

Play/Practice/Play Session: Week 7 (3v3)

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

TEAM TACTICAL PRINCIPLES:

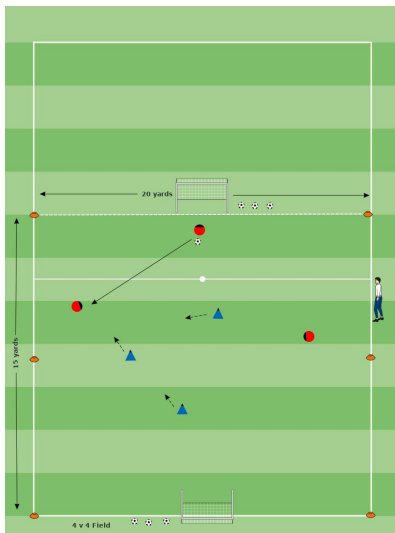
KEY QUALITIES:

Amy Feigl

AGE: U5 / U5 / 8 players

TEAM FUNCTION:

DURATION: 60 min



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

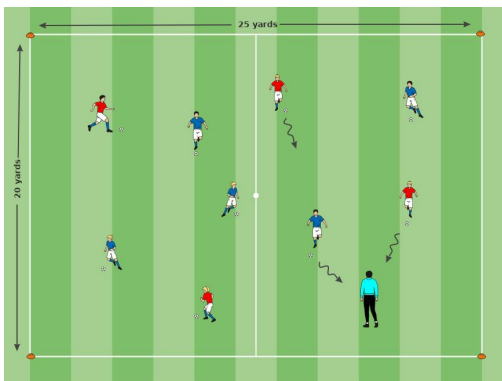
OBJECTIVE: Goal: Prevent opponent from scoring Player Actions: Defend, attack, win the ball, lose the ball Key Qualities: Decision making, reading the game, initiative, focus

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): Ball Master

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

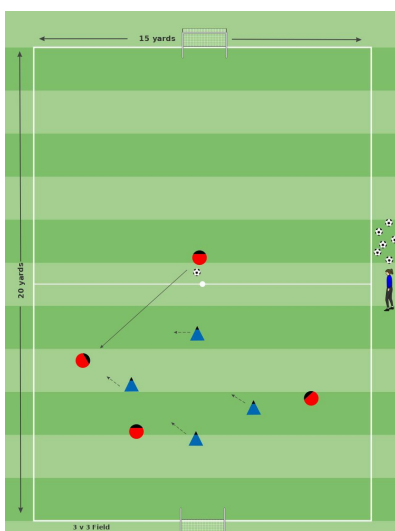
ORGANIZATION: Have all the players with one ball dribbling around in a coned off grid in all different directions around the coach. When the coach says "Go" the players bring the ball to you and you toss back out into the field for them to retrieve and bring back to you.

Practice (Less Challenging): have the players bring the ball back to you with their hands instead of feet. Practice (More Challenging): have the players perform a foot on top of ball as they arrive to give you their ball back, or specify what foot they have to dribble back with.

GUIDED QUESTIONS:

ANSWERS:

NOTES: Technical points: Arms out for balance when foot on ball. Dribble using their pinky toe or outside of foot - no toe dribbling. Keep the ball close to their body, so they can complete each task quickly.



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?