

PLAY - PRACTICE - PLAY TRAINING SESSION

GOAL: Improve building up in opponent's half in order to create chances

PLAYER ACTIONS: Pass or dribble forward, spread out, shoot

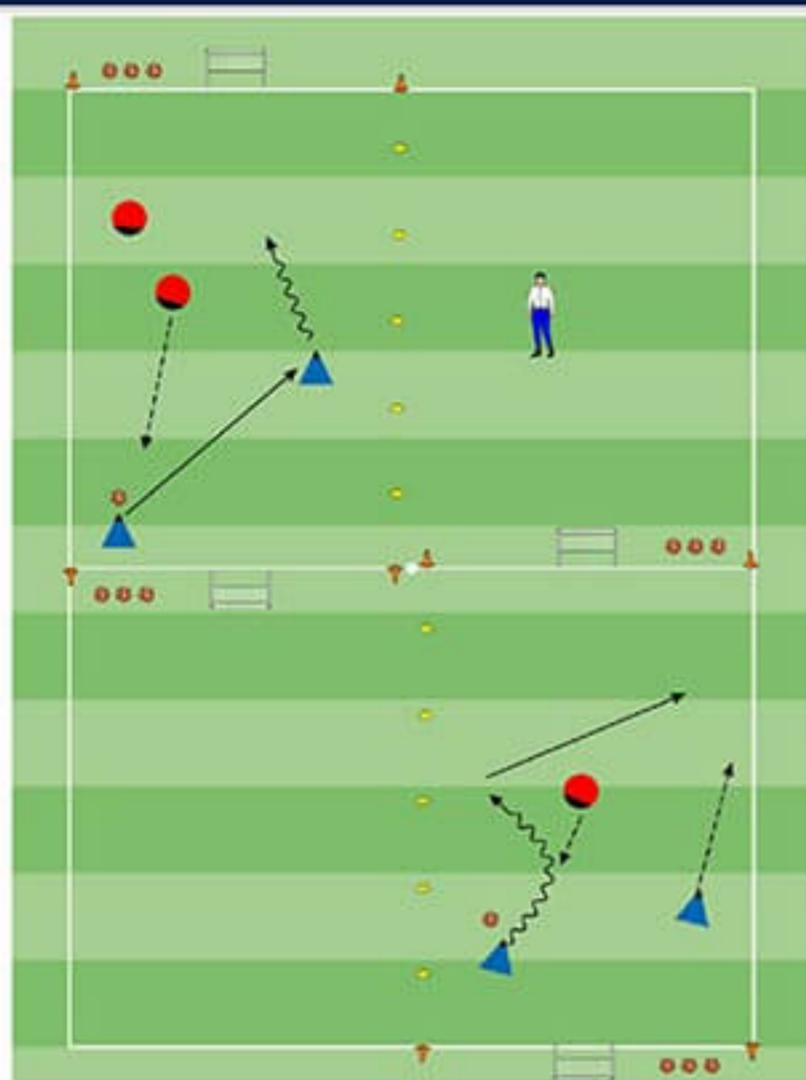
KEY QUALITIES: Read game/make decisions, take initiative, technical execution

Date:

U8 / 4v4

MOMENT: Attacking

DURATION: 60 minutes



PLAY: 1st Play Phase

OBJECTIVE: To pass or dribble past opponents, create chances and score goals.

ORGANIZATION: Set up small fields within a L35 x W25 yd. space. Play for 20 minutes w/two breaks. Free play, add players up to 2 v 2 or 3 v 3, make additional fields if necessary.

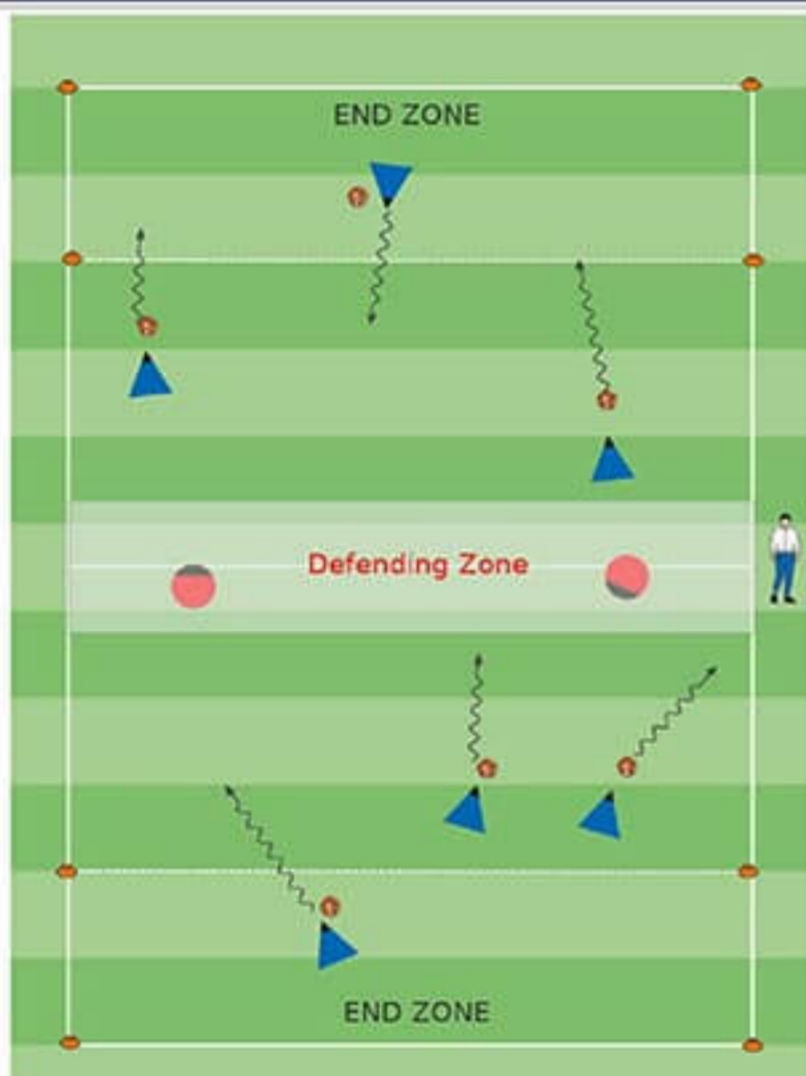
KEY WORDS: Opening, go forward, pass, dribble.

GUIDED QUESTIONS: 1) How can you find an opening? 2) How can you create an opening? 3) What can you do if you see an opening?

ANSWERS: 1) Look at the position of the opponent. 2) Make the opponent move. 3) Pass or dribble through it.

1st break = coach asks questions, players continue playing to discover answers. 2nd break = players share answers with coach/each other.

NOTES:



PRACTICE (core activity):

OBJECTIVE: To dribble past opponents, create chances and score.

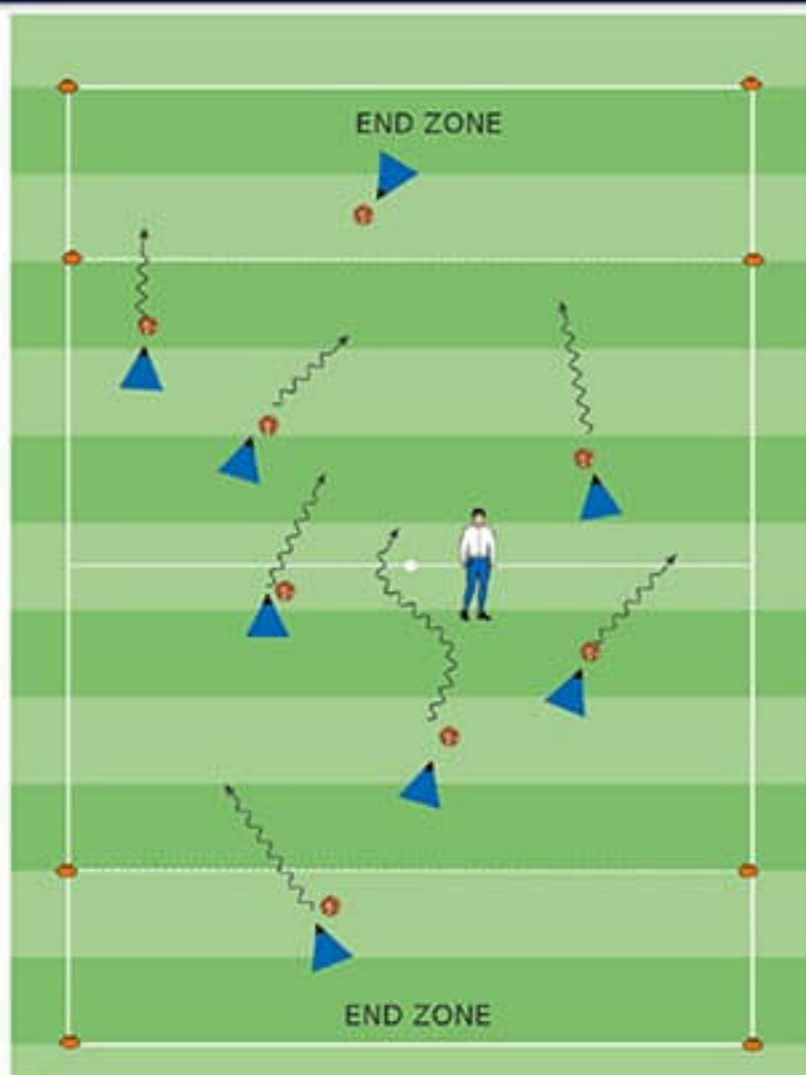
ORGANIZATION: L35xW25 yd. field. Play for 20 minutes w/two breaks. Players practice dribbling back & forth into an end zone to earn a point. Two defenders play in defending zone and switch with attacker when they win the ball, or every 2 minutes.

KEY WORDS: Opening, go forward, dribble, soft/hard touches.

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) Why? 4) What is the difference in how you dribble forward and how you dribble to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You can go faster without the ball. 4) You have to use a different part of the foot.

NOTES: Start here at the Core Activity after the Play 1 phase. If the challenge is too difficult, move to the Less Challenging Activity. If it is too easy, move to the More Challenging Activity. Spend a total of 20 minutes in the Practice Phase.



PRACTICE (less challenging):

OBJECTIVE: To dribble past opponents, create chances and score.

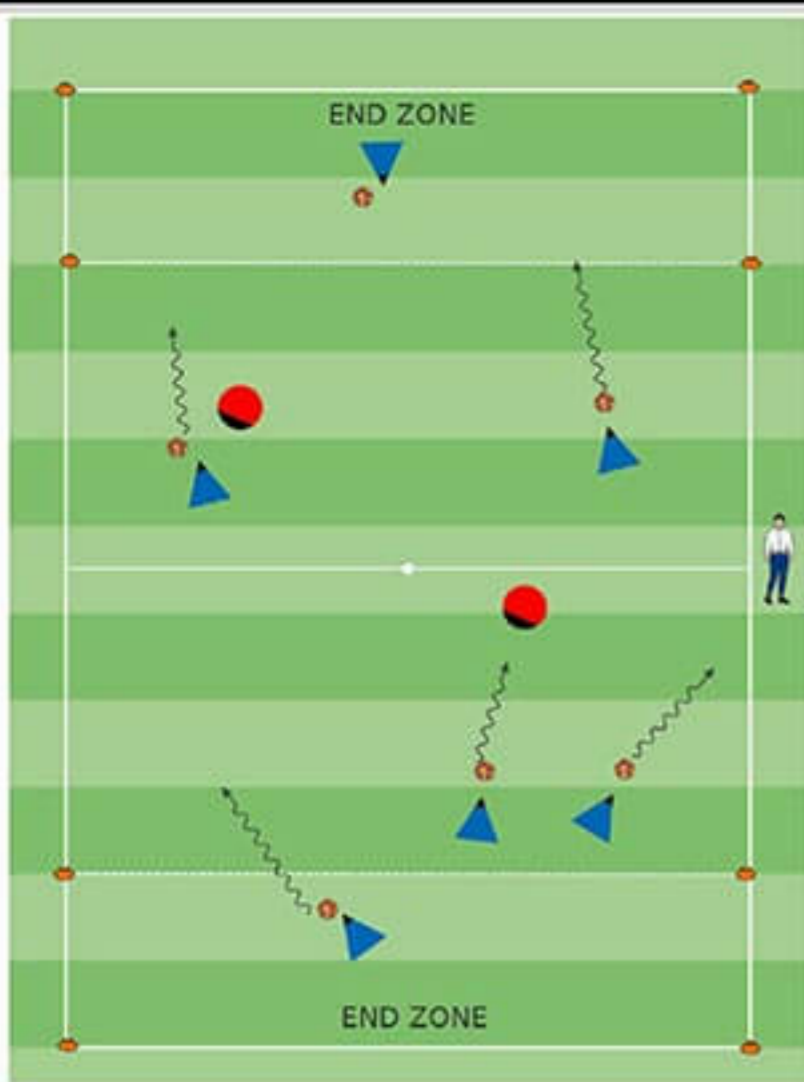
ORGANIZATION: L35xW25 yd. field. Play for 20 minutes w/two breaks. Players practice dribbling back & forth into an end zone to earn a point. All players go in same direction. Coach acts as "defender" so players have to make decisions.

KEY WORDS: Opening, go forward, dribble, soft/hard touches.

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) Why? 4) What is the difference in how you dribble forward and how you dribble to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use harder touches. 3) You can go faster without the ball. 4) You have to use a different part of the foot.

NOTES: Start with the Core Activity and determine if the level of challenge is appropriate for the players. Move to this Less Challenging Activity if the Core Activity is too difficult.



PRACTICE (more challenging):

OBJECTIVE: To dribble past opponents, create chances and score.

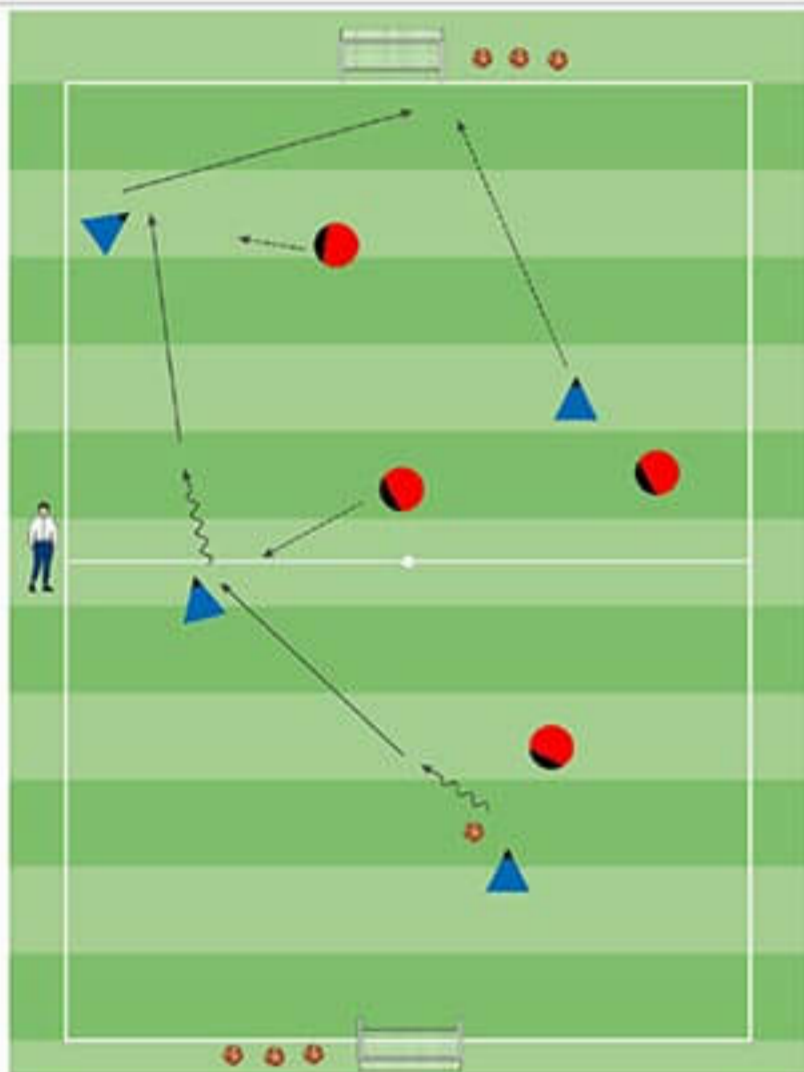
ORGANIZATION: L35xW25 yd. field. Play for 20 minutes w/two breaks. Players practice dribbling back & forth into an end zone to earn a point. Two defenders may defend anywhere except in the end zone and switch with attacker when they win the ball, or every two minutes.

KEY WORDS: Opening, go forward, dribble, soft/hard touches.

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) Why? 4) What is the difference in how you dribble forward and how you dribble to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You can go faster without the ball. 4) You have to use a different part of the foot.

NOTES: Start with the Core Activity and move to this More Challenging Activity if the Core Activity is too easy.



PLAY: 2nd Play Phase

OBJECTIVE: To pass or dribble past opponents, create chances and score goals.

ORGANIZATION: L35 x W25 yd. field. Play for 20 minutes including one, 5-minute (max) "halftime". Play using equal numbers if possible (4v4), being sure all players participate.

KEY WORDS: Opening, go forward, pass, dribble, soft/hard touches.

GUIDED QUESTIONS: 1) How can you find an opening? 2) How can you create an opening? 3) What can you do if you see an opening? 4) How do you keep the ball close? 5) How do you dribble faster? 6) Why? 7) What is the difference in how you dribble forward and how you dribble to the side?

ANSWERS: 1) Look at the position of the opponent. 2) Make the opponent move. 3) Pass or dribble through it. 4) Be gentle/soft with the ball. 5) Use hard touches. 6) You can go faster without the ball. 7) You have to use a different part of the foot.

NOTES:

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 session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the players?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?