

Week 3: Defending - Preventing Build Up in Opponent's Half (4v4)

OBJECTIVE: Prevent build up in opponent's half

TEAM TACTICAL PRINCIPLES:

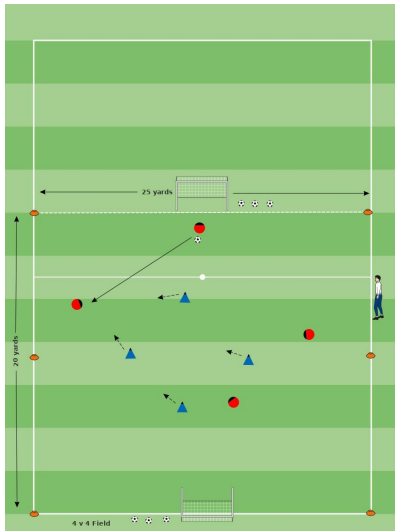
KEY QUALITIES:

Amy Feigl

AGE: U6 / U8 / 8 players

TEAM FUNCTION:

DURATION: 60 min



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

OBJECTIVE: Free play for kids

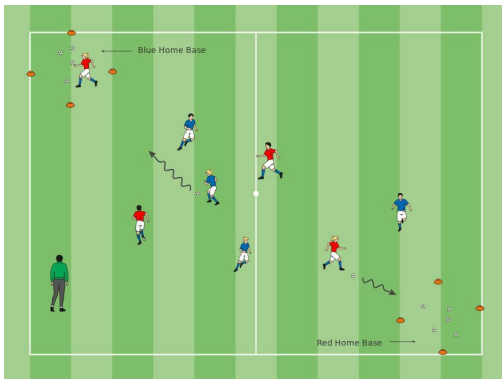
ORGANIZATION: Set up a small 4v4 grid with two small goals and start playing 1v1, 2v2, 3v3, etc. as the kids arrive and let them play uninterrupted but guided.

KEY WORDS: Let them play!

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Capture the Flag

OBJECTIVE: Balance, Coordination, Ball Mastery, Dribbling in Different Directions

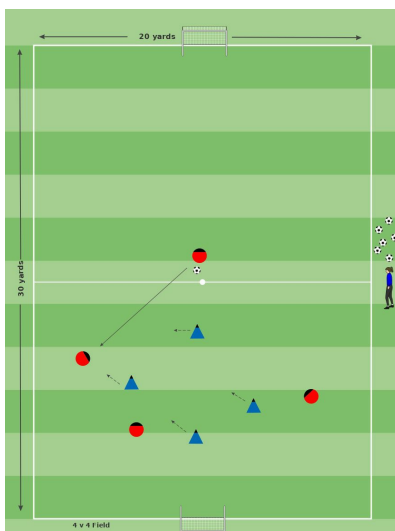
ORGANIZATION: Use your disc cones to create two 10x10 squares that are approximately 20 yards apart. Place half of the balls in each square. Place all of the players from one team in one square; all of the players for the second team in the other square. When you say Go, players from both teams run to the other square and take a ball. They dribble the ball back to their home base.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES: This is a soccer version of the classic children's game. Instead of trying to capture the flag, each team tries to capture as many soccer balls as possible. Or use cones or pinnies if working on balance and coordination without soccer balls though you can have the kids pick those up too! Practice (Less Challenging): don't have the players dribble but



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?