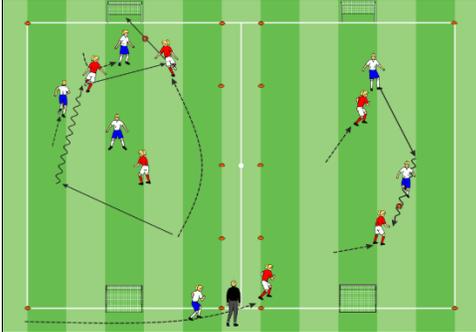


 	GOAL:	Improve the techniques of dribbling, passing & striking the ball to score	AGE GROUP
	PLAYER ACTIONS	Shoot & pass or dribble forward	
	KEY QUALITIES	Read & understand the game	
MOMENT	Attacking	DURATION	60 minutes
			4v4

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

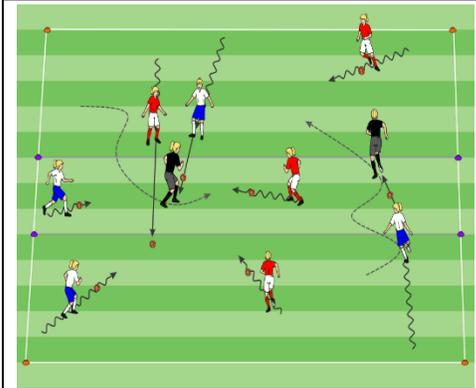
Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, 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): Bulldogs Hunting for Milk-Bones **8 Minutes-8 intervals-40 sec. play-20 sec. rest**



Objective: Improve the player's ability to maneuver the ball and strike it on target (the coach).

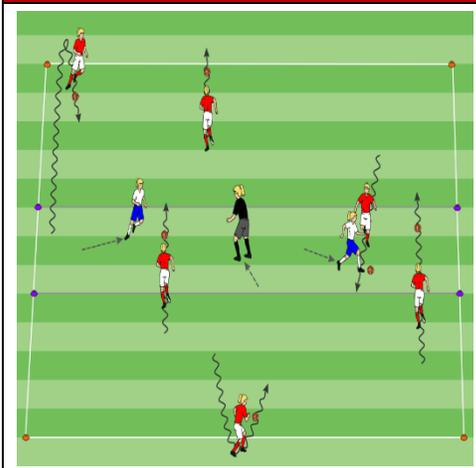
Organization: In a 15Wx20L grid, all the players with a soccer ball (the Bulldogs) & the coaches are the guards of the milk-bones. The players dribble their ball and try to hit the coach below the knees to score a milk-bone. **Rules:** Play starts when the coach asks, "does anyone want a milk-bone?" Coaches can only walk. Whoever scores the most milk-bones wins the round.

Key Words: Make the ball move faster with bigger kicks

Guided Questions: Did all the players have a chance to win a milk-bone at least once? How can you get the players to use different surfaces of the foot to pass?

Answers: The coach can walk closer to the players who need more help so it is easier for them to get the prize. Award extra milk-bones if a player can hit the coach using surface other than the toe.

PRACTICE (Activity 2): Boston Bulldogs **7.5 Minutes-5 intervals-1 min. play-30 sec. rest**



Objective: to improve the players ability to dribble the ball away from opponents

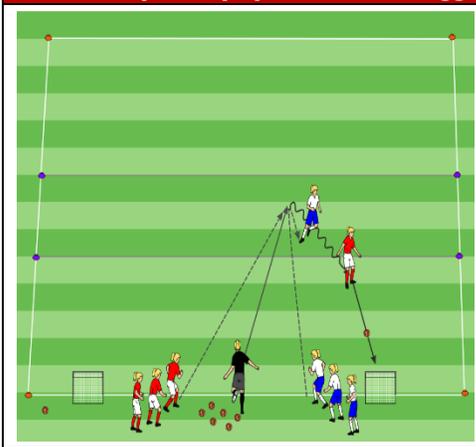
Organization: In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as Hungry Hippos in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Hippos. When the players cross & the Hippos can touch their soccer ball, they join hands with the Hippo to make the Hippo grow. How many times can the dribblers cross the river in 30 seconds? **Rules:** Play begins when the coach says the "the Hippos dare you to cross the river". Hippos should not be bigger than 4 players.

Key Words: Avoid Hippos, take big touches to past the hippos, little touches to move the ball to the side

Guided Questions: Did the dribblers understand where they need to go (river's edge)? Where should you go if you see a hippo in front of you?

Answers: Play without hippos in the first round. Let the players dribble across to see the end zone (river's edge) they are trying to get to. Use different surfaces of the foot to move the ball around the hippos.

PRACTICE (Activity 3): Combat to Pugg Goals **8 Minutes-11 intervals-10 sec. play-30 sec. rest**



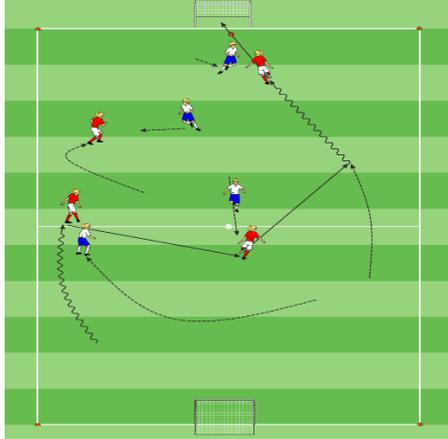
Objective: to dribble your ball toward a target & strike your ball to goal

Organization: In a 15Wx20L grid, with a 5 yard zone in the middle & 2 goals on 1 end line: divide the players into 2 teams; Bulldogs vs Dog Catchers. Coach stands between the goals with all the soccer balls. One team starts on the coach's right the other on his left. Coach plays a ball onto the field. 1 player from each team chases it. Whoever gets it tries to score in their opponent's goal. **Rules:** Game starts when the coach passes a ball onto the field. Score with feet.

Key Words: Turn to score, Shoot

Guided Questions: Are the players trying to score from far away or very close to the goal? How can the players strike the ball from greater distances?

Answers: If the players are dribbling into the goal, award more points for goals scored from your middle zone on the field. Point your toe down, make a big swing with your kicking foot & try to hit the ball with your laces to make the ball go further.



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?