

Week 1: Attacking - Improving Build Up in Own Half (4v4)

OBJECTIVE: Improving build up in own half

TEAM TACTICAL PRINCIPLES:

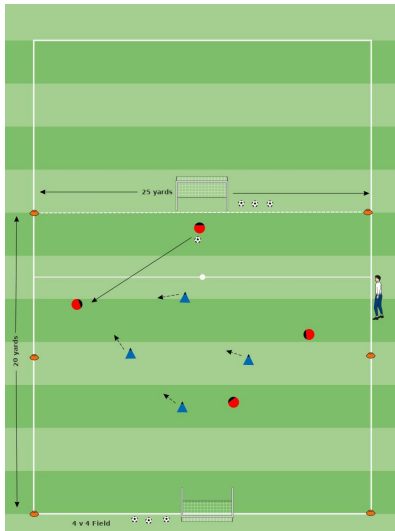
KEY QUALITIES:

Amy Feigl

AGE: U6 / U8 / 8 players

TEAM FUNCTION:

DURATION: 60 min



1st Play Phase: Intentional Free Play (4v4)

OBJECTIVE: Free play for kids

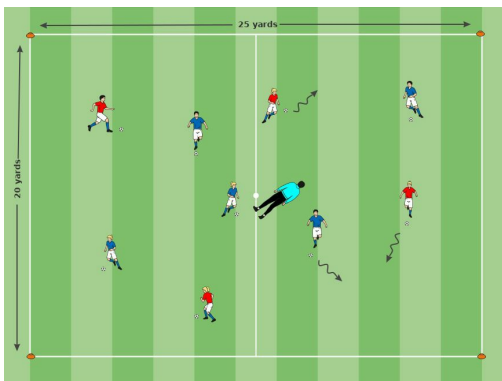
ORGANIZATION: Set up a small 4v4 grid with two small goals and start playing 1v1, 2v2, 3v3, etc. as the kids arrive and let them play uninterrupted but guided.

KEY WORDS: Let them play!

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Alligator Cross

OBJECTIVE: Dribbling, Running with ball, Turning, Focus, Ball Control

ORGANIZATION: Have the coach or one or two players on their bellies acting like alligators. All the other players have a ball and start on one side. They try to dribble and not get touched by the alligators. If they get touched they now become the alligator. The last one left gets to be the first alligator in the next game!

KEY WORDS: Practice (Less Challenging): don't use soccer balls at first but just have the players run around Practice (More Challenging): make the players do a ball control move like toe taps or boxers (passing ball back and forth between feet) before they become another alligator, or make the grid area smaller so they have less room to dribble

GUIDED QUESTIONS:

ANSWERS:

NOTES: Technical points: Dribble using their pinky toe or outside of foot - no toe dribbling. Keep the ball close to their body, so they can complete each task quickly. Use inside of foot to pass and hit coach - no toe balls.

2nd Play Phase: The Game (4v4)

OBJECTIVE: Let them play!

ORGANIZATION: Set up a small grid and play 4v4 with two goals for each side to attack.

KEY WORDS: Let them play!

GUIDED QUESTIONS:

ANSWERS:

NOTES:

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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 player?

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?