

BYSA COACHES PRACTICE GUIDE



U-8 Division 2018-2019 Season

Produced by Baldwinsville Youth Soccer Association



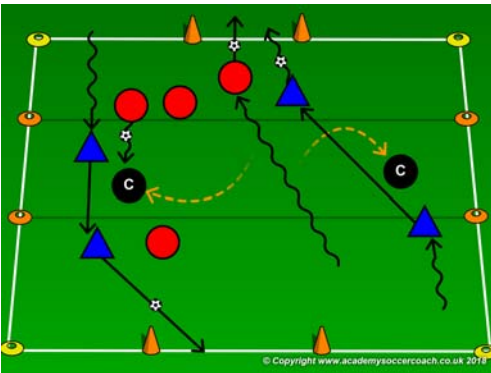
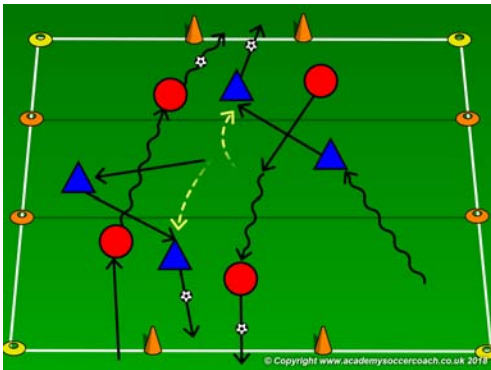
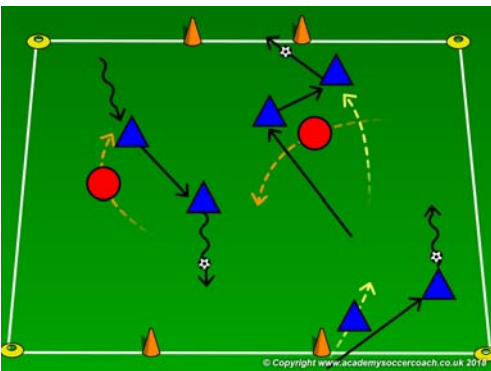
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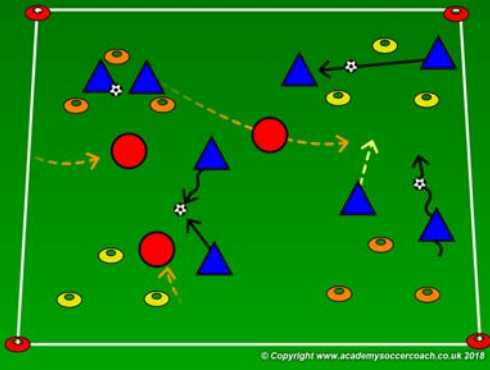

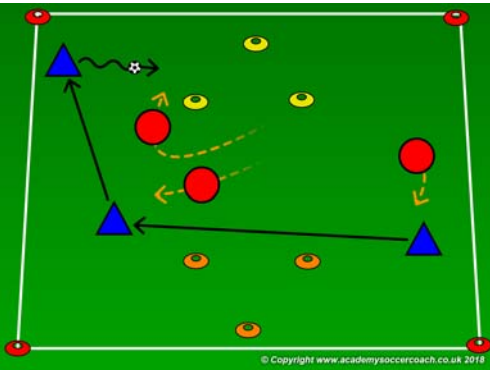
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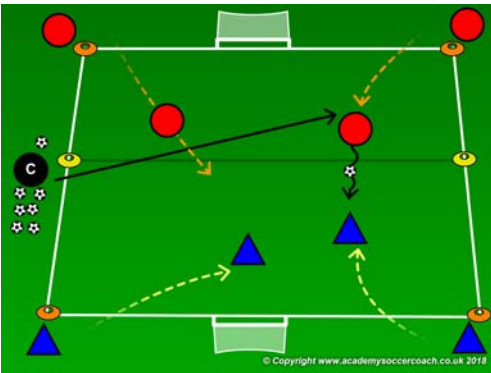
 	GOAL:	Build Up in the Defensive Half - Improve Passing forward				
	PLAYER ACTIONS	Pass or Dribble Forward, Spread Out, Create Passing Options				
	KEY QUALITIES	Take initiative, read & understand the game				
	AGE GROUP	U8/4v4	MOMENT	Attacking	DURATION	60 min.
1st PLAY PHASE	Intentional Free Play	Duration: 18 min.	Activity time: 4.5 min.	Rest time: 90 sec.	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description						
PRACTICE (Core Activity):		Duration: 18 min.	Activity time: 2 min.	Rest time: 1 min.	Intervals	6
		PAIRS BANDITS: In a 20W x 30L yard grid, a 6W x 3L yard box goal on each end line and all players are in pairs. Select 1 pair to be the bandits. Each pair needs 1 ball to share except for the bandits. The pairs with a ball will try to dribble & pass to either goal and pass to their teammate within the goal. After scoring in one end, play to the other. How many goals can you score in 2 minutes? The mission of the bandits is to steal the ball from the passing pairs and bring it to one of the two hideouts (goals). The passing pairs can take the ball back from the bandits before they get it all the way to the hideout. If the bandits succeeds in getting the ball into the hideout, the passing pair lose all their points and have to start counting over again. Rotate bandits after each interval. Rules: Players cannot enter the field until the coach serves a soccer ball onto the field. Key Words: Look up, find an opening, play through it Guided Questions: 1.- Where should you go if a defender is closing your opening? 2.- What are some ways you can play the ball through an opening? Answers: 1.- See if teammate can move to create a new opening. 2.- You can dribble through, pass through or shoot through. Notes: If bandits steal a ball and get it to a hideout, they can now begin scoring goals. The team that lost the ball must now steal another ball in order to start scoring again.				
PRACTICE (Less Challenging):		Duration: 18 min.	Activity time: 2 min.	Rest time: 1 min.	Intervals	6
		BANDITS (Coach is it): In a 20W x 30L yard grid, a 6W x 3L yard box goal on each end line and all players have a soccer ball. The coach will be the bandit. The players will try to dribble into the goals. After scoring in one end, play to the other. How many goals can you score in 2 minutes? The mission of the bandit is to steal the ball and bring it to one of the two hideouts (goals). The player can steal his/her ball back from the bandits before they get it all the way to the hideout. If the bandit succeeds in getting the ball into the hideout, the player loses all their points and have to start counting over again. After 2-3 rounds, select up to 2 players to take the role of the bandit. Remember to change bandits after each interval. Key Words: support your teammate, find avoid the coach, go for goal Guided Questions: 1.- Where should your teammate move to if you have the ball? 2.- When should you pass? Answers: 1.- Try to move forward and into openings. 2.- If a defender is blocking your opening, pass to your teammate to see if he/she can play forward through an opening. Notes: Once the players understand the direction and where to score, challenge them to work with a partner. The 2 players now need to move the ball from one goal to the other.				
PRACTICE (More Challenging):		Duration: 18 min.	Activity time: 2 min.	Rest time: 1 min.	Intervals	6
		2v2 to Goal: In a 20W x 30L yard grid, a 6W x 3L yard box goal on each end line, coach will create teams of 2 players. Two teams will play against one another and, on the same field and at the same time, two other teams will also play against one another. Each team will defend 1 goal and score in the other. A goal is scored by either dribbling the ball into the opponent's box or passing the ball to your teammate in the box. After a goal is scored, the scoring team backs up to allow the ball back into play and the game continues. If you have more than 4 teams of 2, either rotate teams onto the field or create a second field. Key Words: play through, look up Guided Questions: 1.- What are some things you have to look for in this game? 2.- Why should you try to keep the ball instead of kicking it away? Answers: 1.- You have to look for your teammates, the goal, the other players. 2.- It is much easier to get the ball to your teammates if you receive it first, pick your head up and pass it to them. Notes: Coach can add passing or scoring incentives as needed to further challenge the players.				
2nd PLAY PHASE	The Game - 4v4	Duration: 24 min.	Activity time: 10 min.	Rest time: 2 min.	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.						
FIVE ELEMENTS OF TRAINING ACTIVITY			TRAINING SESSION SELF REFLECTION QUESTIONS			
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?			1. How did you do in achieving the goal of the training session? 2. What did you do well? 3. What could you do better?			


 	GOAL:	Improve the techniques of passing, dribbling							
	PLAYER ACTIONS	Shoot & Pass or Dribble Forward							
	KEY QUALITIES	Take initiative, be pro-active							
	AGE GROUP	U8/4v4	MOMENT	Attacking	DURATION	60 min.			
1 st PLAY PHASE	Intentional Free Play	Duration:	20 min.	Activity time:	5 min.	Rest time:	1.5 min.	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	15 min.	Activity time:	20 sec.	Rest time:	30 sec.	Intervals	18
		2v2 to 4 Corner Goals: Organization: In a 20Wx30L grid, a cone goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right & one on the left. Each team will have 2 goals to defend and 2 goals to score in. The coach will play a ball onto the field. 2 players from each team go after the ball and try to score by striking the ball into either of their opponent's 2 goals. Rules: Play starts when the coach passes a ball onto the field. Team's get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next players to play. Key Words: Find the open goal, go, help your teammate Guided Question: 1.- What can you do to trick the opponent? 2.- When would you use your laces to strike the ball? Answer: 1.- Pretend to go to one goal then change direction to go to the other. 2.- Use your laces to strike the ball toward the goal. Notes: Rotate the area of the field the ball is served into to change the starting points of the attacks. You can also serve a ball closer to a player who has not had many opportunities to play the ball.							
PRACTICE (Less Challenging):		Duration:	15 min.	Activity time:	20 sec.	Rest time:	30 sec.	Intervals	18
		2v1 to 4 Corner Goals: Organization: In a 20Wx30L grid, a cone goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right & one on the left. Each team will have 2 goals to defend and 2 goals to score in. Prior to playing a ball onto the field the coach will announce which team gets 2 players and which team only gets 1. Once the ball is played onto the field, both teams go after the ball and try to score by striking the ball into either of their opponent's 2 goals. Rules: Play starts when the coach passes a ball onto the field. Team's get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next players to play. Key Words: Find the open goal, go, help your teammate Guided Question: 1.- Where can you play the ball if the opening to one goal is blocked by the defender? 2.- When would you use your laces to strike the ball? Answer: 1.- Try to play the ball to the other goal. Use your teammate to help if you have one. 2.- Use your laces to strike the ball toward the goal. Notes: Play the ball in the area closest to the team of 2 to help them build the attack. Don't worry, the next ball may be played closer to the other team.							
PRACTICE (More Challenging):		Duration:	14 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	7
		2v2 to 4 Corner Goals (3 serves): Organization: In a 20Wx30L grid, a cone goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right & one on the left. Each team will have 2 goals to defend and 2 goals to score in. 2 players from each team will start on the field. The coach will play a ball onto the field to start the game. When the ball goes out of play, or a goal is scored, the coach serves another ball onto the field. After 3 soccer balls have been served onto the field and either scored or knocked out of play, the game is over and the next players enter the field. Rules: Coach serves the ball for all restarts. Laws of the game apply. Key Words: Find the open goal, go, help your teammate Guided Question: 1.- Once a goal is scored or the ball goes out of play, what should you do next? 2.- When should you kick the ball toward the goal (shoot)? Answer: 1.- Find an opening where you can get the ball. 2.- When you see an opening to the goal (no opponents in your way). Notes: Players do not have to be ready when you play a ball onto the field. The ball in play will tell them it is time to be ready.							
2 nd PLAY PHASE	The Game - 4v4	Duration:	26 min.	Activity time:	11 min.	Rest time:	2 min.	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way?					1. How did you do in achieving the goal of the training session?				
2. Game like: Is the activity game like?					2. What did you do well?				
3. Repetitions: Are there repetitions when looking at the overall goal of the session?					3.What could you do better?				
4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?)									
5. Coaching: Is there the right coaching based on the age/level of the players?									



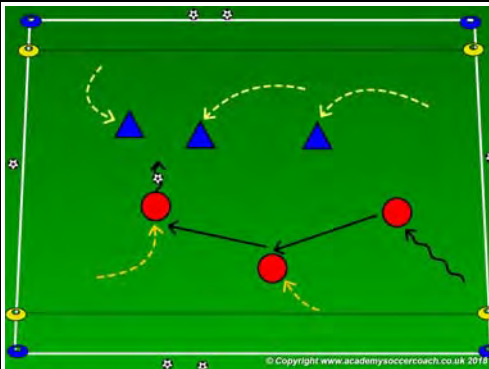
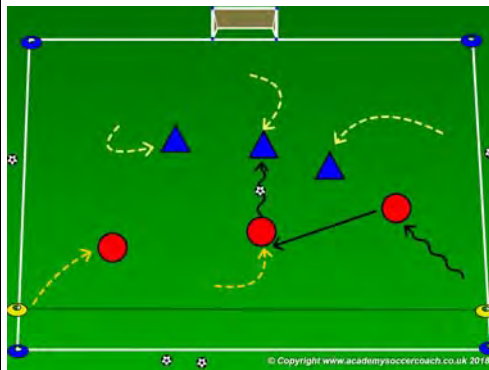
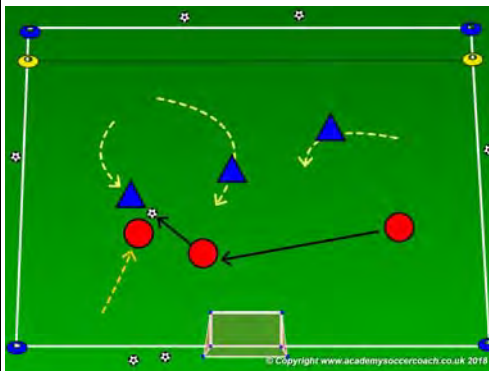
 	GOAL:	Improve the techniques of dribbling, passing & shooting the ball to score							
	PLAYER ACTIONS	Shoot & Pass or Dribble Forward							
	KEY QUALITIES	Read & understand the game, take initiative, focus							
	AGE GROUP	U8/4v4	MOMENT	Attacking	DURATION	60 min.			
1st PLAY PHASE	Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 sec.	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	14 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	7
		Boston Bulldogs (with partners): Organization: In a 20Wx30L grid, with a 5 yard zone in the middle (the dog pound) & a cone goal on each end line. Coaches start in the pound as the dog catchers (dog catchers do not use a soccer ball & must stay in the pound). Each player has a partner and one soccer ball to share. Players start on one end line. Players (bulldogs) try to sneak through the dog pound without waking the catchers. If they can get through the dog pound without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they can go back through the dog pound to score in the other goal. Rules: When the coach yells, "Who let the dogs out?" the players start across the grid. If a dog catcher steals your soccer ball you and your partner lose your points and have to start scoring again. Key Words: Slow the ball down, dribble (or pass) through the pound Guided Questions: 1.- How can you get the ball through the dog pound the fastest? 2.- Once you get past the dog pound, what part of your foot can you use to score? Answers: 1.- You can kick the ball through the pound but it is helpful if your partner is on the other side. 2.- You can point your toe down so you can strike the ball with your laces. Notes: Players can start as dog catchers also but will be in the pound with their partner. After a few rounds, if the dog catcher steals a ball, the dog catchers and bulldogs can switch roles.							
PRACTICE (Less Challenging):		Duration:	14 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	7
		Dogs Gone Wild: Organization: In a 20Wx30L grid, with a 5 yard zone in the middle (the dog pound) & a cone goal on each end line. Each player has a partner and one soccer ball to share. Players start on one end line. Players (bulldogs) try to sneak through the dog pound. If they can get through the dog pound without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they can go back through the dog pound to score in the other goal. How many goals can they score in 1 minute? Challenge them to beat their score each round. Rules: When the coach yells, "Who let the dogs out?" the players start across the grid. Can kick the ball through the goal or dribble through for points. Key Words: Go to goal, dribble (or pass) through the pound Guided Questions: 1.- How can you get the ball through the dog pound the fastest? 2.- Once you get past the dog pound, what part of your foot can you use to score? Answers: 1.- you can kick the ball through the pound but it is helpful if your partner is on the other side. 2.- You can point your toe down so you can strike the ball with your laces. Notes: Coaches can step into the dog pound as obstacles to see if the players can play the ball around the coaches (dog catchers).							
PRACTICE (More Challenging):		Duration:	14 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	7
		Boston Bulldogs (no dog pound): Organization: In a 20Wx30L grid, with a cone goal on each end line. Coaches 2 players to start as dog catchers (dog catchers do not use a soccer ball. The rest of the players have a partner and one soccer ball to share. Players start on one end line. Players (bulldogs) try play past the dog catchers without getting caught. If they can get past the dog catchers without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they can go back past the dog catchers to score in the other goal. Rules: When the coach yells, "Who let the dogs out?" the players start across the grid. If a dog catcher steals your soccer ball you and your partner lose your points and have to start scoring again. Key Words: Go fast, find your partner Guided Questions: 1.- How can you get the ball through the dog pound the fastest? 2.- Once you get past the dog pound, what part of your foot can you use to score? Answers: 1.- You can kick the ball through the pound but it is helpful if your partner is on the other side. 2.- You can point your toe down so you can strike the ball with your laces. Notes: After a few rounds, if the dog catcher steals a ball, the dog catchers and bulldogs can switch roles.							
2nd PLAY PHASE	The Game - 4v4	Duration:	28 min.	Activity time:	12 min.	Rest time:	2 min.	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way?					1. How did you do in achieving the goal of the training session?				
2. Game like: Is the activity game like?					2. What did you do well?				
3. Repetitions: Are there repetitions when looking at the overall goal of the session?					3. What could you do better?				
4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?)									
5. Coaching: Is there the right coaching based on the age/level of the players?									

 	GOAL:	Improve the techniques of Dribbling Forward to score goals					
	PLAYER ACTIONS	Dribble Forward, Shoot					
	KEY QUALITIES	Focus, Read the game					
	AGE GROUP	U8/4v4	MOMENT	Attacking	DURATION	60 min.	
1st PLAY PHASE	Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 sec. Intervals 3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description							
PRACTICE (Core Activity):		Duration:	20 min.	Activity time:	1 min.	Rest time:	1 min. Intervals 10
		2 x 1v1 to End Zones: Organization: In 20Wx30L yd grid with a 5yd end zone on each end of the field. Each team starts behind one of the end zones. One team starts with soccer balls. On the coach's command, 2 players with soccer balls enter the field and try to dribble the ball into the opponent's end zone. The team without soccer balls send 2 players to try to steal the ball and score in the opposite end zone. Players who can stop the ball in the opponent's end zone get 10 points. After 5 rounds, switch teams so both teams have a chance to attack. Rules: Players try to dribble across to the other end zone. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After both soccer balls are either scored or knocked out of play, the game is over and the next game begins. Key Words: Look up, find an opening, fake the defender, go forward. Guided Questions: 1.- What should you do when confronted by a defender? 2.- When should you kick the ball further of front of you? Answers: 1.- When a defender is close, take softer touches to keep the ball close. 2.- If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.					
PRACTICE (Less Challenging):		Duration:	20 min.	Activity time:	30 sec.	Rest time:	30 sec. Intervals 20
		2 Attackers vs 1 Defender to End Zones: Organization: In 20Wx30L yd grid with a 5yd end zone on each end of the field. Each team starts behind one of the end zones. One team starts with soccer balls. On the coach's command, 2 players with soccer balls enter the field and try to dribble the ball into the opponent's end zone. The team without soccer balls can only send 1 defender. Players who can stop the ball in the opponent's end zone get 10 points. After 5 rounds, switch teams so both teams have a chance to attack. Rules: Players try to dribble across to the other end zone. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After both soccer balls are either scored or knocked out of play, the game is over and the next game begins. Key Words: Look up, find an opening, fake the defender, go to goal. Guided Questions: 1.- What should you do when confronted by a defender? 2.- When should you kick the ball further of front of you? Answers: 1.- When a defender is close, take softer touches to keep the ball close. 2.- If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible. Notes: Coaches need to recognize that both attackers cannot be challenged so one will have an easier path to the goal.					
PRACTICE (More Challenging):		Duration:		Activity time:		Rest time:	Intervals
		2v2 to End Zones: Organization: In 20Wx30L yd grid with a 5yd end zone on each end of the field. Each team starts behind one of the end zones. One team starts with soccer balls. On the coach's command, 2 players with 1 soccer ball enter the field and try to dribble or pass the ball into the opponent's end zone. The team without soccer balls also sends 2 players to defender. The team who can stop the ball in the opponent's end zone get 10 points. After 5 rounds, switch teams so both teams have a chance to start the attack. Rules: Teams can dribble or pass across to the other end zone & dribble. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After the soccer ball is either scored or knocked out of play, the game is over and the next game begins. Key Words: Look up, find an opening, fake the defender, go to goal. Guided Questions: 1.- What should you do when confronted by a defender? 2.- When should you kick the ball further of front of you? Answers: 1.- When a defender is close, take softer touches to keep the ball close. 2.- If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible. Notes: It is important to allow one team to start with the ball. Coach can observe to see how the player with the ball starts the attack.					
2nd PLAY PHASE	The Game - 4v4	Duration:	22 min.	Activity time:	9 min.	Rest time:	2 min. Intervals 2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.							
FIVE ELEMENTS OF TRAINING ACTIVITY				TRAINING SESSION SELF REFLECTION QUESTIONS			
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 				<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 			


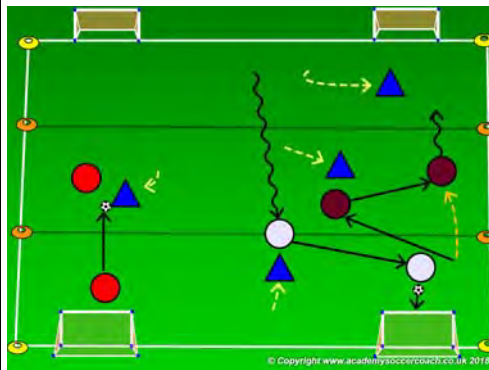
 	GOAL:	Improve defending in the defensive third					
	PLAYER ACTIONS	Protect the goal, steal the ball					
	KEY QUALITIES	Read and understand the game, focus					
	AGE GROUP	U8/4v4	MOMENT	Defending	DURATION	60 min.	
1st PLAY PHASE	Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 sec. Intervals 3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description							
PRACTICE (Core Activity):		Duration:	18 min.	Activity time:	1 min.	Rest time:	30 sec. Intervals 12
		Guard The Goals: Organization: In a 20Wx30L grid, with several 3 yard triangle shaped goals. Select enough defenders so there is 1 less defender than goals. The rest of the players have a partner and a soccer ball for each pair. The players with a soccer ball try to dribble or pass through as many goals as they can in 1 minute. The defenders must guard all the goals and tackle the ball away if a team tries to score. Rules: Defenders cannot enter the triangles so if an attacking team can stop the ball in a triangle they can rest. Key Words: try to win the ball, pressure the ball, tackle the ball. Guided Questions: 1.- How do you know where the attackers are? 2.- What can you do if no one is attacking goal you are closest to? Answers: 1.- Keep your head up and always look around to see if they are close. 2.- Move to help one of your teammates to protect a different goal. Notes: Don't worry if an attacking team stops to rest in a goal. The emphasis is on the teams without the ball. If a team is stopped in a goal, they cannot continue to score.					
PRACTICE (Less Challenging):		Duration:	18 min.	Activity time:	1 min.	Rest time:	30 sec. Intervals 12
		Guard The Goal Tag: Organization: In a 20Wx30L grid, with two 3 yard triangle shaped goals. Select 2 defenders, 1 defender defends each goal. The rest of the players have a partner and share a soccer ball. The players with a soccer ball try to dribble or pass through as many goals as they can in 1 minute. The defenders must guard all the goals. If the defender can poke their ball away or even tag them, the attackers score goes back to zero. Rules: Defenders cannot enter the triangles so if an attacking team can stop the ball in a triangle they can rest. Key Words: try to win the ball, pressure the ball, tackle the ball. Guided Questions: 1.- When should stay close to the goal you are defending? 2.- What can you do if the attackers kick the ball too far in front of themselves? Answers: 1.- If the attackers are close to your call, stay back. If the defenders are far away, step up. 2.- Step closer to the ball to see if you can poke tackle it away. Notes: If too many goals are still getting scored, add another defender who can roam all over the field.					
PRACTICE (More Challenging):		Duration:	18 min.	Activity time:	2 min.	Rest time:	1 min. Intervals 6
		3v3 Guard The Goal: Organization: In a 20Wx30L grid, with two 3 yard triangle shaped goals. Select 2 teams of 3 players each. Each team defends 1 goal and scores in the other. The team with a soccer ball tries to dribble or pass through the opponent's goal. If the defending team must win the ball, they can attack the goal at the other end of the field. Rules: Defenders cannot enter the triangles so if an attacking team can stop the ball in a triangle they can rest. Key Words: try to win the ball, pressure the ball, tackle the ball. Guided Questions: 1.- When should 2 defenders be close together? 2.- What can you do if the attackers kick the ball too far in front of themselves? Answers: 1.- If the other team has has more players on one side the defending can send players over to help. 2.- Step closer to the ball to see if you can poke tackle it away. Notes: If too many goals are still being scored, reduce the number of attackers on the team who is scoring the most so the focus will remain on defending.					
2nd PLAY PHASE	The Game - 4v4	Duration:	24 min.	Activity time:	10 min.	Rest time:	2 min. Intervals 2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.							
FIVE ELEMENTS OF TRAINING ACTIVITY				TRAINING SESSION SELF REFLECTION QUESTIONS			
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 	GOAL:	Preventing build up in the your own half of the field							
	PLAYER ACTIONS	Pressure, steal the ball, protect your goal							
	KEY QUALITIES	Read and understand the game, take initiative							
	AGE GROUP	U8/4v4		MOMENT	Defending	DURATION	60 min.		
1st PLAY PHASE	Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 sec.	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	18 min.	Activity time:	30 sec.	Rest time:	30 sec.	Intervals	18
		4 Corner Shooting/Defending: Organization: In 20Wx30L yard grid with a goal on each end line. Players of the same team are placed by the corner cones of the end line they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the soccer balls. The game starts when the coach serves the ball into the field. One player from each corner comes out to play 2v2. The game is over when one team scores by shooting into the opponent's goal. If the ball goes out of bounds, all players leave the field. The coach will play a new ball onto the field for the next round to begin. Rules: Players cannot enter the field until the coach serves a soccer ball onto the field. Key Words: step to the ball, pressure, block your goal. Guided Questions: 1.- What should you do if you team doesn't have the ball? 2.- Where should you go if the attacker gets past you? Answers: 1.- Get as close to the ball as you can and block the attacker from going to your goal. 2.- Run back to your goal then try to get close to the ball again. Notes: Serve the ball to one team or the other so it is clear which team initiates the attack and which team starts as defenders.							
PRACTICE (Less Challenging):		Duration:	18 min.	Activity time:	30 sec.	Rest time:	30 sec.	Intervals	18
		4 Corner 1v2 to Goal: Organization: In 20Wx30L yard grid with a goal on each end line. Players of the same team are placed by the corner cones of the end line they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the soccer balls. The game starts when the coach serves the ball into the field. Whichever team gets the serve can only attack with 1 player. The team that does not get the ball gets 2 players. The game is over when one team scores by shooting into the opponent's goal. If the ball goes out of bounds, all players leave the field. The coach will play a new ball onto the field for the next round to begin. Rules: Players cannot enter the field until the coach serves a soccer ball onto the field. Key Words: help your teammate, pressure, close the opening to goal Guided Questions: 1.- What should you do if you teammate is closest to the ball? 2.- What happens if your teammate gets beat? Answers: 1.- Get behind them to help them protect the goal. 2.- Step closer to the ball to see if you can win it. Notes: Serve the ball to one player. Rotate who the serve is played to so all players have rounds they defend.							
PRACTICE (More Challenging):		Duration:	18 min.	Activity time:	1 min.	Rest time:	30 sec.	Intervals	12
		4 Corner 3v4 to Goal: Organization: In 20Wx30L yard grid with a goal on each end line. Players of the same team are placed by the corner cones of the end line they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the soccer balls. The game starts when the coach serves the ball into the field. Whichever team gets the serve can attack with all 4 players. The team that does not get the ball gets 3 players. The game is over when one team scores by shooting into the opponent's goal. If the ball goes out of bounds, all players leave the field. The coach will play a new ball onto the field for the next round to begin. Rules: Players cannot enter the field until the coach serves a soccer ball onto the field. Key Words: step up, steal it, get the ball Guided Questions: 1.- What is meant by close an opening? 2.- What happens to the openings when the attackers make a pass? Answers: 1.- Close any space between defenders or to the goal that the attackers can play a ball through. 2.- There may be new openings so you have to move to close the openings. Notes: Serve the ball to one player. Rotate who the serve is played to so all players have rounds they defend.							
2nd PLAY PHASE	The Game - 4v4	Duration:	24 min.	Activity time:	10 min.	Rest time:	2 min.	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way?					1. How did you do in achieving the goal of the training session?				
2. Game like: Is the activity game like?					2. What did you do well?				
3. Repetitions: Are there repetitions when looking at the overall goal of the session?					3. What could you do better?				
4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?)									
5. Coaching: Is there the right coaching based on the age/level of the players?									

 	GOAL:	Preventing build up in the your own half of the field							
	PLAYER ACTIONS	Pressure, steal the ball, protect your goal							
	KEY QUALITIES	Read and understand the game, Focus for 60 minutes							
	AGE GROUP	U8/4v4		MOMENT	Defending	DURATION	60 min.		
1st PLAY PHASE	Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 sec.	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	18 min.	Activity time:	30 sec.	Rest time:	30 sec.	Intervals	18
		2v2 - Defend 3 Goals & Counter to 1: Organization: In 20Wx30L yard grid with 3 goals on one end line & 1 goal on the other. Players of the same team are placed on opposite end lines. 2 players from the attacking team enter the field with a ball to start the game. 2 defenders enter as soon as the attackers do. The same team always starts the attack and attacks the end with 3 goals. The other team defends the 3 goals and if they win the ball, try to score in the counter goal. The game is over when one team scores by shooting into the opponent's goal(s). If the ball goes out of bounds, all players leave the field. (Set up multiple fields if necessary) Rules: Defending team cannot enter the field until the attacking team takes their first touch on the soccer ball. Key Words: attack the ball, work together. Guided Questions: Which of the 3 goals is the most dangerous? What should you do if there is an opening to a goal? Answers: The goal closest to the ball is the most dangerous Try to close the opening to the goal then move closer to the ball to win it. Notes: After several rounds, switch who is attacking and who is defending. A tendency is to coach the attackers. Remember to focus on the team without the ball and their success.							
PRACTICE (Less Challenging):		Duration:	18 min.	Activity time:	30 sec.	Rest time:	30 sec.	Intervals	18
		1v2 - Defend 3 Goals & Counter to 1: Organization: In 20Wx30L yard grid with 3 goals on one end line & 1 goal on the other. Players of the same team are placed on opposite end lines. 1 player from the attacking team enters the field with a ball to start the game. 2 defenders enter as soon as the attacker does. The same team always starts the attack and attacks the end with 3 goals. The other team defends the 3 goals and if they win the ball, try to score in the counter goal. The game is over when one team scores by shooting into the opponent's goal(s). If the ball goes out of bounds, all players leave the field. (Set up multiple fields if necessary) Rules: Defending team cannot enter the field until the attacking player takes his/her first touch on the soccer ball. Key Words: attack the ball, work together. Guided Questions: Which of the 3 goals is the most dangerous? What should you do if there is an opening to a goal? Answers: The goal closest to the ball is the most dangerous Try to close the opening to the goal then move closer to the ball to win it. Notes: After several rounds, switch who is attacking and who is defending. If the defending team becomes more successful, try adding an attacker back into the game (Core Activity).							
PRACTICE (More Challenging):		Duration:	18 min.	Activity time:	1 min.	Rest time:	30 sec.	Intervals	12
		3v2 - Defend 3 Goals & Counter to 1: Organization: In 20Wx30L yard grid with 3 goals on one end line & 1 goal on the other. Players of the same team are placed on opposite end lines. 3 players from the attacking team enter the field with a ball to start the game. 2 defenders enter as soon as the attacker does. The same team always starts the attack and attacks the end with 3 goals. The other team defends the 3 goals and if they win the ball, try to score in the counter goal. The game is over when one team scores by shooting into the opponent's goal(s). If the ball goes out of bounds, all players leave the field. (Set up multiple fields if necessary) Rules: Defending team cannot enter the field until the attacking player takes his/her first touch on the soccer ball. Key Words: attack the ball, work together. Guided Questions: Which of the 3 goals is the most dangerous? What should you do if there is an opening to a goal? Answers: The goal closest to the ball is the most dangerous Try to close the opening to the goal then move closer to the ball to win it. Notes: After several rounds, switch who is attacking and who is defending.							
2nd PLAY PHASE	The Game - 4v4	Duration:	24 min.	Activity time:	10 min.	Rest time:	2 min.	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?					1. How did you do in achieving the goal of the training session? 2. What did you do well? 3.What could you do better?				

 	GOAL:		Preventing build up in the middle third of the field							
	PLAYER ACTIONS		Pressure, steal the ball, get compact							
	KEY QUALITIES		Read and understand the game, Take initiative							
	AGE GROUP		U8/4v4		MOMENT	Defending	DURATION	60 min.		
1st PLAY PHASE		Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 sec.	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description										
PRACTICE (Core Activity):			Duration:	18 min.	Activity time:	2 min.	Rest time:	1 min.	Intervals	6
			3v3 - Defend Your End Zone: Organization: In 20Wx30L yard grid with 3 on each end line, play a 3v3 game. Each team defends 1 end zone and tries to score in the other. Play the game for 2 minutes Goals are scored if a team can play the ball into their opponent's end zone (dribble or pass) and stop it. Defending team cannot wait in the end zone but can enter to stop an attack. Rules: Play local laws/rules of the game other than scoring. Key Words: move together, step to the ball, close the openings Guided Questions: Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field? Answers: By getting compact, it is more difficult to play the ball through their team. The further up the field you can win the ball, the easier it will be to get a chance to score. Notes: Same size fields as the first play stage just add the end zone. 2 games can be played at the same time. This game can be played 3v2 or 2v2 if attendance is low for training.							
PRACTICE (Less Challenging):			Duration:	18 min.	Activity time:	2 min.	Rest time:	1 min.	Intervals	6
			3v3 - Defend Your Goal/Counter to the End Zone: Organization: Same set up as the Core Activity except, replace 1 end zone with a small goal, play a 3v3 game. The defending team will only have to protect a small goal but can counter attack to an end zone. The opposing team will still defend their end zone but can only score in the small goal. Play the game for 2 minutes. Key Words: move together, step to the ball, close the openings Guided Questions: Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field? Answers: By getting compact, it will be easier to close the openings to the goal. The further up the field you can win the ball, the easier it will be to get a chance to score. Notes: If a defending player is acting as a goal keeper, encourage them to step up so they will have a chance to score if they can win the ball.							
PRACTICE (More Challenging):			Duration:	18 min.	Activity time:	2 min.	Rest time:	1 min.	Intervals	6
			3v3 - Defend Your End Zone/Counter to a Small Goal: Organization: Same set up as the Core Activity except, replace 1 end zone with a small goal, play a 3v3 game. The defending team will have to protect their end zone and can counter attack to a small goal. The opposing team will defend their small goal. Attacking team scores if they can play the ball into their opponent's end zone (dribble or pass) and stop it. Defending team cannot wait in the end zone but can enter to stop an attack. Play the game for 2 minutes. Key Words: move together, step to the ball, close the openings Guided Questions: Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field? Answers: By getting compact, it is more difficult to play the ball through their team. The further up the field you can win the ball, the easier it will be to get a chance to score. Notes: By countering to a small goal, you can encourage the defending team to step further up the field to win the ball and score but that also means they have more distance to recover on a counter attack.							
2nd PLAY PHASE		The Game - 4v4	Duration:	24 min.	Activity time:	10 min.	Rest time:	2 min.	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.										
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS					
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?					1. How did you do in achieving the goal of the training session? 2. What did you do well? 3.What could you do better?					

 	GOAL:		Improve build up in the final third of the field							
	PLAYER ACTIONS		Create passing option, pass, dribble or shoot forward							
	KEY QUALITIES		Read and understand the game, Take initiative							
	AGE GROUP		U8/4v4		MOMENT	Attacking	DURATION	60 min.		
1st PLAY PHASE		Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 sec.	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description										
PRACTICE (Core Activity):			Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9
			Groups of 2 v The Defenders:							
			Organization: In 20Wx30L yard grid with 3 on each end line, coach will select 2-3 players to defend. All other players have a partner and a soccer ball. The teams with a soccer ball have to dribble or pass past the defenders and score in any of the 3 goals on one end. Once they have scored, they get any soccer ball from off the field or out of a goal and try to score in any of the 3 goals on the other side. How many goals can the attackers score in 1 minute? If a defender steals their soccer ball and can play it off the field, the attackers who lost their ball have to start counting goals over again.							
			Rules: Can dribble, pass & shoot past the defenders. Rotate defenders after each round.							
			Key Words: move with your teammate, help your teammate score							
			Guided Questions: How can the 2 players with the ball beat any 1 defender? What can you do if the defender doesn't follow you? Answers: try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to the goal and score? Notes: Use cones for goals if needed. Adjust the number of defenders to make the game more or less challenging. Coaches can be defenders if needed.							
PRACTICE (Less Challenging):			Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9
			Groups of 2 v The Defenders to End Lines:							
			Organization: In 20Wx30L yard grid with the coach as the defender. All other players have a partner and a soccer ball. The teams with a soccer ball have to dribble or pass past the defenders and score stopping the ball across the end line. Once they have scored, they get any soccer ball from off the field, including the ball they just scored, and attack the opposite end line. How many goals can the attackers score in 1 minute? If a defender/coach steals their soccer ball and can play it off the field, the attackers who lost their ball have to start counting goals over again.							
			Rules: Can dribble, pass & shoot past the defenders. After 2 rounds, try to add 1 player as a defender to increase the challenge.							
			Key Words: move with your teammate, help your teammate score							
			Guided Questions: How can the 2 players with the ball beat any 1 defender? What can you do if the defender doesn't follow you? Answers: try to dribble to get the defender to follow you then find your teammate with a pass.							
PRACTICE (More Challenging):			Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9
			3v2 to Three Goals:							
			Organization: In 20Wx30L yard grid with 3 on each end line, select 3 players to play against 2. The team with a soccer ball has to dribble or pass past the defenders and score in any of the 3 goals on the opponent's end line. Once they have scored, the same team gets any ball they can from off the field and can attack again (make it, take it).							
			Rules: Can dribble, pass & shoot past the defenders. Only 1 ball on the field at a time. Game last for 1 minute then rotate players on the field or switch teams so everyone has equal chances to be on the team of 3.							
			Key Words: move with your teammate, help your teammate score							
			Guided Questions: How can the 2 players with the ball beat any 1 defender? What can you do if the defender doesn't follow you? Answers: try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to the goal and score? Notes: Use cones for goals if needed. Set up multiple fields if needed.							
2nd PLAY PHASE		The Game - 4v4	Duration:	24 min.	Activity time:	10 min.	Rest time:	2 min.	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.										
FIVE ELEMENTS OF TRAINING ACTIVITY						TRAINING SESSION SELF REFLECTION QUESTIONS				
<ol style="list-style-type: none">Organized: Is the activity organized in the right way?Game like: Is the activity game like?Repetitions: Are there repetitions when looking at the overall goal of the session?Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?)Coaching: Is there the right coaching based on the age/level of the players?						1. How did you do in achieving the goal of the training session?				
						2. What did you do well?				
						3.What could you do better?				

 	GOAL:	Preventing build up in the middle third of the field							
	PLAYER ACTIONS	Pressure the ball, steal the ball, protect the goal							
	KEY QUALITIES	Read and understand the game, Take initiative							
	AGE GROUP	U8/4v4		MOMENT	Defending	DURATION	60 min.		
1st PLAY PHASE	Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 sec.	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9
		2v1+1+1 - Defend Each Zone: Organization: In 20Wx30L yard grid divided into thirds & 2 goals on each end line. Coach will select 1 player to defend in each zone (third). The rest of the players will have a partner and share a soccer ball. Each defender must remain in the 3 rd of the field they are defending. The attackers will try to pass and dribble through each zone and score when they get close to a goal. If they score in one goal, the turn to attack the other end. If they miss the goal or if the defender steals their soccer ball in any third, they must start scoring over again. The defenders count how many soccer balls they can win in 1 minute. Once they win a ball, they can defend against another group. Rules: Defenders cannot leave their zone. Attackers lose all their points if a defender can steal their ball (even touching their soccer ball counts as a steal). Key Words: force the attackers to the outside, get it, win the ball Guided Questions: Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close? Answers: By getting closer to the ball, you may be able to block passes and shots. Move over to that side of the field to see if you can intercept any passes kicked too hard. Notes: you can use cones for goals if goals are not available.							
PRACTICE (Less Challenging):		Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9
		2 v 1 (or more) Defenders - Defend Each Zone: Organization: In 20Wx30L yard grid divided into thirds & 2 goals on each end line. Coach will select 1 player to defend in each zone (third). One or more of the zones can have a 2 nd defender. The rest of the players will have a partner and share a soccer ball. Each defender must remain in the 3 rd of the field they are defending. The attackers will try to pass and dribble through each zone and score when they get close to a goal. If they score in one goal, the turn to attack the other end. If they miss the goal or if the defender steals their soccer ball in any third, they must start scoring over again. The defenders count how many soccer balls they can win in 1 minute. Once they win a ball, they can defend against another group. Rules: Defenders cannot leave their zone. Attackers lose all their points if a defender can steal their ball (even touching their soccer ball counts as a steal). Key Words: force the attackers to the outside, get it, win the ball Guided Questions: Why is it important for the defender to step closer to the ball? If 2 defenders are in the same zone, how can they work together? Notes: You can use cones for goals if goals are not available.							
PRACTICE (More Challenging):		Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	6
		Multiple Teams of 2 v 3 Defends to Goal: Organization: In 20Wx30L yard grid and 2 goals on each end line. Coach will select 3 player to defend. The rest of the players will have a partner and share a soccer ball. The attackers will try to pass and dribble through the defenders and score when they get close to a goal. If they score in one goal, the turn to attack the other end. If they miss the goal or if the defender steals their soccer ball, they must start scoring over again. The defenders count how many soccer balls they can win in 1 minute. Once they win a ball, they can defend against another group. Rules: Attackers lose all their points if a defender can steal their ball (even touching their soccer ball counts as a steal). Key Words: force the attackers to the outside, get it, win the ball Guided Questions: Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close? Answers: By getting closer to the ball, you may be able to block passes and shots. Move over to that side of the field to see if you can intercept any passes kicked too hard. Notes: You can use cones for goals if goals are not available.							
2nd PLAY PHASE	The Game - 4v4	Duration:	24 min.	Activity time:	10 min.	Rest time:	2 min.	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?					1. How did you do in achieving the goal of the training session? 2. What did you do well? 3.What could you do better?				

 	GOAL:	Improve preventing the opponents from scoring							
	PLAYER ACTIONS	Protect the goal, steal the ball							
	KEY QUALITIES	Read and understand the game, Focus							
	AGE GROUP	U8/4v4		MOMENT	Defending	DURATION	60 min.		
1st PLAY PHASE	Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 sec.	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	18 min.	Activity time:	30 sec.	Rest time:	30 sec.	Intervals	18
		2v1 to Side Goals: Organization: In a 20Wx30L grid, a goal near the 2 corners closest to the players. The coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right & one on the left. Each team will have 1 goal to defend and 1 goal to score in. The coach will play a ball onto the field. If the coach plays the ball in to the right side of the field, the team on the coach's right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent's goal. Rules: Play starts when the coach passes a ball onto the field. Team's get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next players to play. Key Words: block the goal, force them away from your goal Guided Question: Where can you go to block the goal? What should you do if the goal is blocked and you are far away from the ball? Answer: try to position your body between the ball and the goal. Move closer to the ball so it is even harder to pass or shoot. Notes: The goal position is important because it will help the defender get goal side quicker and eliminate options for the attackers.							
PRACTICE (Less Challenging):		Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9
		2v1 to Side Goals (players enter field first): Organization: Same set up as the Core Activity except, after the team is divided into 2 groups, the coach will appoint 2 players from 1 team and 1 from the other to enter the field. Each team will still have 1 goal to defend and 1 goal to score in. Once the players are on the field, the coach will play a ball onto the field to the team of 2. Both teams try to score in their opponent's goal. Set up multiple fields if needed. Rules: Play starts when the coach passes a ball onto the field. Teams get 1,000 points if they can score a goal. Once a goal is scored or if the ball goes out of play, game over and coach serves a new ball out for the next players to play. Key Words: block the goal, go, force them away from your goal Guided Question: Where can you go to block the goal? What should you do if the goal is blocked and you are far away from the ball? Answer: try to position your body between the ball and the goal. Move closer to the ball so it is even harder to pass or shoot. Notes: The goal position is important because it will help the defender get goal side quicker and eliminate options for the attackers. Coach should serve the ball into an open space to allow time for the defender to respond.							
PRACTICE (More Challenging):		Duration:	18 min.	Activity time:	30 sec.	Rest time:	30 sec.	Intervals	18
		2v1 to Goal: Organization: In a 20Wx30L grid, a goal in the middle of each end line. The coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right & one on the left. Each team will have 1 goal to defend and 1 goal to score in. The coach will play a ball onto the field. If the coach plays the ball in to the right side of the field, the team on the coach's right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent's goal. Rules: Play starts when the coach passes a ball onto the field. Team's get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next players to play. Key Words: block the goal, force them away from your goal Guided Question: Where can you go to block the goal? What should you do if the goal is blocked and you are far away from the ball? Answer: try to position your body between the ball and the goal. Move closer to the ball so it is even harder to pass or shoot. Notes: By moving the goal into the middle of the field, the defender will have to decide how to prevent goals from his/her left side, right side & middle. Observing and adjusting the player's body position is key.							
2nd PLAY PHASE	The Game - 4v4	Duration:	24 min.	Activity time:	10 min.	Rest time:	2 min.	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?					1. How did you do in achieving the goal of the training session? 2. What did you do well? 3.What could you do better?				

 	GOAL:		Dribble past opponents to score							
	PLAYER ACTIONS		Create passing option, pass, dribble or shoot forward							
	KEY QUALITIES		Read and understand the game, Take initiative							
	AGE GROUP		U8/4v4		MOMENT	Attacking	DURATION	60 min.		
1st PLAY PHASE		Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 sec.	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description										
PRACTICE (Core Activity):			Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9
			Wreck It Ralph: Organization: In a 20Wx30L grid, with a cone goal in every corner & every player with a soccer ball. All but 2 players are trying to dribble their soccer ball into as many goals as possible. 2 players do not try to score but try to WRECK the goal scorers point. If a Wreck It Ralph hits a goal scorer's ball with their own, they demolish all the points and the goal scorer has to start scoring over again. Rules: Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals Key Words: Go forward, dribble to goal, protect your ball Guided Question: What do you do to protect your ball? Where do you have to point your toe if you want your laces to kick the ball? Answers: Either put your body between your ball and the defender or dribble fast to the goal. Point your toe to the ground and push the ball in front with your laces. Notes: If attendance is low, reduce the overall size of the field.							
PRACTICE (Less Challenging):			Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9
			Which Goal is Open?: Organization: In a 20Wx30L grid, with a cone goal in every corner & every player with a soccer ball. Players will try to dribble their soccer ball into as many goals as possible in 1 minute. The coaches will walk from goal to goal (randomly). If a coach is standing in a goal, that goal is closed. Players cannot score in a goal that is closed Rules: Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals that are open. Key Words: Go forward, dribble to goal Guided Question: How do you know which goal is open (or closed)? Where do you have to point your toe if you want your laces to kick the ball? Answers: Pick your head up to look around. When you see an open goal, dribble there as fast as you can. Point your toe to the ground and push the ball in front with your laces.							
PRACTICE (More Challenging):			Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9
			Combat: Organization: In a 20Wx30L grid, with a cone goal in every corner & all but 2 players with a soccer ball. The players with a soccer ball are trying to score in as many goals as they can. The 2 players without a soccer ball are trying to steal any ball they can and start scoring for themselves. If your soccer ball is stolen, you can either steal your ball back or steal a ball from any other player. You must have a soccer ball in order to score. Rules: Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals Key Words: Go forward, dribble to goal, protect your ball Guided Question: What do you do to protect your ball? Where can you go if you see a goal is blocked by a defender? Answers: Either put your body between your ball and the defender or dribble fast to the goal. Turn away and attack an open goal. Notes: Coaches can start as defenders if needed but should switch over to players within the first few rounds.							
2nd PLAY PHASE		The Game - 4v4	Duration:	24 min.	Activity time:	10 min.	Rest time:	2 min.	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.										
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS					
1. Organized: Is the activity organized in the right way?					1. How did you do in achieving the goal of the training session?					
2. Game like: Is the activity game like?					2. What did you do well?					
3. Repetitions: Are there repetitions when looking at the overall goal of the session?					3.What could you do better?					
4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?)										
5. Coaching: Is there the right coaching based on the age/level of the players?										