

Week 10 (b): Attacking - Improving Scoring Chances from Wide Areas (4v4)

OBJECTIVE: Improving scoring chances from wide areas

TEAM TACTICAL PRINCIPLES:

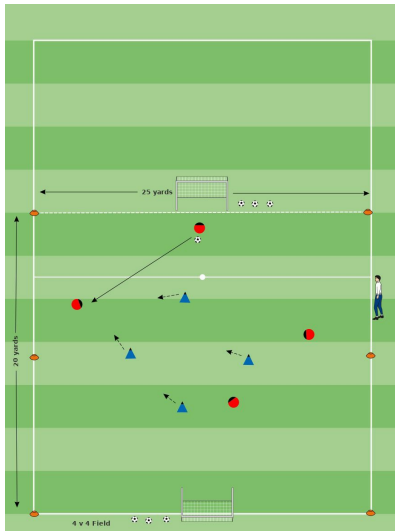
KEY QUALITIES:

Amy Feigl

AGE: U6 / U8 / 8 players

TEAM FUNCTION:

DURATION: 60 min



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

OBJECTIVE: Free play for kids

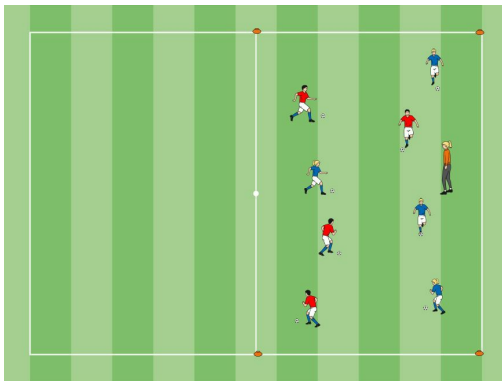
ORGANIZATION: Set up a small 4v4 grid with two small goals and start playing 1v1, 2v2, 3v3, etc. as the kids arrive and let them play uninterrupted but guided.

KEY WORDS: Let them play!

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Tick Tock

OBJECTIVE: Balance, Coordination, Dribbling, Following Instruction, Ball Control

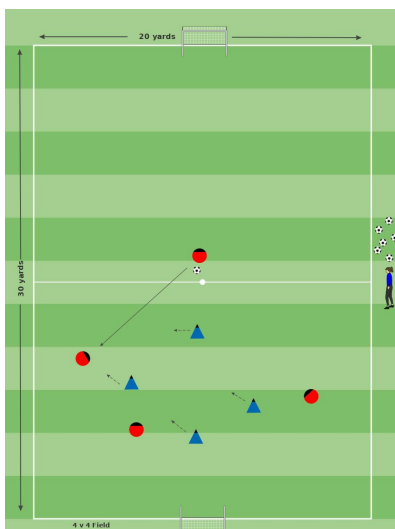
ORGANIZATION: Have the dribbling around you in your grid and when you say Tick they put the bottom of their foot on the ball, and when you say Tock they put the bottom of their other foot on the ball, and when you say Tick Tock they go back and forth just standing there putting one foot on the ball and then the other foot and back again.

KEY WORDS: Practice (Less Challenging): don't use the ball at first but place soccer balls around you and have the players run and when you say the command words, they find a ball to complete the task. Practice (More Challenging): add in some opposition (coach maybe or one defender) to tag players as they dribble that they must avoid, or modify the

GUIDED QUESTIONS:

ANSWERS:

NOTES:



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?