

Running/Dribbling Past Defenders!

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

PLAYER ACTIONS: Pass/dribble

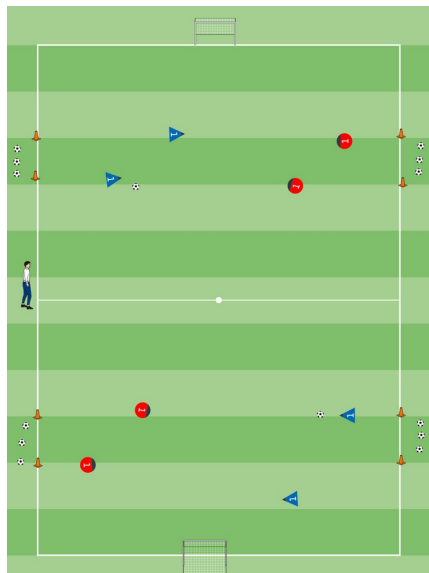
KEY QUALITIES: Read game/make decisions, Initiative, Focus

Matthew Murray

AGE: U7-U8 / 4v4 / 8 players

Attacking

DURATION: 30 min



4v4 Play 1

OBJECTIVE: Improve Creating Scoring Chances

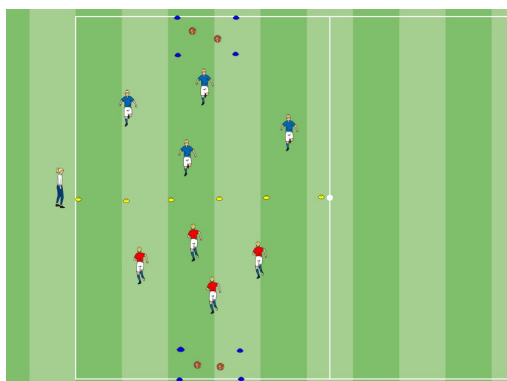
ORGANIZATION: Set up 2 mini fields in your half of the field. Use cones to create a 1 yard gate that acts as a goal. Players should play 2v2. No more! If 1 field is 1v1 this is okay! We want players to get a chance to get touches and the smaller the numbers the more touches for each player. At this age some players are shy and may let the other, more aggressive

KEY WORDS: Space. Openings. Spread Out. Pass. Dribble. Control. Head Up.

GUIDED QUESTIONS: 1) What should we look for when we have the ball? 2) What choices do we have when we have the ball? 3) What choices do we have when we are defending?

ANSWERS: 1) Open Space 2) Pass. Dribble. Shoot. 3) Steal the ball. Defend the pass. NO GOALKEEPERS!

NOTES: These are basic questions to ask every week. You can come up with your own that might be more specific to each topic. HOWEVER keep it simple and make it about having fun! Celebrate the things they do well and understand that at times the best thing you can do is ask them if they are having fun and ask what it is they are having fun doing!



Capture The Flag

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

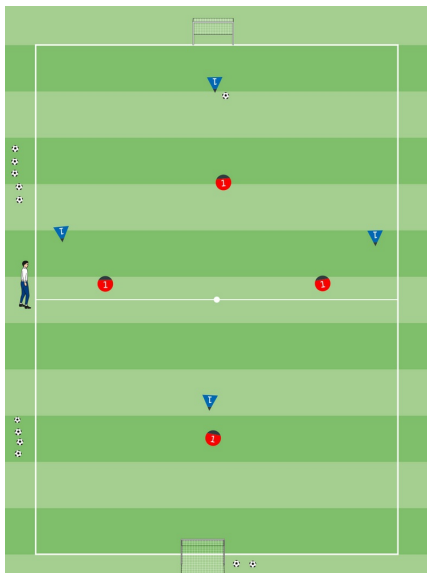
ORGANIZATION: Create two 4 yard boxes ("Safe Zones") on each end of the field. Place line of cones down the middle of field. Put 2 or 3 balls in each "safe zone". First team to collect all the balls from their opponent wins! No tagging while in "Safe Zone"!

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"



4v4 Prevent Build Up - Final Play

OBJECTIVE: Improve preventing opponent from build up in their half

ORGANIZATION: You can scrimmage against the other team and use the full field or with your own team in your own half and go across the field! Either way let them finish by playing freely as close to 4v4 as possible!

KEY WORDS: Spread out. Space. Head Up. Pass. Dribble. Steal the ball. Defend the pass.

GUIDED QUESTIONS: 1) What should we look for when we have the ball? 2) What choices do we have when we have the ball? 3) What choices do we have when we are defending?

ANSWERS: 1) Open Space 2) Pass. Dribble. Shoot. 3) Steal the ball. Defend the pass. **NO GOALKEEPERS!**

NOTES: These are basic questions to ask every week. You can come up with your own or use some of the questions from the PRACTICE activities from earlier in the session. **HOWEVER** keep it simple and make it about having fun! Celebrate the things they do well and understand that at times the best thing you can do is ask them if they are having fun and

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?