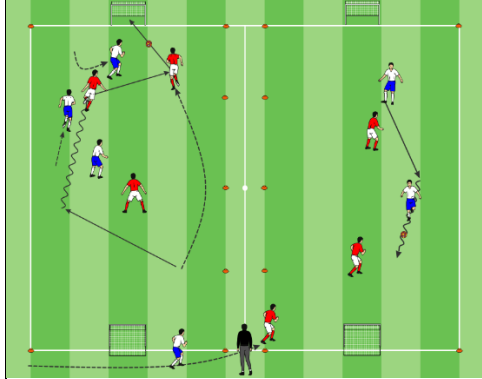


		GOAL: Improve the techniques of passing, dribbling and shooting				AGE GROUP 6U		
		PLAYER ACTIONS		Shoot, pass or dribble forward				
		KEY QUALITIES		Take initiative, be pro-active				
		MOMENT		Attacking		DURATION	60 minutes	4v4

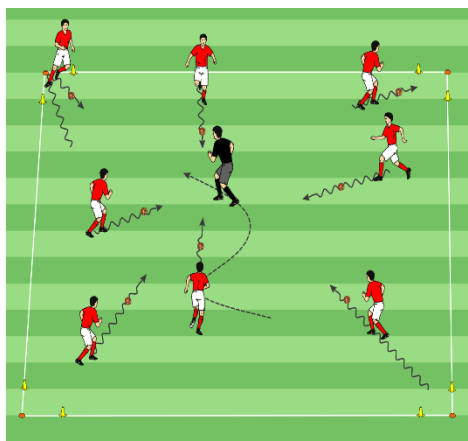
1st PLAY PHASE (intentional Free Play): Up to 3v3 Games
Play multiple 2-3 minute games

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: go to goal, score goals

Guided Questions: Are the players engaged? Are all the players getting challenged?

Answers: have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).

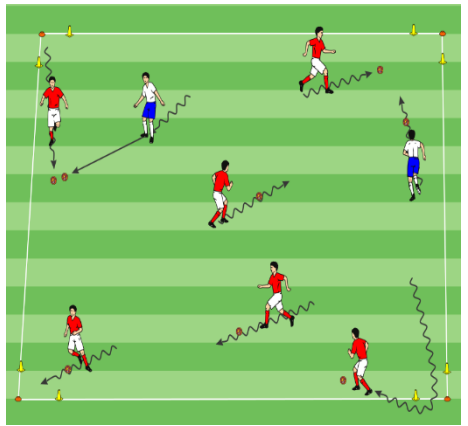
PRACTICE (Activity 1): Red Light/Green Light
7.5 Minutes-8 intervals-1 min. play-30 sec. rest

Objective: to dribble and change directions toward the goal (coach)

Organization: In a 15Wx20L grid, a small cone goal in each corner & all players with a soccer ball dribbling within the space. The coach(es) walk around the space. When the coach says "red light", the players must stop their ball. If the coach says "green light", the players must dribble again. If a player cannot stop their ball, they must dribble through any goal then start playing again. Coach controls the frequency of the lights to allow the players time to respond. **Variations:** Yellow Light-dribble slow, Blue Light-5 toe taps on the ball. Purple Light-hop on 1 foot around the ball. **Rules:** On Green Light, the players are trying to dribble toward the coach. Once the coach is tagged, start a new game.

Key Words: Laces, Outside (of the foot), Inside (of the foot), Bottom (of the foot)

Guided Questions: Are the players able to stop the ball? Are all players able to use different surfaces of their feet?

Answers: Get close to the ball and softly touch the top of the ball with the bottom of the foot. Use terms like big toe and pinky toe instead of inside and outside of the foot.

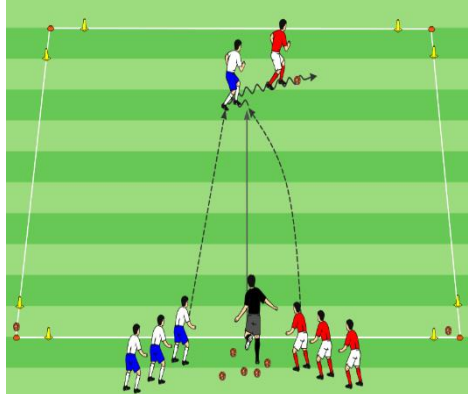
PRACTICE (Activity 2): Wreck It Ralph
8 Minutes-8 intervals-45 sec. play-15 sec. rest

Objective: to dribble your ball to goal while protecting it from opponents

Organization: In a 15Wx20L grid, with a cone goal in every corner & every player with a soccer ball. All but 2 players are trying to dribble their soccer ball into as many goals as possible. 2 players do not try to score but try to WRECK the goal scorer's points. If a Wreck It Ralph hits a goal scorer's ball with their own, they demolish all the points and the goal scorer has to start scoring over again. **Rules:** Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals.

Key Words: Go forward, dribble to goal, protect your ball

Guided Question: What do you do to protect your ball?
Where do you have to point your toe if you want your laces to kick the ball?

Answers: Put your body in the way to block it from the opponents (hide it/shielding).
Point your toe to the ground and push the ball in front with your laces.

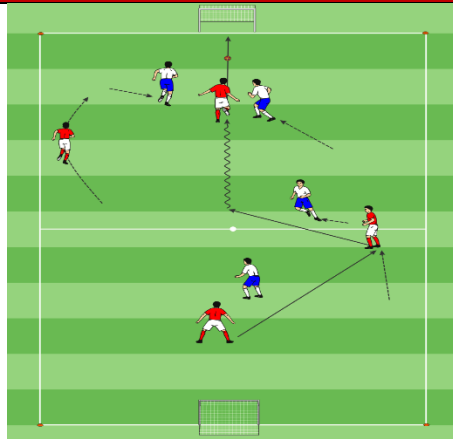
PRACTICE (Activity 3): Soccer Combat
8 Minutes-16 intervals-10 sec. play-20 sec. rest

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

Organization: In a 15Wx20L grid, a cone goal in every corner, the coach starts at the center of a side 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, a 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 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 can you do to trick the opponent? When would you use the bottom of your foot?

Answer: Pretend to go to one goal then change direction to go to the other. Use the bottom of your foot to stop the ball or to change directions (pull back).

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 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 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?