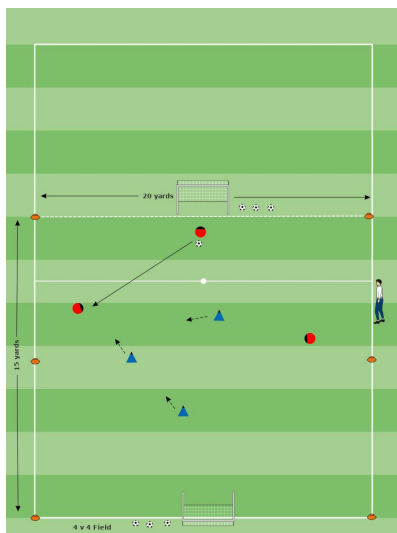


Play/Practice/Play Session: Week 1 (3v3)
OBJECTIVE: Balance, Coordination, Ball Mastery
TEAM TACTICAL PRINCIPLES:
KEY QUALITIES:

Amy Feigl
 AGE: U5 / U5 / 8 players
 TEAM FUNCTION:
 DURATION: 60 min



1st Play Phase: Intentional Free Play (3v3)

OBJECTIVE: Goal: Prevent opponent from scoring Player Actions: Defend, attack, win the ball, lose the ball Key Qualities: Decision making, reading the game, initiative, focus

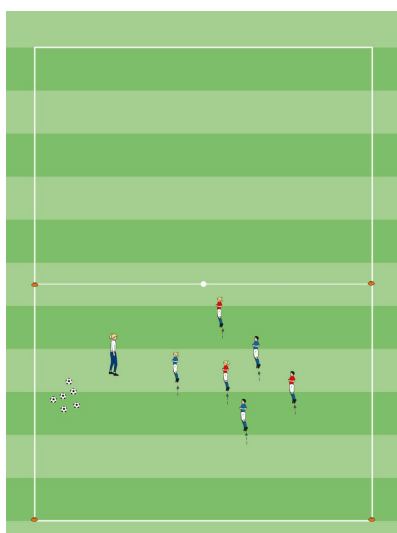
ORGANIZATION: ORGANIZATION: Mark out a 15 x 20-yard field. Place goals on each end-line. Divide players into two teams of three. Teams play 3 v 3. Play for 10 minutes with two breaks. Play 1v1 as players arrive and then increase numbers. Don't wait for all six players to arrive to start the free play.

KEY WORDS: GUIDED QUESTIONS: 1) Take a look at the goals. What do you notice? 2) How can you keep the opponent from scoring on them even though they are big? ANSWERS: 1) The goals are big. 2) We have to drop back as a group, block the path to the goal and keep them from shooting. NOTES: First break: Coach asks questions, players continue playing to

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): I Can Do Something, Can You?

OBJECTIVE: Theme: Play/Practice/Play Goal: Improve dribbling, balance, coordination, and listening skills Player Actions: Balance, coordination, using large surfaces to dribble (inside, outside, laces, sole) Key Qualities: Listening and following direction, decision making within small areas of dribbling, focus

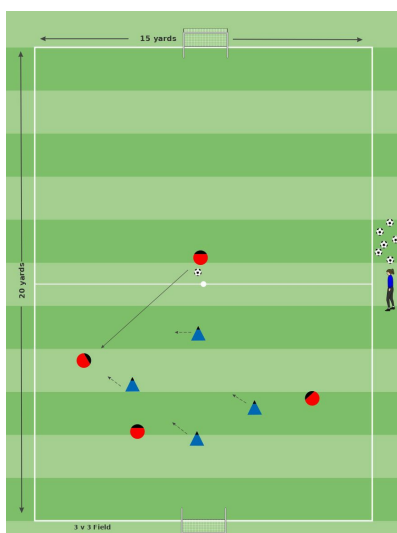
ORGANIZATION: This is fun game to get into your 1st practice phase of practice. Bring the kids in and tell them what game you are playing. Tell them all they need to do is to follow you around your practice area and mimic what you do! Start with jogging, then move to funny animal actions, then move to sitting or hopping, or standing on one leg or anything

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES: Practice (Less Challenging): Don't use soccer balls but instead just have the players run around and grab cones, pinnies, and do balance and coordination commands like hopping on one foot or balancing on a line. Practice (More Challenging): Add a "shark" or coach to tag the players as they follow instructions, or reduce the size of the grid, or



2nd Play Phase: The Game (3v3)

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: ORGANIZATION: Mark out a regular 3 v 3 field (25 x 15 yards) with two mini goals. Divide players into two teams of three. Teams play 3 v 3. Play using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes

KEY WORDS: GUIDED QUESTIONS: 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting? 3) And what if they manage to get in front of the goal anyway? ANSWERS: 1) In the middle. 2) The path to the middle. 3) Then we have to attack them and make sure they can't shoot.

GUIDED QUESTIONS:

ANSWERS:

NOTES:

Play/Practice/Play Session: Week 1 (3v3)
OBJECTIVE: Balance, Coordination, Ball Mastery
TEAM TACTICAL PRINCIPLES:
KEY QUALITIES:

Amy Feigl
AGE: U5 / U5 / 8 players
TEAM FUNCTION:
DURATION: 60 min

Five Elements of a Training Activity

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

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?