

## 2v1 & Man-Up Challenges

GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, Pass/dribble

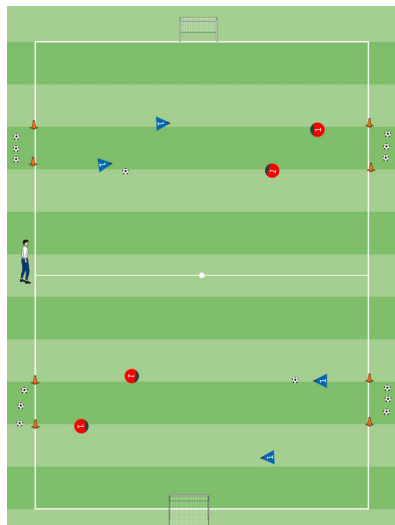
KEY QUALITIES: Read game/make decisions, Initiative, Responsibility

Matthew Murray

AGE: U7-U8 / 4v4 / 10 players

Attacking

DURATION: 60 min



### 4v4 Play 1

OBJECTIVE: Improve Creating Scoring Chances

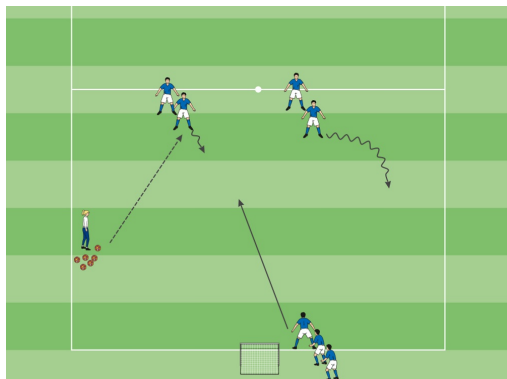
ORGANIZATION: Set up 2 mini fields in your half of the field. Use cones to create a 1 yard gate that acts as a goal. Players should play 2v2. No more! If 1 field is 1v1 this is okay! We want players to get a chance to get touches and the smaller the numbers the more touches for each player. At this age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



### 2v1 Challenge

OBJECTIVE: Score as many goals as you can!

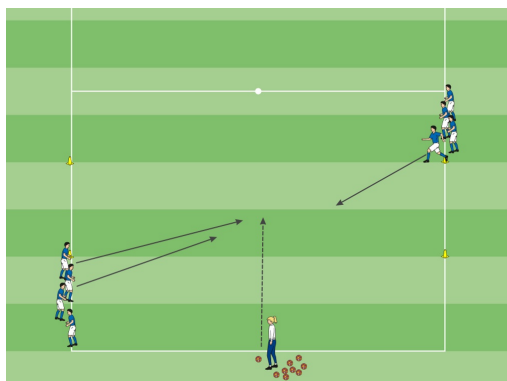
ORGANIZATION: Split into 2 teams. 1 team starts at the halfway line. 1 team lines up beside the goal.

KEY WORDS: Pass. Shoot. Dribble. Spread out. Openings. Decide. Talk. Help. Move

GUIDED QUESTIONS: 1) What are we looking for when we have the ball? 2) What are our options when we have the ball? 3) How do we know what to choose? 4) What should we do if our teammate gets the ball?

ANSWERS: 1) Openings. Space to attack with the ball in order to create scoring chances. 2) Pass. Dribble. Shoot 3) The defenders. If they defend pass = dribble/shoot. If the defend the ball = pass/shoot. 4) Move to open space! Be an option!

NOTES: 1) Coaches can start as defenders so every player can go and feel successful! 2) Progress to 2 teams where 1 team defends for 5 balls and then teams switch. Which team can score more points in their 5 attempts?!



### The Numbers Game

OBJECTIVE: To pass/dribble ball forward to score goals!

ORGANIZATION: Create 2 Gates (goals) on each sideline. Split team into 2 groups. 1 group lines up beside each goal. Team is assigned a digit. Coach call out a number. Ex: "21". Team assigned to 1st digit sends out 2 players, while team assigned to 2nd digit send out 1 player. Repeat!

KEY WORDS: Pass. Dribble. Head Up. Spread Out. Openings. Communicate. Advantage.

GUIDED QUESTIONS: 1) What are you looking for when you have the ball? 2) How can you find that? 3) What decision do you have to make when you have the ball? 4) How do you know when to dribble vs pass & shoot?

ANSWERS: 1) Openings. Where the defense is/is not. Chances to shoot! 2) Head Up. Looking at position of defenders. Communicate with teammates! 3) When to pass, dribble or shoot! 4) Depends on defense & where openings are! If defense give space - Dribble & shot! If defense pressures ball - pass to teammate!

NOTES: Idea is to place players in controlled "man up" situations where one team has an extra player so attacking team has to decide for themselves whether to pass, dribble or shoot! When ball goes out of bounds or goal is scored players return to back of the teams line.

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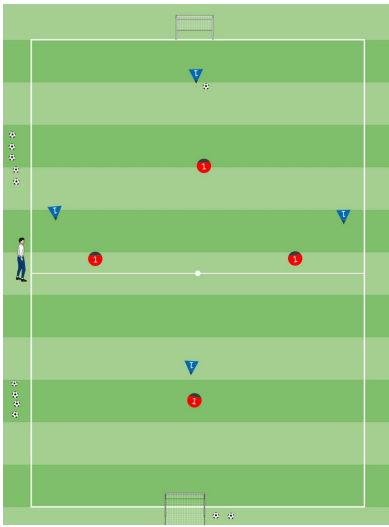
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### 4v4 - Final Play

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?