

Pass, Dribble or Shoot

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Pass options

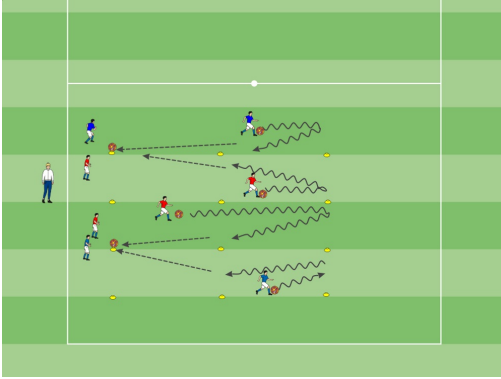
KEY QUALITIES: Read game/make decisions, Focus, Initiative

Matthew Murray

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Attacking

DURATION: 30 min



Rev's Relay to Target

OBJECTIVE: Move ball quick while under control to target!

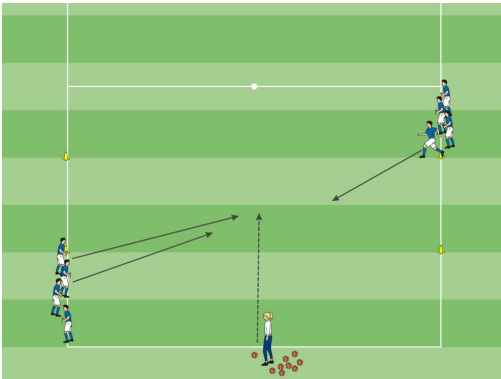
ORGANIZATION: Split players into 3-4 line. 2-3 players per line. 1 ball per team. cones set 5 yards apart. 1 ball on cone at starting line.

KEY WORDS: Dribble. Pass. Inside Foot. Plant Foot. Aim. Head Up. Flat. Opening.

GUIDED QUESTIONS: 1) What part of the foot should you use/where should plant foot face for accurate passes? 2) Where should you look before passing? 3) How should you try to pass the ball? 4) When should you pass the ball?

ANSWERS: 1) Inside of the foot/pointing at target! 2) At the target! 3) Flat on the ground, no bounces! 4) As soon as you see an opening!

NOTES: Teams play against other team in same channel! Race to beat opponent! Players speed dribble to end, turn & dribble to the middle cone. Players attempt to pass ball from middle cone to knock other ball of cone at start. If teammate misses, next player collects pass & repeat.



The Numbers Game

OBJECTIVE: To pass/dribble ball forward to score goals!

ORGANIZATION: Create 2 Gates (goals) on each sideline. Split team into 2 groups. 1 group lines up beside each goal. Team is assigned a digit. Coach call out a number. Ex: "21". Team assigned to 1st digit sends out 2 players, while team assigned to 2nd digit send out 1 player. Repeat!

KEY WORDS: Pass. Dribble. Head Up. Spread Out. Openings. Communicate. Advantage.

GUIDED QUESTIONS: 1) What are you looking for when you have the ball? 2) How can you find that? 3) What decision do you have to make when you have the ball? 4) How do you know when to dribble vs pass & shoot?

ANSWERS: 1) Openings. Where the defense is/is not. Chances to shoot! 2) Head Up. Looking at position of defenders. Communicate with teammates! 3) When to pass, dribble or shoot! 4) Depends on defense & where openings are! If defense give space - Dribble & shot! If defense pressures ball - pass to teammate!

NOTES: Idea is to place players in controlled "man up" situations where one team has an extra player so attacking team has to decide for themselves whether to pass, dribble or shoot! When ball goes out of bounds or goal is scored players return to back of the teams line.

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?