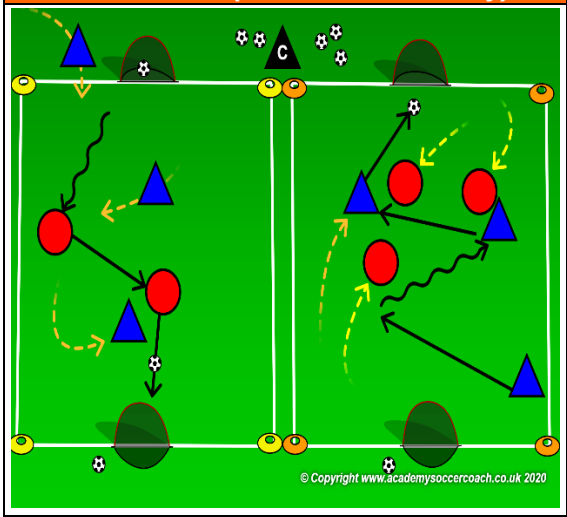
Week 1							
	GOAL:	Improve build up in the defensive half					U8 4v4
	PLAYER ACTIONS	Pass or dribble forward, Spread out					
	KEY QUALITIES	Read and understand the game, Take initiative					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8-12	

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch **– Passing:** Surface of the foot and ball, Pace and accuracy **– Receiving:** Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min. - INTERVALS: 3 - ACTIVITY: 4 min. - REST: 1 min.



OBJECTIVE: To pass or dribble past an opponent in order to move the ball into the attacking half

PLAYER ACTIONS: Pass or dribble forward, Spread out

ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each end line. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3.

KEY WORDS: Play forward, find your teammate

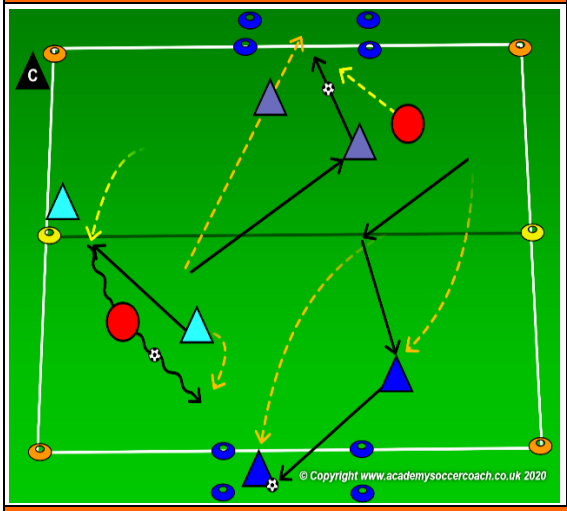
GUIDED QUESTIONS: If you see an opening in front of you, what should you do? When should you pass instead of dribble?

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

NOTES: Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.

CORE ACTIVITY: Partner Bandits

DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.



OBJECTIVE: To move the ball forward past the bandits and score

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 25Wx35L grid, a 6Wx3L yard box goal on each end line & all players in pairs, the coach will select 1 pair to be the bandits. Each pair needs 1 ball to share except for the bandits. The pairs with a ball will try to dribble into either goal or pass to their teammate within the goal. After scoring at 1 end, play to score in the other. How many goals can you score in 90 seconds? The mission of the bandits is to steal the ball from any pair trying to score. Once they have stolen it, the bandits try to dribble the ball to either of their hideouts (goals.) The passing pairs can steal their ball back before they get it to a hideout. If the bandits get the ball to a hideout, the pair loses all their points & must start scoring again. Rotate bandits after each interval. **RULES:** bandits cannot defend inside of the goals.

KEY WORDS: Look up, find an opening, play through it

GUIDED QUESTIONS: Where can you go if the bandit is closing your opening to the goal? What are some ways you can play the ball through an opening? Which part of your foot can you use to dribble forward?

ANSWERS: Tell your teammate to move to create a new opening. You can dribble through or pass through the openings. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward

Note: If a bandit steals a ball and get it to a hideout, they can now begin scoring goals. The team that lost their ball must now become the bandits. The must steal a ball & score to stop being the bandits.

LESS CHALLENGING: Bandits (Coach is it)

DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.

OBJECTIVE: To move the ball forward past the bandits and score

PLAYER ACTIONS: Dribble forward

ORGANIZATION: In a 25Wx35L grid, a 6Wx3L yard box goal on each end line & all players with a soccer ball, the coach will be the bandits. The players will try to dribble into either goal. After scoring at 1 end, play to score in the other. How many goals can you score in 90 seconds? The mission of the bandits is to steal the ball from any player trying to score. Once they have stolen it, the bandits try to dribble the ball to either of their hideouts (goals.) The dribblers can steal their ball back before it is taken to a hideout. If a bandit gets the ball to a hideout, the player who lost all their ball, loses all their points & must start scoring again. **RULES:** bandits cannot defend inside of the goals.

KEY WORDS: Look up, find an opening, be patient

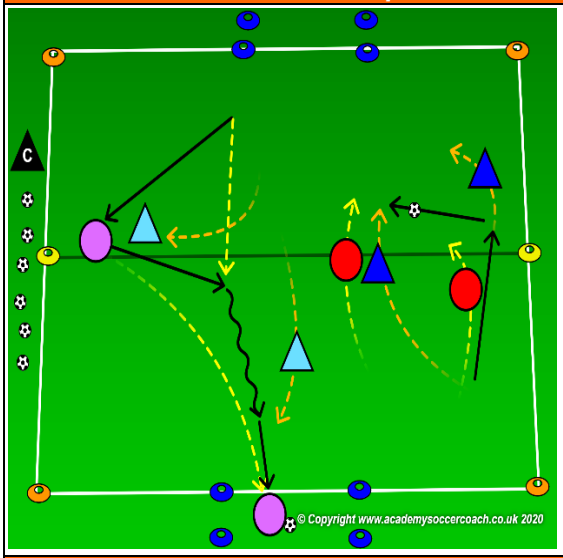
GUIDED QUESTIONS: Where can you go if another dribbler is in your way? What can you do if the bandit/coach is blocking the goal? Which part of your foot can you use to dribble forward?

ANSWERS: Look up to find a new opening to the goal. Be patient, dribble away from the bandit then pick a new route to the goal. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward

Note: Once the players understand the direction & where to score, challenge them to work with a partner. The 2 players share a ball and try to cooperate to score in the goals.

MORE CHALLENGING: Multiple 2v2 to Goal

DURATION: 18 min. - INTERVALS: 6 - ACTIVITY: 2 min. - REST: 1 min.



OBJECTIVE: To move the ball forward past the bandits and score

PLAYER ACTIONS: Pass or dribble forward, spread out

ORGANIZATION: In a 25Wx35L grid, a 6Wx3L yard box goal on each end line, coach will create teams of 2 players each. 2 teams will play against one another and, on the same field & at the same time, two other teams will also play against one another. All teams share the field & the goals. In both games, each team defends 1 goal and attacks the other. **RULES:** A goal is scored be either dribbling into a goal or passing to a teammate into the opponent's goal. After a goal is scored, the scoring team backs up to allow the ball back into play & the game continues.

KEY WORDS: Look up, find an opening, play through it

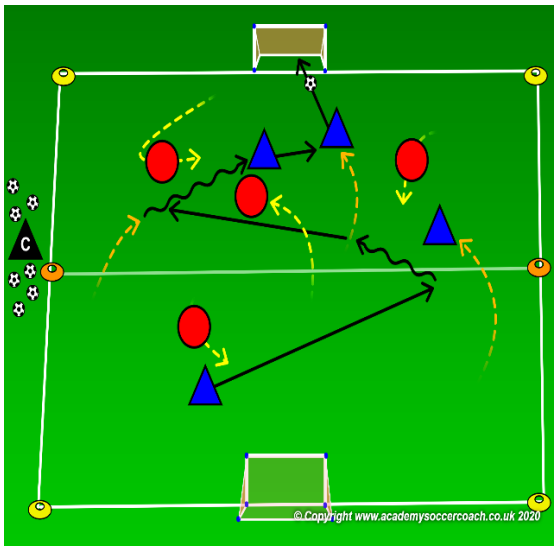
GUIDED QUESTIONS: What are some obstacles you must look for in this game? How can you help your team create an opening? Which part of your foot can you use to dribble forward?

ANSWERS: You must look up to find your teammates, the goal, the opponents & other players using the field. If you see space away from the crowd and you can still get the ball, spread out into that new space to help create a new opening. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward.

Note: If you have more than 4 teams, either rotate teams are set up a second field. If the game is too chaotic, simple play 1 game of 2v2 and rotate teams.

2nd. PLAY PHASE: The Game – 4v4

DURATION: 22 min - INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.



OBJECTIVE: To pass or dribble past an opponent then score goals.

PLAYER ACTIONS: Pass or dribble forward, spread out

ORGANIZATION: In a 25Wx35L field & a small goal on each end line, play a 4v4 game with no goal keepers. Play for 22 minutes – 2 x 9-minute halves with a 2-minute half-time. Local rules apply. If the ball leaves the field, the coach can play another ball onto the field and the play continues.

KEY WORDS: Turn, open up, score goals

GUIDED QUESTIONS: Who should determine whether to pass, dribble or shoot? What can you do to help your teammate with the ball make that decision?

ANSWERS: The player with the ball should make that decision (coaches-it's important to allow the players the freedom to make their own decision.) If it is too crowded in front of your goal, spread out to provide your teammate with another option.

NOTES: Depending on your local rules, coaches may introduce throw-ins, corner kicks & goal kicks if rules enforce. Remember to create a build out line for goal kicks and focus on the techniques needed to complete the task instead of the moment of the players on the field. The game must be played so try not to dwell on the restarts.

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?**