can. The team without the ball are the sharks and the team with the ball are the Nemos trying to get past them. **Note:** Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. **Organized:** Is the exercise organized in the right way? 2. **Game like:** Is the exercise game like? 3. **Repetitions:** Are there repetitions when looking at the overall goal of the session? 4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5. **Coaching:** Is there the proper coaching based on the age/level of the players?	1. **How did you achieve your goals of the training session?** 2. **What did you do well?** 3. **What could you do better?**