

## Change of Direction & Intro to Passing

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

PLAYER ACTIONS: Pass/dribble, Pass options

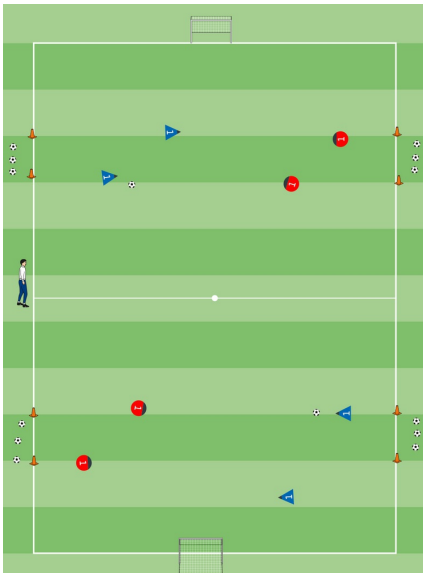
KEY QUALITIES: Read game/make decisions, Optimal technical, Optimal physical

Matthew Murray

AGE: U7-U8 / 4v4 / 10 players

Attacking

DURATION: 30 min



### 4v4 Play 1

OBJECTIVE: Improve Creating Scoring Chances

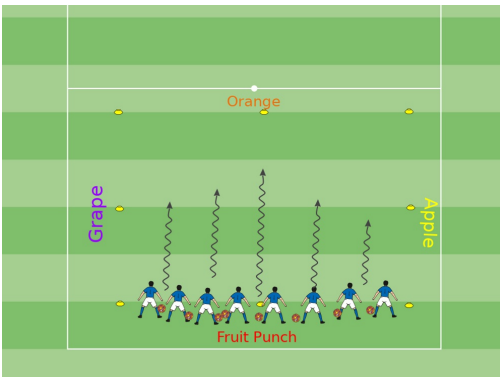
ORGANIZATION: Set up 2 mini fields in your half of the field. Use cones to create a 1 yard gate that acts as a goal. Players should play 2v2. No more! If 1 field is 1v1 this is okay! We want players to get a chance to get touches and the smaller the numbers the more touches for each player. At this age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



### Juice Box

OBJECTIVE: Introduce Change of Direction w/ Speed Dribbling

ORGANIZATION: Mark out 20 x 16 grid. Ask players to label each side of the grid with a different kind of juice. Every player has a ball at feet and starts in the middle of grid.

KEY WORDS: Control. Close. Speed. Head Up. Space. Turn. Laces. Inside. Outside. Sole

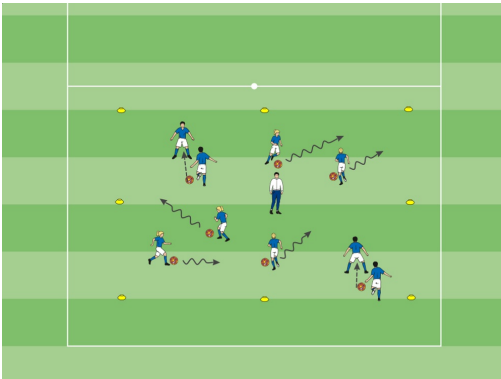
GUIDED QUESTIONS: 1) What parts of the foot can we use to change direction? 2) When should we perform change of direction moves? 3) What should we do after we perform COD move? 4) What part of the foot do we use for control/speed dribbling?

ANSWERS: 1) Inside. Outside & Sole. 2) When coach calls new side. When a defender is trying to steal the ball. 3) Speed Dribble away! Get head up so you don't run into each other! 4) Inside & Sole for control. Laces & outside for Speed!

NOTES: Start by calling one kind of juice at a time so players can get familiar with the labels for each side, allowing for all players to get to one side before a new juice is called.

PROGRESSION: call new juice before players arrive at side, forcing COD moves.

PROGRESSION: Add defender



### Stuck in the Mud

**OBJECTIVE:** Dribble past defenders & introduce passing

**ORGANIZATION:** Set 16 x 20 yard grid. All players in the grid have a ball. Coaches start as "catchers". Progress to 2-3 players as catchers.

**KEY WORDS:** Dribble. Pass. Openings. Head Up. Quick. Close. Touches. Control.

**GUIDED QUESTIONS:** 1) What are we looking for while we dribble? 2) What type of touches should we take on the ball to keep good control? 3) What part of the foot do we use for accurate passing? 4) How do we know where the catchers are?

**ANSWERS:** 1) Space/Openings. Defenders (catchers). Teammates (who are stuck). 2) Close quick touches! 3) Inside of the foot! 4) Dribble with head up. Look, Talk to teammates!

**NOTES:** Pay attention to how challenging it is. If too difficult & game ends quickly, make space bigger. If too easy, make area smaller. Rotate catchers! When player is knocked out they return to area with ball over head & gets back in when teammate passes through their legs.

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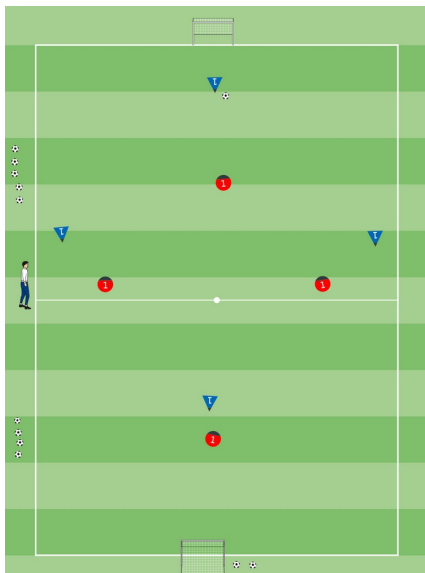
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### 4v4 - Final Play

**OBJECTIVE:** Improve Use of 1v1 Moves to Score Goals

**ORGANIZATION:** Finish with a small sided game of 4v4 and encourage players try and work on area's discussed during training!

**KEY WORDS:** Change Direction/Speed. Fake. Control. Explode. Laces. Turn. Look Sell

**GUIDED QUESTIONS:** 1) What are you looking for when attacking 1v1? 2) How can you beat your defender? 3) When should you shoot?

**ANSWERS:** 1) Open Space to attack! Try to unbalance defender to run by! 2) Sell your Fake. Change your Direction & Speed! 3) As soon as you have an opening!

**NOTES:** Feel free to give points to teams for players that successfully use the 1v1 moves you worked on during the session to beat a defender! This gives players more incentive to take chances and focus on the topics of the day while making the game more fun for players as kids like scoring and earning points for their team!!

### 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?

