

## Play/Practice/Play Session: Week 15 (3v3)

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

TEAM TACTICAL PRINCIPLES:

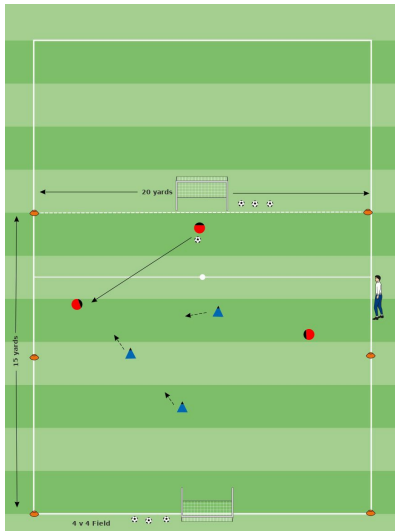
KEY QUALITIES:

Amy Feigl

AGE: U5 / U5 / 8 players

TEAM FUNCTION:

DURATION: 60 min



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

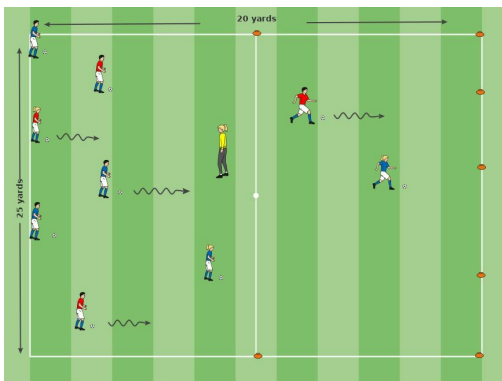
OBJECTIVE: Goal: Prevent opponent from scoring Player Actions: Defend, attack, win the ball, lose the ball Key Qualities: Decision making, reading the game, initiative, focus

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): Dog Catcher

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

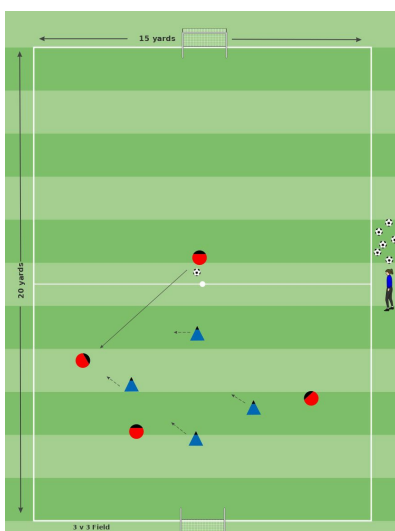
ORGANIZATION: In this game, the chaser (the dog) tries to run down and tag the dribbler (the rabbit) before the dribbler can reach the finish line. The dog can be the coach at first and then use some players. Set up a finish line with a cone or use your field end line.

KEY WORDS: Practice (Less Challenging): don't include a ball at first but just have the players run from end line to end line Practice (More Challenging): have the grid modified to be more narrow, or have more than one dog catcher at first, or specify what foot to dribble with

GUIDED QUESTIONS:

ANSWERS:

NOTES: Have the coach say "are you ready," then say "let me hear your loudest bark," then say "Go," and have them speed dribble to the other end without getting their ball stolen or kicked out by you. If kicked out they now become a dog catcher or just have them count how many times they get across the finish line since younger kids won't comprehend some



### 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 15 (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?