GOAL:	Improve the techniques of dribbling, shooting & tackling		AGE GROUP
PLAYER ACTIONS	Shoot, dribble forward or steal the ball		**6U**
KEY QUALITIES	Take initiative, be pro-active		
MOMENT	Attacking/Defending	**DURATION**	**60 minutes**	**4v4**

1st PLAY PHASE (intentional Free Play): Up to 3v3 Games — Play multiple 2-3 minute games
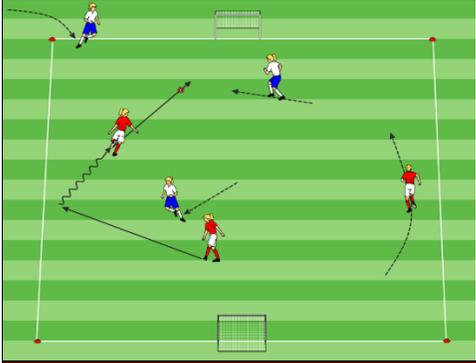
Objective: to pass or dribble past an opponent then score goals

Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

Key Words: move the ball around the opponents, dribble, take a chance

Guided Questions: How do you engage all the players? When should the players be encouraged to shoot?

Answers: Rotate who starts with the ball after goals or restarts. Allow players to find their own shooting range. Encourage players to shoot from further away if they have already scored a goal.

PRACTICE (Activity 1): 4 Surfaces to 4 Goals — 8 Minutes-8 intervals-40 sec. play-20 sec. rest
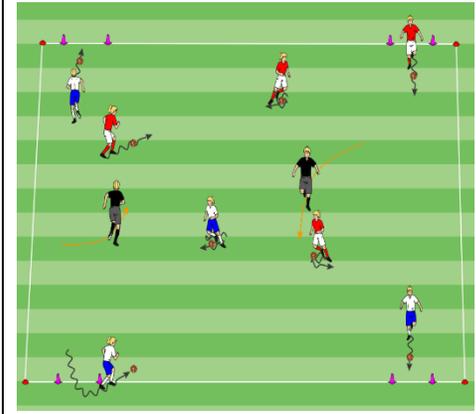
Objective: to dribble and change directions to goal

Organization: In a 15Wx20L grid, 2 cone goals on each end line & each player with a soccer ball: the players dribble their soccer ball using specific surfaces: outside right (pinky toe)-inside right (big toe)-repeat with the left foot. Coaches walk around and are obstacles for the players to avoid. Players must avoid them and get to the safety of a goal. **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 through any of the 4 goals. After each round, the coach can introduce a new surface.

Key Words: Move the ball away from the coaches with the inside, outside or laces of your foot.

Coaching Points: Why should the players use soft touches when dribbling? How do the players know where the coaches are?

Answers: Soft touches help to keep the ball close. Dribble with your head up so you can see the coaches and the goals.

PRACTICE (Activity 2): Sid the Sloth vs Crash & Eddy — 8 Minutes-4 intervals-90 sec. play-30 sec. rest
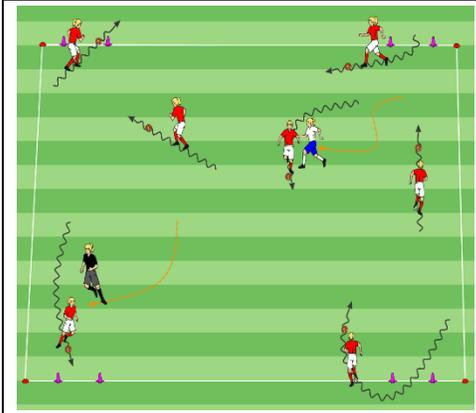
Objective: to dribble your ball toward a target & strike your ball to the moving target

Organization: In a 15Wx20L grid, 2 cone goals on each end line, the players (Crash & Eddy the possums) try to dribble their soccer ball anywhere in the grid & avoid Sid the Sloth (coaches are Sid the Sloths & can only walk). Crash & Eddy try to dribble their soccer ball into as many goals as they can without getting tagged by Sid. **Rules:** play begins when Crash & Eddy are on the field. Crash & Eddy get 1000 pts for every goal they can score by dribbling through them. If they get tagged by Sid the Sloth, they lose all their pts and have to begin counting over.

Key Words: go around Sid, push the ball forward

Guided Questions: When do you want to go fast with the soccer ball? Why would you use your laces to get away?

Answers: When Sid is chasing you, go faster with the ball. If you point your toe down you can use your laces for longer/stronger touches on the ball to accelerate.

PRACTICE (Activity 3): Sabertooth Squirrel's (Scrat) Acorn Hunt — 8 Minutes-4 intervals-90 sec. play-30 sec. rest
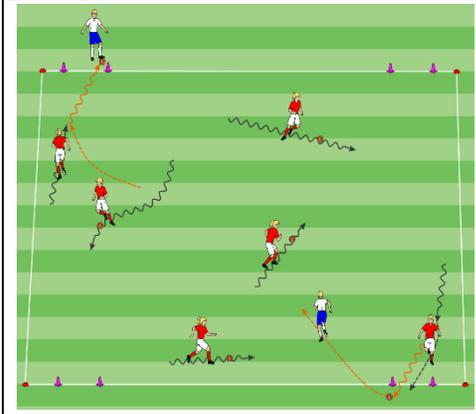
Objective: to dribble your ball toward a target & strike your ball to the moving target

Organization: In a 15Wx20L grid, 2 cone goals on each end line, select 2 players to be Scrats, all other players have a soccer ball: the players try to dribble their soccer ball (acorn) anywhere in the grid & avoid the Scrats. The Scrats try to steal the acorns and hide them in any of the 4 goals (trees). Dribblers can steal their ball back from the Scrats or from the goal. **Rules:** Play begins as soon as the Scrats enter the field. Scrats get 1 pt. for every ball they take to a goal. Any dribbler with a ball on the field after 90 seconds gets 1000 pts (even if they have to steal it back from a goal).

Key Words: Head up, keep your acorn away from Scrats.

Guided Questions: what can you do to avoid the Scrats? Why is it important to dribble with your head up?

Answers: Turn away from them and accelerate. Dribble with your head up to see where the Scrats are.

2nd PLAY PHASE: The Game – 3v3/4v4	24 Minutes-2 intervals-10 min. play-2 min. rest
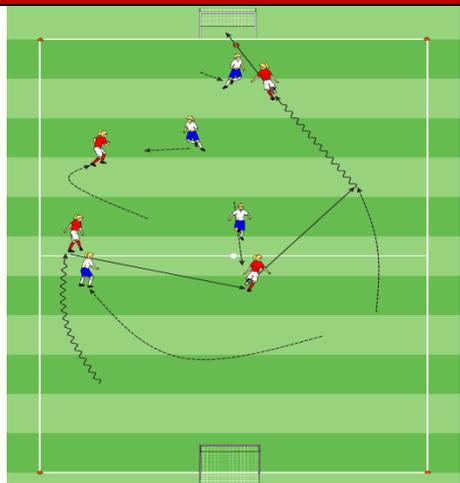
OBJECTIVE: to pass or dribble past an opponent then score goals24 Minutes-2 intervals-10 min. play-20 min. rest

ORGANIZATION: In a 20Wx30L field and a small goal on each end line, play a 3v3 game or 4v4 (game should not exceed 4v4). Play for 24 minutes – 2 intervals of 10 minutes with a 4 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

KEY WORDS: turn, get the ball, score goals

GUIDED QUESTIONS: Who should determine whether to dribble pass or shoot? What are successful practice indicators?

ANSWERS: The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (Is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?

Training Session Self-Reflection Questions

1. **How did you do in achieving the goal of the training session?**

2. **What did you do well?**

3. **What could you do better?**