

Dribble/Pass Around Defenders

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble

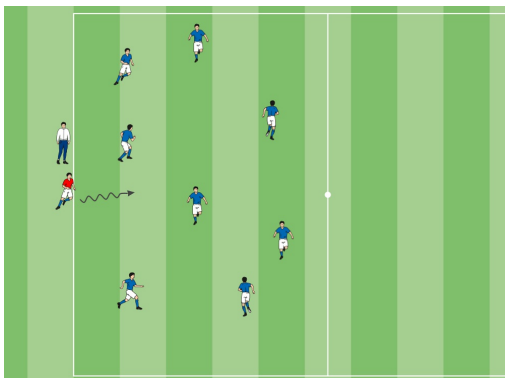
KEY QUALITIES: Read game/make decisions, Optimal technical, Optimal physical

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AGE: U6 / 4v4 / 10 players

MOMENT: Attacking

DURATION: 30 min



Freeze Tag

OBJECTIVE: Introduce Game-Like Movements in a Fun Way

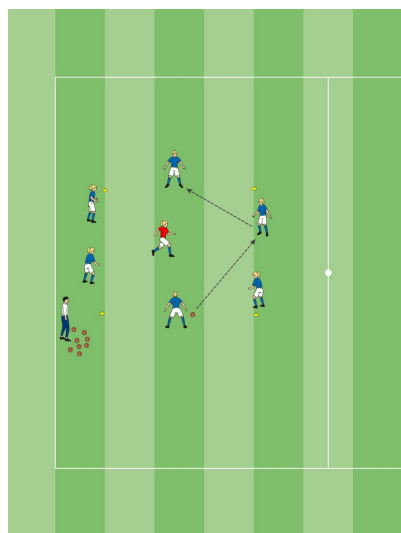
ORGANIZATION: Using your half of the field. Players start without ball. Coaches act as taggers. Once tagged players stand "Frozen" with legs spread wide. To unfreeze teammates you must crawl through their legs! Progress to players as taggers.

KEY WORDS: Openings. Space. Head Up. Change direction/speed. Fake. Talk. Look

GUIDED QUESTIONS: 1) What can I do to avoid taggers? 2) How can I get away from taggers? 3) What can I do to get unfrozen?

ANSWERS: 1) Look for open spaces. Keep my head up! 2) Use Fakes & Changes of direction and speed! 3) Talk to teammates to ask for help!

NOTES: Progress to dribbling with ball at feet! Frozen when tagged by teammate. Hold ball above head and teammates must pass ball through teammates legs



Monkey in The Middle

OBJECTIVE: Passing & Receiving With Pressure

ORGANIZATION: In an approximately 10 yard box place 1 player in the middle. Players on outside try to keep possession by passing to each other counting passes trying to get as many as possible. When "monkey" steals the ball the player who gave it away becomes the "monkey".

KEY WORDS: Pass. Control. Flat. Firm. Control Touches. Close. Quick.

GUIDED QUESTIONS: 1) What part of the foot do we use for accurate passing? 2) How can we control the ball? 3) How can you help your teammates? 4) Why are we set up on the outside of the box?

ANSWERS: 1) Inside of the foot. 2) Sole or inside to trap the ball. Strike the middle of the ball when passing to keep it flat on the ground! 3) Move on the outside. Shuffle left or right to stay open! 4) To stay spread out and make it hard from defender/monkey in the middle!

NOTES: Can start with coach in middle to allow players to feel success. Also can progress to 2 players in the middle. Whoever has been in longest is always out!

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?