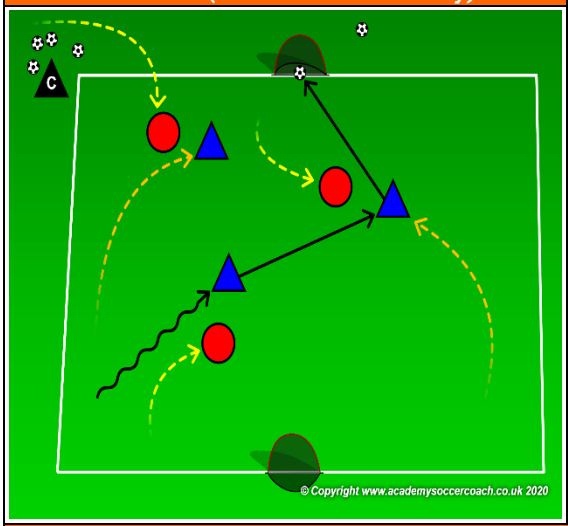
Week 6						
	GOAL:	Prevent build up in your half of the field				U8 4v4
	PLAYER ACTIONS	Protect the goal, Steal the ball				
	KEY QUALITIES	Read & understand the game, Focus				
	MOMENT	Defending	DURATION	60 minutes	PLAYERS	8-12

SKILL ACQUISITION: Pressure: Angle, speed, distance of approach, footwork – **Types of Tackles:** Poke, Block, intercept

1st PLAY PHASE (Intentional Free Play)

DURATION: 18 min. - INTERVALS: 3 - ACTIVITY: 5 min. - REST: 1 min.



OBJECTIVE: To deny the opponent's ability to create scoring chances or score goals.

PLAYER ACTIONS: Protect the goal, Steal the ball

ORGANIZATION: On your 25W x 35L 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: block your goal, get back

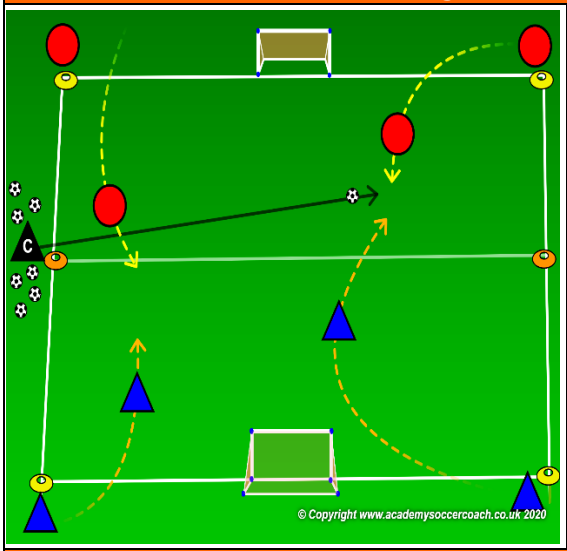
GUIDED QUESTIONS: What should you do if your team does not have the ball & you see your goal is open? When should step to the ball and tackle it away?

ANSWERS: get back to block your goal. If the dribble lets the ball get too far in front of him/her, step to the ball to tackle it away.

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: 4 Corner Shooting/Defending

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



OBJECTIVE: To deny the opponent's ability to create scoring chances or score goals.

PLAYER ACTIONS: Protect the goal, Steal the ball

ORGANIZATION: On your 25W x 35L game field, set up a 13W x 20L field with a goal on each end line. If you have more players, set up 2 fields. Divide the team into 2 groups. Each group starts at opposite ends & divided equally between the 2 corners of their end line. The coach starts outside the center line with all the soccer balls. The game starts when the coach serves a ball onto the field. 1 player from each corner enters the field to play 2v2. The game is over when either team scores or the ball leaves the field of play. Once the game is over, all players leave the field & the coach serves another ball for the next players to play. **Rules:** Players cannot enter the field before a new ball is served in.

KEY WORDS: block your goal, get back

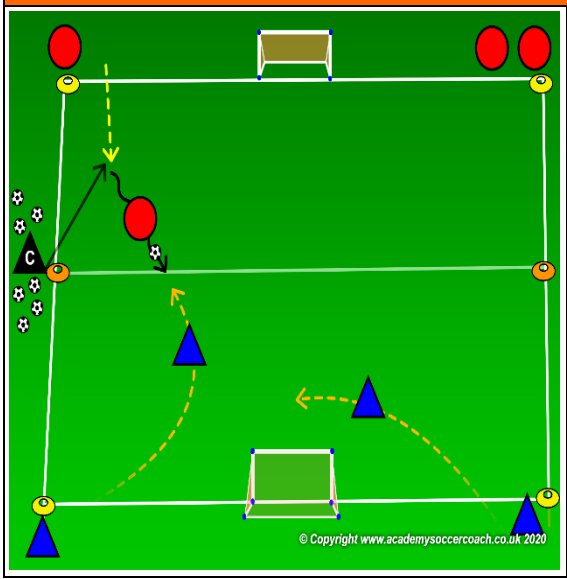
GUIDED QUESTIONS: What should you do if your team does not have the ball? Where should you go if the attacker gets past you? How do you tackle the ball?

ANSWERS: One of you should try to steal the ball and one of you should help by getting close to your teammate and block the goal at the same time. Get back to your goal to protect it. Step close to the ball and poke it away or block it from going to the goal.

NOTES: Try to serve the ball to the player who has not been involved in the play as much. All serves should favor 1 team or the other instead of down the middle.

LESS CHALLENGING: 4 Corner Shoot/Def. 1v2 to Goal

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



OBJECTIVE: To deny the opponent's ability to create scoring chances or score goals.

PLAYER ACTIONS: Protect the goal, Steal the ball

ORGANIZATION: On your 25W x 35L game field, set up a 13W x 20L field with a goal on each end line. If you have more players, set up 2 fields. Divide the team into 2 groups. Each group starts at opposite ends & divided equally between the 2 corners of their end line. The coach starts outside the center line with all the soccer balls. The game starts when the coach serves a ball onto the field. Whichever side the coach serves the ball can have 1 player join the game. The team who does not get the ball can have 2 players join the game: play 1v2. The game is over when either team scores or the ball leaves the field of play. Once the game is over, all players leave the field & the coach serves another ball for the next players to play. **Rules:** Players cannot enter the field before a new ball is served in.

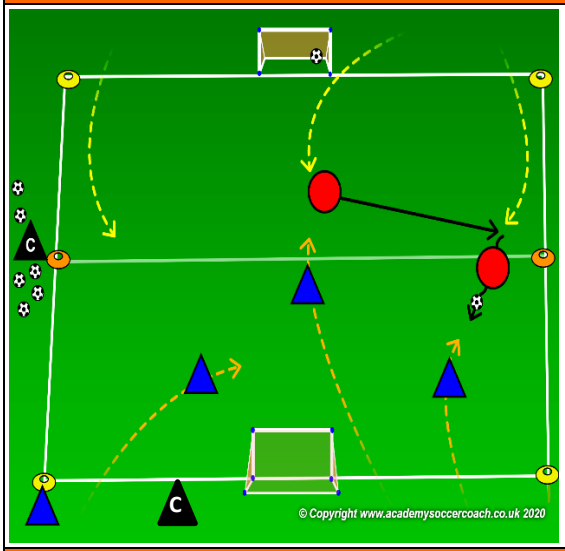
KEY WORDS: block your goal, step to the ball

GUIDED QUESTIONS: What should you do if your team does not have the ball? Where should you go if the attacker gets past you? How do you tackle the ball?

ANSWERS: One of you should try to steal the ball and one of you should help by getting close to your teammate and block the goal at the same time. Get back to your goal to protect it. Step close to the ball and poke it away or block it from going to the goal.

NOTES: Try to serve the ball to the player who has not been involved in the play as much. All serves should favor 1 team or the other instead of down the middle.

MORE CHALLENGING: 4 Corner Shoot 3v4 to Goal	DURATION: 18 min - INTERVALS: 18 - ACTIVITY: 1 min. - REST: 30 sec.



OBJECTIVE: To deny the opponent's ability to create scoring chances or score goals.

PLAYER ACTIONS: Protect the goal, Steal the ball

ORGANIZATION: On your 25W x 35L game field & a goal on each end line, Divide the team into 2 groups. Each group starts at opposite ends & divided equally between the 2 corners of their end line. The coach starts outside the center line with all the soccer balls. The game starts when the coach serves a ball onto the field. Whichever side the coach serves the ball can have 4 players join the game. The team who does not get the ball can have 3 players join the game: play 3v4. The game lasts for 1 minutes. If a ball goes out of play or is scored, a new ball is played in. After 1 minute, all players leave the field and a new round begins. **Rules:** Players cannot enter the field before a new ball is served in.

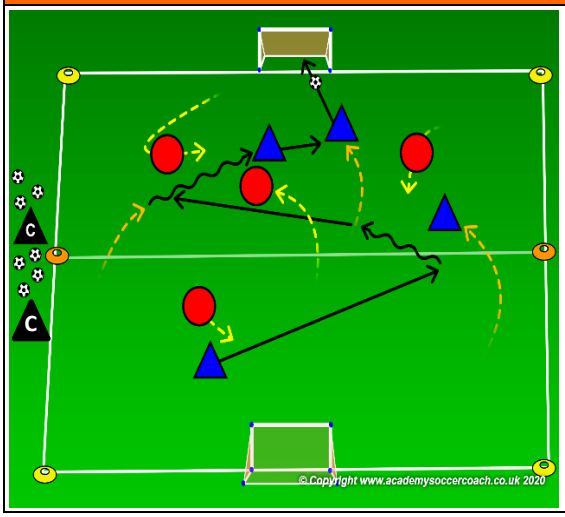
KEY WORDS: block your goal, step to the ball

GUIDED QUESTIONS: What should you do if your team does not have the ball? Where should you go if the attacker gets past you? How do you tackle the ball?

ANSWERS: One of you should try to steal the ball and one of you should help by getting close to your teammate and block the goal at the same time. Get back to your goal to protect it. Step close to the ball and poke it away or block it from going to the goal.

NOTES: Try to serve the ball to the player who has not been involved in the play as much. All serves should favor 1 team or the other instead of down the middle.

2nd. PLAY PHASE: The Game – 4v4	DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To deny the opponent's ability to create scoring chances or score goals.

PLAYER ACTIONS: Protect the goal, Steal the ball

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: block your goal, step to the ball

GUIDED QUESTIONS: What should you do if your team does not have the ball? Where should you go if the attacker gets past you? How do you tackle the ball?

ANSWERS: One of you should try to steal the ball and one of you should help by getting close to your teammate and block the goal at the same time. Get back to your goal to protect it. Step close to the ball and poke it away or block it from going to the goal.

NOTES: Depending on your local rules, coaches may introduce throw-ins, corner kicks & goal kicks if rules enfo Remember to create a build out line for goal kicks and focus on the techniques needed to complete the task inst 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 in the training session?** 2. **What did you do well?** 3. **What could you do better?**