

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

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

TEAM TACTICAL PRINCIPLES:

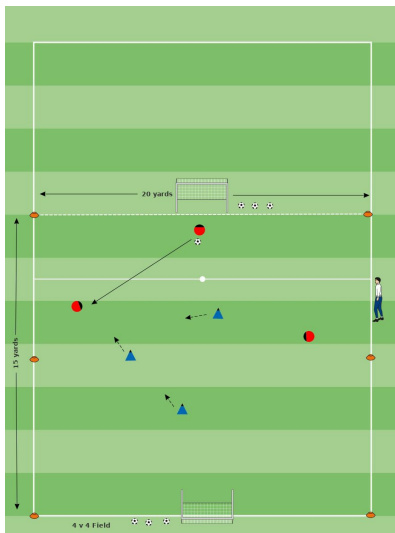
KEY QUALITIES:

Amy Feigl

AGE: U5 / U5 / 8 players

TEAM FUNCTION:

DURATION: 60 min



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

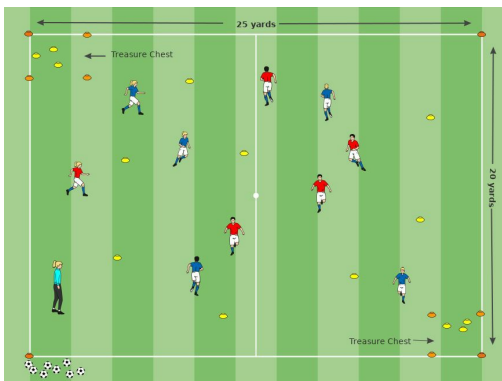
OBJECTIVE: Goal: Prevent opponent from scoring Player Actions: Defend, attack, win the ball, lose the ball Key Qualities: Decision making, reading the game, initiative, focus

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're 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): Treasure Hunt

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

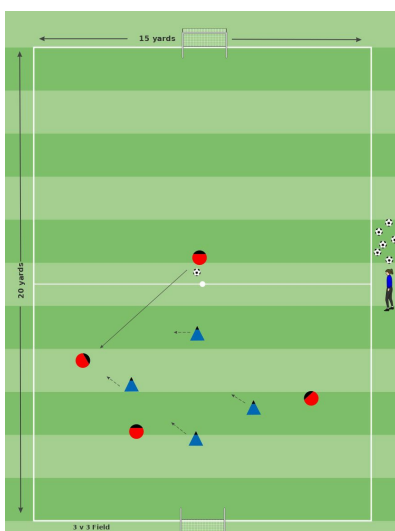
ORGANIZATION: For the first few rounds, do not have the players dribbling around with their soccer ball.

KEY WORDS: Practice (Less Challenging): don't use soccer balls and just have them pick up items as they run around. Practice (More Challenging): add in a defender or coach to tag the players as they dribble with a soccer ball trying to collect the treasures, or modify the grid size, or add restrictions like only dribbling using the right or left foot.

GUIDED QUESTIONS:

ANSWERS:

NOTES: Take your cones, pinnies, soccer balls, shoes, water bottles or whatever you have got and go place around the field in 30 seconds or when the kids are getting water. You can split them into two groups and have them go get as many treasures as they can to bring back to their teams treasure chest or have them individually compete to see who can



#### 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:

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TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:

Amy Feigl

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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?