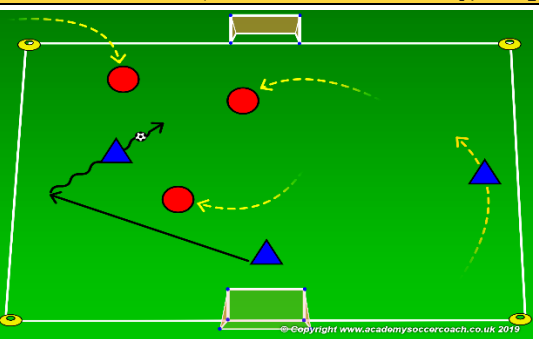
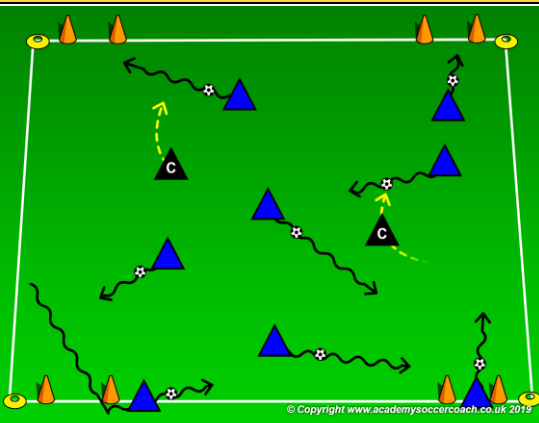
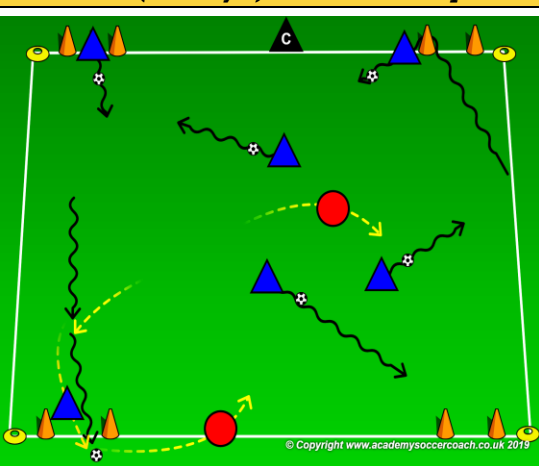
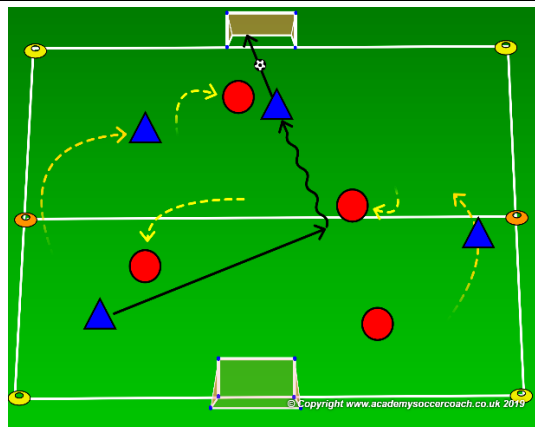
		GOAL: Improve the techniques of dribbling and passing	AGE GROUP
PLAYER ACTIONS		pass or dribble forward	6U
KEY QUALITIES		Take initiative, be pro-active	
MOMENT	Attacking	DURATION	60 Minutes
			4v4
1st PLAY PHASE (Intentional Free Play) – Up to 3v3 Game		Play multiple 3-4 minute games	
		<p>Objective: to pass or dribble past an opponent then score goals</p> <p>Organization: On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.</p> <p>Key Words: play forward, inside of foot for short passes</p> <p>Guided Questions: If you have the ball, which direction should you try to play? How can you score more easily?</p> <p>Answers: Play in the direction of the goal you are attacking. Dribble the ball closer to the goal before shooting.</p>	
PRACTICE (Activity 1): 4 Surfaces Dribbling to 4 Goals		8 min.-8 intervals-40 sec. play-20 sec. rest	
		<p>Objective: to dribble and change direction to goal</p> <p>Organization: In a 15Wx20L grid, 2 cone goals on each end line & each player with a soccer ball: the players dribble their soccer ball using specific surfaces: outside right (pinky toe)-inside right (big toe)-repeat with the left foot. Coaches walk around and are obstacles for the players to avoid. Players must avoid them and get to the safety of a goal. Rules: Players begin dribbling as soon as they have their ball. On the coach's command (or whistle), the players will dribble their ball as fast as they can through any of the 4 goals. After each round, the coach can introduce a new surface until all 4 surfaces are completed in a row.</p> <p>Key Words: Move the ball away from the coaches with the inside, outside or laces of your foot.</p> <p>Coaching Points: Why should you use soft touches when dribbling? How do you know where the coaches are?</p> <p>Answers: Soft touches help to keep the ball close. Dribble with your head up so you can see the coaches and the goals.</p>	
PRACTICE (Activity 2): Sid the Sloth vs Crash & Eddy		8 Minutes-4 intervals-90 sec. play-30 sec. rest	
		<p>Objective: to dribble your ball toward a target & strike your ball to the moving target</p> <p>Organization: In a 15Wx20L grid, 2 cone goals on each end line, the players (Crash & Eddy the possums) try to dribble their soccer ball anywhere in the grid & avoid Sid the Sloth (coaches are Sid the Sloths & can only walk). Crash & Eddy try to dribble their soccer ball into as many goals as they can without getting tagged by Sid. Rules: play begins when Crash & Eddy are on the field. Crash & Eddy get 1000 pts for every goal they can score by dribbling through them. If they get tagged by Sid the Sloth, they lose all their pts and have to begin counting over.</p> <p>Key Words: go around Sid, push the ball forward</p> <p>Guided Questions: When do you want to go around the sloths? What if one goal is really crowded?</p> <p>Answers: If the sloths are blocking the opening to the goal, go around them. Turn and find an opening to another goal.</p>	
PRACTICE (Activity 3): Saber Tooth Squirrels (Scrat) Acorn Hunt		8 Minutes-4 intervals-90 sec. play-30 sec. rest	
		<p>Objective: to dribble your ball toward a target & strike your ball to the moving target</p> <p>Organization: In a 15Wx20L grid, 2 cone goals on each end line, select 2 players to be Scrats, all other players have a soccer ball: the players try to dribble their soccer ball (acorn) and score as many goals as they can while avoiding the Scrats. The Scrats try to steal the acorns and hide them in any of the 4 goals (trees). Dribblers can steal their ball back from the Scrats or from the goal. Rules: Play begins as soon as the Scrats enter the field. Dribblers get 1 pt. for every goal they score. If a Scrat steals their ball and scores, they lose all their points and have to start scoring again.</p> <p>Key Words: Head up, keep your acorn away from Scrats.</p> <p>Guided Questions: what can you do to avoid the Scrats? Why is it important to dribble with your head up?</p> <p>Answers: Turn away from them and accelerate. Dribble with your head up to see where the Scrats are.</p>	



Objective: to pass or dribble past an opponent then score goals

Organization: In a 20Wx30L field and a small goal on each end line, play a 3v3 game or 4v4 (game should not exceed 4v4). Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Coach can determine to play quarters as well with a short break between. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: turn, play forward, score goals

Guided Questions: If Sid or Scrat are blocking your path to goal, what can you do next? Where can you play the ball if you think someone may steal it?

Answers: Pick your head up, look around and find a new opening to goal. Try to find a teammate and see if they have an opening to goal.

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 training session?

4. **Challenging:** Are the players being challenged? (Is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?

Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?

