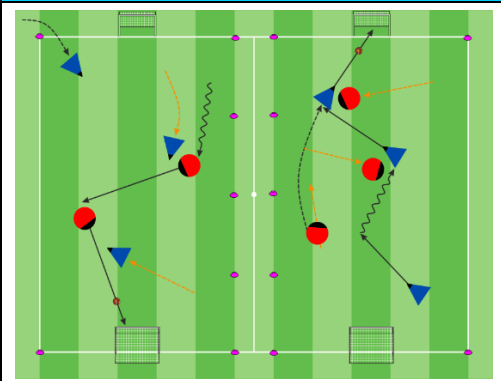
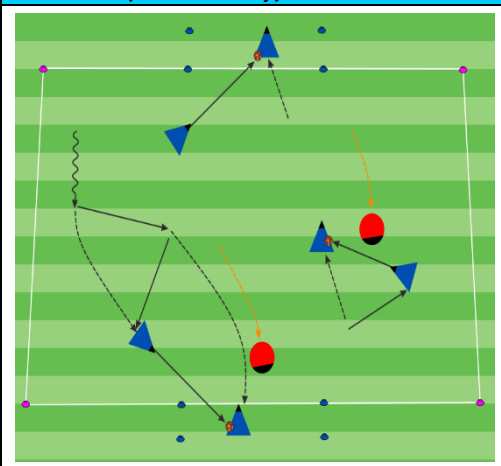
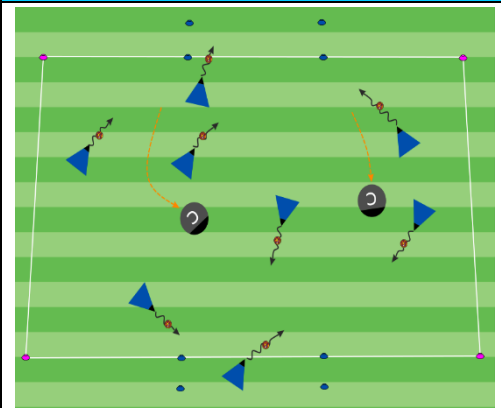
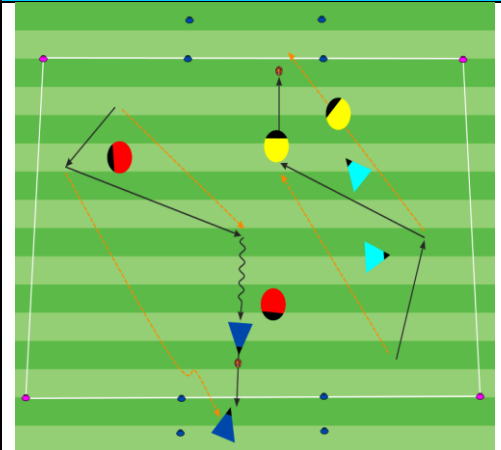
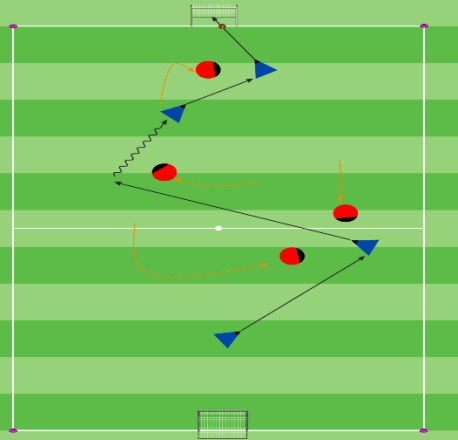


		GOAL: PLAYER ACTIONS KEY QUALITIES MOMENT	Build Up in the Defensive Half - Improve Passing forward Pass or Dribble Forward, Spread Out, Create Passing Options Take initiative, read & understand the game Attacking	AGE GROUP 8U 4v4
1st PLAY PHASE (intentional Free Play)			18 Min.-Play multiple 3-4 minute games	
			Objective: to pass or dribble past an opponent then score goals Organization: On your (25Wx35L) game field, set up two 17Wx25L 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 (Core Activity): Pair Bandits			18 Minutes-6 intervals-2 min. play-1 min. rest	
			Organization: In a 20Wx30L yard grid, a 6Wx3L yard box goal on each end line, all players in pairs. Select 1 pair to be the bandits. Each pair needs 1 ball to share except for the bandits. The pairs with a ball will try to dribble & pass to either goal & pass to their teammate within the goal. After scoring in one end, play to the other. How many goals can you score in 2 minutes? The mission of the bandits is to steal the ball from the passing pairs & bring it to one of the two hideouts (goals). The passing pairs can take the ball back from the bandits before they get it all the way to the hideout. If the bandits get the ball into the hideout, the pair lose all their points and have to start counting over again. Rotate bandits after each interval. Rules: bandits cannot defend inside of the goal. Key Words: Look up, find an opening, play through it Guided Questions: Where should you go if a defender is closing your opening? What are some ways you can play the ball through an opening? Answers: See if teammate can move to create a new opening. You can dribble through, pass through or shoot through. Notes: Variation-if bandits steal a ball and get it to a hideout, they can now begin scoring goals. The team that lost the ball must now steal another ball in order to start scoring again.	
PRACTICE (Less Challenging): Bandits (Coach is it)			18 Minutes-6 intervals-2 min. play-1 min. rest	
			Organization: In a 20W x 30L yard grid, a 6W x 3L yard box goal on each end line and all players have a soccer ball. The coach will be the bandit. The players will try to dribble into the goals. After scoring in one end, play to the other. How many goals can you score in 2 minutes? The mission of the bandit is to steal the ball and bring it to one of the two hideouts (goals). The player can steal his/her ball back from the bandits before they get it all the way to the hideout. If the bandit succeeds in getting the ball into the hideout, the player loses all their points and have to start counting over again. Key Words: find avoid the coach, go for goal Guided Questions: Where should you go if another dribbler is in your way? What can you do if the coach/bandit is blocking the goal? Answers: Try to find a new opening to the goal. If the bandit is blocking your opening, be patient, dribble away then back to goal. Notes: Once the players understand the direction and where to score, challenge them to work with a partner. The 2 players now need to move the ball from one goal to the other.	
PRACTICE (More Challenging): 2V2 to Goal			18 Minutes-6 intervals-2 min. play-1 min. rest	
			Organization: In a 20W x 30L yard grid, a 6W x 3L yard box goal on each end line, coach will create teams of 2 players. Two teams will play against one another and, on the same field and at the same time, two other teams will also play against one another. Each team will defend 1 goal and score in the other. A goal is scored by either dribbling the ball into the opponent's box or passing the ball to your teammate in the box. After a goal is scored, the scoring team backs up to allow the ball back into play and the game continues. If you have more than 4 teams of 2, either rotate teams onto the field or create a second field. Key Words: play through, look up Guided Questions: What are some things you have to look for in this game? Why should you try to keep the ball instead of kicking it away? Answers: You have to look for your teammates, the goal or other players. It is much easier to get the ball to your teammates if you receive it first, pick your head up and pass it to them. Notes: Coach can add passing or scoring incentives as needed to further challenge the players.	

2 nd . PLAY PHASE: The Game – 4v4 (no Goal Keepers):	24 Minutes-2 intervals-10 min. play-2 min. rest
	Objective: to pass or dribble past an opponent then score goals Organization: In a 25Wx35L field and a small goal on each end line, play a 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: 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?