

Change of Direction W/ Pressure

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

PLAYER ACTIONS: Pass/dribble

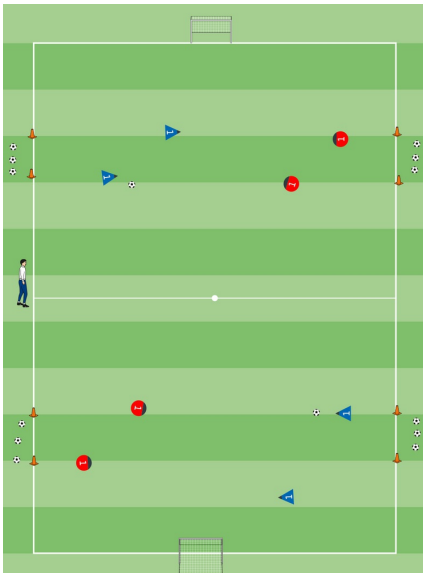
KEY QUALITIES: Optimal technical, Optimal physical, Read game/make decisions

Matthew Murray

AGE: U7-U8 / 4v4 / 10 players

Attacking

DURATION: 30 min



4v4 Play 1

OBJECTIVE: Improve Creating Scoring Chances

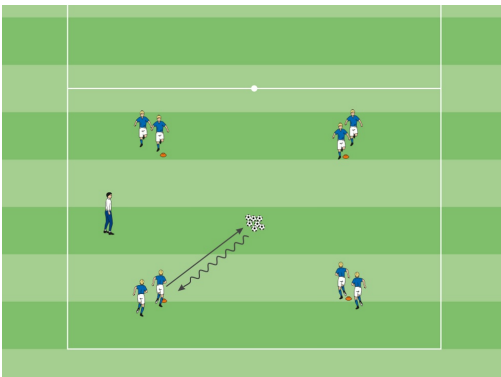
ORGANIZATION: Set up 2 mini fields in your half of the field. Use cones to create a 1 yard gate that acts as a goal. Players should play 2v2. No more! If 1 field is 1v1 this is okay! We want players to get a chance to get touches and the smaller the numbers the more touches for each player. At this age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



Ball Collector

OBJECTIVE: Focus on Speed vs. Control Dribbling

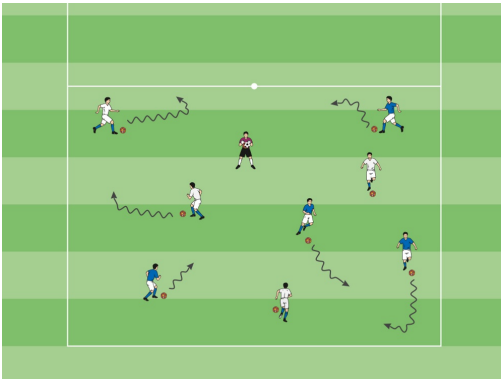
ORGANIZATION: Place 4 cones in a 15 yard box. 7 Balls placed in the middle of the circle.

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!

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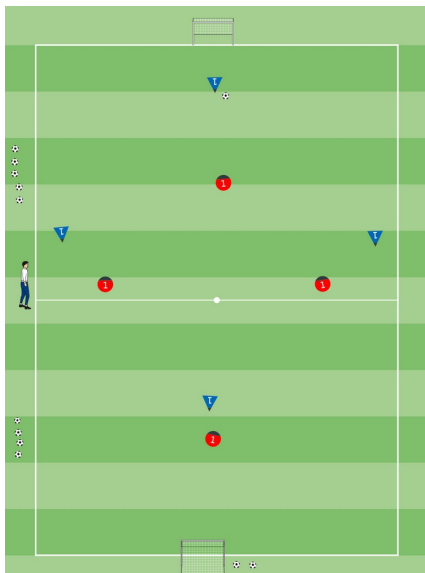
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4v4 - Final Play

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?

