

Week 9 (b): Attacking - Improving Scoring Chances from Central Areas (4v4)

OBJECTIVE: Improving scoring chances from central areas

TEAM TACTICAL PRINCIPLES:

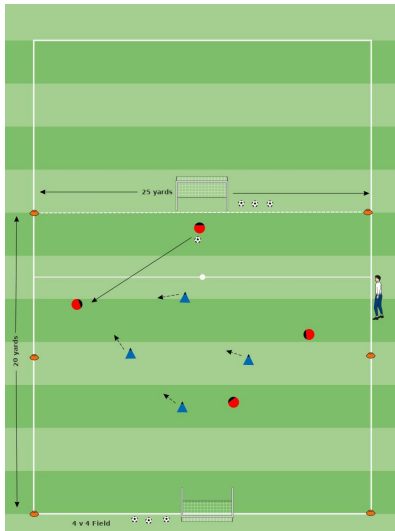
KEY QUALITIES:

Amy Feigl

AGE: U6 / U8 / 8 players

TEAM FUNCTION:

DURATION: 60 min



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

OBJECTIVE: Free play for kids

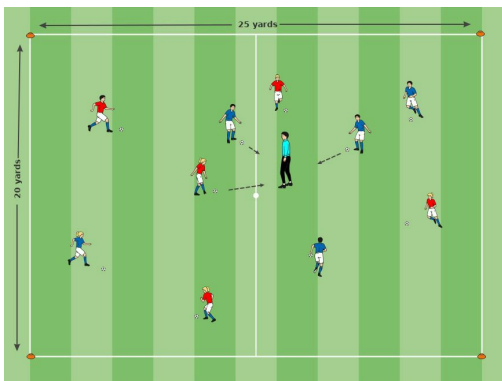
ORGANIZATION: Set up a small 4v4 grid with two small goals and start playing 1v1, 2v2, 3v3, etc. as the kids arrive and let them play uninterrupted but guided.

KEY WORDS: Let them play!

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Hit the Coach

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

ORGANIZATION: Have all the players with one ball dribbling around in the box and then the coach says "Go" and the players try to hit the coach with the ball by passing with the inside of their foot or their laces. They retrieve their own ball and try to hit the coach as many times as they can, while the Coach runs around the grid.

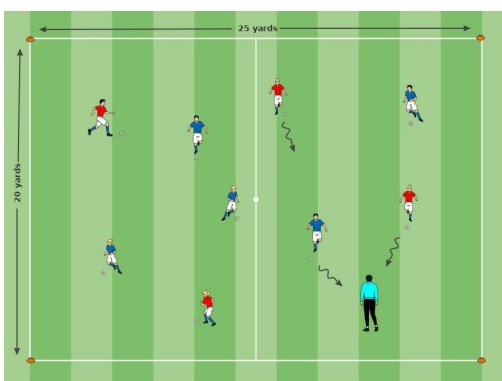
KEY WORDS: Practice (Less Challenging): have the coach move slower so that more players can be successful at hitting the coach and don't specify using just the inside to pass.

Practice (More Challenging): have the coach move faster so that less players hit the coach, restrict the pass to a certain foot, or specific just the using the inside or laces to pass and

GUIDED QUESTIONS:

ANSWERS:

NOTES: Technical points: Dribble using their pinky toe or outside of foot and no toe dribbling. Keep the ball close to their body, so they can complete each task quickly. Use inside of foot to pass and hit coach and no toe balls.



Practice (Core Activity): Retriever

OBJECTIVE: Dribbling, Ball Control, Following Instructions, Running with ball, Turning

ORGANIZATION: There is no set up necessary for this game - simply select a dribbling move to be practiced. Players love this silly and fun game. It's also fun for you especially if you're a little tired of your players (just throw the ball further away!).

KEY WORDS: Practice (Less Challenging): instead of practicing a dribbling or turning move, you can practice speed dribbling by having each player dribble back their ball as fast as possible Practice (More Challenging): you can tell the players they have a certain number of touches before they have to be back to you with their soccer ball or have them perform a

GUIDED QUESTIONS:

ANSWERS:

NOTES: Each of the players brings his/her ball to you. You throw it or kick it in any direction. The player chases after the ball, retrieves it, and dribbles it back. The player should do the selected move as many times as possible. After the ball is returned, you throw it or kick it away again. After several retrievals, pick a different move to be practiced.

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TEAM TACTICAL PRINCIPLES:

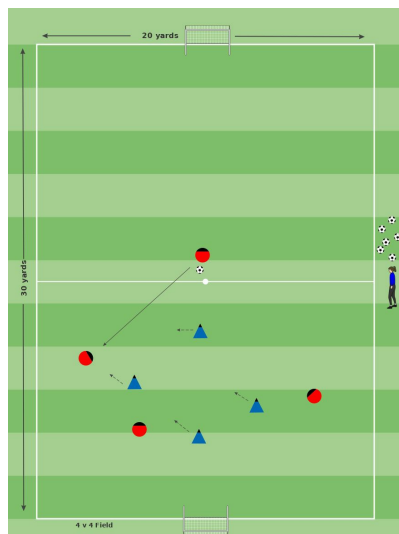
KEY QUALITIES:

Amy Feigl

AGE: U6 / U8 / 8 players

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?