

Week 6: Attacking - Improving Build Up in Opponent's Half (4v4)

OBJECTIVE: Improving build up in opponent's half

TEAM TACTICAL PRINCIPLES:

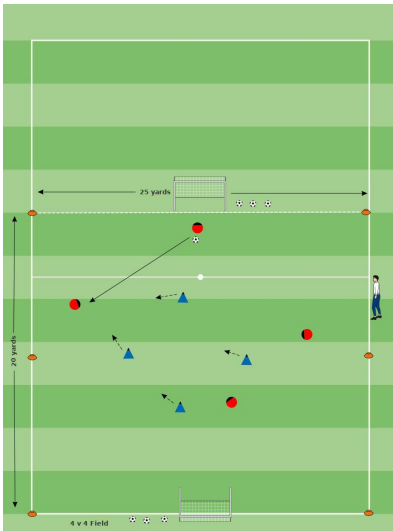
KEY QUALITIES:

Amy Feigl

AGE: U6 / U8 / 8 players

TEAM FUNCTION:

DURATION: 60 min



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

OBJECTIVE: Free play for kids

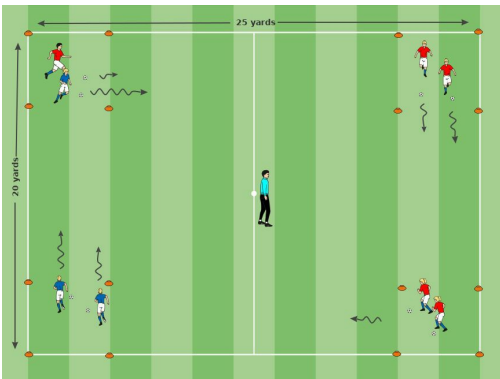
ORGANIZATION: Set up a small 4v4 grid with two small goals and start playing 1v1, 2v2, 3v3, etc. as the kids arrive and let them play uninterrupted but guided.

KEY WORDS: Let them play!

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): City Game

OBJECTIVE: Dribbling, Turning, Following Direction, Focus, Ball Control

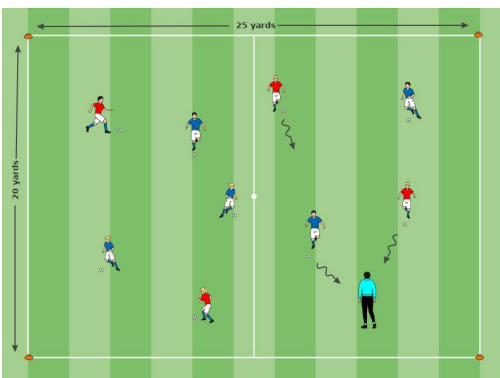
ORGANIZATION: Set up four cities in a square grid with each city being 10 yards apart. Use four cones (about three yards apart) to mark the corners of each city. Name the cities (or have the players name them) and divide the players among the cities. Have the players pick the city names. Some "cities" will have an interesting names like "Mexico" and "Japan"

KEY WORDS: Practice (Less Challenging): don't have players use their ball at first but just have them run around Practice (More Challenging): have half the players go clockwise and the other half go counter-clockwise, or place a fifth city in the middle that the players have to visit before completing one rotation, or place obstacles in the path between cities

GUIDED QUESTIONS:

ANSWERS:

NOTES: Agility Variants (No Balls) 1. When you say "Go!", each player must run in a counterclockwise direction around the grid passing through each city. When they return to their home city, they go down on one knee to show they have finished. First city with all of its residents back is the winner. 2. Game is the same except when you run from City A to



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.

Place some farther than others so you have time to throw out each ball that is brought to you. KEY WORDS: 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.

Week 6: Attacking - Improving Build Up in Opponent's Half (4v4)

OBJECTIVE: Improving build up in opponent's half

TEAM TACTICAL PRINCIPLES:

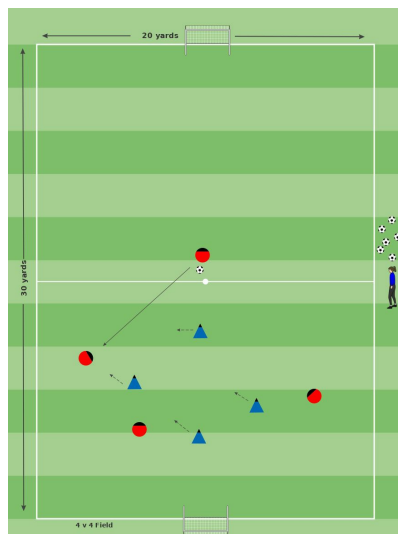
KEY QUALITIES:

Amy Feigl

AGE: U6 / U8 / 8 players

TEAM FUNCTION:

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?