

Week 5: Attacking - Improving Build Up in Opponent's Half (4v4)

OBJECTIVE: Improve build up in opponent's half

TEAM TACTICAL PRINCIPLES:

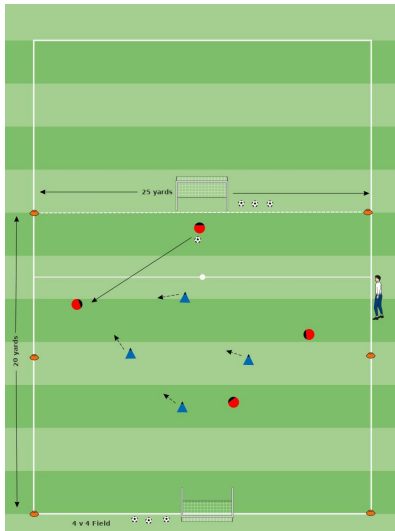
KEY QUALITIES:

Amy Feigl

AGE: U6 / U8 / 8 players

TEAM FUNCTION:

DURATION: 60 min



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

OBJECTIVE: Free play for kids

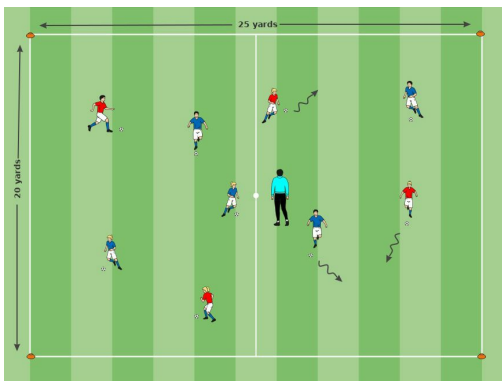
ORGANIZATION: Set up a small 4v4 grid with two small goals and start playing 1v1, 2v2, 3v3, etc. as the kids arrive and let them play uninterrupted but guided.

KEY WORDS: Let them play!

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Freeze Tag

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

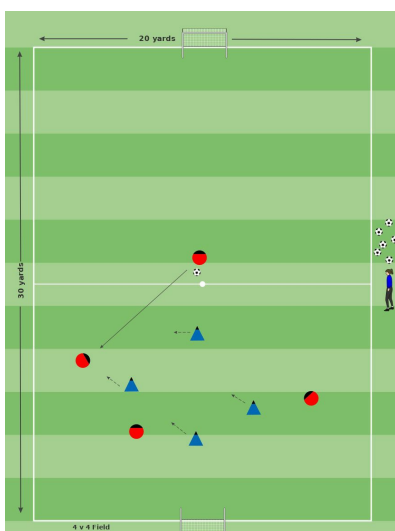
ORGANIZATION: For the first round, you are Mr./Mrs. Freeze. When you say "Go!", all players start dribbling around the marked area trying to avoid being tagged by Mr./Mrs. Freeze. Use this activity without a ball and have the players crawl through legs to "unfreeze" each player. One player is Mr./Mrs.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



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?