

## Week 8: Defending - Preventing Scoring Chances from Wide Areas (4v4)

OBJECTIVE: Prevent scoring chances from wide areas

TEAM TACTICAL PRINCIPLES:

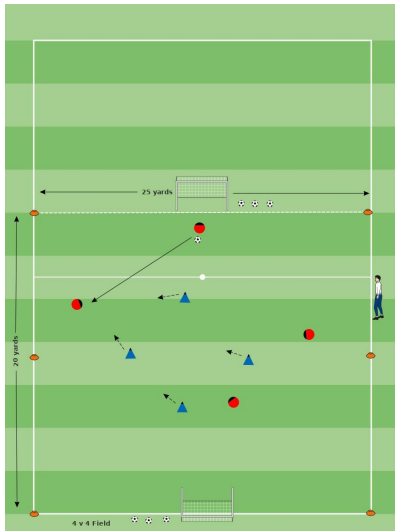
KEY QUALITIES:

Amy Feigl

AGE: U6 / U8 / 8 players

TEAM FUNCTION:

DURATION: 60 min



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

OBJECTIVE: Free play for kids

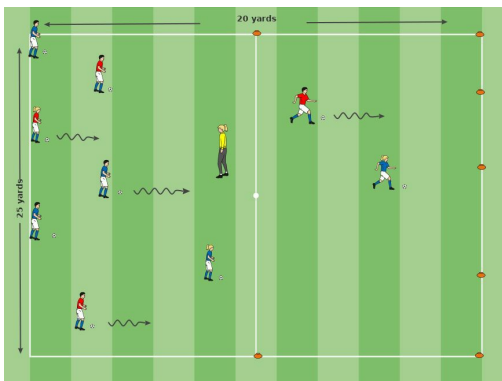
ORGANIZATION: Set up a small 4v4 grid with two small goals and start playing 1v1, 2v2, 3v3, etc. as the kids arrive and let them play uninterrupted but guided.

KEY WORDS: Let them play!

GUIDED QUESTIONS:

ANSWERS:

NOTES:



### Practice (Core Activity): Dog Catcher

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

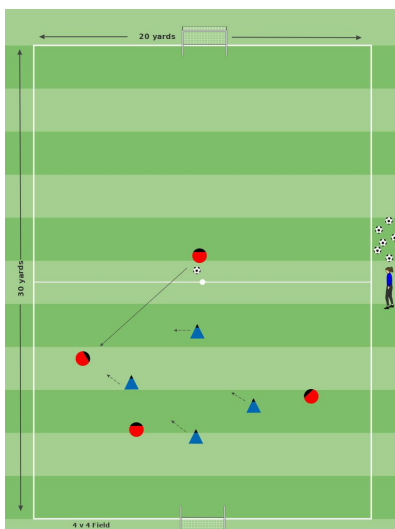
ORGANIZATION: In this game, the chaser (the dog) tries to run down and tag the dribbler (the rabbit) before the dribbler can reach the finish line. The dog can be the coach at first and then use some players. Set up a finish line with a cone or use your field end line.

KEY WORDS: Practice (Less Challenging): don't include a ball at first but just have the players run from end line to end line Practice (More Challenging): have the grid modified to be more narrow, or have more than one dog catcher at first, or specify what foot to dribble with

GUIDED QUESTIONS:

ANSWERS:

NOTES: Have the coach say "are you ready," then say "let me hear your loudest bark," then say "Go," and have them speed dribble to the other end without getting their ball stolen or kicked out by you. If kicked out they now become a dog catcher or just have them count how many times they get across the finish line since younger kids won't comprehend some



### 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?