

Play/Practice/Play Session: Week 12 (3v3)

OBJECTIVE: Balance, Coordination, Ball Mastery, Dribbling in Different Directions

TEAM TACTICAL PRINCIPLES:

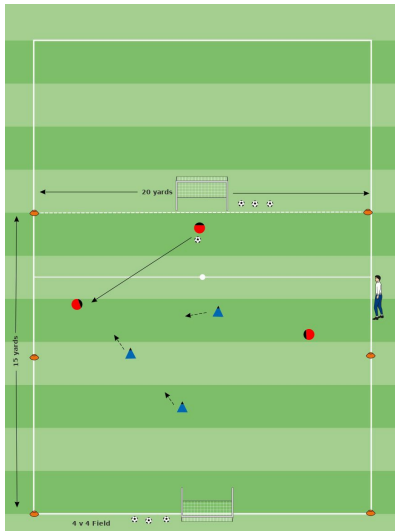
KEY QUALITIES:

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): Around the Cones

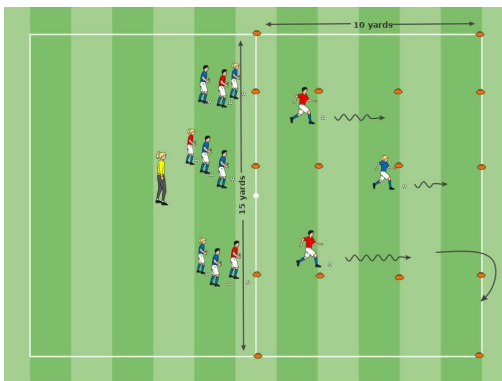
OBJECTIVE: Dribbling, Turning with ball, Running with ball, Focus

ORGANIZATION: Set up the relay by laying out disc cones in front of each relay team at the following distances: 0 yards (the starting line), 5 yards, 10 yards and 15 yards. When the relay is started, the first player from each relay dribbles around the 5-yard cone. When they return the second player goes, then third, etc. Next have the first player go to the 10 yard KEY WORDS: Practice (Less Challenging): don't use the balls at first but just have the players run around the cones Practice (More Challenging): have the players practice an appropriate turn when going around the cones (inside of foot, outside of foot, pull back)

GUIDED QUESTIONS:

ANSWERS:

NOTES: Relays are a very simple game to use to train dribbling at speed. The competitive nature of relays always means players will give a good effort. Around the Cones is a very simple relay with easy setup and few rules to learn. Relay teams should have three or four players so that players get two or three parts rest to every part of work (2:1 or 3:1 rest:work



2nd Play Phase: The Game (3v3)

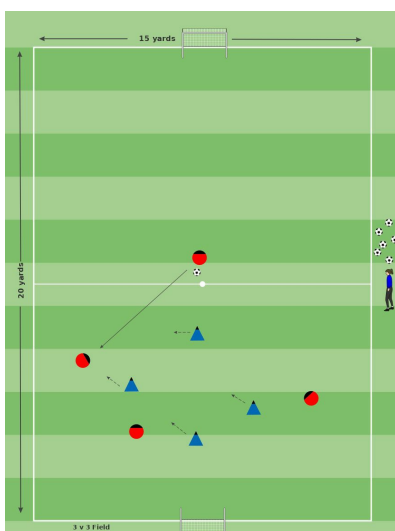
OBJECTIVE: To prevent the opponent from scoring.

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 not shoot.

GUIDED QUESTIONS:

ANSWERS:

NOTES:



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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?