

Fall 2020



**GOAL:**

Improve build up in the opponent's half of the field

**PLAYER ACTIONS**

Pass or dribble forward

**KEY QUALITIES**

Take initiative, be pro-active

**MOMENT**

Attacking

**DURATION**

60 minutes

**PLAYERS**

8 - 12

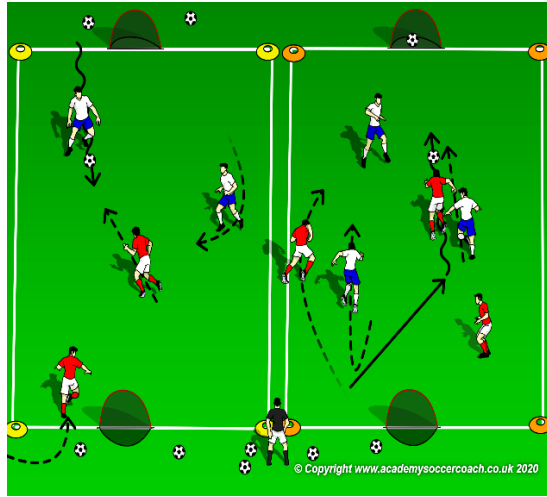
**U6**

**4v4**

**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

**1<sup>st</sup> PLAY PHASE (Intentional Free Play)**

**12 minutes (play multiple 3-4 minute games)**



**OBJECTIVE:** Move the ball forward to create scoring chances

**PLAYER ACTIONS:** Pass or 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:** Go to goal, keep the ball

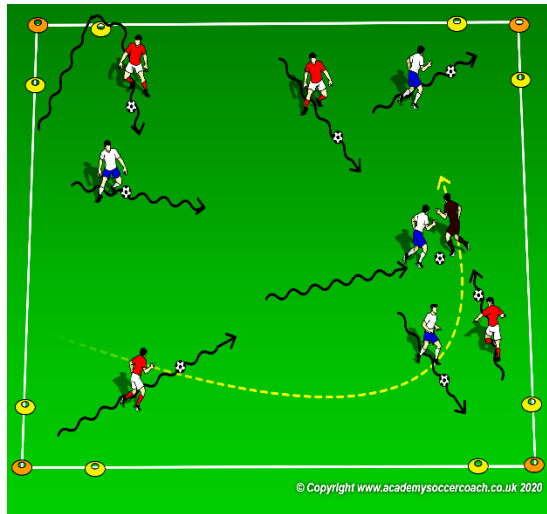
**GUIDED QUESTIONS:** When do you go straight to the opponent's goal? What can you do if someone is blocking your path to the goal?

**ANSWERS:** If you see an opening to the goal, go straight to the goal. You can dribble around them or pass to a teammate.

**Note:** 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.

**PRACTICE (Activity 1): Red Light/Green Light**

**7.5 minutes-8 intervals-1 min. play-30 sec. rest**



**OBJECTIVE:** Move the ball toward the goal (coach)

**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** In a 15W x 20L grid, a small cone goal in each corner & all players with a soccer ball; dribble within the space. The coach(es) walk around the space. When the coach say "RED LIGHT," the players must stop the ball with their feet. If the coach says "GREEN LIGHT," the players must dribble again. If a player cannot stop their ball on red light, they must dribble their ball to the any of the 4 corner goals then start playing again. Coach controls the frequency of the lights to allow players time to respond. **VARIATION: YELLOW LIGHT** – dribble slow, **BLUE LIGHT** – toe taps on the ball or **PURPLE LIGHT** – hop on 1 foot around the ball. **RULES:** on green light, players try to dribble toward the coach. Once close enough, player tries to tag the coach. If a coach gets tagged, either award points or start a new game.

**KEY WORDS:** Laces (to go forward), bottom of the foot (to stop), outside/little toe or inside/big toe (to turn)

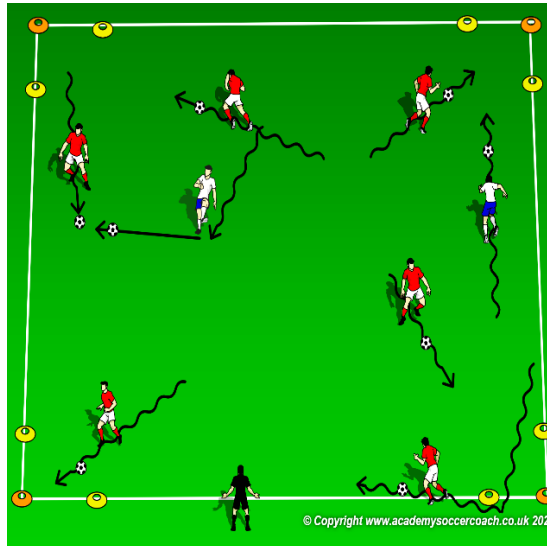
**GUIDED QUESTIONS:** Which part of the foot can you stop the ball with? How can you go faster with the ball?

**ANSWERS:** Get close to the ball then softly touch the top of the ball with the bottom of your foot. Point your toe down and push the ball further in front of you to go faster.

**Note:** Stopping and turning the ball is challenging. Try not to call out the lights too fast. If the players respond to the lights quickly, call out the colors even faster.

**PRACTICE (Activity 2): Wreck it Ralph**

**8 minutes-8 intervals-45 sec. play-15 sec. rest**



**OBJECTIVE:** Move the ball toward the goal through dribbling. Pass the ball toward a teammate.

**PLAYER ACTIONS:** Pass or dribble forward

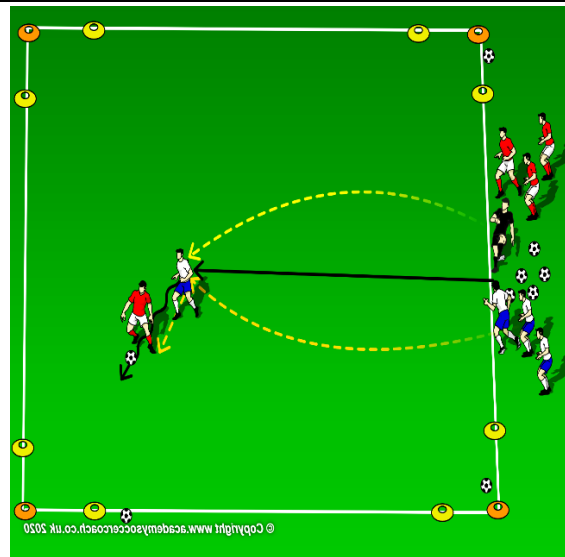
**ORGANIZATION:** In a 15W x 20L grid, a small cone in each corner & all players with a soccer ball; All but 2 players are trying to kick their ball into as many goals as possible in 45 seconds. 2 players do not try to score but try to **WRECK** the goal scorer's points, they are the **WRECK IT RALPHS**. If Ralph hits a goal score's ball with their own, they demolish the points & the goal scorer has to start scoring points over again. **RULES:** Play begins when coach says "GO." Players score by dribbling or kicking their ball through any of the 4 goals.

**KEY WORDS:** Go for it, go to goal, stay away from Ralph

**GUIDED QUESTIONS:** If you want to go faster, should you kick the ball harder or softer? What can you do if Ralph is guarding one of the goals?

**ANSWERS:** Kick it harder so you can run faster and catch up to the ball (kick it softer when you need to slow down or turn). Turn away from Ralph and find a goal that Ralph is not guarding.

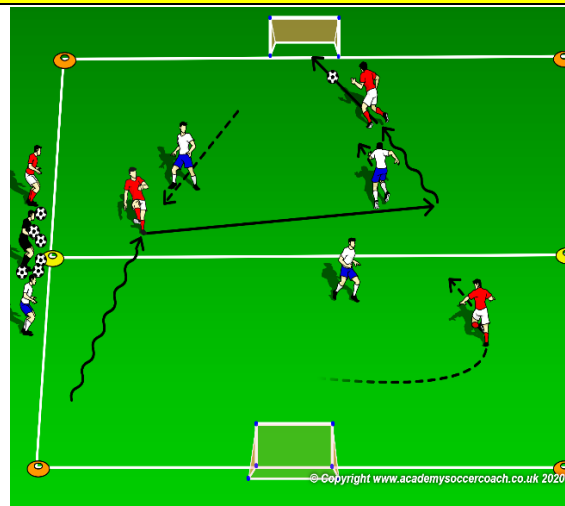
**Note:** You can use 1 Ralph if needed. Coach can start as a Ralph to allow more goal scoring success if needed. Encourage players to go to goal & avoid the Wreck it Ralphs.

**PRACTICE (Activity 3): Soccer Combat****8 minutes-16 intervals-10 sec. play-20 sec. rest****OBJECTIVE:** Move the ball forward toward the opponent's goal**PLAYER ACTIONS:** Pass or dribble forward

**ORGANIZATION:** In a 15W x 20L grid, a cone goal in each corner & the coach starts at the center of the field with all the soccer balls. Divide the group into 2 teams; 1 team on the coach's right and 1 on the left. Once the coach plays the ball onto the field, 1 player from each team goes after the ball and tries to score by striking the ball into any of the 4 goals. **RULES:** Play starts when the coach passes a ball onto the field. Coach can make the game 1v1, 2v1 or 2v2 by telling the players prior to kicking the ball onto the field. Once a goal is scored or the ball goes out of play, game is over and all players leave the field. The coach then serves another ball onto the field for the next players to play.

**KEY WORDS:** Find the open goal, block the defender**GUIDED QUESTIONS:** What should you do if you get to the ball first? What can you do to block the other player from getting the ball?**ANSWERS:** Kick the ball toward the closest open goal and try to score. Put your body between the ball and the other player so they can't get it.

**Note:** Keep the game at 1v1 until most players have had a chance to score at least once. Instead of playing the ball down the middle, it is ok to play the ball closer to a player who hasn't had a chance to score yet. A 2v1 game in favor of a struggling player could help the player score.

**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**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:** Go for it, go to goal, find your teammate**GUIDED QUESTIONS:** Who should determine whether to dribble, pass or shoot? How can you show me that you have learned something new today?**ANSWERS:** We (the players) should. (the players must be allowed to make their own decision) We are keeping the ball in play longer. We are dribbling toward the goal. We are scoring goals.

**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**

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?

**TRAINING SESSION SELF-REFLECTION QUESTIONS**

1. **How did you achieve your goals of the training session?**
2. **What did you do well?**
3. **What could you do better?**