
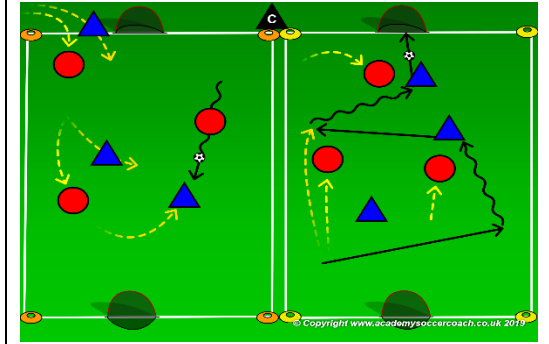


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|--|-----------------------|---|------------------|
|  | GOAL: | Improve the techniques of dribbling, passing and shooting | AGE GROUP |
| | PLAYER ACTIONS | Shoot, pass or dribble forward | |
| | KEY QUALITIES | Read & understand the game, Demonstrate focus | 6U |
| | MOMENT | Attacking | |
| | | | 4v4 |

1st PLAY PHASE (Intentional Free Play) – Up to 3v3 Game **Play multiple 3-4 minute games**



Objective: to pass or dribble past an opponent then score goals

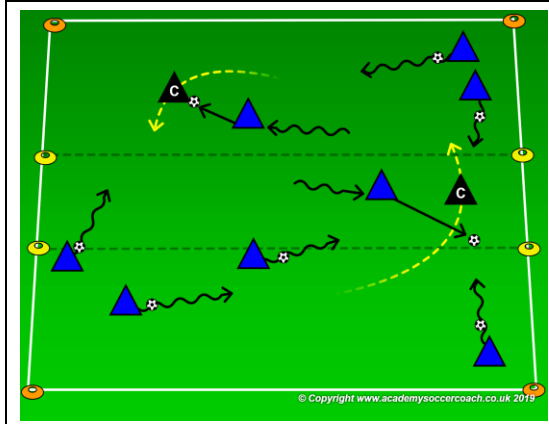
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3,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

Key Words: go to goal, score goals

Guided Questions: When do you go straight to goal? What can you do if an opponent is in your way?

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

PRACTICE (Activity 1): Bulldogs Hunting for Milk-Bones **8 min.-8 intervals-40 sec. play-20 sec. rest**



Objective: Improve the player's ability to maneuver the ball and strike it on target (the coach).

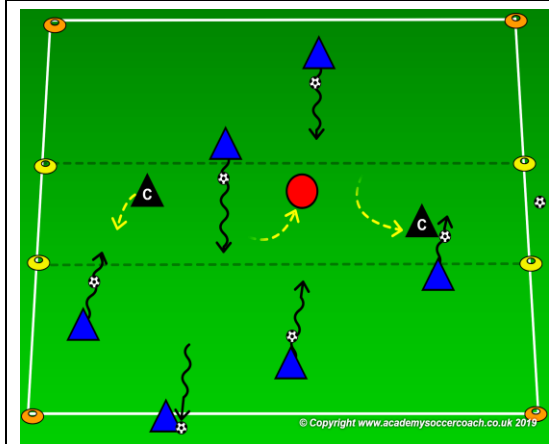
Organization: In a 15Wx20L grid, which includes a 5 yard zone across the middle of the grid (the Dog Pound). All the players with a soccer ball (the Bulldogs) & the coaches are the guards of the milk-bones. The players dribble their ball and try to hit the coach below the knees to score a milk-bone. **Rules:** Play starts when the coach asks, "does anyone want a milk-bone?" Coaches can only walk. Whoever scores the most milk-bones wins the round. Coach can award extra points for milk bones won in the dog pound.

Key Words: Make the ball move faster with bigger kicks

Guided Questions: What can you do to earn more milk-bones? Which part of the foot should you use for close shots/longer shots?

Answers: get closer to the coach before kicking the ball to hit him. Use the inside of the foot or toe when close to the coach & use the laces when further away.

PRACTICE (Activity 2): Boston Bulldogs **7.5 Minutes-5 intervals-1 min. play-30 sec. rest**



Objective: to improve the player's ability to dribble the ball through opponents

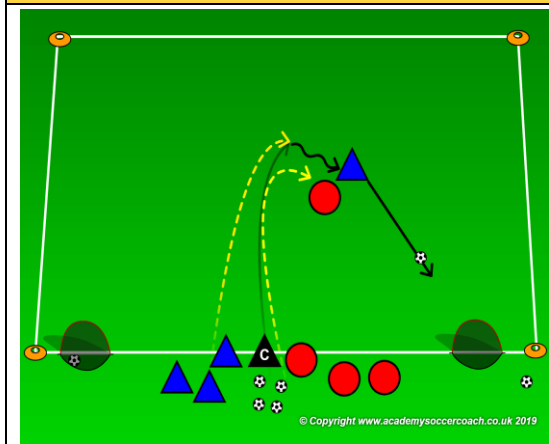
Organization: In a 15Wx20L grid, which includes a 5 yard zone across the middle of the grid (the Dog Pound). The coaches start in the middle as dog catchers (they can not leave the pound). The players are bulldogs. They start on 1 end line & try to dribble their soccer ball through the dog pound without waking the dog catchers. If they players get through to the other side, they get 10K points. If the dog catcher steals their ball, they become a dog catcher too. **Rules:** Play begins when the coach says "who let the dogs out". After 2 rounds, make the game continuous so the players do not stop on the sides; they turn to go back.

Key Words: soft touch to sneak past the dog catchers, big kick to get through the pound

Guided Questions: Why should you keep the ball close? When should you put a big kick on the ball?

Answers: If the dog catchers are in front of you, keep the ball close. If you see an opening with no dog catchers, use a big kick to get through the pound.

PRACTICE (Activity 3): Combat to Pugg Goals **8 Minutes-11 intervals-10 sec. play-30 sec. rest**



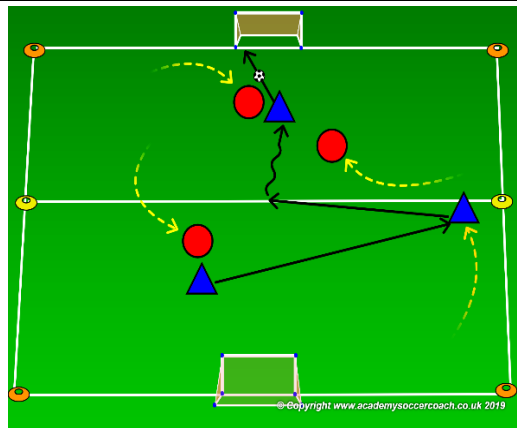
Objective: to dribble your ball toward a target & strike your ball to goal

Organization: In a 15Wx20L grid & 2 pugg goals on the same end line, the coach starts at the center of the end line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right & one on the left. Once the coach plays a ball onto the field, 1 player from each team goes after the ball and tries to score by striking the ball into the opponent's pugg goal. **Rules:** Play starts when the coach passes a ball onto the field. Coach can make the game 1v1, 2v1 or 2v2 by telling the teams prior to kicking a ball onto the field. Team's get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next player(s) to play.

Key Words: Find the open goal, go fast towards it

Guided Question: What should you do if you get to the ball first? Why should you look over your shoulder before you turn?

Answer: Turn and go to the opponent's goal. Check your shoulder to see where the opponent is.



Objective: to pass or dribble past an opponent then score goals

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 2 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: go to goal, get the ball

Guided Questions: Who should determine whether to dribble pass or shoot? If you do not have the ball, how can you steal it from the other team?

Answers: The player with the ball should make this decision (coaches can provide guided assistance only as needed). Steal the ball by tackling it away from the opponent. Remember to try to keep the ball once you have stolen it.

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?