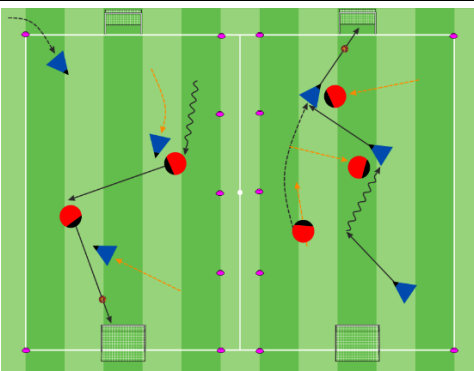
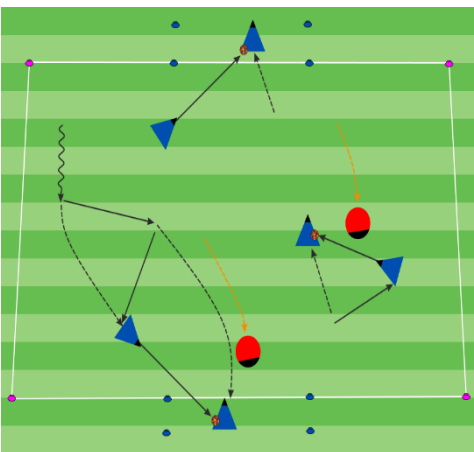
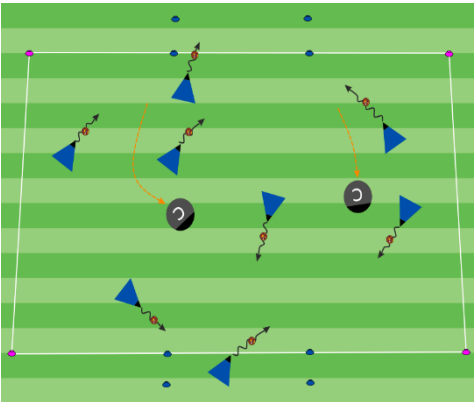
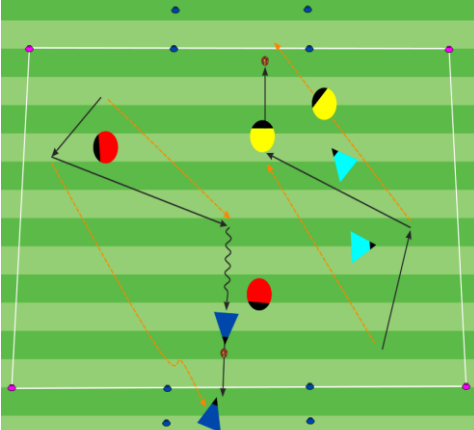
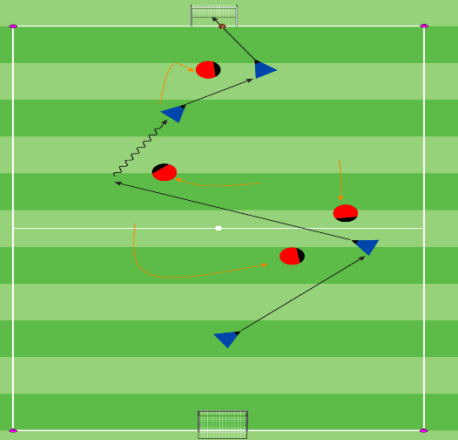


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|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|-----------------------------------|
|   | <b>GOAL:</b>          |  | Build Up in the Defensive Half - Improve Passing forward                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                      | <b>AGE GROUP</b><br><br><b>8U</b> |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> |  | Pass or Dribble Forward, Spread Out, Create Passing Options                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                      |                                   |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  |  | Take initiative, read & understand the game                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                      | <b>4v4</b>                        |
|                                                                                                                                                                  | <b>MOMENT</b>         |  | Attacking                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>DURATION</b><br><b>60 Minutes</b> |                                   |
| <b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>                                                                                                         |                       |  | <b>18 Min.-Play multiple 3-4 minute games</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                      |                                   |
|                                                                                  |                       |  | <p><b>Objective:</b> to pass or dribble past an opponent then score goals</p> <p><b>Organization:</b> On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start &amp; 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><b>Key Words:</b> go to goal, score goals</p> <p><b>Guided Questions:</b> Are the players engaged? Are all the players getting challenged?</p> <p><b>Answers:</b> have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                      |                                   |
| <b>PRACTICE (Core Activity): Pair Bandits</b>                                                                                                                    |                       |  | <b>18 Minutes-6 intervals-2 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                      |                                   |
|                                                                                 |                       |  | <p><b>Organization:</b> In a 20Wx30L yard grid, a 6Wx3L yard box goal on each end line, all players in pairs. Select 1 pair to be the bandits. Each pair needs 1 ball to share except for the bandits. The pairs with a ball will try to dribble &amp; pass to either goal &amp; pass to their teammate within the goal. After scoring in one end, play to the other. How many goals can you score in 2 minutes? The mission of the bandits is to steal the ball from the passing pairs &amp; bring it to one of the two hideouts (goals). The passing pairs can take the ball back from the bandits before they get it all the way to the hideout. If the bandits get the ball into the hideout, the pair lose all their points and have to start counting over again. Rotate bandits after each interval. <b>Rules:</b> bandits cannot defend inside of the goal.</p> <p><b>Key Words:</b> Look up, find an opening, play through it</p> <p><b>Guided Questions:</b> Where should you go if a defender is closing your opening? What are some ways you can play the ball through an opening?</p> <p><b>Answers:</b> See if teammate can move to create a new opening. You can dribble through, pass through or shoot through.</p> <p><b>Notes:</b> Variation-if bandits steal a ball and get it to a hideout, they can now begin scoring goals. The team that lost the ball must now steal another ball in order to start scoring again.</p> |                                      |                                   |
| <b>PRACTICE (Less Challenging): Bandits (Coach is it)</b>                                                                                                        |                       |  | <b>18 Minutes-6 intervals-2 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                      |                                   |
|                                                                                |                       |  | <p><b>Organization:</b> In a 20W x 30L yard grid, a 6W x 3L yard box goal on each end line and all players have a soccer ball. The coach will be the bandit. The players will try to dribble into the goals. After scoring in one end, play to the other. How many goals can you score in 2 minutes? The mission of the bandit is to steal the ball and bring it to one of the two hideouts (goals). The player can steal his/her ball back from the bandits before they get it all the way to the hideout. If the bandit succeeds in getting the ball into the hideout, the player loses all their points and have to start counting over again.</p> <p><b>Key Words:</b> find avoid the coach, go for goal</p> <p><b>Guided Questions:</b> Where should you go if another dribbler is in your way? What can you do if the coach/bandit is blocking the goal?</p> <p><b>Answers:</b> Try to find a new opening to the goal. If the bandit is blocking your opening, be patient, dribble away then back to goal.</p> <p><b>Notes:</b> Once the players understand the direction and where to score, challenge them to work with a partner. The 2 players now need to move the ball from one goal to the other.</p>                                                                                                                                                                                                                             |                                      |                                   |
| <b>PRACTICE (More Challenging): 2V2 to Goal</b>                                                                                                                  |                       |  | <b>18 Minutes-6 intervals-2 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                      |                                   |
|                                                                                |                       |  | <p><b>Organization:</b> In a 20W x 30L yard grid, a 6W x 3L yard box goal on each end line, coach will create teams of 2 players. Two teams will play against one another and, on the same field and at the same time, two other teams will also play against one another. Each team will defend 1 goal and score in the other. A goal is scored by either dribbling the ball into the opponent's box or passing the ball to your teammate in the box. After a goal is scored, the scoring team backs up to allow the ball back into play and the game continues. If you have more than 4 teams of 2, either rotate teams onto the field or create a second field.</p> <p><b>Key Words:</b> play through, look up</p> <p><b>Guided Questions:</b> What are some things you have to look for in this game? Why should you try to keep the ball instead of kicking it away?</p> <p><b>Answers:</b> You have to look for your teammates, the goal or other players. It is much easier to get the ball to your teammates if you receive it first, pick your head up and pass it to them.</p> <p><b>Notes:</b> Coach can add passing or scoring incentives as needed to further challenge the players.</p>                                                                                                                                                                                                                                          |                                      |                                   |

| 2 <sup>nd</sup> . PLAY PHASE: The Game – 4v4 (no Goal Keepers):                  | 24 Minutes-2 intervals-10 min. play-2 min. rest                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>Objective:</b> to pass or dribble past an opponent then score goals</p> <p><b>Organization:</b> In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. 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.</p> <p><b>Key Words:</b> turn, get the ball, score goals</p> <p><b>Guided Questions:</b> Who should determine whether to dribble pass or shoot? What are successful practice indicators?</p> <p><b>Answers:</b> The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.</p> |

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

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

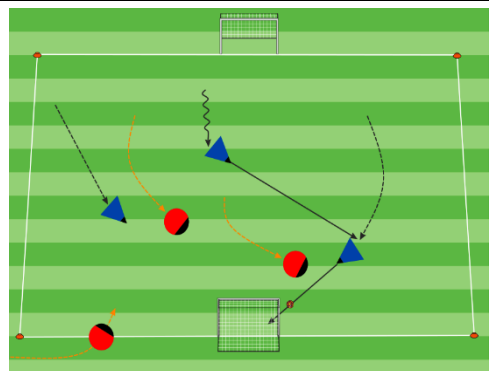
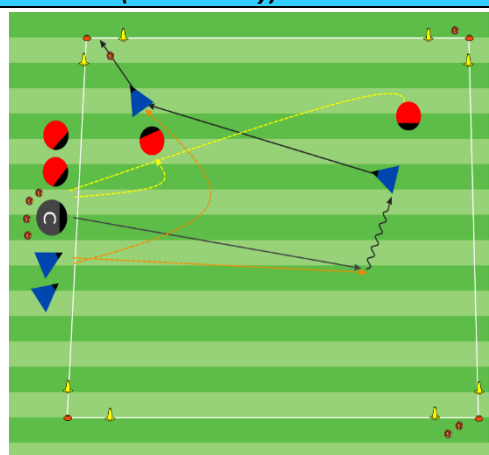
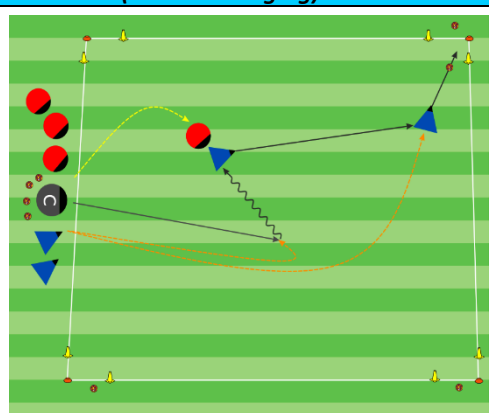
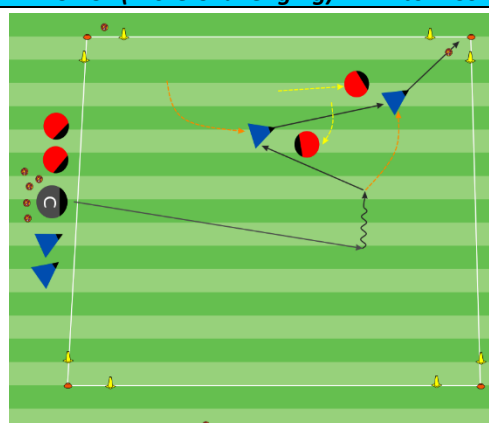
5. **Coaching:** Is there coaching based on the age and level of the players?

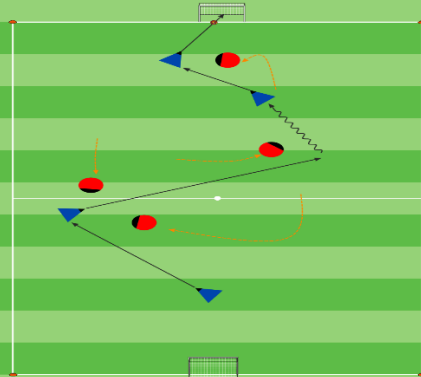
### Training Session Self-Reflection Questions

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?

|                                                                                                                                                                  |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                          |                   |                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-------------------|------------------|
|   | <b>GOAL:</b>          | Build Up in the Attacking Half - Improve Shooting, Passing & Dribbling forward                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                          |                   | <b>AGE GROUP</b> |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> | Shoot, Pass or Dribble Forward, Create Passing Options                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                          |                   | <b>8U</b>        |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  | Take initiative, be pro-active                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                          |                   |                  |
|                                                                                                                                                                  | <b>MOMENT</b>         | Attacking                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>DURATION</b>                                          | <b>60 Minutes</b> |                  |
| <b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>                                                                                                         |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>20 Min.-Play multiple 3-4 minute games</b>            |                   |                  |
|                                                                                  |                       | <p><b>Objective:</b> to pass or dribble past the opponents then score goals</p> <p><b>Organization:</b> On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start &amp; 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><b>Key Words:</b> go to goal, score goals</p> <p><b>Guided Questions:</b> Are the players engaged? Are all the players getting challenged?</p> <p><b>Answers:</b> have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                          |                   |                  |
| <b>PRACTICE (Core Activity): 2v2 to 4 Corner Goals</b>                                                                                                           |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>15 Minutes-18 intervals-20 sec. play-30 sec. rest</b> |                   |                  |
|                                                                                 |                       | <p><b>Organization:</b> In a 20Wx30L grid, a cone goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right &amp; one on the left. Each team will have 2 goals to defend and 2 goals to score in. The coach will play a ball onto the field. 2 players from each team go after the ball and try to score by striking the ball into either of their opponent's 2 goals. <b>Rules:</b> Play starts when the coach passes a ball onto the field. Team's get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next players to play.</p> <p><b>Key Words:</b> Find the open goal, go, help your teammate</p> <p><b>Guided Question:</b> What can you do to trick the opponent? When would you use your laces to strike the ball?</p> <p><b>Answer:</b> Pretend to go to one goal then change direction to go to the other. Use your laces to strike the ball toward the goal.</p> <p><b>Notes:</b> Rotate the area of the field the ball is served into to change the starting points of the attacks. You can also serve a ball closer to a player who has not had many opportunities to play the ball.</p>                                                                                                               |                                                          |                   |                  |
| <b>PRACTICE (Less Challenging): 2v1 to 4 Corner Goals</b>                                                                                                        |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>15 Minutes-18 intervals-20 sec. play-30 sec. rest</b> |                   |                  |
|                                                                                |                       | <p><b>Organization:</b> In a 20Wx30L grid, a cone goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right &amp; one on the left. Each team will have 2 goals to defend and 2 goals to score in. Prior to playing a ball onto the field the coach will announce which team gets 2 players and which team only gets 1. Once the ball is played onto the field, both teams go after the ball and try to score by striking the ball into either of their opponent's 2 goals. <b>Rules:</b> Play starts when the coach passes a ball onto the field. Teams get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next players to play.</p> <p><b>Key Words:</b> Find the open goal, go, help your teammate</p> <p><b>Guided Question:</b> Where can you play the ball if the opening to one goal is blocked by the defender? When would you use your laces to strike the ball?</p> <p><b>Answer:</b> Try to play the ball to the other goal. Use your teammate to help if you have one. Use your laces to strike the ball toward the goal.</p> <p><b>Notes:</b> Play the ball in the area closest to the team of 2 to help them build the attack. Don't worry, the next ball may be played closer to the other team.</p> |                                                          |                   |                  |
| <b>PRACTICE (More Challenging): 2V2 to 4 Corner Goal (3 serves)</b>                                                                                              |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>14 Minutes-7 intervals-1 min. play-1 min. rest</b>    |                   |                  |
|                                                                                |                       | <p><b>Organization:</b> In a 20Wx30L grid, a cone goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right &amp; one on the left. Each team will have 2 goals to defend and 2 goals to score in. 2 players from each team will start on the field. The coach will play a ball onto the field to start the game. When the ball goes out of play, or a goal is scored, the coach serves another ball onto the field. After 3 soccer balls have been served onto the field and either scored or knocked out of play, the game is over and the next players enter the field. <b>Rules:</b> Coach serves the ball for all restarts. Laws of the game apply.</p> <p><b>Key Words:</b> Find the open goal, go, help your teammate</p> <p><b>Guided Question:</b> Once a goal is scored or the ball goes out of play, what should you do next? When should you kick the ball toward the goal (shoot)?</p> <p><b>Answer:</b> Find an opening where you can get the ball. When you see an opening to the goal (no opponents in your way).</p> <p><b>Notes:</b> Players do not have to be ready when you play a ball onto the field. The ball in play will tell them it is time to be ready.</p>                                                                                                                             |                                                          |                   |                  |

| 2 <sup>nd</sup> . PLAY PHASE: The Game – 4v4 (no Goal Keepers):                  | 26 Minutes-2 intervals-11 min. play-2 min. rest                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>Objective:</b> to pass or dribble past the opponents then score goals</p> <p><b>Organization:</b> In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 11 minutes with a 2 minute rest between intervals. 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.</p> <p><b>Key Words:</b> turn, get the ball, score goals</p> <p><b>Guided Questions:</b> Who should determine whether to dribble pass or shoot? What are successful practice indicators?</p> <p><b>Answers:</b> The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.</p> |

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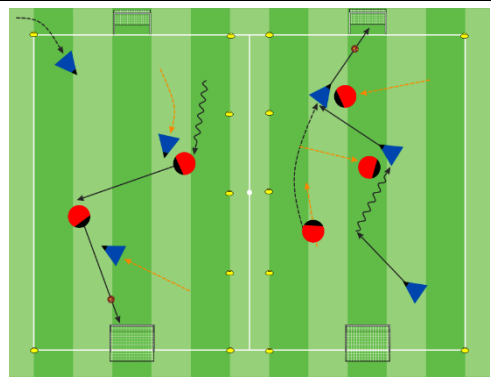
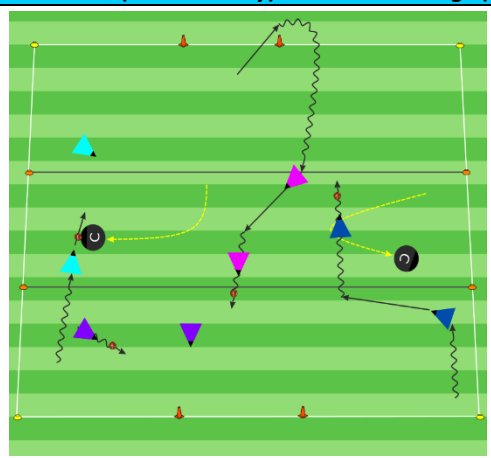
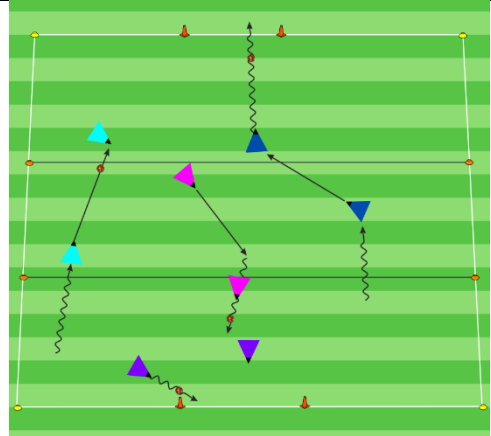
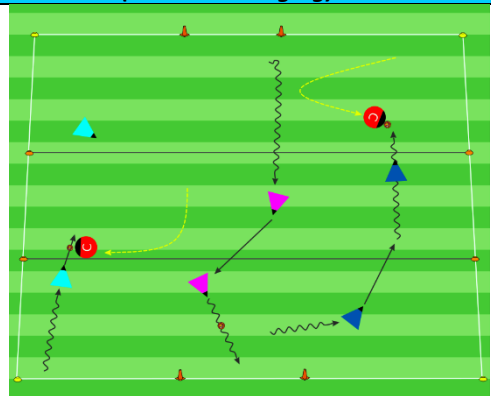
5. **Coaching:** Is there coaching based on the age and level of the players?

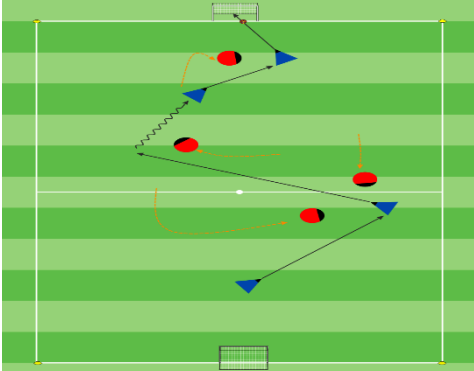
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1. How did you do in achieving the goal of the training session?

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|                                                                                                                                                                  |                       |                                                                           |                 |                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|---------------------------------------------------------------------------|-----------------|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | <b>GOAL:</b>          | Improve the techniques of dribbling, passing & shooting the ball to score |                 |                   | <b>AGE GROUP</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> | Shoot & Pass or Dribble Forward, Create Passing Options                   |                 |                   | <b>8U</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  | Read & understand the game, take initiative, focus                        |                 |                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|                                                                                                                                                                  | <b>MOMENT</b>         | Attacking                                                                 | <b>DURATION</b> | <b>60 Minutes</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>                                                                                                         |                       |                                                                           |                 |                   | <b>18 Min.-Play multiple 3-4 minute games</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                                                                                  |                       |                                                                           |                 |                   | <p><b>Objective:</b> to pass or dribble past an opponent then score goals</p> <p><b>Organization:</b> On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start &amp; 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><b>Key Words:</b> go to goal, score goals</p> <p><b>Guided Questions:</b> Are the players engaged? Are all the players getting challenged?</p> <p><b>Answers:</b> have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>PRACTICE (Core Activity): Boston Bulldogs (with partners)</b>                                                                                                 |                       |                                                                           |                 |                   | <b>14 Minutes-7 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|                                                                                 |                       |                                                                           |                 |                   | <p><b>Organization:</b> In a 20Wx30L grid, with a 5 yard zone in the middle (the dog pound) &amp; a cone goal on each end line. Coaches start in the pound as the dog catchers (dog catchers do not use a soccer ball &amp; must stay in the pound). Each player has a partner and one soccer ball to share. Players start on one end line. Players (bulldogs) try to sneak through the dog pound without waking the catchers. If they can get through the dog pound without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they can go back through the dog pound to score in the other goal. <b>Rules:</b> When the coach yells, "Who let the dogs out?" the players start across the grid. If a dog catcher steals your soccer ball you and your partner lose your points and have to start scoring again.</p> <p><b>Key Words:</b> Slow the ball down, dribble (or pass) through the pound</p> <p><b>Guided Questions:</b> How can you get the ball through the dog pound the fastest? Once you get past the dog pound, what part of your foot can you use to score?</p> <p><b>Answers:</b> You can kick the ball through the pound but it is helpful if your partner is on the other side. You can point your toe down so you can strike the ball with your laces.</p> <p><b>Notes:</b> Players can start as dog catchers also but will be in the pound with their partner. After a few rounds, if the catcher steals a ball, the dog catchers and bulldogs can switch roles.</p> |
| <b>PRACTICE (Less Challenging): Dogs Gone Wild</b>                                                                                                               |                       |                                                                           |                 |                   | <b>14 Minutes-7 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|                                                                                |                       |                                                                           |                 |                   | <p><b>Organization:</b> In a 20Wx30L grid, with a 5 yard zone in the middle (the dog pound) &amp; a cone goal on each end line. Each player has a partner and one soccer ball to share. Players start on one end line. Players (bulldogs) try to sneak through the dog pound. If they can get through the dog pound without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they can go back through the dog pound to score in the other goal. How many goals can they score in 1 minute? Challenge them to beat their score each round. <b>Rules:</b> When the coach yells, "Who let the dogs out?" the players start across the grid. Can kick the ball through the goal or dribble through for points.</p> <p><b>Key Words:</b> Go to goal, dribble (or pass) through the pound</p> <p><b>Guided Questions:</b> How can you get the ball through the dog pound the fastest? Once you get past the dog pound, what part of your foot can you use to score?</p> <p><b>Answers:</b> You can kick the ball through the pound but it is helpful if your partner is on the other side. You can point your toe down so you can strike the ball with your laces.</p> <p><b>Notes:</b> Coaches can step into the dog pound as obstacles to see if the players can play the ball around the coaches (dog catchers).</p>                                                                                                                                                                        |
| <b>PRACTICE (More Challenging): Boston Bulldogs (no dog pound)</b>                                                                                               |                       |                                                                           |                 |                   | <b>14 Minutes-7 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|                                                                                |                       |                                                                           |                 |                   | <p><b>Organization:</b> In a 20Wx30L grid, with a cone goal on each end line. Coaches or 2 players start as dog catchers (dog catchers do not use a soccer ball.) The rest of the players have a partner and a soccer ball to share. Players start on one end line. Players (bulldogs) try to play past the dog catchers without getting caught. If they can get past the dog catchers without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they can go back past the dog catchers to score in the other goal. <b>Rules:</b> When the coach yells, "Who let the dogs out?" the players start across the grid. If a dog catcher steals your soccer ball you and your partner lose your points and have to start scoring again.</p> <p><b>Key Words:</b> Go fast, find your partner</p> <p><b>Guided Questions:</b> How can you get the ball through the dog pound the fastest? Once you get past the dog pound, what part of your foot can you use to score?</p> <p><b>Answers:</b> You can kick the ball through the pound but it is helpful if your partner is on the other side. You can point your toe down so you can strike the ball with your laces.</p> <p><b>Notes:</b> After a few rounds, if the dog catcher steals a ball, the dog catchers and bulldogs can switch roles.</p>                                                                                                                                                                                            |

| 2 <sup>nd</sup> . <b>PLAY PHASE: The Game – 4v4 (no Goal Keepers):</b>           | <b>28 Minutes-2 intervals-12 min. play-2 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>Objective:</b> to pass or dribble past an opponent then score goals</p> <p><b>Organization:</b> In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 28 minutes – 2 intervals of 12 minutes with a 2 minute rest between intervals. 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.</p> <p><b>Key Words:</b> turn, get the ball, score goals</p> <p><b>Guided Questions:</b> Who should determine whether to dribble pass or shoot? What are successful practice indicators?</p> <p><b>Answers:</b> The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.</p> |

### 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?)

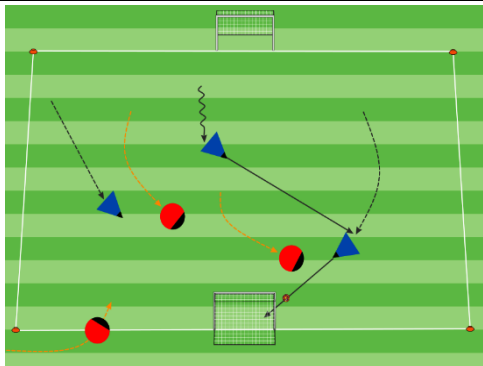
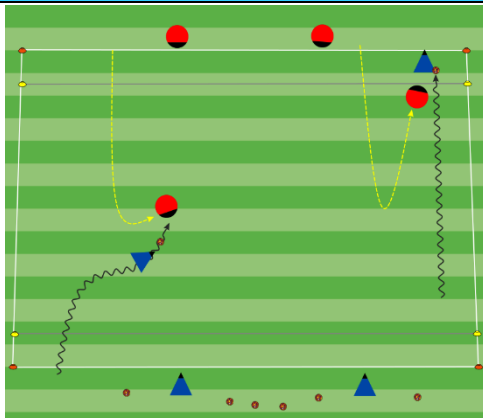
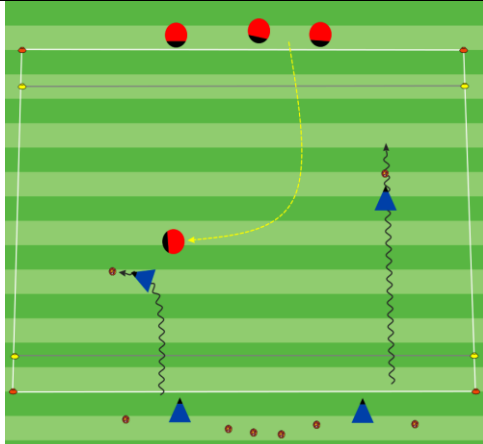
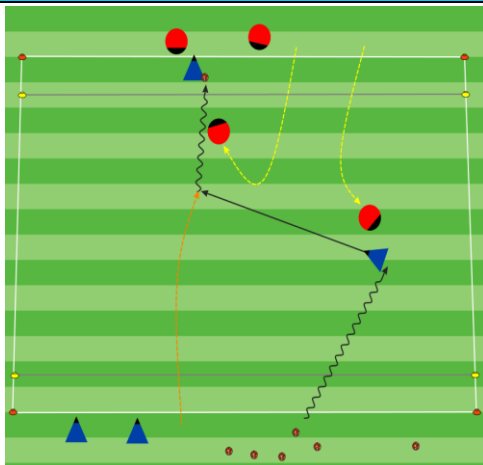
5. **Coaching:** Is there coaching based on the age and level of the players?

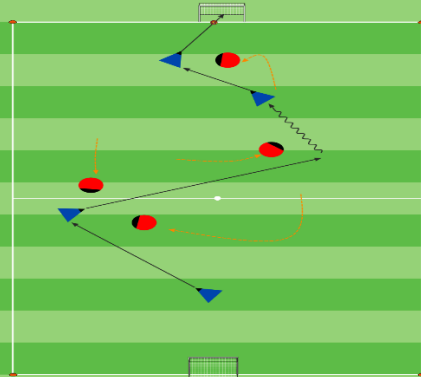
### Training Session Self-Reflection Questions

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?

|                                                                                                                                                                  |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                 |                   |                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-------------------|------------------|
|   | <b>GOAL:</b>          | Improve the techniques of dribbling forward to score                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                 |                   | <b>AGE GROUP</b> |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> | Dribble Forward, score, play forward when possible                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                 |                   | <b>8U</b>        |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  | Focus, read the game                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                 |                   |                  |
|                                                                                                                                                                  | <b>MOMENT</b>         | Attacking                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>DURATION</b> | <b>60 Minutes</b> | <b>4v4</b>       |
| <b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>                                                                                                         |                       | <b>18 Min.-Play multiple 3-4 minute games</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                 |                   |                  |
|                                                                                  |                       | <p><b>Objective:</b> to pass or dribble past the opponents then score goals</p> <p><b>Organization:</b> On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start &amp; 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><b>Key Words:</b> go to goal, score goals</p> <p><b>Guided Questions:</b> Are the players engaged? Are all the players getting challenged?</p> <p><b>Answers:</b> have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                 |                   |                  |
| <b>PRACTICE (Core Activity): Two x 1v1 to End Zones</b>                                                                                                          |                       | <b>20 Minutes-10 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                 |                   |                  |
|                                                                                 |                       | <p><b>Organization:</b> In 20Wx30L yard grid with a 5yd end zone on each end of the field. Each team starts behind one of the end zones. One team starts with soccer balls. On the coach's command, 2 players with soccer balls enter the field and try to dribble the ball into the opponent's end zone. The team without soccer balls send 2 players to try to steal the ball and score in the opposite end zone. Players who can stop the ball in the opponent's end zone get 10 points. After 5 rounds, switch teams so both teams have a chance to attack. <b>Rules:</b> Players try to dribble across to the other end zone. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After both soccer balls are either scored or knocked out of play, the game is over and the next game begins.</p> <p><b>Key Words:</b> Look up, find an opening, fake the defender, go forward.</p> <p><b>Guided Questions:</b> What should you do when confronted by a defender? When should you kick the ball further of front of you?</p> <p><b>Answers:</b> When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.</p>                                                                                                                                                                                |                 |                   |                  |
| <b>PRACTICE (Less Challenging): 2 Attack. vs 1 Def. to End Zones:</b>                                                                                            |                       | <b>20 Minutes-20 intervals-30 sec. play-30 sec. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                 |                   |                  |
|                                                                                |                       | <p><b>Organization:</b> In 20Wx30L yard grid with a 5yd end zone on each end of the field. Each team starts behind one end zones. One team starts with soccer balls. On the coach's command, 2 players with soccer balls enter the field and try to dribble the ball into the opponent's end zone. The team w/o soccer balls can only send 1 defender. Players who can stop the ball in the opponent's end zone get 10 points. After 5 rounds, switch so both teams have a chance to attack. <b>Rules:</b> Players try to dribble across to the other end zone. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After both soccer balls are either scored or knocked out of play, the game is over and the next game begins. Once 1 ball has been scored, the player who scored can help his/her teammate try to score their soccer ball.</p> <p><b>Key Words:</b> Look up, find an opening, fake the defender, go to goal.</p> <p><b>Guided Questions:</b> What should you do when confronted by a defender? When should you kick the ball further of front of you?</p> <p><b>Answers:</b> When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.</p> <p><b>Notes:</b> Coaches need to recognize that both attackers cannot be challenged so one will have an easier path to the goal.</p> |                 |                   |                  |
| <b>PRACTICE (More Challenging): 2V2 to End Zones</b>                                                                                                             |                       | <b>20 Minutes-10 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                 |                   |                  |
|                                                                                |                       | <p><b>Organization:</b> In 20Wx30L yard grid with a 5yd end zone on each end of the field. Each team starts behind one of the end zones. One team starts with soccer balls. On the coach's command, 2 players with 1 soccer ball enter the field and try to dribble or pass the ball into the opponent's end zone. The team w/o a soccer ball also sends 2 players to defender. The team who can stop the ball in the opponent's end zone get 10 points. After 5 rounds, switch teams so both teams have a chance to start the attack. <b>Rules:</b> Teams can dribble or pass across to the other end zone &amp; dribble. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After the soccer ball is either scored or knocked out of play, the game is over and the next game begins.</p> <p><b>Key Words:</b> Look up, find an opening, fake the defender, go to goal.</p> <p><b>Guided Questions:</b> What should you do when confronted by a defender? When should you kick the ball further of front of you?</p> <p><b>Answers:</b> When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.</p> <p><b>Notes:</b> It is important to allow one team to start with the ball. Coach can observe to see how the player with the ball starts the attack.</p>                                   |                 |                   |                  |

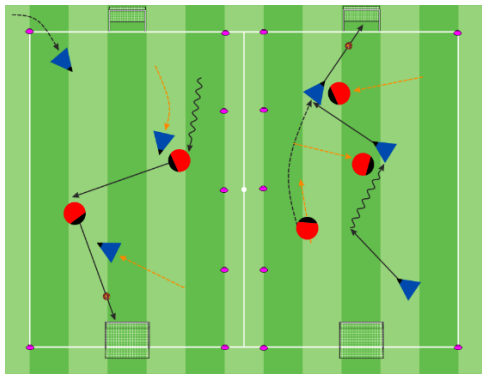
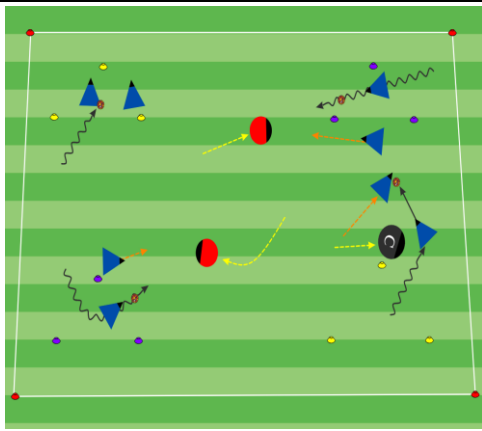
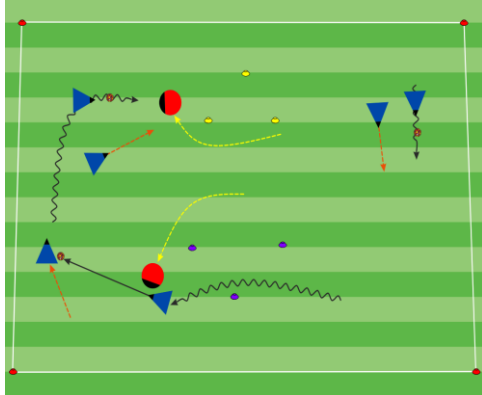
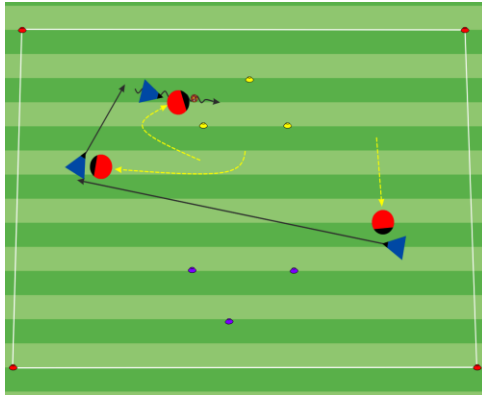
| 2 <sup>nd</sup> . PLAY PHASE: The Game – 4v4 (no Goal Keepers):                  | 22 Minutes-2 intervals-9 min. play-2 min. rest                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>Objective:</b> to pass or dribble past the opponents then score goals</p> <p><b>Organization:</b> In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 11 minutes with a 2 minute rest between intervals. 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.</p> <p><b>Key Words:</b> turn, get the ball, score goals</p> <p><b>Guided Questions:</b> Who should determine whether to dribble pass or shoot? What are successful practice indicators?</p> <p><b>Answers:</b> The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.</p> |

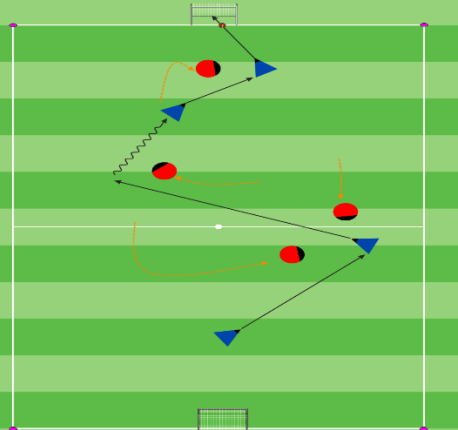
### Five Elements of a Training Activity

- Organized:** Is the activity organized in the right way?
- Game-like:** Is the activity game-like?
- Repetition:** Is there repetition, when looking at the overall goal of the training session?
- Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)
- Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

- How did you do in achieving the goal of the training session?
- What did you do well?
- What could you do better?

|                                                                                                                                                                  |                       |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                   |                  |
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|   | <b>GOAL:</b>          | Improve defending in the defensive third |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                   | <b>AGE GROUP</b> |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> | Protect the goal, steal the ball         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                   | <b>8U</b>        |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  | Read & understand the game, focus        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                   |                  |
|                                                                                                                                                                  | <b>MOMENT</b>         | Defending                                | <b>DURATION</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>60 Minutes</b> |                  |
| <b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>                                                                                                         |                       |                                          | <b>18 Min.-Play multiple 3-4 minute games</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                   |                  |
|                                                                                  |                       |                                          | <p><b>Objective:</b> to pass or dribble past an opponent then score goals</p> <p><b>Organization:</b> On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start &amp; 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><b>Key Words:</b> go to goal, score goals</p> <p><b>Guided Questions:</b> Are the players engaged? Are all the players getting challenged?</p> <p><b>Answers:</b> have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).</p>                                                                                                                                                                                                                                                                                                                                                            |                   |                  |
| <b>PRACTICE (Core Activity): Guard the Goals</b>                                                                                                                 |                       |                                          | <b>18 Minutes-9 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                   |                  |
|                                                                                 |                       |                                          | <p><b>Organization:</b> In a 20Wx30L grid, with several 3 yard triangle shaped goals. Select enough defenders so there is 1 less defender than goals. The rest of the players have a partner and a soccer ball for each pair. The players with a soccer ball try to dribble or pass through as many goals as they can in 1 minute. The defenders must guard all the goals and tackle the ball away if a team tries to score. <b>Rules:</b> Defenders cannot enter the triangles so if an attacking player can stop the ball in a triangle they can rest.</p> <p><b>Key Words:</b> win the ball, pressure the ball, tackle the ball.</p> <p><b>Guided Questions:</b> How do you know where the attackers are? What can you do if no one is attacking goal you are closest to?</p> <p><b>Answers:</b> Keep your head up and always look around to see if they are close. Move to help one of teammates to protect a different goal.</p> <p><b>Notes:</b> Don't worry if an attacking team stops to rest in a goal. The emphasis is on the teams without the ball. If a team is stopped in a goal, they cannot continue to score.</p>               |                   |                  |
| <b>PRACTICE (Less Challenging): Guard the Goals-Tag</b>                                                                                                          |                       |                                          | <b>18 Minutes-9 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                   |                  |
|                                                                                |                       |                                          | <p><b>Organization:</b> In a 20Wx30L grid, with two 3 yard triangle shaped goals. Select 2 defenders; 1 defender defends each goal. The rest of the players have a partner and share a soccer ball. The players with a soccer ball try to dribble or pass through as many goals as they can in 1 minute. The defenders must guard his/her goal. If the defender can poke their ball away or even tag them, the attacker's score goes back to zero. <b>Rules:</b> Defenders cannot enter the triangles so if an attacking team can stop the ball in a triangle they can rest.</p> <p><b>Key Words:</b> try to win the ball, pressure the ball, tackle the ball.</p> <p><b>Guided Questions:</b> When should stay close to the goal you are defending? What can you do if the attackers kick the ball too far in front of themselves?</p> <p><b>Answers:</b> If the attackers are close to your call, stay back. If the defenders are far away, step up. Step closer to the ball to see if you can poke tackle it away.</p> <p><b>Notes:</b> If too many goals are still getting scored, add another defender who can roam all over the field.</p> |                   |                  |
| <b>PRACTICE (More Challenging): 3v3 Guard the Goal</b>                                                                                                           |                       |                                          | <b>18 Minutes-6 intervals-2 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                   |                  |
|                                                                                |                       |                                          | <p><b>Organization:</b> In a 20Wx30L grid, with two 3 yard triangle shaped goals. Select 2 teams of 3 players each. Each team defends 1 goal and scores in the other. The team with a soccer ball tries to dribble or pass through the opponent's goal. If the defending team must win the ball, they can attack the goal at the other end of the field. <b>Rules:</b> Defenders cannot enter the triangles so if an attacking team can stop the ball in a triangle they can rest.</p> <p><b>Key Words:</b> try to win the ball, pressure the ball, tackle the ball.</p> <p><b>Guided Questions:</b> When should 2 defenders be close together? What can you do if the attackers kick the ball too far in front of themselves?</p> <p><b>Answers:</b> If the other team has more players on one side the defending team can send a player over to help. Step closer to the ball to see if you can poke tackle it away.</p> <p><b>Notes:</b> If too many goals are still being scored, reduce the number of attackers on the team who is scoring the most so the focus will remain on defending.</p>                                              |                   |                  |

| 2 <sup>nd</sup> . PLAY PHASE: The Game – 4v4 (no Goal Keepers):                  | 24 Minutes-2 intervals-10 min. play-2 min. rest                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>Objective:</b> to pass or dribble past an opponent then score goals</p> <p><b>Organization:</b> In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. 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.</p> <p><b>Key Words:</b> turn, get the ball, score goals</p> <p><b>Guided Questions:</b> Who should determine whether to dribble pass or shoot? What are successful practice indicators?</p> <p><b>Answers:</b> The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.</p> |

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

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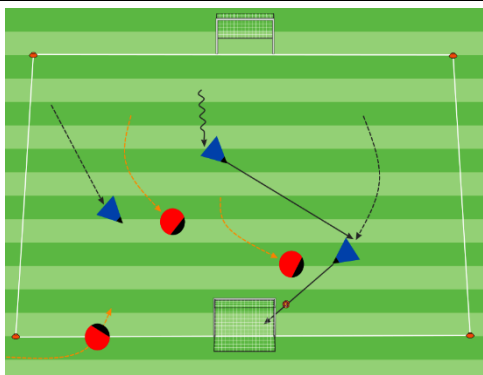
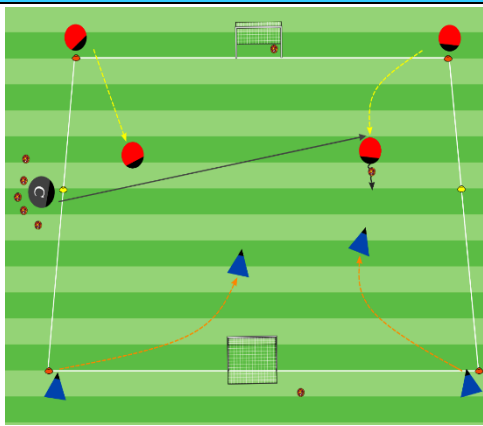
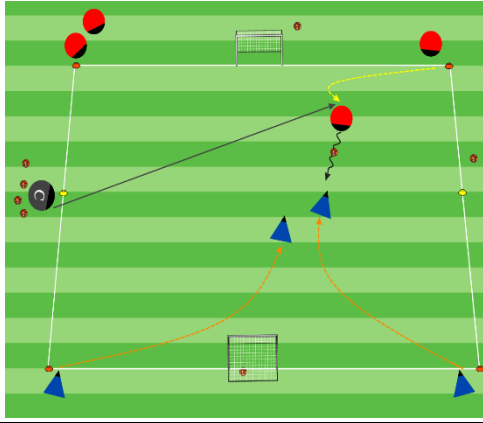
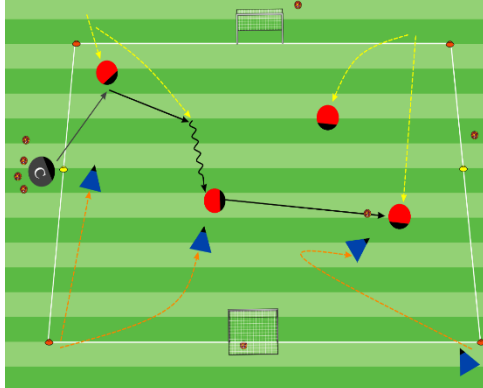
5. **Coaching:** Is there coaching based on the age and level of the players?

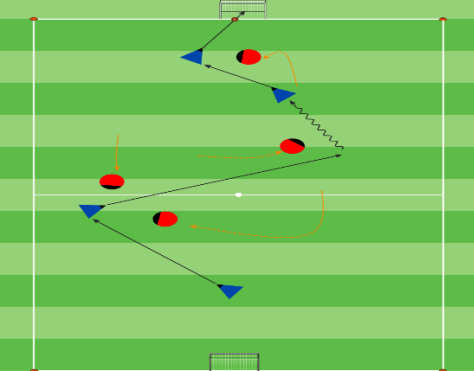
### Training Session Self-Reflection Questions

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?

|                                                                                                                                                                  |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                 |                   |                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-------------------|------------------|
|   | <b>GOAL:</b>          | Prevent build up in your own half of the field                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                   | <b>AGE GROUP</b> |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> | Pressure, steal the ball, protect your goal                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                 |                   | <b>8U</b>        |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  | Take initiative, read & understand the game                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                 |                   |                  |
|                                                                                                                                                                  | <b>MOMENT</b>         | Defending                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>DURATION</b> | <b>60 Minutes</b> |                  |
| <b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>                                                                                                         |                       | <b>18 Min.-Play multiple 3-4 minute games</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                 |                   |                  |
|                                                                                  |                       | <p><b>Objective:</b> to deny the opponent's ability to create scoring chances or scoring goals.</p> <p><b>Organization:</b> On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start &amp; 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><b>Key Words:</b> Step to the ball, pressure, block your goal</p> <p><b>Guided Questions:</b> Are the players engaged? Are all the players getting challenged?</p> <p><b>Answers:</b> have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                 |                   |                  |
| <b>PRACTICE (Core Activity): 4 Corner Shooting/Defending</b>                                                                                                     |                       | <b>18 Minutes-18 intervals-30 sec. play-30 sec. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                 |                   |                  |
|                                                                                 |                       | <p><b>Organization:</b> In 20Wx30L yard grid with a goal on each end line. Players of each team are placed by the corner cones of the end line they are defending. Half of the team is in a line at one corner cone and the other half at the other cone. The coach is standing outside the middle with all the soccer balls. The game starts when the coach serves the ball into the field. One player from each corner comes out to play 2v2. The game is over when one team scores by shooting into the opponent's goal. If the ball goes out of bounds, all players leave the field. The coach will play a new ball onto the field for the next round to begin.</p> <p><b>Rules:</b> Players cannot enter the field until the coach serves a soccer ball onto the field.</p> <p><b>Key Words:</b> step to the ball, pressure, block your goal</p> <p><b>Guided Questions:</b> What should you do if you team doesn't have the ball? Where should you go if the attacker gets past you?</p> <p><b>Answers:</b> Get as close to the ball as you can and block the attacker from going to your goal. Run back to your goal then try to get close to the ball again.</p> <p><b>Notes:</b> Serve the ball to one team or the other so it is clear which team initiates the attack and which team starts as defenders.</p>                            |                 |                   |                  |
| <b>PRACTICE (Less Challenging): 4 Corner 1v2 to Goal</b>                                                                                                         |                       | <b>18 Minutes-18 intervals-30 sec. play-30 sec. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                 |                   |                  |
|                                                                                |                       | <p><b>Organization:</b> In 20Wx30L yard grid with a goal on each end line. Players of the same team are placed by the corner cones of the end line they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the soccer balls. The game starts when the coach serves the ball into the field. Whichever team gets the serve can only attack with 1 player. The team that does not get the ball gets 2 players. The game is over when one team scores by shooting into the opponent's goal. If the ball goes out of bounds, all players leave the field. The coach will play a new ball onto the field for the next round to begin. <b>Rules:</b> Players cannot enter the field until the coach serves a soccer ball onto the field.</p> <p><b>Key Words:</b> help your teammate, pressure, close the opening to goal</p> <p><b>Guided Questions:</b> What should you do if you teammate is closest to the ball? What happens if your teammate gets beat?</p> <p><b>Answers:</b> Get behind them to help them protect the goal. Step closer to the ball to see if you can win it.</p> <p><b>Notes:</b> Serve the ball to one player. Rotate who the serve is played to so all players have rounds they defend.</p>                                      |                 |                   |                  |
| <b>PRACTICE (More Challenging): 4 Corner 3v4 to Goal</b>                                                                                                         |                       | <b>18 Minutes-12 intervals-1 min. play-30 sec. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                 |                   |                  |
|                                                                                |                       | <p><b>Organization:</b> In 20Wx30L yard grid with a goal on each end line. Players of the same team are placed by the corner cones of the end line they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the soccer balls. The game starts when the coach serves the ball into the field. Whichever team gets the serve can attack with all 4 players. The team that does not get the ball gets 3 players. The game is over when one team scores by shooting into the opponent's goal. If the ball goes out of bounds, all players leave the field. The coach will play a new ball onto the field for the next round to begin. <b>Rules:</b> Players cannot enter the field until the coach serves a soccer ball onto the field.</p> <p><b>Key Words:</b> step up, steal it, get the ball</p> <p><b>Guided Questions:</b> What is meant by close an opening? What happens to the openings when the attackers make a pass?</p> <p><b>Answers:</b> Close any space between defenders or to the goal that the attackers can play a ball through. There may be new openings so you have to move to close the openings.</p> <p><b>Notes:</b> Serve the ball to one player. Rotate who the serve is played to so all players have rounds they defend.</p> |                 |                   |                  |

| 2 <sup>nd</sup> . PLAY PHASE: The Game – 4v4 (no Goal Keepers):                  | 24 Minutes-2 intervals-10 min. play-2 min. rest                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>Objective:</b> to deny the opponent's ability to create scoring chances or scoring goals.</p> <p><b>Organization:</b> In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 11 minutes with a 2 minute rest between intervals. 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.</p> <p><b>Key Words:</b> turn, get the ball, score goals</p> <p><b>Guided Questions:</b> Who should determine whether to dribble pass or shoot? What are successful practice indicators?</p> <p><b>Answers:</b> The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.</p> |

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1. **Organized:** Is the activity organized in the right way?

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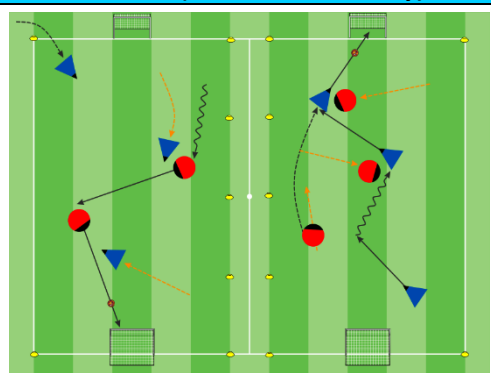
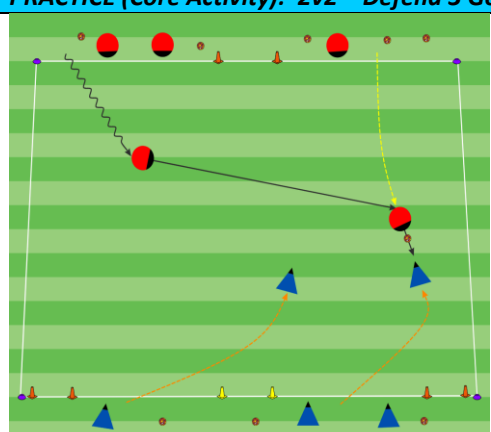
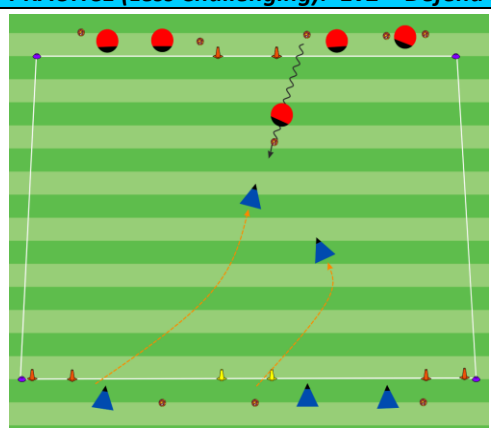
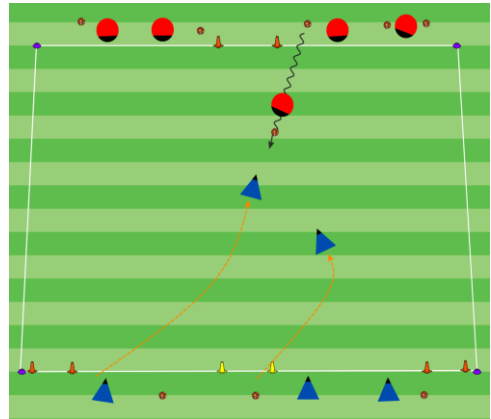
5. **Coaching:** Is there coaching based on the age and level of the players?

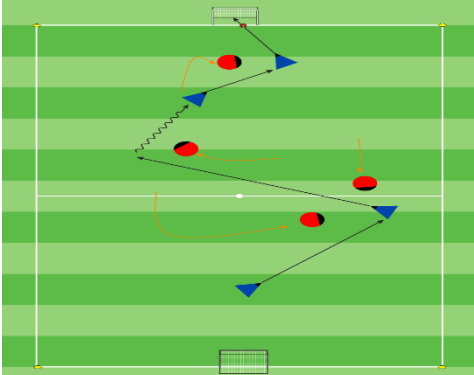
### Training Session Self-Reflection Questions

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?

|                                                                                                                                                                  |                       |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                 |                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-----------------------------------|
|   | <b>GOAL:</b>          |  | Prevent build up in your attacking half                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                 | <b>AGE GROUP</b><br><br><b>8U</b> |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> |  | Pressure, steal the ball,                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                 |                                   |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  |  | Read & understand the game, take initiative, focus                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                 |                                   |
|                                                                                                                                                                  | <b>MOMENT</b>         |  | Defending                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>DURATION</b> | <b>60 Minutes</b>                 |
| <b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>                                                                                                         |                       |  | <b>18 Min.-Play multiple 3-4 minute games</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                 |                                   |
|                                                                                  |                       |  | <p><b>Objective:</b> to deny the opponent's ability to create scoring chances or scoring goals.</p> <p><b>Organization:</b> On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start &amp; 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><b>Key Words:</b> Attack the ball, work together</p> <p><b>Guided Questions:</b> Are the players engaged? Are all the players getting challenged?</p> <p><b>Answers:</b> have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                 |                                   |
| <b>PRACTICE (Core Activity): 2v2 – Defend 3 Goals &amp; Counter to 1</b>                                                                                         |                       |  | <b>18 Minutes-18 intervals 30 sec. play-30 sec. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                 |                                   |
|                                                                                 |                       |  | <p><b>Organization:</b> In a 20Wx30L grid, with 3 goals on 1 end line and 1 goal on the other, play a 2v2 game. Teams start on opposite end lines. The team defending the single goal starts with the ball. 2 players from the attacking team enter the field with 1 ball. As soon as they enter the field, 2 players from the opposite team enter the field. The team who starts with the ball can attack any of the 3 opponent's goals. If the defending team wins the ball, they can score in the single goal. Once the ball is scored or leaves the field, all players also leave the field so the next round can begin. (set up multiple fields if needed) <b>Rules:</b> defending team cannot enter the field until the attacking team takes their 1<sup>st</sup> touch on the soccer ball.</p> <p><b>Key Words:</b> attack the ball, help each other, win the ball</p> <p><b>Guided Questions:</b> Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?</p> <p><b>Answers:</b> The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.</p> <p><b>Notes:</b> after several rounds, switch who is starting the attack and who starts defending. A tendency is to coach the attackers. Remember to focus on the team without the ball.</p>          |                 |                                   |
| <b>PRACTICE (Less Challenging): 1v2 – Defend 3 Goals &amp; Counter to 1</b>                                                                                      |                       |  | <b>18 Minutes-18 intervals-30 sec. play-30 sec. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                 |                                   |
|                                                                                |                       |  | <p><b>Organization:</b> In a 20Wx30L grid, with 3 goals on 1 end line and 1 goal on the other, play a 2v2 game. Teams start on opposite end lines. The team defending the single goal starts with the ball. 1 player from the attacking team enters the field with 1 soccer ball. As soon as he/she enter the field, 2 players from the opposite team enter the field. The team who starts with the ball can attack any of the 3 opponent's goals. If the defending team wins the ball, they can score in the single goal. Once the ball is scored or leaves the field, all players also leave the field so the next round can begin. (set up multiple fields if needed) <b>Rules:</b> defending team cannot enter the field until the attacking team takes their 1<sup>st</sup> touch on the soccer ball.</p> <p><b>Key Words:</b> attack the ball, help each other, win the ball</p> <p><b>Guided Questions:</b> Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?</p> <p><b>Answers:</b> The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.</p> <p><b>Notes:</b> after several rounds, switch who is starting the attack and who starts defending. A tendency is to coach the attackers. Remember to focus on the team without the ball.</p> |                 |                                   |
| <b>PRACTICE (More Challenging): 3v2 – Defend 3 Goals &amp; Counter to 1</b>                                                                                      |                       |  | <b>18 Minutes-12 intervals-1 min. play-30 sec. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                 |                                   |
|                                                                                |                       |  | <p><b>Organization:</b> In a 20Wx30L grid, with 3 goals on 1 end line and 1 goal on the other, play a 2v2 game. Teams start on opposite end lines. The team defending the single goal starts with the ball. 3 players from the attacking team enter the field with 1 soccer ball. As soon as they enter the field, 2 players from the opposite team enter the field. The team who starts with the ball can attack any of the 3 opponent's goals. If the defending team wins the ball, they can score in the single goal. Once the ball is scored or leaves the field, all players also leave the field so the next round can begin. (set up multiple fields if needed) <b>Rules:</b> defending team cannot enter the field until the attacking team takes their 1<sup>st</sup> touch on the soccer ball.</p> <p><b>Key Words:</b> attack the ball, help each other, win the ball</p> <p><b>Guided Questions:</b> Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?</p> <p><b>Answers:</b> The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.</p> <p><b>Notes:</b> after several rounds, switch who is starting the attack and who starts defending. A tendency is to coach the attackers. Remember to focus on the team without the ball.</p>   |                 |                                   |

| 2 <sup>nd</sup> . <b>PLAY PHASE: The Game – 4v4 (no Goal Keepers):</b>           | <b>28 Minutes-2 intervals-12 min. play-2 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>Objective:</b> to deny the opponent's ability to create scoring chances or scoring goals.</p> <p><b>Organization:</b> In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 28 minutes – 2 intervals of 12 minutes with a 2 minute rest between intervals. 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.</p> <p><b>Key Words:</b> turn, get the ball, score goals</p> <p><b>Guided Questions:</b> Who should determine whether to dribble pass or shoot? What are successful practice indicators?</p> <p><b>Answers:</b> The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.</p> |

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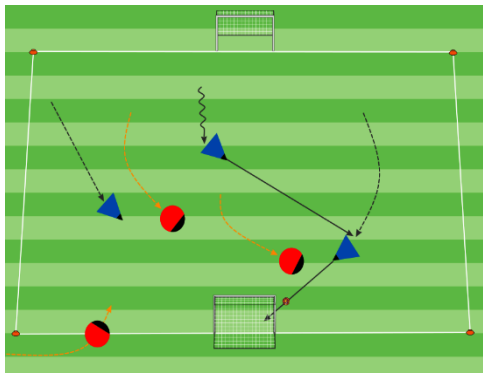
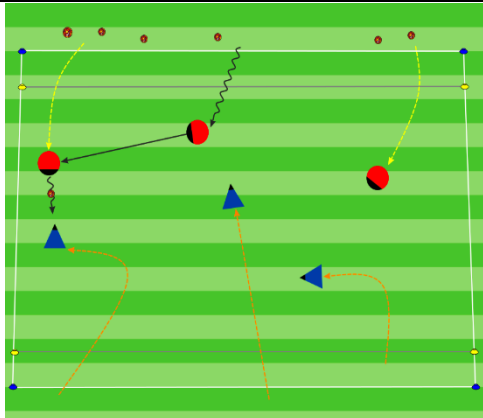
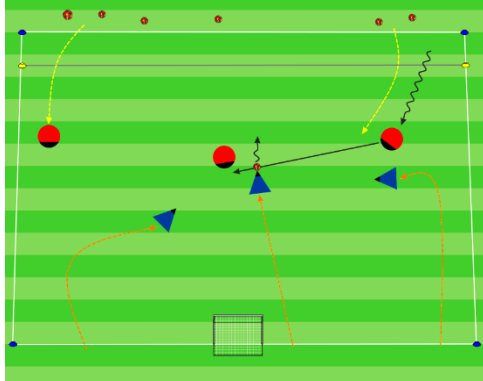
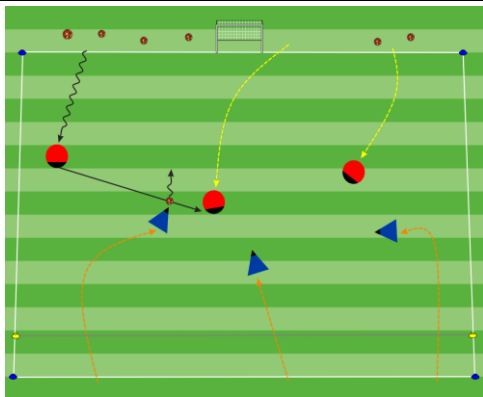
5. **Coaching:** Is there coaching based on the age and level of the players?

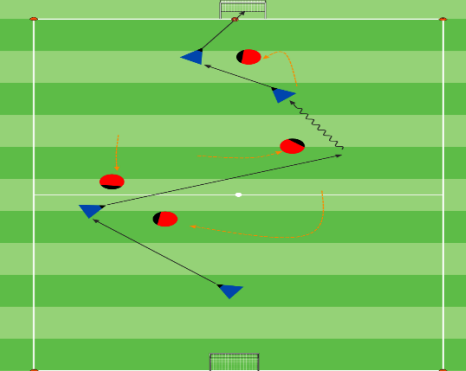
### Training Session Self-Reflection Questions

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?

|                                                                                                                                                                  |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                 |                                               |                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-----------------------------------------------|------------------|
|   | <b>GOAL:</b>          | Prevent build up in the middle 1/3 of the field                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                 |                                               | <b>AGE GROUP</b> |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> | Pressure, steal the ball, get compact                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                 |                                               | <b>8U</b>        |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  | Take initiative, read & understand the game                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                 |                                               |                  |
|                                                                                                                                                                  | <b>MOMENT</b>         | Defending                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>DURATION</b> | <b>60 Minutes</b>                             | <b>4v4</b>       |
| <b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>                                                                                                         |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                 | <b>18 Min.-Play multiple 3-4 minute games</b> |                  |
|                                                                                  |                       | <p><b>Objective:</b> to deny the opponent's ability to create scoring chances or scoring goals.</p> <p><b>Organization:</b> On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start &amp; 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><b>Key Words:</b> Step to the ball, pressure, block your goal</p> <p><b>Guided Questions:</b> Are the players engaged? Are all the players getting challenged?</p> <p><b>Answers:</b> have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).</p>                                                                                                                                                                                                                                                                                                                                                                         |                 |                                               |                  |
| <b>PRACTICE (Core Activity): 4 Corner Shooting/Defending</b>                                                                                                     |                       | <b>18 Minutes-6 intervals-2 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                 |                                               |                  |
|                                                                                 |                       | <p><b>Organization:</b> In a 20Wx30L yard grid with a 3 yard end zone at each end, play a 3v3 game. Each team defends 1 end zone and tries to score in the other. Play the game for 2 minutes. Goals are scored if a team can play the ball into their opponent's end zone by either dribbling in or passing to a teammate and stopping it. The defending team cannot wait in the end zone but can enter to stop the attack. <b>Rules:</b> play local laws/rules of the game other than scoring.</p> <p><b>Key Words:</b> move together, step to the ball, close the openings</p> <p><b>Guided Questions:</b> Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field?</p> <p><b>Answers:</b> By getting compact, it is more difficult to play the ball through your team? The further up the field you can win the ball, the easier it will be to get a chance to score.</p> <p><b>Notes:</b> Same size fields as the first play stage; simply add the end zone. 2 games can be played at the same time. This game can be 3v2 or 2v2 if attendance is low for training.</p>                                       |                 |                                               |                  |
| <b>PRACTICE (Less Challenging): 3v3 – Defend Your Goal Counter to End zone</b>                                                                                   |                       | <b>18 Minutes-6 intervals-2 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                 |                                               |                  |
|                                                                                |                       | <p><b>Organization:</b> In a 20Wx30L yard grid with a 3 yard end zone at one end &amp; a mini goal at the other, play a 3v3 game. One team starts with the ball &amp; they attack the mini goal. The other team can score if they can play the ball into their opponent's end zone by either dribbling in or passing to a teammate and stopping it. The game starts when the team attacking the mini goal either dribbles onto the field or passes to a teammate. <b>Rules:</b> play local laws/rules of the game other than scoring. No Goal Keepers allowed.</p> <p><b>Key Words:</b> move together, step to the ball, close the openings</p> <p><b>Guided Questions:</b> Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field?</p> <p><b>Answers:</b> By getting compact, it is more difficult to play the ball through your team? The further up the field you can win the ball, the easier it will be to get a chance to score.</p> <p><b>Notes:</b> If a player is acting as a goal keeper, encourage them to step up to win the ball so, if they can win the ball, they will have a chance to score.</p> |                 |                                               |                  |
| <b>PRACTICE (More Challenging): 3v3 – Defend Your End Zone Counter to Goal</b>                                                                                   |                       | <b>18 Minutes-6 intervals-2 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                 |                                               |                  |
|                                                                                |                       | <p><b>Organization:</b> In a 20Wx30L yard grid with a 3 yard end zone at one end &amp; a mini goal at the other, play a 3v3 game. One team starts with the ball &amp; they score by dribbling or passing the ball into the end zone and stopping it. The defending team can score in the opponent's mini goal. The game starts when the team attacking the end zone either dribbles onto the field or passes to a teammate. <b>Rules:</b> play local laws/rules of the game other than scoring. No Goal Keepers allowed.</p> <p><b>Key Words:</b> move together, step to the ball, close the openings</p> <p><b>Guided Questions:</b> Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field?</p> <p><b>Answers:</b> By getting compact, it is more difficult to play the ball through your team? The further up the field you can win the ball, the easier it will be to get a chance to score.</p> <p><b>Notes:</b> If a player is acting as a goal keeper, encourage them to step up to win the ball so, if they can win the ball, they will have a chance to score.</p>                                       |                 |                                               |                  |

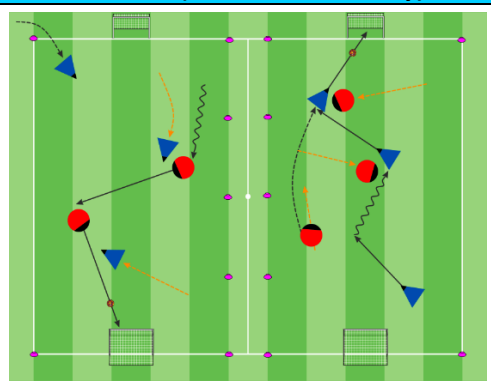
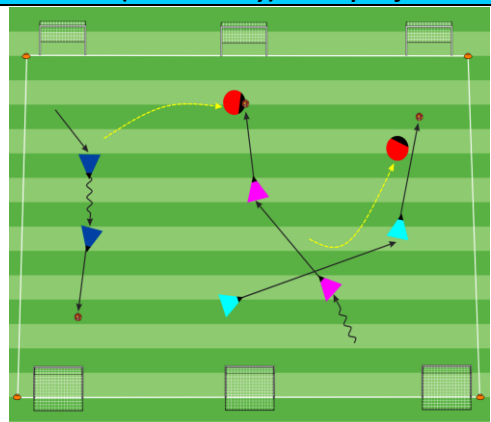
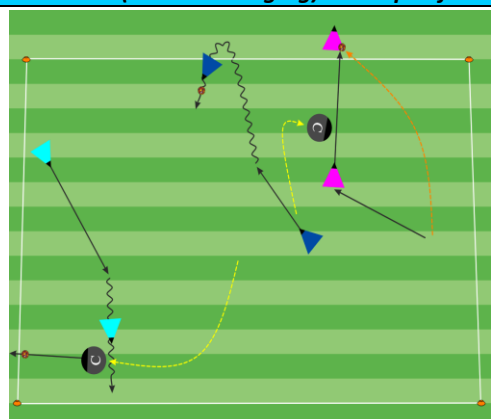
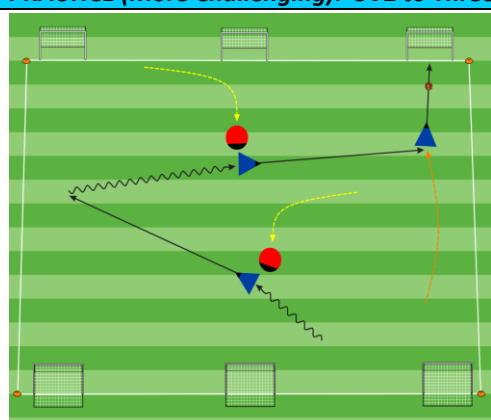
| 2 <sup>nd</sup> . PLAY PHASE: The Game – 4v4 (no Goal Keepers):                  | 24 Minutes-2 intervals-10 min. play-2 min. rest                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>Objective:</b> to deny the opponent's ability to create scoring chances or scoring goals.</p> <p><b>Organization:</b> In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 11 minutes with a 2 minute rest between intervals. 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.</p> <p><b>Key Words:</b> turn, get the ball, score goals</p> <p><b>Guided Questions:</b> Who should determine whether to dribble pass or shoot? What are successful practice indicators?</p> <p><b>Answers:</b> The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.</p> |

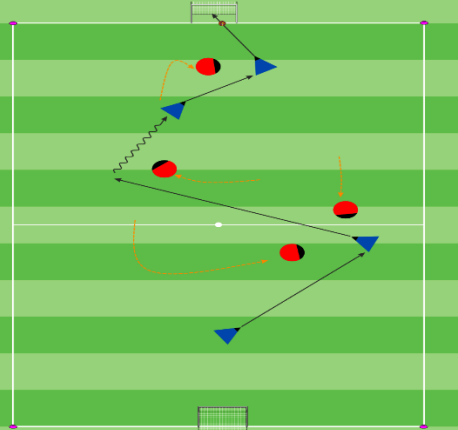
### Five Elements of a Training Activity

- Organized:** Is the activity organized in the right way?
- Game-like:** Is the activity game-like?
- Repetition:** Is there repetition, when looking at the overall goal of the training session?
- Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)
- Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

- How did you do in achieving the goal of the training session?
- What did you do well?
- What could you do better?

|                                                                                                                                                                  |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                 |                   |                                               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-------------------|-----------------------------------------------|
|   | <b>GOAL:</b>          | Improve build up in the final third of the field                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                 |                   | <b>AGE GROUP</b>                              |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> | Pass or Dribble Forward, shoot, create passing options                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                 |                   | <b>8U</b>                                     |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  | Take initiative, read & understand the game                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                 |                   |                                               |
|                                                                                                                                                                  | <b>MOMENT</b>         | Attacking                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>DURATION</b> | <b>60 Minutes</b> | <b>4v4</b>                                    |
| <b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>                                                                                                         |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                 |                   | <b>18 Min.-Play multiple 3-4 minute games</b> |
|                                                                                  |                       | <p><b>Objective:</b> to pass or dribble past an opponent then score goals</p> <p><b>Organization:</b> On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start &amp; 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><b>Key Words:</b> go to goal, score goals</p> <p><b>Guided Questions:</b> Are the players engaged? Are all the players getting challenged?</p> <p><b>Answers:</b> have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                   |                                               |
| <b>PRACTICE (Core Activity): Groups of 2 vs The Defenders</b>                                                                                                    |                       | <b>18 Minutes-9 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                   |                                               |
|                                                                                 |                       | <p><b>Organization:</b> In a 20Wx30L yard grid and 3 goals on each end line, coach will select 2-3 players to defend. All other players have a partner and a soccer ball to share. The teams with a ball can dribble or pass past the defenders and score in any of the 3 goals on one end line. Once they have scored, they get any soccer ball from off the field or out of the goal and try to score on any of the 3 goals on the other side. How many goals can they score in 1 minute? If a defender steals their soccer ball and can play it off the field, the players who lost their ball lose all their points and have to start scoring again. <b>Rules:</b> Players can dribble, pass or shoot past the defenders. Rotate defenders after each round.</p> <p><b>Key Words:</b> move with your teammate, help your teammate score</p> <p><b>Guided Questions:</b> How can the 2 players with a ball beat any 1 defender? What can you do if the defender doesn't follow you?</p> <p><b>Answers:</b> Try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to goal and score.</p> <p><b>Notes:</b> Use cones for goals if needed. Adjust the number of defenders to make the game more or less challenging. Coaches can be defenders if needed.</p> |                 |                   |                                               |
| <b>PRACTICE (Less Challenging): Groups of 2 vs The Defenders to End Lines</b>                                                                                    |                       | <b>18 Minutes-9 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                   |                                               |
|                                                                                |                       | <p><b>Organization:</b> In a 20Wx30L yard grid play groups of 2 vs the coaches to the end lines; coaches are the defenders. All other players have a partner and a soccer ball to share. The teams with a ball can dribble or pass past the defenders and score by stopping their ball on or slightly across the end line. Once they have scored, they get any soccer ball from off the field and try to on the opposite end line. How many goals can they score in 1 minute? If a defender/coach steals their soccer ball and can play it off the field, the players who lost their ball lose all their points and have to start scoring again. <b>Rules:</b> Players can dribble or pass past the defenders to get to the end line.</p> <p><b>Key Words:</b> move with your teammate, help your teammate score</p> <p><b>Guided Questions:</b> How can the 2 players with a ball beat any 1 defender? What can you do if the defender doesn't follow you?</p> <p><b>Answers:</b> Try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to goal and score.</p> <p><b>Notes:</b> Use the players as defenders once they have had some success at scoring. Adjust the number of defenders to make the game more or less challenging.</p>                      |                 |                   |                                               |
| <b>PRACTICE (More Challenging): 3V2 to Three Goals</b>                                                                                                           |                       | <b>18 Minutes-9 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |                   |                                               |
|                                                                                |                       | <p><b>Organization:</b> In a 20Wx30L yard grid and 3 goals on each end line, play a 3v2 game. The team of 3 starts with the ball has to dribble, pass or shoot past the defenders and into any of their 3 goals. Once they have scored, they get any soccer ball from off the field and try to score on any of the 3 goals at the same end of the field (make it, take it). How many goals can they score in 1 minute? If a defender steals their soccer ball and can play it off the field, the players who lost their ball lose all their points and have to start scoring again. <b>Rules:</b> Players can dribble, pass or shoot past the defenders. Rotate defenders after each round.</p> <p><b>Key Words:</b> move with your teammate, help your teammate score</p> <p><b>Guided Questions:</b> How can the 2 players with a ball beat any 1 defender? What can you do if the defender doesn't follow you?</p> <p><b>Answers:</b> Try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to goal and score.</p> <p><b>Notes:</b> Use cones for goals if needed. Adjust the number of defenders to make the game more or less challenging.</p>                                                                                                          |                 |                   |                                               |

| 2 <sup>nd</sup> . PLAY PHASE: The Game – 4v4 (no Goal Keepers):                  | 24 Minutes-2 intervals-10 min. play-2 min. rest                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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|  | <p><b>Objective:</b> to pass or dribble past an opponent then score goals</p> <p><b>Organization:</b> In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. 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.</p> <p><b>Key Words:</b> turn, get the ball, score goals</p> <p><b>Guided Questions:</b> Who should determine whether to dribble pass or shoot? What are successful practice indicators?</p> <p><b>Answers:</b> The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.</p> |

### 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?)

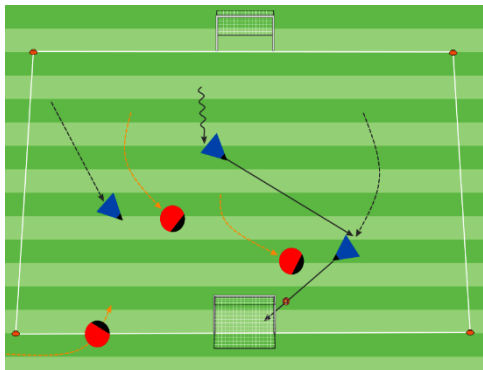
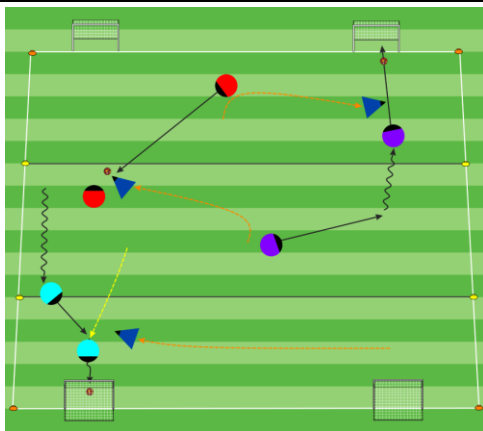
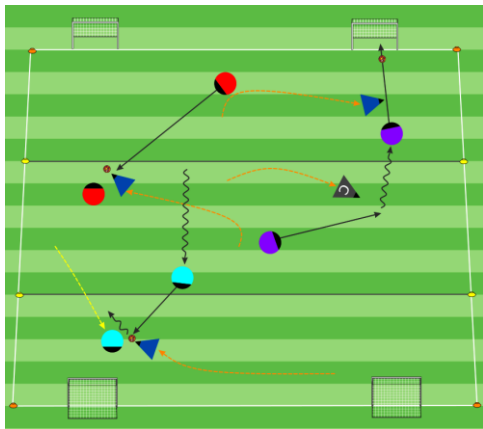
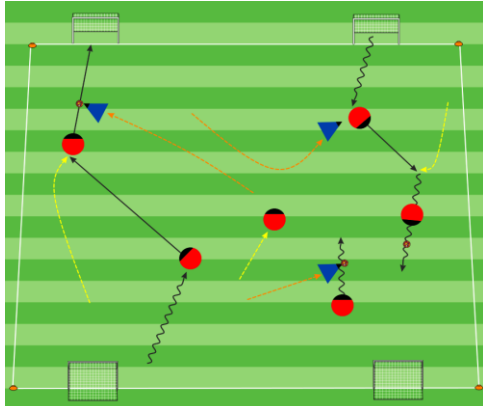
5. **Coaching:** Is there coaching based on the age and level of the players?

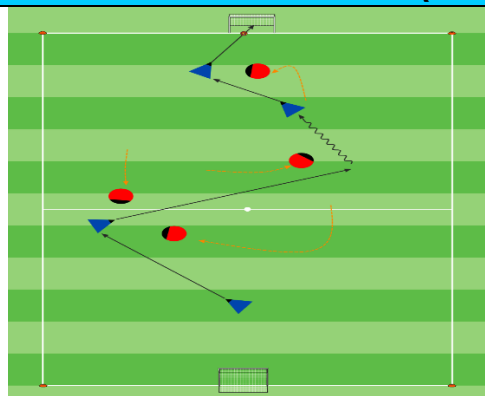
### Training Session Self-Reflection Questions

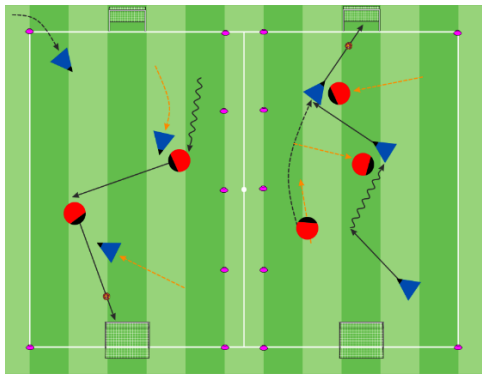
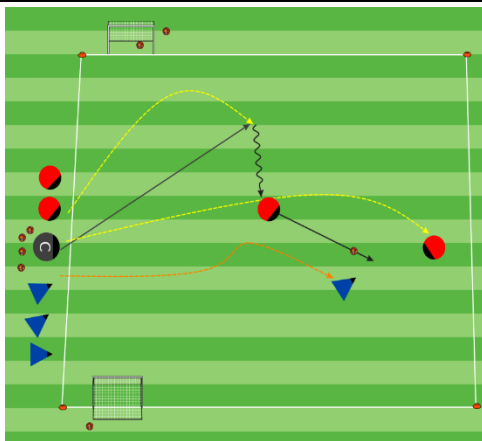
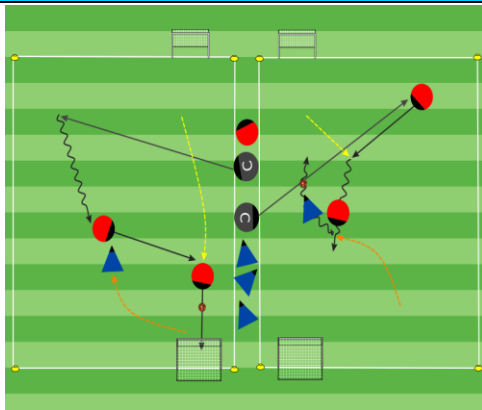
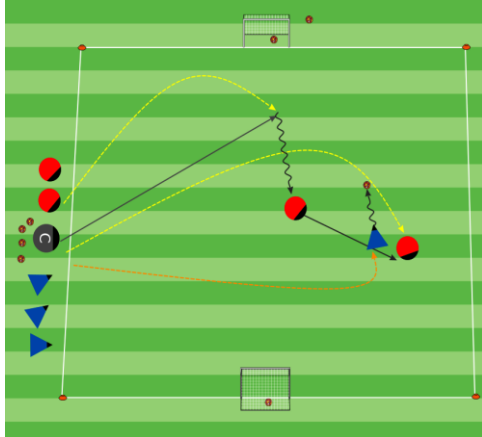
1. How did you do in achieving the goal of the training session?

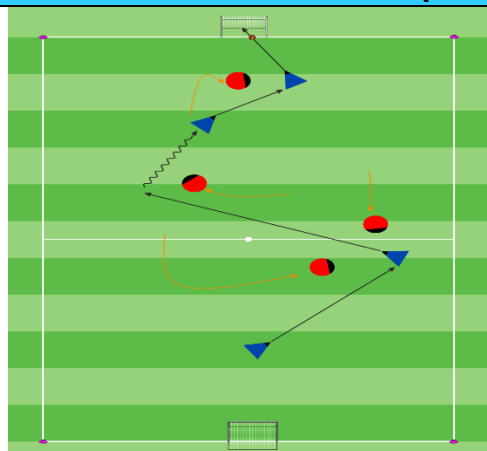
2. What did you do well?

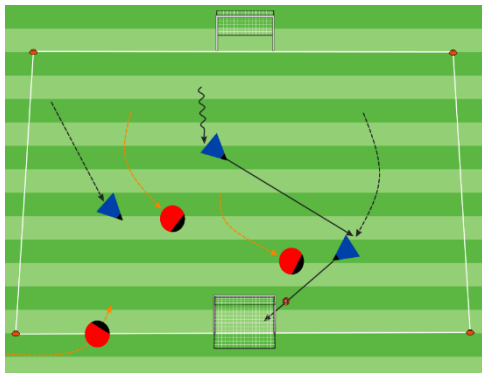
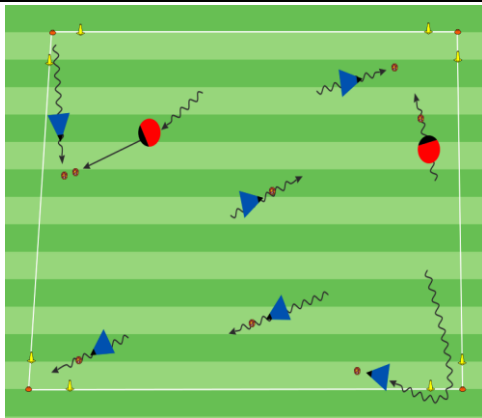
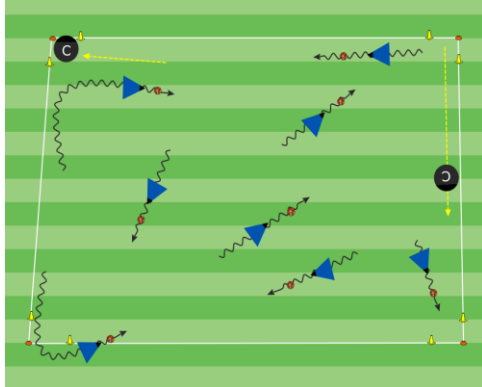
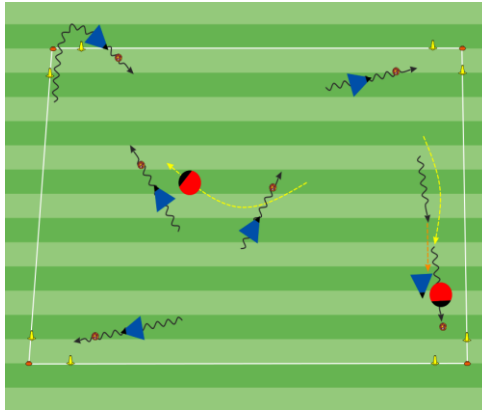
3. What could you do better?

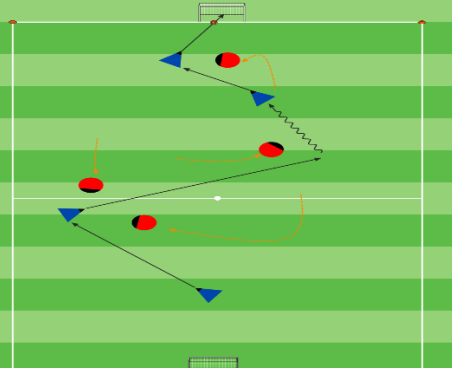
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|   | <b>GOAL:</b>          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Prevent build up in the middle 1/3 of the field |                                               | <b>AGE GROUP</b><br><br><b>8U</b> |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Pressure, steal the ball, protect your goal     |                                               |                                   |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Take initiative, read & understand the game     |                                               |                                   |
|                                                                                                                                                                  | <b>MOMENT</b>         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Defending                                       | <b>DURATION</b>                               | <b>60 Minutes</b>                 |
| <b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>                                                                                                         |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                 | <b>18 Min.-Play multiple 3-4 minute games</b> |                                   |
|                                                                                  |                       | <p><b>Objective:</b> to deny the opponent's ability to create scoring chances or scoring goals.</p> <p><b>Organization:</b> On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start &amp; 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><b>Key Words:</b> force the attacker away from the goal, get it, win the ball</p> <p><b>Guided Questions:</b> Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?</p> <p><b>Answers:</b> By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.</p>                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |                                               |                                   |
| <b>PRACTICE (Core Activity): 2v1+1+1 – Defend Each Zone</b>                                                                                                      |                       | <b>18 Minutes-9 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                 |                                               |                                   |
|                                                                                 |                       | <p><b>Organization:</b> In a 20Wx30L yard grid divided into 3rds &amp; 2 goals on each end line. Coach will select 1 player to defend each 3<sup>rd</sup> of the field. Each defender must remain in their zone (3<sup>rd</sup>). The rest of the players will have a partner and a soccer ball to share. The attackers try to dribble, pass and shoot to beat the defender and score in either goal at 1 end. Once they have scored, they get their ball and try to score in the other end. If they miss the goal or a defender in any 3<sup>rd</sup> steals their ball, they must start scoring over again. The defenders can count how many soccer balls they can steal in 1 minute. <b>Rules:</b> defenders cannot leave their zone. Attackers lose their points even if a defender only touches their soccer ball.</p> <p><b>Key Words:</b> force the attacker away from the goal, get it, win the ball</p> <p><b>Guided Questions:</b> Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?</p> <p><b>Answers:</b> By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.</p> <p><b>Notes:</b> Coaches can use cones for goals if goals are not available.</p>    |                                                 |                                               |                                   |
| <b>PRACTICE (Less Challenging): 2v1 (or more) – Defend Each Zone</b>                                                                                             |                       | <b>18 Minutes-9 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                 |                                               |                                   |
|                                                                                |                       | <p><b>Organization:</b> In a 20Wx30L yard grid divided into 3rds &amp; 2 goals on each end line. Coach will select 1 player to defend each 3<sup>rd</sup> of the field. One or more of the zones can have a 2<sup>nd</sup> defender. The rest of the players will have a partner and a soccer ball to share. The attackers try to dribble, pass and shoot to beat the defender and score in either goal at 1 end. Once they have scored, they get their ball and try to score in the other end. If they miss the goal or a defender in any 3<sup>rd</sup> steals their ball, they must start scoring over again. The defenders can count how many soccer balls they can steal in 1 minute. <b>Rules:</b> defenders cannot leave their zone. Attackers lose their points even if a defender only touches their soccer ball.</p> <p><b>Key Words:</b> force the attacker away from the goal, get it, win the ball</p> <p><b>Guided Questions:</b> Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?</p> <p><b>Answers:</b> By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.</p> <p><b>Notes:</b> Coaches can use cones for goals if goals are not available.</p> |                                                 |                                               |                                   |
| <b>PRACTICE (More Challenging): Multiple Teams of 2v3 Defenders to Goal</b>                                                                                      |                       | <b>18 Minutes-9 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                 |                                               |                                   |
|                                                                                |                       | <p><b>Organization:</b> In a 20Wx30L yard grid &amp; 2 goals on each end line. Coach will select 3 player to defend. The rest of the players will have a partner and a soccer ball to share. The attackers try to dribble, pass and shoot to beat the defender and score in either goal at 1 end. Once they have scored, they get their ball and try to score in the other end. If they miss the goal or a defender in steals their ball, they must start scoring over again. The defenders can count how many soccer balls they can steal in 1 minute. <b>Rules:</b> Attackers lose their points even if a defender only touches their soccer ball.</p> <p><b>Key Words:</b> force the attacker away from the goal, get it, win the ball</p> <p><b>Guided Questions:</b> Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?</p> <p><b>Answers:</b> By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.</p> <p><b>Notes:</b> Coaches can use cones for goals if goals are not available.</p>                                                                                                                                                                       |                                                 |                                               |                                   |

**2<sup>nd</sup>. PLAY PHASE: The Game – 4v4 (no Goal Keepers):****24 Minutes-2 intervals-10 min. play-2 min. rest****Objective:** to deny the opponent's ability to create scoring chances or scoring goals.**Organization:** In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 11 minutes with a 2 minute rest between intervals. 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:** force the attacker away from the goal, get it, win the ball**Guided Questions:** Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?**Answers:** By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.**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?**

|                                                                                                                                                                  |                       |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                 |                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|-----------------------------------|
|   | <b>GOAL:</b>          |  | Prevent the opponents from scoring                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                 | <b>AGE GROUP</b><br><br><b>8U</b> |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> |  | Protect the goal, steal the ball                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                 |                                   |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  |  | Read & understand the game, focus                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                 |                                   |
|                                                                                                                                                                  | <b>MOMENT</b>         |  | Defending                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>DURATION</b> | <b>60 Minutes</b>                 |
| <b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>                                                                                                         |                       |  | <b>18 Min.-Play multiple 3-4 minute games</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                 |                                   |
|                                                                                  |                       |  | <p><b>Objective:</b> to deny the opponent's ability to create scoring chances or scoring goals.</p> <p><b>Organization:</b> On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start &amp; 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><b>Key Words:</b> block your goal, force the ball away from your goal</p> <p><b>Guided Questions:</b> Where can you go to block the goal? What should you do if your teammate is blocking the goal and you are far away from the ball?</p> <p><b>Answers:</b> try to position your body between the ball and the goal. Move closer to the ball so it is even harder for the attacker to pass or shoot.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                 |                                   |
| <b>PRACTICE (Core Activity): 2v1 to Side Goals (Reloading Game)</b>                                                                                              |                       |  | <b>18 Minutes-18 intervals-30 sec. play-30 sec. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                 |                                   |
|                                                                                 |                       |  | <p><b>Organization:</b> In a 20Wx30L yard grid &amp; a goal on each end line close to the corner. The coach starts with all the soccer balls on in the center of 1 of the sidelines. Divide the group into 2 teams; 1 starts on the coaches right and the other on the left. Each team will have 1 goal to score in and 1 goal to defend. The coach will play a ball onto the field. If the coach plays a ball to the right side of the field, the team on the coach's right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent's goal. <b>Rules:</b> Play starts when the coach plays a ball onto the field. Once a goal is scored or the ball leaves the field, all players off the field &amp; a new ball is played for the next players to play.</p> <p><b>Key Words:</b> block your goal, force the ball away from your goal</p> <p><b>Guided Questions:</b> Where can you go to block the goal? What should you do if your teammate is blocking the goal and you are far away from the ball?</p> <p><b>Answers:</b> try to position your body between the ball and the goal. Move closer to the ball so it is even harder for the attacker to pass or shoot.</p> <p><b>Notes:</b> Coaches can use cones for goals if goals are not available. Add points as needed to increase the competition. For example, all goals are worth 1000 points.</p>      |                 |                                   |
| <b>PRACTICE (Less Challenging): 2v1 to Side Goals (players enter field first)</b>                                                                                |                       |  | <b>18 Minutes-9 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                 |                                   |
|                                                                                |                       |  | <p><b>Organization:</b> Same set up as the Core Activity except, after dividing the team into 2 groups, the coach will appoint 2 players from 1 team and 1 from the other to enter the field. Each team will still have 1 goal to score in and 1 to defend. Once the players have entered the field, the coach will play a ball onto the field. <b>Rules:</b> Play starts when the coach plays a ball onto the field. The game lasts for 1 minute. After 1 minute, all players off the field &amp; the coach appoints new players to play the next game.</p> <p><b>Key Words:</b> block your goal, force the ball away from your goal</p> <p><b>Guided Questions:</b> Where can you go to block the goal? What should you do if your teammate is blocking the goal and you are far away from the ball?</p> <p><b>Answers:</b> try to position your body between the ball and the goal. Move closer to the ball so it is even harder for the attacker to pass or shoot.</p> <p><b>Notes:</b> Coaches can use cones for goals if goals are not available. Add points as needed to increase the competition. For example, all goals are worth 1000 points.</p>                                                                                                                                                                                                                                              |                 |                                   |
| <b>PRACTICE (More Challenging): 2V1 to Goal</b>                                                                                                                  |                       |  | <b>18 Minutes-18 intervals-30 sec. play-30 sec. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                 |                                   |
|                                                                                |                       |  | <p><b>Organization:</b> In a 20Wx30L yard grid &amp; a goal in the middle of each end line. The coach starts with all the soccer balls on in the center of 1 of the sidelines. Divide the group into 2 teams; 1 starts on the coaches right and the other on the left. Each team will have 1 goal to score in and 1 goal to defend. The coach will play a ball onto the field. If the coach plays a ball to the right side of the field, the team on the coach's right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent's goal. <b>Rules:</b> Play starts when the coach plays a ball onto the field. Once a goal is scored or the ball leaves the field, all players off the field &amp; a new ball is played for the next players to play.</p> <p><b>Key Words:</b> block your goal, force the ball away from your goal</p> <p><b>Guided Questions:</b> Where can you go to block the goal? What should you do if your teammate is blocking the goal and you are far away from the ball?</p> <p><b>Answers:</b> try to position your body between the ball and the goal. Move closer to the ball so it is even harder for the attacker to pass or shoot.</p> <p><b>Notes:</b> by moving the goal into the center, the defender will have to move further onto the field to defend it. Add a player to the team of 1 to make it a 2v2 game if needed.</p> |                 |                                   |

**2<sup>nd</sup>. PLAY PHASE: The Game – 4v4 (no Goal Keepers):****24 Minutes-2 intervals-10 min. play-2 min. rest****Objective:** to deny the opponent's ability to create scoring chances or scoring goals.**Organization:** In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 11 minutes with a 2 minute rest between intervals. 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:** block your goal, force the ball away from your goal**Guided Questions:** Where can you go to block the goal? What should you do if your teammate is blocking the goal and you are far away from the ball?**Answers:** try to position your body between the ball and the goal. Move closer to the ball so it is even harder for the attacker to pass or shoot.**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?**

|                                                                                                                                                                  |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                            |                                               |                   |            |
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|   | <b>GOAL:</b>          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Build Up in the Attacking Half                             |                                               | <b>AGE GROUP</b>  |            |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Shoot, Pass or Dribble Forward, Create Passing Options     |                                               |                   | <b>8U</b>  |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Read & understand the game, take initiative, be pro-active |                                               |                   |            |
|                                                                                                                                                                  | <b>MOMENT</b>         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Attacking                                                  | <b>DURATION</b>                               | <b>60 Minutes</b> | <b>4v4</b> |
| <b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>                                                                                                         |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                            | <b>18 Min.-Play multiple 3-4 minute games</b> |                   |            |
|                                                                                  |                       | <p><b>Objective:</b> to dribble your ball to goal while protecting it from opponents</p> <p><b>Organization:</b> On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start &amp; 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><b>Key Words:</b> go to goal, score goals</p> <p><b>Guided Questions:</b> Are the players engaged? Are all the players getting challenged?</p> <p><b>Answers:</b> have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).</p>                                                                                                                                                                                                                                                                                                                                                                                           |                                                            |                                               |                   |            |
| <b>PRACTICE (Core Activity): Wreck it Ralph</b>                                                                                                                  |                       | <b>18 Minutes-9 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                            |                                               |                   |            |
|                                                                                 |                       | <p><b>Organization:</b> In a 15Wx20L grid, with a cone goal in every corner &amp; every player with a soccer ball. All but 2 players are trying to dribble their soccer ball into as many goals as possible. 2 players do not try to score but try to WRECK the goal scorer's points. If a Wreck It Ralph hits a goal scorer's ball with their own, they demolish all the points and the goal scorer has to start scoring over again.</p> <p><b>Rules:</b> Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals.</p> <p><b>Key Words:</b> Go forward, dribble to goal, protect your ball</p> <p><b>Guided Question:</b> What do you do to protect your ball? Where do you have to point your toe if you want your laces to kick the ball?</p> <p><b>Answers:</b> Put your body in the way to block it from the opponents (hide it/shielding). Point your toe to the ground and push the ball in front with your laces.</p> <p><b>Notes:</b> Rotate the area of the field the ball is served into to change the starting points of the attacks. You can also serve a ball closer to a player who has not had many opportunities to play the ball.</p> |                                                            |                                               |                   |            |
| <b>PRACTICE (Less Challenging): Find The Open Goal</b>                                                                                                           |                       | <b>18 Minutes-9 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                            |                                               |                   |            |
|                                                                                |                       | <p><b>Organization:</b> In a 15Wx20L grid, with a cone goal in every corner &amp; every player with a soccer ball. Players will try to dribble their soccer ball into as many goals as possible in 1 minute. The coaches will randomly walk from goal to goal. If a coach is standing in a goal, that goal is closed until the coach leaves. Players cannot score in a goal that is closed. <b>Rules:</b> Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals that are open.</p> <p><b>Key Words:</b> Go forward, dribble to goal</p> <p><b>Guided Question:</b> How do you know which goal is open? Where do you have to point your toe if you want your laces to kick the ball?</p> <p><b>Answers:</b> Pick your head up to look around. Point your toe to the ground and push the ball in front with your laces.</p> <p><b>Notes:</b> Coaches can move a little faster than a walk to provide a greater challenge for some of the players.</p>                                                                                                                                                                                                   |                                                            |                                               |                   |            |
| <b>PRACTICE (More Challenging): Soccer Combat</b>                                                                                                                |                       | <b>18 Minutes-9 intervals-1 min. play-1 min. rest</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                            |                                               |                   |            |
|                                                                                |                       | <p><b>Organization:</b> In a 15Wx20L grid, with a cone goal in every corner &amp; all but 2 players with a soccer ball. The players with a soccer ball will try to score as many goals as possible in 1 minute. The players without a soccer ball are trying to steal any ball they can and start scoring for themselves. If your soccer ball is stolen, you can either steal your ball back or steal a ball from another player.</p> <p><b>Rules:</b> Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals that are open. You must have a soccer ball in order to score.</p> <p><b>Key Words:</b> Go forward, dribble to goal</p> <p><b>Guided Question:</b> What can you do to protect your soccer ball? Where do you go if you see a goal is blocked by a defender?</p> <p><b>Answers:</b> Either put your body between your ball and the defender or dribble fast to a goal. Turn away and attack an open goal.</p> <p><b>Notes:</b> Coaches can start as defenders if needed but should switch over to players within the first few rounds.</p>                                                                                                 |                                                            |                                               |                   |            |

| 2 <sup>nd</sup> . PLAY PHASE: The Game – 4v4 (no Goal Keepers):                  | 26 Minutes-2 intervals-11 min. play-2 min. rest                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>Objective:</b> to dribble your ball to goal while protecting it from opponents</p> <p><b>Organization:</b> In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 11 minutes with a 2 minute rest between intervals. 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.</p> <p><b>Key Words:</b> turn, get the ball, score goals</p> <p><b>Guided Questions:</b> Who should determine whether to dribble pass or shoot? What are successful practice indicators?</p> <p><b>Answers:</b> The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.</p> |

### Five Elements of a Training Activity

- Organized:** Is the activity organized in the right way?
- Game-like:** Is the activity game-like?
- Repetition:** Is there repetition, when looking at the overall goal of the training session?
- Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)
- Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

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

- What did you do well?

- What could you do better?