

## Dribble/Pass Around Defenders

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble

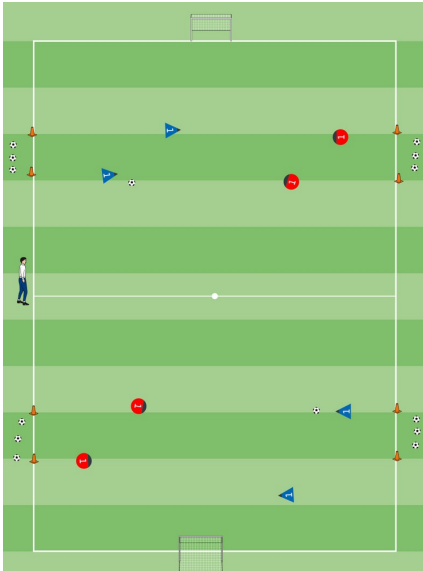
KEY QUALITIES: Read game/make decisions, Optimal technical, Optimal physical

Matthew Murray

AGE: U7-U8 / 4v4 / 10 players

Attacking

DURATION: 30 min



### 4v4 Play 1

OBJECTIVE: Improve Creating Scoring Chances

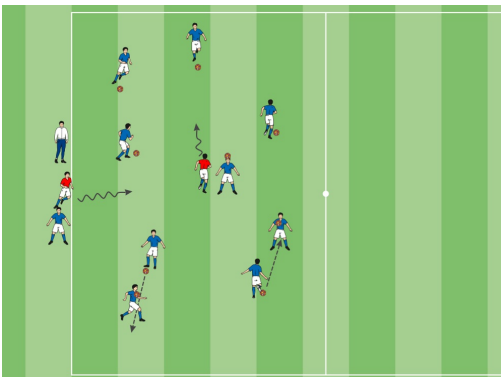
ORGANIZATION: Set up 2 mini fields in your half of the field. Use cones to create a 1 yard gate that acts as a goal. Players should play 2v2. No more! If 1 field is 1v1 this is okay! We want players to get a chance to get touches and the smaller the numbers the more touches for each player. At this age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



### Freeze Tag

OBJECTIVE: Introduce Game-Like Movements in a Fun Way

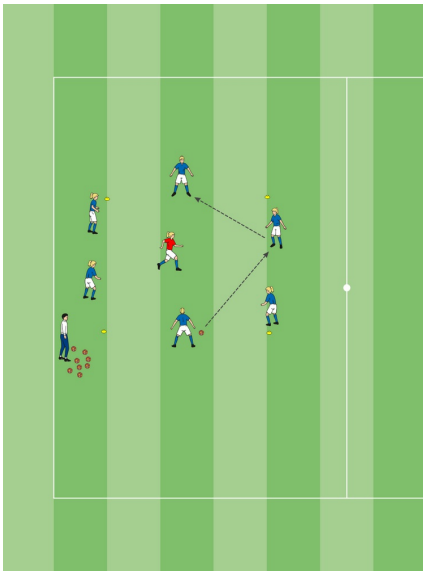
ORGANIZATION: Using your half of the field. Players start without ball. Coaches act as taggers. Once tagged players stand "Frozen" with legs spread wide. To unfreeze teammates you must crawl through their legs! Progress to players as taggers.

KEY WORDS: Openings. Space. Head Up. Change direction/speed. Fake. Talk. Look

GUIDED QUESTIONS: 1) What can I do to avoid taggers? 2) How can I get away from taggers? 3) What can I do to get unfrozen?

ANSWERS: 1) Look for open spaces. Keep my head up! 2) Use Fakes & Changes of direction and speed! 3) Talk to teammates to ask for help!

NOTES: Progress to dribbling with ball at feet! Frozen when tagged by teammate. Hold ball above head and teammates must pass ball through teammates legs



### Monkey in The Middle

**OBJECTIVE:** Passing & Receiving With Pressure

**ORGANIZATION:** In an approximately 10 yard box place 1 player in the middle. Players on outside try to keep possession by passing to each other counting passes trying to get as many as possible. When "monkey" steals the ball the player who gave it away becomes the "monkey".

**KEY WORDS:** Pass. Control. Flat. Firm. Control Touches. Close. Quick.

**GUIDED QUESTIONS:** 1) What part of the foot do we use for accurate passing? 2) How can we control the ball? 3) How can you help your teammates? 4) Why are we set up on the outside of the box?

**ANSWERS:** 1) Inside of the foot. 2) Sole or inside to trap the ball. Strike the middle of the ball when passing to keep it flat on the ground! 3) Move on the outside. Shuffle left or right to stay open! 4) To stay spread out and make it hard from defender/monkey in the middle!

**NOTES:** Can start with coach in middle to allow players to feel success. Also can progress to 2 players in the middle. Whoever has been in longest is always out!

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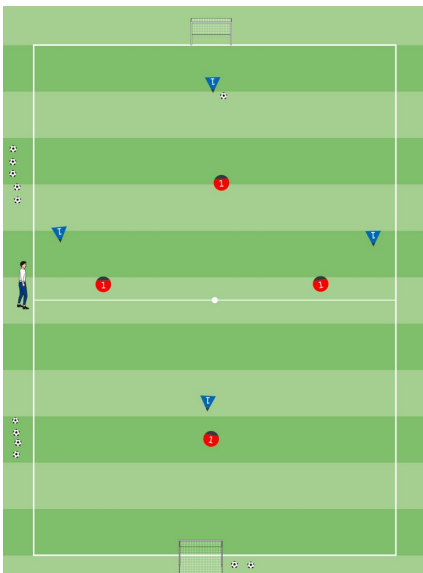
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### 4v4 - Final Play

**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?

