

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

OBJECTIVE: Preventing build up in opponent's half

TEAM TACTICAL PRINCIPLES:

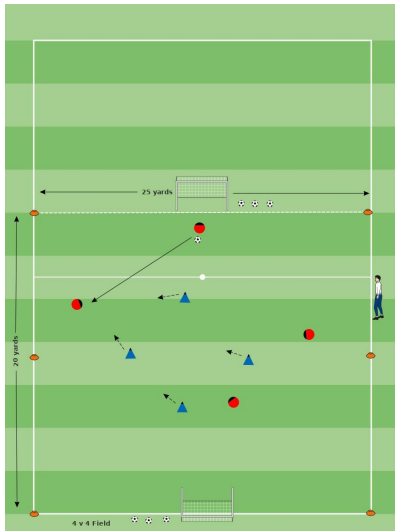
KEY QUALITIES:

Amy Feigl

AGE: U6 / U8 / 8 players

TEAM FUNCTION:

DURATION: 60 min



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

OBJECTIVE: Free play for kids

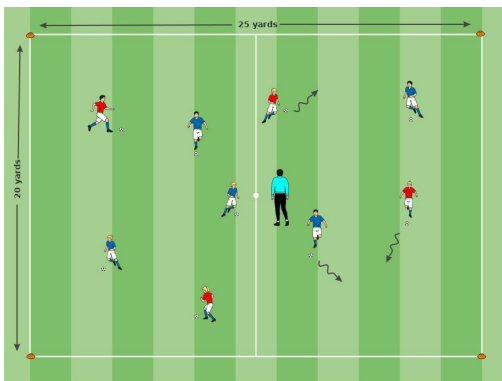
ORGANIZATION: Set up a small 4v4 grid with two small goals and start playing 1v1, 2v2, 3v3, etc. as the kids arrive and let them play uninterrupted but guided.

KEY WORDS: Let them play!

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Freeze Tag

OBJECTIVE: Dribbling, Turning, Running with ball, Balance, Coordination, Focus

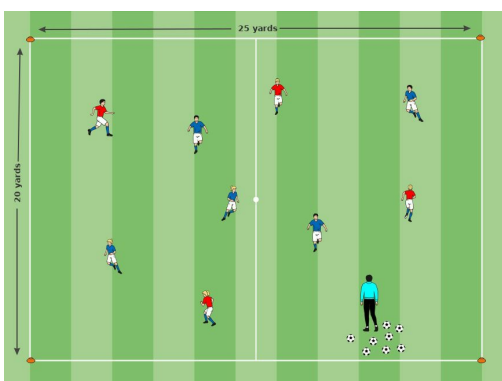
ORGANIZATION: For the first round, you are Mr./Mrs. Freeze. When you say "Go!", all players start dribbling around the marked area trying to avoid being tagged by Mr./Mrs. Freeze. Use this activity without a ball and have the players crawl through legs to "unfreeze" each player. One player is Mr./Mrs. Freeze and runs around and tries to tag all the other kids. If a

KEY WORDS: Practice (Less Challenging): don't use soccer balls at first but have the players just run around Practice (More Challenging): require the players to perform a ball mastery skill like toe taps to return to game and be unfrozen instead of having someone crawl through their legs

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Tail Tag/Tigers vs Hunters

OBJECTIVE: Goal: Prevent opponent from scoring
Player Actions: Defend, attack, win the ball, lose the ball
Key Qualities: Decision making, reading the game, initiative, focus

ORGANIZATION: Mark out a 20 x 25-yard field.

KEY WORDS: (Less Challenging): Start with only pinnies to grab and no dribbling so kids get an idea of how the game works and gain success. (More Challenging): Now include a ball if players are still interested in the game. Each Tiger starts out with a ball. Give each Tiger a pinnie and have them tuck them into their shorts as tails. When you say Go!, the

GUIDED QUESTIONS:

ANSWERS:

NOTES: Divide players into two teams - one team into Tigers and one team into Hunters. Have the tigers put their pinnies in the back of their shorts and have the Hunters try to run around and grab the pinnie out. If the Hunter gets their tail, they can yell out Got your tail! To keep the game flowing, have the Hunters take the pinnie back to the coach, and the

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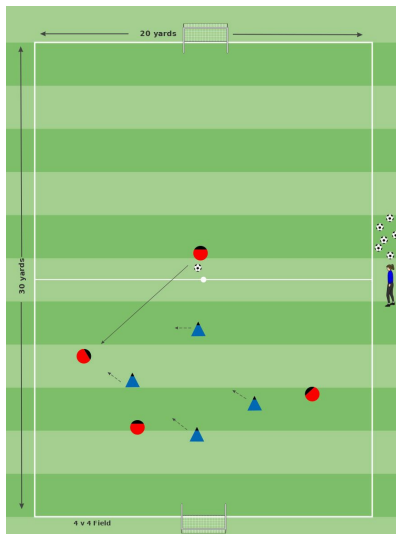
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TEAM FUNCTION:

DURATION: 60 min



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:

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?