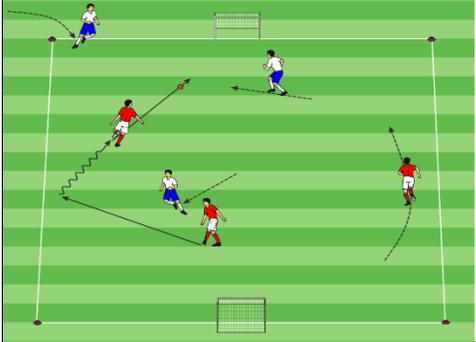


 	GOAL:	Improve the techniques of dribbling, passing & shooting			AGE GROUP
	PLAYER ACTIONS	Shoot & pass or dribble forward			6U
	KEY QUALITIES	Take initiative, be pro-active			
	MOMENT	Attacking	DURATION	60 minutes	4v4

1st PLAY PHASE (intentional Free Play): Up to 3v3 Games **Play multiple 2-3 minute games**



Objective: to pass or dribble past an opponent then score goals

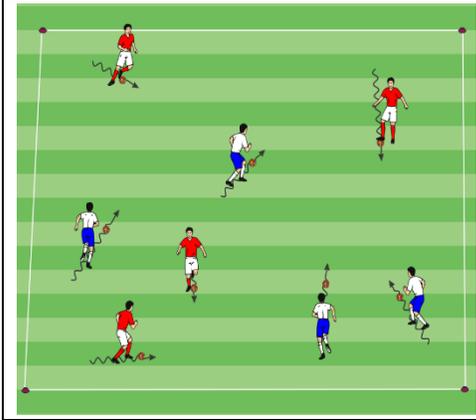
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

Key Words: go to goal, score goals

Guided Questions: Are the players engaged? Are all the players getting challenged?

Answers: have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).

PRACTICE (Activity 1): Sailing the Seas **8 Minutes-8 intervals-40 sec. play-20 sec. rest**



Objective: Improve the player's ability to dribble their soccer ball and change direction

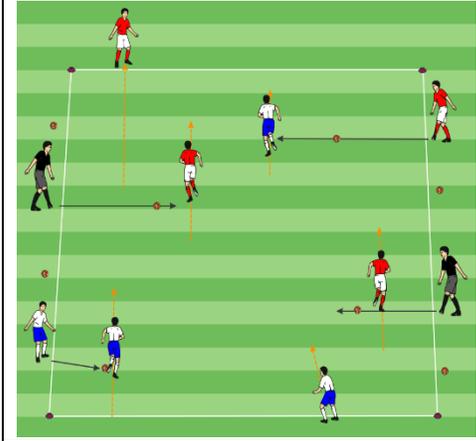
Organization: In a 15Wx20L grid, all the players with a soccer ball (ships) & the coaches the (ship's captain). The players dribble their ball and will change speed or direction based on the weather; high winds, go fast, no wind, go slow, hurricane, dribble in a circle, rogue wave, go backward. Each round, add a new direction, command or combine movements. **Rules:** Play starts when the coach says, "ahoy mates, set sail".

Key Words: Keep the ball close, softer touches to slow the ball down

Guided Questions: What if the players are not engaged in the activity? How can you help the players get more repetitions?

Answers: Use your imagination & the theme of the activity to tell a story & make the game more of an adventure. After calling out a weather condition, allow the players time to respond and get the repetitions you desire.

PRACTICE (Activity 2): Pirates of the Caribbean **8 Minutes-8 intervals-30 sec. play-30 sec. rest**



Objective: to improve the players ability to pass the ball toward a moving target

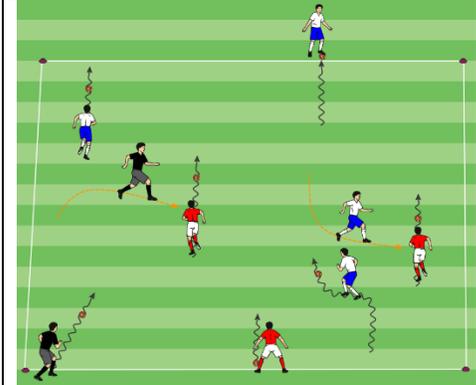
Organization: In a 15Wx20L grid, (the ship), place all the players one end line without a soccer ball (Captain Jack Sparrows). All soccer balls (cannon balls) are lined up on either side of the grid. Captain Jacks will try to run to the other side of the ship without getting hit by a cannon ball below the knee. Coaches (Barbosa) will start as the shooters. **Rules:** When the coach yells, "make it across or walk the plank" the players start across the grid. Pirates who get hit become Barbosas too. Hits below the knee change players from Pirates to Barbosas.

Key Words: Pass with the inside of your foot or your laces, touch the ball to the side to set up your pass

Guided Questions: What do you do before striking the ball? Where can you go if Captain Jack is too far away?

Answers: Light the fuse by moving the ball to the side before striking it. Use the inside or outside of your foot to move the ball down the field before striking it at Captain Jack.

PRACTICE (Activity 3): Bruce the Shark & Nemo **8 Minutes-8 intervals-30 sec. play-30 sec. rest**



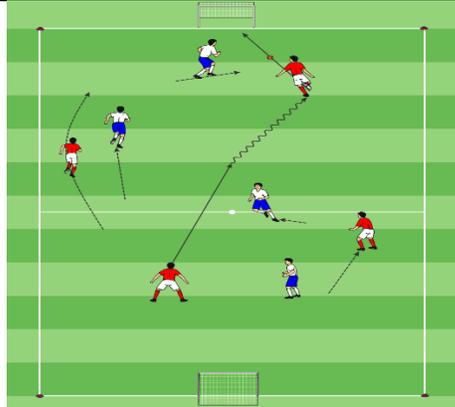
Objective: to dribble your soccer ball past an opponent and stop it once on the opposite side of the field

Organization: In a 15Wx20L grid, select 1-3 players to be Bruce the Sharks without a ball (coaches can start as sharks too). The rest of the players are Nemo or Dori. They all have a ball & start at one end of the grid. They have to swim (dribble their ball) to the other side without losing their soccer ball to Bruce the Shark. **Rules:** Game starts when the Sharks yell, "Nemo, Nemo cross my ocean". Once a dribbler has reached the other side, he/she is safe.

Key Words: run with your ball, stop your ball

Guided Questions: What is a schemer? How do you know where to cross the ocean?

Answers: The player who patiently watches & waits for the best moment to go. Play with your head up, move across the shore and look for the best place to cross.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 20Wx30L field and a small goal on each end line, play a 3v3 game or 4v4 (game should not exceed 4v4). Play for 24 minutes – 2 intervals of 10 minutes with a 4 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: turn, get the ball, score goals

Guided Questions: Who should determine whether to dribble pass or shoot? What are successful practice indicators?

Answers: The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.

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 training session?

4. Challenging: Are the players being challenged? (Is the right balance between being successful and unsuccessful?)

5. Coaching: Is there coaching based on the age and level of the players?

Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?