

Change of Direction W/ Pressure

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

PLAYER ACTIONS: Pass/dribble

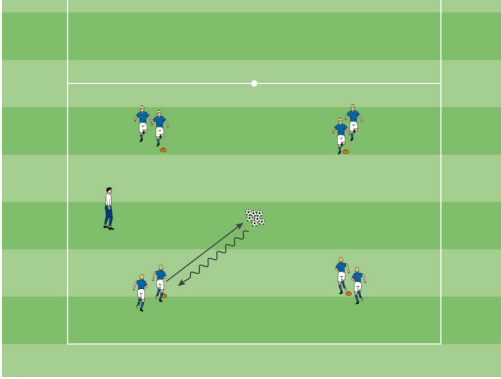
KEY QUALITIES: Optimal technical, Optimal physical, Read game/make decisions

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AGE: U6 / 4v4 / 10 players

MOMENT: Attacking

DURATION: 30 min



Ball Collector

OBJECTIVE: Focus on Speed vs. Control Dribbling

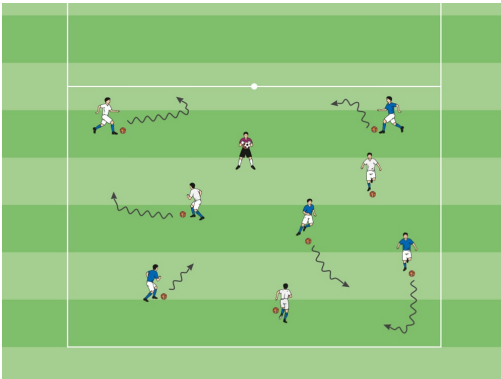
ORGANIZATION: Place 4 cones in a 15 yard box. 7 Balls placed in the middle of the circle.

KEY WORDS: Speed. Inside. Laces. Look. Head Up. Sole. Stop. Turn. Control.

GUIDED QUESTIONS: 1) What part of the foot can you use for speed dribbling? 2) What part of the foot can you use to turn quickly? 3) How do you know what team to steal the balls from?

ANSWERS: 1) Laces 2) Sole. Inside. Outside 3) Head up. Look to see who has 2 balls so you can steal one before they get 3!

NOTES: Start with players using hands so learn the game. Progress to using both feet. Option to progress to right foot only or left foot only to encourage players to focus on using 1 foot at a time.



Soccer Dodge Ball

OBJECTIVE: Manipulate soccer ball to keep away from pressure

ORGANIZATION: Using your half of the field. Everyone Needs a soccer ball. Coach starts with ball in hand trying to throw his/her ball to hit the ball of players dribbling. Last player standing wins. Progress to 2 teams who compete to see who can last the longest without getting hit!

KEY WORDS: Control. Speed. Change Direction/Speed. Shield. Look. Open Space.

GUIDED QUESTIONS: 1) How can you better avoid being hit/having defender get to your ball? 2) What parts of the foot can you use to control the ball? 3) What are you looking for while dribbling?

ANSWERS: 1) Head up to see defender. Shield/protect the ball. Close controlled dribbling! 2) Inside. Outside. Laces. SOLE! 3) Openings & Defenders!

NOTES: 1) Coach trying to knock balls, allow players to be successful. 2) Progress to 1-2 players as Defenders (players trying to knock dribblers balls). 3) Split into 2 teams where 1 team tries to survive as long as possible by dodging. Players can pass to teammates when their ball gets hit!

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?