

Running/Dribbling Past Defenders!

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

PLAYER ACTIONS: Pass/dribble

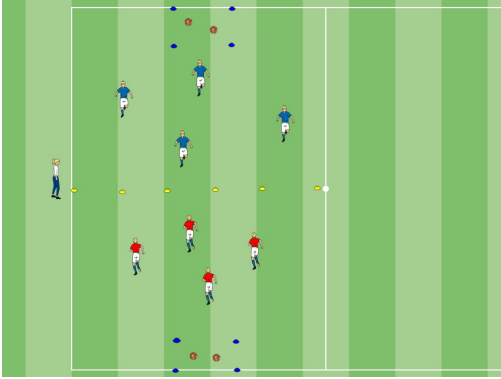
KEY QUALITIES: Read game/make decisions, Initiative, Focus

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AGE: U6 / 4v4 / 10 players

MOMENT: Attacking

DURATION: 30 min



Capture The Flag

OBJECTIVE: Introduce game like movements & decisions in a fun way!

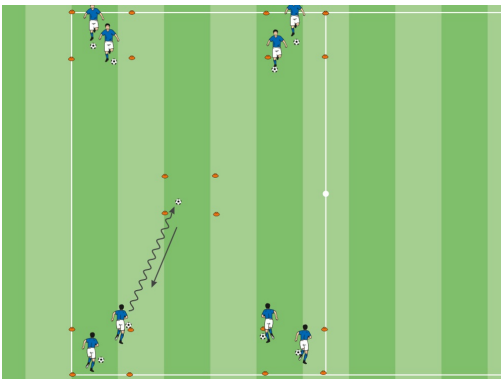
ORGANIZATION: Create two 4 yard boxes ("Safe Zones") on each end of the field. Place line of cones down the middle of field. Put 2 or 3 balls in each "safe zone". First team to collect all the balls from their opponent wins! No tagging while in "Safe Zone"!

KEY WORDS: Run. Fake. Head Up. Attack. Defend. Openings. Change Speed/Direction

GUIDED QUESTIONS: 1) What should you look for when attacking (trying to get ball)? 2) How can you find the openings? 3) What can you do to get past a defender?

ANSWERS: 1) Openings/Open Spaces - Defense not paying attention! 2) Look/Head Up! 3) Juke! Fake one way & go another. Change directions/speed while running!

NOTES: Progression Idea's - 1) Allow players to pass to teammates! 2) Force players to use feet. If Defense kicks ball outside of their half they return ball to "safe zone"



Dribble & Squash

OBJECTIVE: Dribble Quick & Under Control to Collect Balls!

ORGANIZATION: Create four, 4 yard boxes in the corners of the field & 1 4 yard box in the middle. Each player has a ball in their box. Game lasts 2 minutes & all players must be back in corner at the end!

KEY WORDS: Dribble. Control. Squash. Sole. Head Up. Look. Talk.

GUIDED QUESTIONS: 1) What part of the foot do we use for control dribbling? 2) What part of the foot do we use for speed dribbling? 3) How do when find open balls?

ANSWERS: 1) Inside of the foot 2) Laces. Toe pointed down like normal running motion. 3) Head Up to Look & Talk to teammates to show them where to go!

NOTES: 1 at a time, players from each corner dribble ball to middle, "squash" it, and run back to their corner. Next player repeats. After all the balls are in the middle, players collect balls 1 at a time. When all balls are gone. They try and steal other teams. Team with most balls wins!

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?