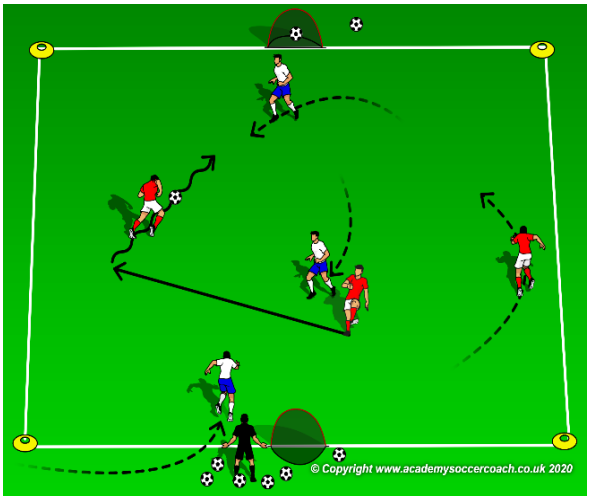
Week 8							
	GOAL:	Improve the techniques of shooting, passing & dribbling					U6 4v4
	PLAYER ACTIONS	Dribble forward					
	KEY QUALITIES	Take initiative, be pro-active					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8 - 12	

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: To pass or dribble past an opponent and score goals

PLAYER ACTIONS: 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.

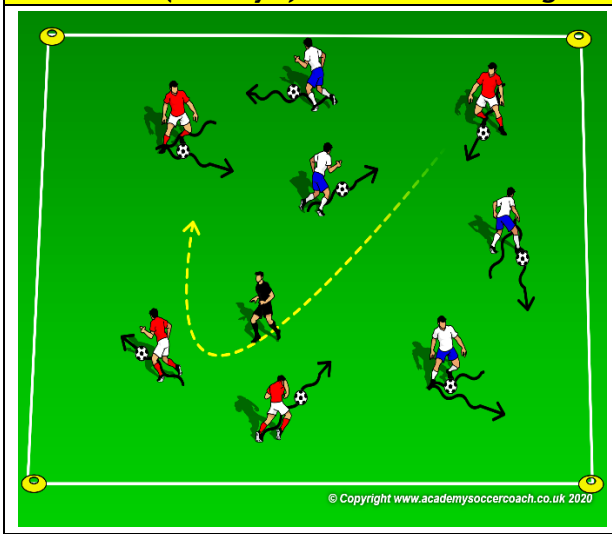
KEY WORDS: Play forward, try a new move, beat them to goal

GUIDED QUESTIONS: If you have the ball, which direction should you try to play? Who can show me a new move they have tried in this game?

ANSWERS: Turn your body & ball until you are facing the goal you want to go to. Question 2 is trying to encourage the players to show you something they may have learned this season. The answer is in their ability to show.

Note: Striking through the middle of the ball will help to keep the ball on the ground. This is not only easier for the person receiving the ball but makes the games safer too.

PRACTICE (Activity 1): 6 Surface Dribbling — *8 minutes-6 intervals-1 min. play-20 sec. rest*



OBJECTIVE: To dribble and change direction

PLAYER ACTIONS: Dribble forward

ORGANIZATION: In a 15W x 20L grid & all players with a soccer ball, the players dribble their ball using specific surfaces: outside right (pinky toe)-inside right (big toe)-laces-bottom-toe-heel. Repeat with the left foot. Coaches walk around the field to assist or encourage the players through the pattern. **RULES:** Players begin dribbling as soon as they have their ball. On the coach's command (or whistle), the players will dribble their ball as fast as they can using all six surfaces. After each round, the coach introduces a new surface until all 6 surfaces are completed in a row.

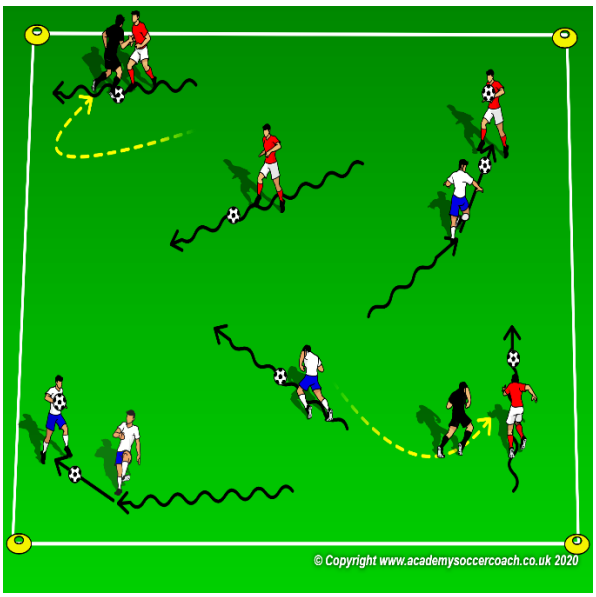
KEY WORDS: Outside, inside, laces, bottom, toe & heel

GUIDED QUESTIONS: What can you do to help you remember the different surfaces? Who can explain to me what they have to do with their foot in order to use the different surfaces?

ANSWERS: Encourage the players to say the surfaces as they use them. This will help with their memory of the pattern. Question 2 is checking for understanding. See if the players can tell & show the team how they can use the different surfaces.

Note: Since the players have already used 4 surfaces, start with who can show the 4 surfaces in rounds 1 & 2. Now, 1 at a time, introduce the 2 new surfaces.

PRACTICE (Activity 2): Freeze Tag — *9 minutes-6 intervals-1 min. play-30 sec. rest*



OBJECTIVE: Improve dribbling to avoid opponents

PLAYER ACTIONS: Pass or dribble forward

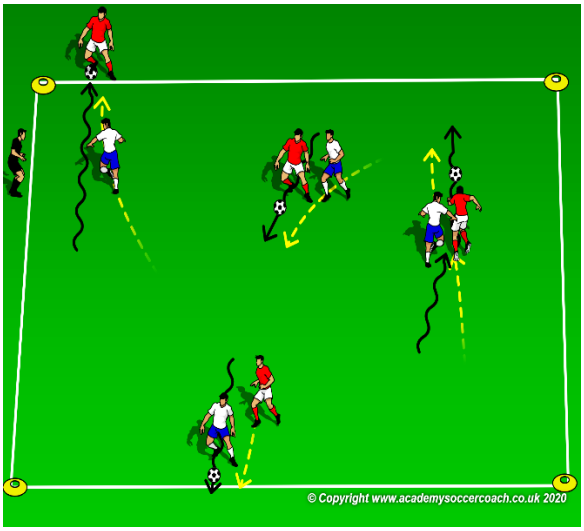
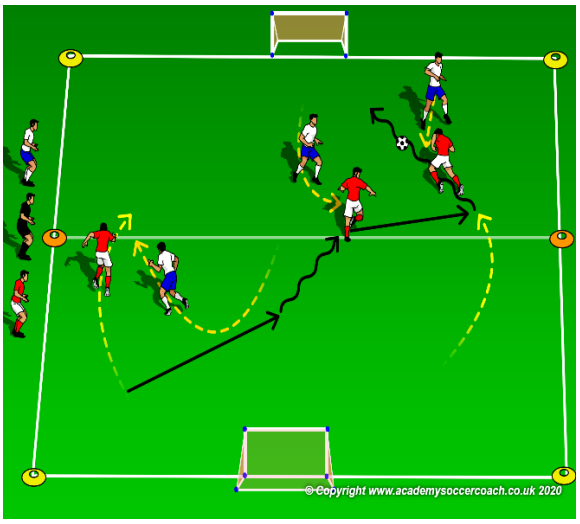
ORGANIZATION: In a 15W x 20L grid, the coach will select 2 Freeze Monsters who do not need a soccer ball. The rest of the players dribble their ball around the grid and avoid the Freeze Monsters. If a Freeze Monster tags a dribbler, they are frozen. They must stand & hold their soccer ball over their head so their teammates know they are frozen. To get unfrozen, a dribbling teammate must hit them in their shin guards with their ball. **RULES:** Play begins when the coach says, "BEWARE OF THE FREEZE MONSTER!" Dribblers must stay within the grid. If their ball goes out of play, the dribbler must retrieve it as fast as they can and return to the game.

KEY WORDS: Find who is frozen, unfreeze your teammate

GUIDED QUESTIONS: How do you know where the Freeze Monsters are or where the frozen players are? How do you unfreeze a teammate?

ANSWERS: You have to look up and around you to see the Freeze Monsters and your frozen teammates. When no Freeze Monsters are close, dribble to your teammate and pass your ball into their shin guards.

Note: If they players are able to hit their teammates in the shin guards, you can also try to have them pass through their frozen teammates legs. If they are struggling the free their teammates, a simple tag can unfreeze them too. Coaches can start as freeze monsters if needed.

PRACTICE (Activity 3): 1v1 Dribble Challenge	***7 minutes-7 intervals-30 sec. play-30 sec. rest***
	**OBJECTIVE:** Move the ball forward to get past the opponent's in order to score (stop it on the line) **PLAYER ACTIONS:** Dribble forward **ORGANIZATION:** In a 15W x 20L grid, each player gets a partner and 1 soccer ball to share. Play a short 1v1 game. 1 player attacks an end line & their partner/opponent attacks the opposite end line. All pairs play at the same time. **Rules:** Play begins as soon as any player touches the ball. Goals are scored by the attacking player stopping the ball on the opponent's end line. After a goal is scored, the player who didn't score starts with the ball. The game is continuous for 30 seconds. Players must stay within the grid. **KEY WORDS:** Get the ball to the line, stop it, go around them **GUIDED QUESTIONS:** What is the best way to get by your opponent and score? Once you get to the line, who can show me at least 2 different ways to stop your ball & score? **ANSWERS:** Find an opening all the way to the line then push the ball in front of you so you can run after it. Question 2 is a check for understanding. Encourage the players to show you how they can stop the ball on the line (without using their hands.) **Note:** The coach can walk around the field if needed to interact with the players. Your positive voice can be encouraging to the players to try and score. The field should be big enough but monitor the players if they begin to get too congested.
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 & score goals **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:** turn away, play forward, score goals, move out of your teammate's way **GUIDED QUESTIONS:** If you don't see an opening to the goal, what can you do next? What can you do if your teammate has the ball? **ANSWERS:** Turn the ball to side and look for a new opening to either the goal or a teammate. Be careful not to block the goal from your teammate. Try to get open to receive a pass if your teammate needs your help. **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?**