

Passing with 1v1 to Goal!

GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, Pass/dribble

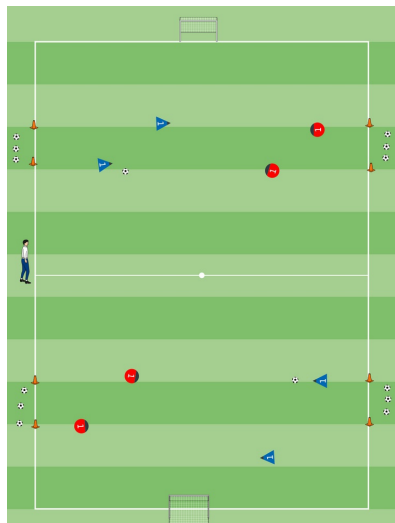
KEY QUALITIES: Optimal technical, Optimal physical, Responsibility

Matthew Murray

AGE: U7-U8 / 4v4 / 10 players

Attacking

DURATION: 60 min



4v4 Play 1

OBJECTIVE: Improve Creating Scoring Chances

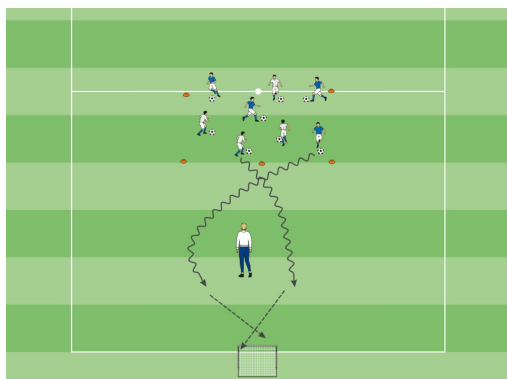
ORGANIZATION: Set up 2 mini fields in your half of the field. Use cones to create a 1 yard gate that acts as a goal. Players should play 2v2. No more! If 1 field is 1v1 this is okay! We want players to get a chance to get touches and the smaller the numbers the more touches for each player. At this age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



Number Box

OBJECTIVE: Passing/Receiving to Goal

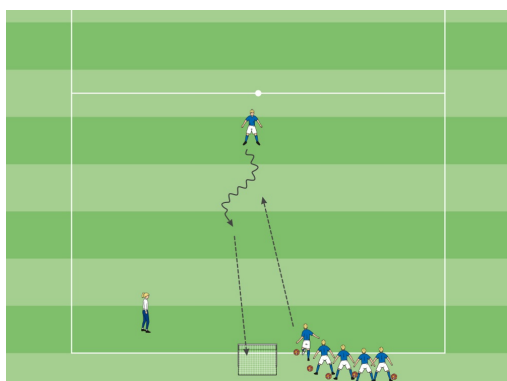
ORGANIZATION: Place 10 yard box near the halfway line on your half of the field. Players split into 2 teas and each given a number.

KEY WORDS: Pass. Move. Inside Foot. Plant Foot. Look. Accurate. Quick. Talk!

GUIDED QUESTIONS: 1) What part of the foot should we use for accurate passing & where should our plant foot be facing? 2) What should we do immediately after passing? 3) What are we looking for when we or our teammates have the ball? 4) What should we do before we pass or shoot?

ANSWERS: 1) Inside of the foot. At the Target! 2) Move/Spread Out! Run outside around cone and find new opening! 3) Open spaces to pass and move into away from the defense/pressure! 4) Look! Get your head up and aim at a particular part of the goal!

NOTES: Players start with ball dribbling around. When number is called they break out and try to dribble past coach and score on goal! Progress to 1 ball being passed around the group. After pass players must run around cone on outside before returning to group to receive new pass.



King of the Hill

OBJECTIVE: Beat defender to score!

ORGANIZATION: 1 Player at the halfway line without a ball. Rest of team lines up beside the goal with a ball.

KEY WORDS: Dribble. Fake. Change direction/speed. Look. Head Up. Shoot. Target.

GUIDED QUESTIONS: 1) What are you looking for what attacking a defender? 2) What can you do to beat a defender? 3) What should you do before you shoot?

ANSWERS: 1) Open space to attack. Chance to shoot! 2) Fake. Change directions and speed! 3) Look at target. Head up!

NOTES: Coach can start as defender to allow players to be successful and make coaching points! Progress to game where if the player score they get to go again!

Passing with 1v1 to Goal!

GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, Pass/dribble

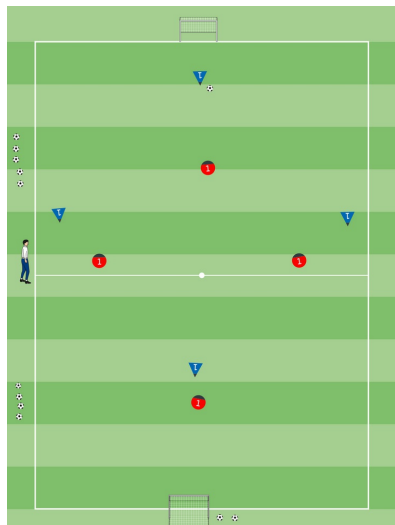
KEY QUALITIES: Optimal technical, Optimal physical, Responsibility

Matthew Murray

AGE: U7-U8 / 4v4 / 10 players

Attacking

DURATION: 60 min



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?