

## Play/Practice/Play Session: Week 14 (3v3)

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

TEAM TACTICAL PRINCIPLES:

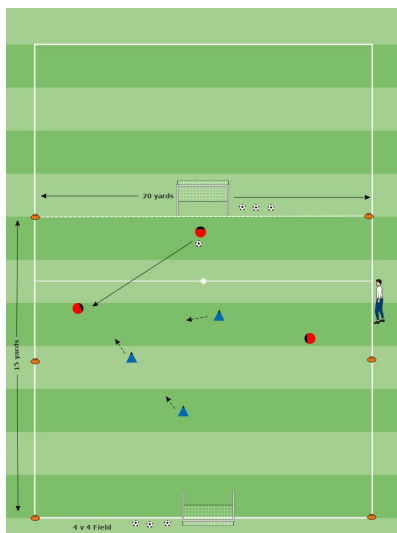
KEY QUALITIES:

Amy Feigl

AGE: U5 / U5 / 8 players

TEAM FUNCTION:

DURATION: 60 min



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

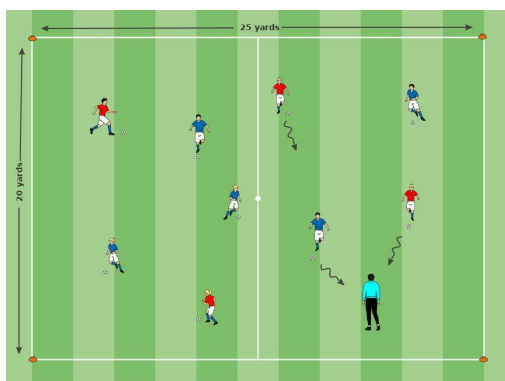
OBJECTIVE: Goal: Prevent opponent from scoring Player Actions: Defend, attack, win the ball, lose the ball Key Qualities: Decision making, reading the game, initiative, focus

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): Retriever

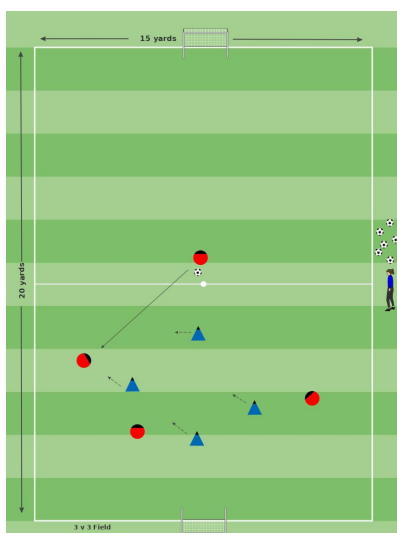
OBJECTIVE: Dribbling, Ball Control, Following Instructions, Running with ball, Turning

ORGANIZATION: There is no set up necessary for this game - simply select a dribbling move to be practiced. Players love this silly and fun game. It's also fun for you especially if you're a little tired of your players (just throw the ball further away!).

KEY WORDS: Practice (Less Challenging): instead of practicing a dribbling or turning move, you can practice speed dribbling by having each player dribble back their ball as fast as possible Practice (More Challenging): you can tell the players they have a certain number of touches before they have to be back to you with their soccer ball or have them perform a GUIDED QUESTIONS:

ANSWERS:

NOTES: Each of the players brings his/her ball to you. You throw it or kick it in any direction. The player chases after the ball, retrieves it, and dribbles it back. The player should do the selected move as many times as possible. After the ball is returned, you throw it or kick it away again. After several retrievals, pick a different move to be practiced.



### 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:

**Play/Practice/Play Session: Week 14 (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

**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?