

Week 7: Defending - Preventing Scoring Chances from Central Positions (4v4)

OBJECTIVE: Prevent scoring from central positions

TEAM TACTICAL PRINCIPLES:

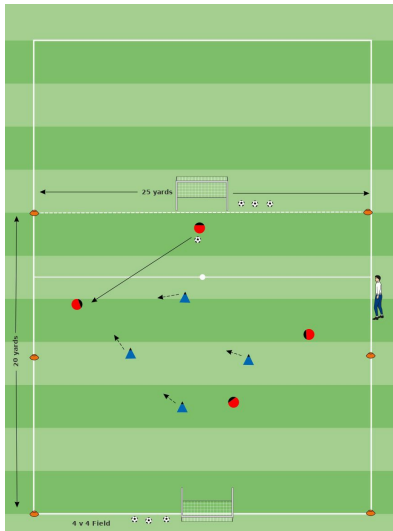
KEY QUALITIES:

Amy Feigl

AGE: U6 / U8 / 8 players

TEAM FUNCTION:

DURATION: 60 min



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

OBJECTIVE: Free play for kids

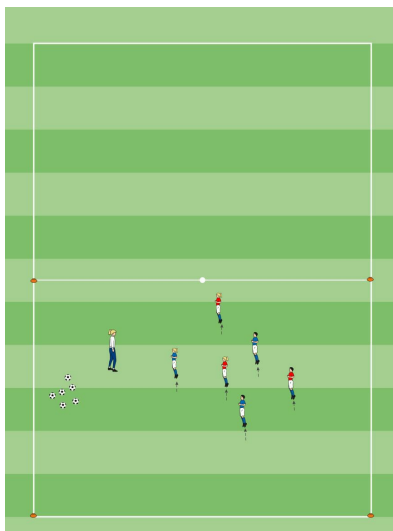
ORGANIZATION: Set up a small 4v4 grid with two small goals and start playing 1v1, 2v2, 3v3, etc. as the kids arrive and let them play uninterrupted but guided.

KEY WORDS: Let them play!

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): I Can Do Something, Can You?

OBJECTIVE: Theme: Play/Practice/Play Goal: Improve dribbling, balance, coordination, and listening skills Player Actions: Balance, coordination, using large surfaces to dribble (inside, outside, laces, sole) Key Qualities: Listening and following direction, decision making within small areas of dribbling, focus

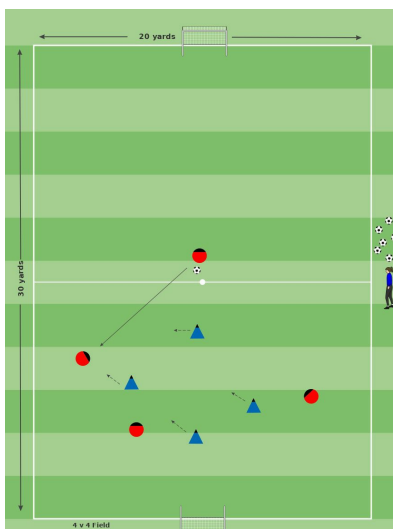
ORGANIZATION: This is fun game to get into your 1st practice phase of practice. Bring the kids in and tell them what game you are playing. Tell them all they need to do is to follow you around your practice area and mimic what you do! Start with jogging, then move to funny animal actions, then move to sitting or hopping, or standing on one leg or anything

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES: Practice (Less Challenging): Don't use soccer balls but instead just have the players run around and grab cones, pinnies, and do balance and coordination commands like hopping on one foot or balancing on a line. Practice (More Challenging): Add a "shark" or coach to tag the players as they follow instructions, or reduce the size of the grid, or



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?