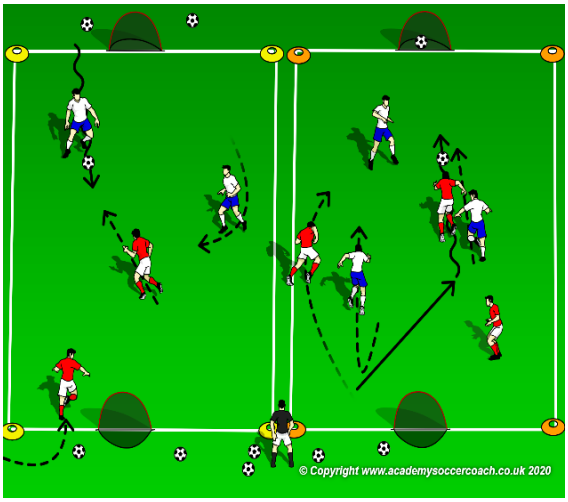
Week 3							
	GOAL:	Improve build up in the opponent's half of the field					U6 4v4
	PLAYER ACTIONS	Pass or dribble forward					
	KEY QUALITIES	Take initiative, be pro-active					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8 - 12	

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch, change direction, head up – **Passing:** Surface of the foot and ball, Pace and accuracy

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



OBJECTIVE: Move the ball forward to create scoring chances, score goals

PLAYER ACTIONS: Pass or dribble forward, shoot

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.

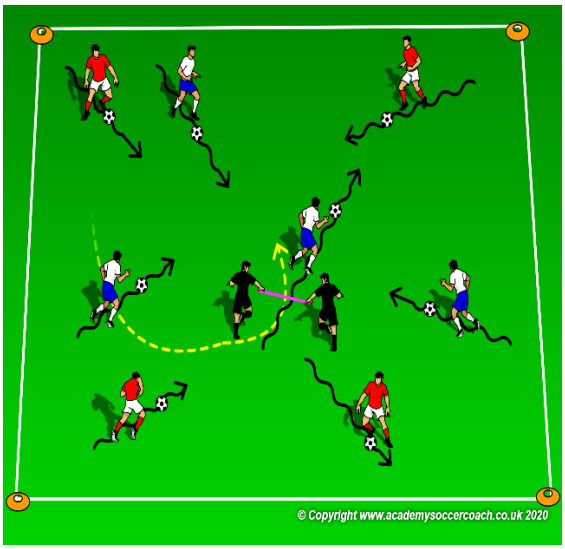
KEY WORDS: Go to goal, score goals

GUIDED QUESTIONS: Who scored a goal or had a chance to score? What can you do to have a more chances to score?

ANSWERS: (Hopefully) all players respond with they had a chance. Try to get the ball closer to the goal and shoot it.

Note: Encourage players to dribble to goal. The first question is more for awareness. The second question should require more thought. Ask the players to show you how they can create more chances on goal.

PRACTICE (Activity 1): Driving Through Tunnels — *8 minutes-6 intervals-1 min. play-20 sec. rest*



OBJECTIVE: Move the ball toward the goal (coach) and score

PLAYER ACTIONS: Dribble forward & shoot

ORGANIZATION: In a 15W x 20L 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/shoot through the tunnel. Count the number of times each player can play their soccer ball through the tunnel in 1 minute. If needed, select 2 players/1 coach & 1 player to make a second tunnel so the players have more chances to score. Remember to change the players so the players are dribblers more often than the tunnel. **RULES:** Play begins as soon as the tunnel(s) start moving. Players must stay within the grid. Coaches can award bonus points for players who can dribble or score with different surfaces of the foot.

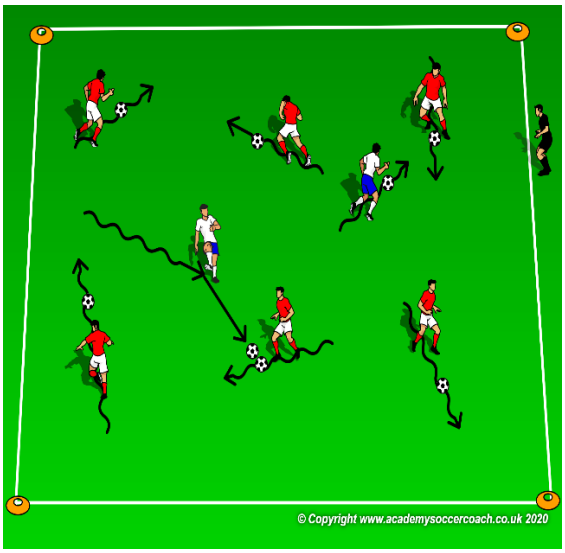
KEY WORDS: Move toward the tunnel, watch out for traffic around the tunnel

GUIDED QUESTIONS: Who can show me 2 different parts of the foot you can score with? When is the best time to go through the tunnel?

ANSWERS: Laces, toe, inside of the foot or outside of the foot would be the most common answers. They can say heel also (bottom of the foot would be difficult.) Wait for the tunnel to be open then get through as fast as you can.

Note: if a player simply goes back and forth through the tunnel, praise them. Change the rules if you would like to see the player try something different.

PRACTICE (Activity 2): Police Patrol — *8 minutes-6 intervals-1 min. play-20 sec. rest*



OBJECTIVE: Move the ball forward & away from opponents. Pass the ball.

PLAYER ACTIONS: Pass or dribble forward

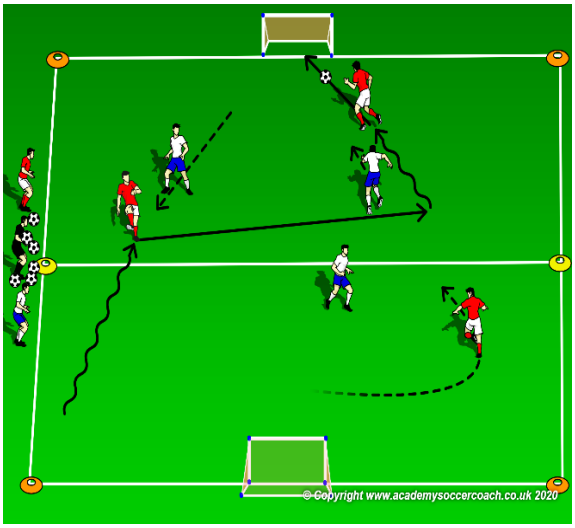
ORGANIZATION: In a 15W x 20L grid, select 2-3 players to start as the Police Patrol; they should wear pinnies. The rest of the players dribble their soccer ball like crazy drivers. The Police Patrol dribble their soccer ball & try to ticket the crazy drivers by hitting the driver's soccer ball with their own. The Police Patrol counts the number tickets they give away in 1 minute. **RULES:** Play begins when coach says **"police are on patrol."** Players must stay within the grid. Coaches can start as the police patrol but after the 1st round should step out.

KEY WORDS: Dribble fast away from the police patrol, hide your ball from the police (shielding)

GUIDED QUESTIONS: What should the crazy drivers do if their ball starts to get away from them? Who can show me how they would hide their soccer ball?

ANSWERS: Use softer touches to keep the ball close. Put your body between the police patrol and the ball so they cannot hit it with their ball.

Note: Police Patrol can tag drivers if hitting the ball is too challenging. When hiding the ball, remember safety. Sitting or lying on the ball is hiding it but is not very safe.

PRACTICE (Activity 3): Crushing Monster	***8 minutes-8 intervals-40 sec. play-20 sec. rest***
	OBJECTIVE: Move the ball forward toward the opponent's goal **PLAYER ACTIONS:** Dribble forward **ORGANIZATION:** In a 15W x 20L grid, select 2-3 players to be Monster Trucks; they do not need a soccer ball. All other players dribble around the grid & avoid the Monster 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 the game such as toe taps on top of the ball. Count the number of smashed trucks at the end of an interval (40 seconds.) **RULES:** Play starts when the coach says, **"let the crushing begin!"** Players must stay with the grid. **KEY WORDS:** Turn away from danger, dribble fast to a safe space on the field **GUIDED QUESTIONS:** How can you turn the ball away from a Monster Truck? Where are the areas of the field that are safe from Monster Trucks? **ANSWERS:** Use the inside of the foot (big toe) or the outside of the foot (little toe). Wrap the toe to the farthest part of the ball and push the ball in a new direction. An open area with no dribblers or Monster Trucks is the safest. **Note:** If the players need an additional challenge, add a goal to each end line. The dribblers can count how many goals they can score without losing the ball to a monster truck. If the coach starts as a monster truck, it is to allow the players more dribbling success. Smashing all the trucks is not the goal. Try to determine which players need more pressure and which need a little less.
2nd. PLAY PHASE: The Game – 3v3 or 4v4	***24 minutes-2 intervals-10 min. play-2 min. rest***
	**OBJECTIVE:** Build up close the opponent's goal to create chances and score goals **PLAYER ACTIONS:** Dribble forward, shoot **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:** Go for it, go to goal, score **GUIDED QUESTIONS:** When should you try to score a goal? How would you describe some of our scoring chances in the first half? **ANSWERS:** Any time you are close to the opponent's goal you should try to score. For question 2, try to determine if the players can recall what happened leading up to a shot or a goal. In the second half, see if they can repeat it. **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?**