

Week 2: Attacking - Improving Build Up in Own Half (4v4)

OBJECTIVE: Additional activities to supplement improving build up in own half

TEAM TACTICAL PRINCIPLES:

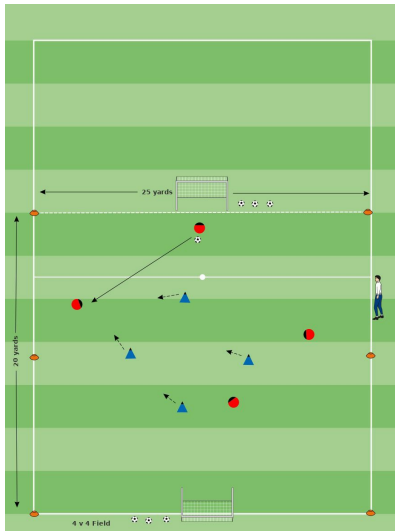
KEY QUALITIES:

Amy Feigl

AGE: U6 / U8 / 8 players

TEAM FUNCTION:

DURATION: 60 min



1st Play Phase: Intentional Free Play (4v4)

OBJECTIVE: Free play for kids

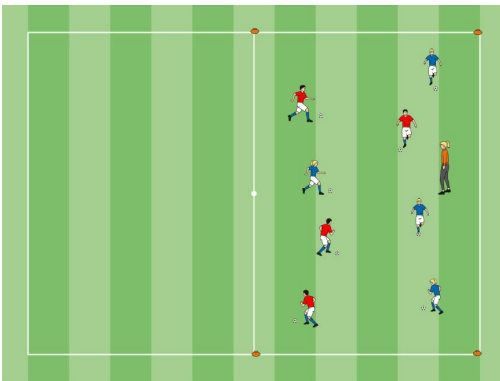
ORGANIZATION: Set up a small 4v4 grid with two small goals and start playing 1v1, 2v2, 3v3, etc. as the kids arrive and let them play uninterrupted but guided.

KEY WORDS: Let them play!

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Body Part Game

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

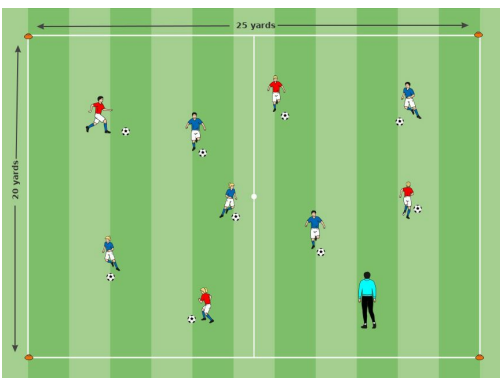
ORGANIZATION: Set up a large grid about 15x25 yards.

KEY WORDS: Practice (Less Challenging): don't include the ball in the activity at first but just have the player's mimic what you call out and have them use the body part on a line or just on the grass. Practice (More Challenging): call out the body parts a bit quicker, or have the kids dribble with just a specific foot, or modify the size of the grid and restrict players

GUIDED QUESTIONS:

ANSWERS:

NOTES: Have all the players dribble around you with their soccer ball. You call out a body part and that is the part of the body that has to be touching the ball. So if you say head, they put their head to the ball. Ask them who can do it the fastest. As soon as all the players have completed the body part touching the ball, have them continue to dribble and



Practice (Core Activity): Cars

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

ORGANIZATION: In this simple and fun game, players get to do their best car impersonations. Use your disc cones to mark an area approximately 20x25 yards.

KEY WORDS: Practice (Less Challenging): don't use a ball at first and just do the commands with running/jogging Practice (More Challenging): restrict dribbling to one or other foot

GUIDED QUESTIONS:

ANSWERS:

NOTES: Each player has to dribble around the marked area according to the following traffic conditions that you will call out: Green light - go (normal speed) Red light - stop Turbo - as fast as possible Reverse - dribble backwards Horn - sit on the ball Accident - try to hit another player (below the waist!) with the ball. Make sure the players are making

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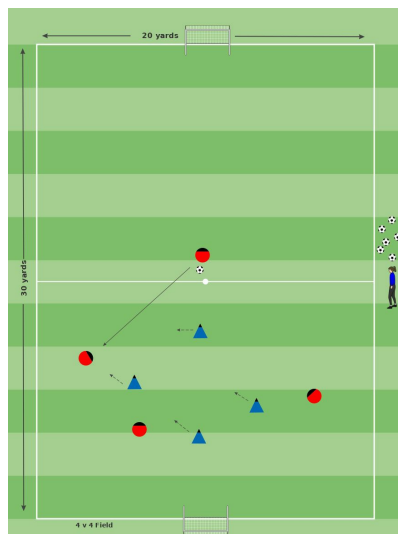
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DURATION: 60 min



2nd Play Phase: The Game (4v4)

OBJECTIVE: Let them play!

ORGANIZATION: Set up a small grid and play 4v4 with two goals for each side to attack.

KEY WORDS: Let them play!

GUIDED QUESTIONS:

ANSWERS:

NOTES:

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?