

Week 4: Defending - Preventing Build Up in Own Half (4v4)

OBJECTIVE: Prevent build up in own half

TEAM TACTICAL PRINCIPLES:

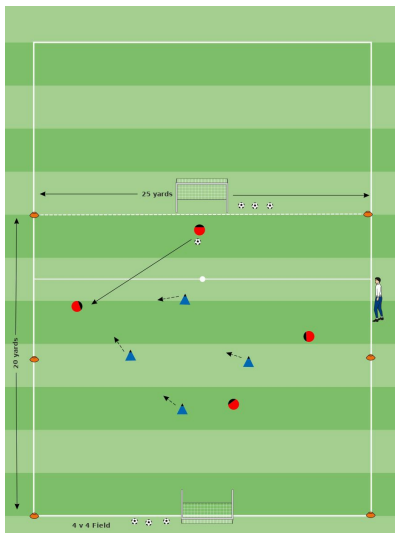
KEY QUALITIES:

Amy Feigl

AGE: U6 / U8 / 8 players

TEAM FUNCTION:

DURATION: 60 min



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

OBJECTIVE: Free play for kids

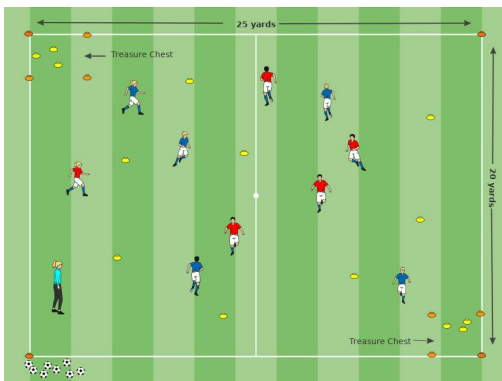
ORGANIZATION: Set up a small 4v4 grid with two small goals and start playing 1v1, 2v2, 3v3, etc. as the kids arrive and let them play uninterrupted but guided.

KEY WORDS: Let them play!

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Treasure Hunt

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

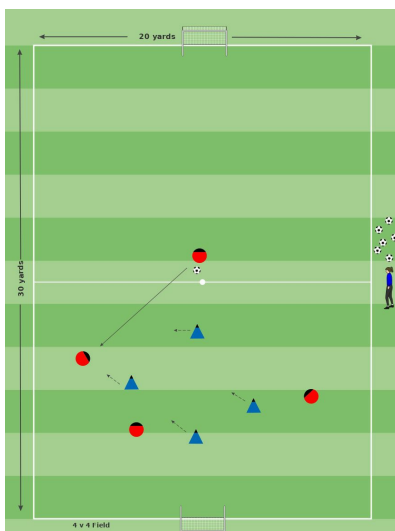
ORGANIZATION: For the first few rounds, do not have the players dribbling around with their soccer ball.

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 (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:

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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?