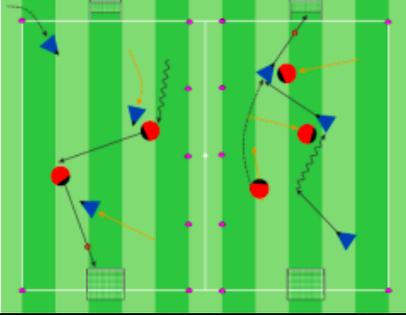
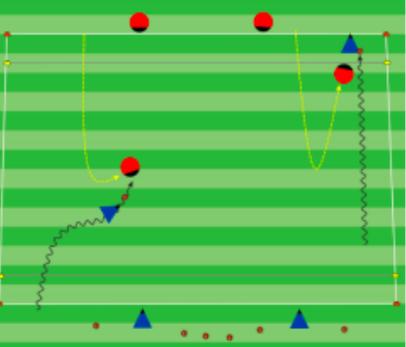
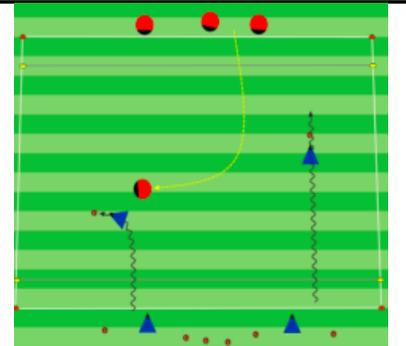
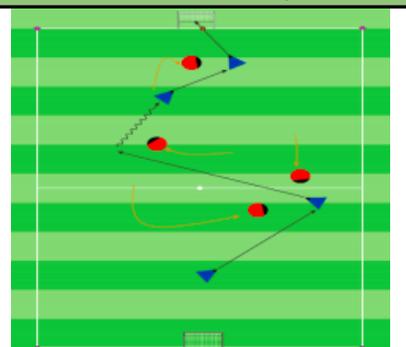


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|---|------------------------|---|-----------|------------------|
|   | GOAL: | Improve the technique of dribbling forward to score | 4/29/2019 | |
| | PLAYER ACTIONS: | Dribble forward, score, play forward when possible | | |
| | KEY QUALITIES: | Focus, read the game | U8 | |
| | PHASE: | Attacking | | DURATION: |
| Play Phase: Intentional Free Play | | 16 Min.-Play multiple 3-4 minute games | | |
|  | | <p>Objective: to pass or dribble past the opponents then score goals</p> <p>Organization: On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.</p> <p>Key Words: go to goal, score goals</p> <p>Guided Questions: Are the players engaged? Are all the players getting challenged?</p> <p>Answers: have one field with less players on it to encourage participation. Adjust the games so the stronger players may have less teammates (2v3 game).</p> | | |
| Practice (Core Activity): Two x 1v1 to End Zones | | 16 Minutes- 8 intervals-1 min. play-1 min. rest | | |
|  | | <p>Organization: In 20Wx30L yard 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.</p> <p>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.</p> <p>Key Words: Look up, find an opening, fake the defender, go forward.</p> <p>Guided Questions: What should you do when confronted by a defender? When should you kick the ball further in front of you?</p> <p>Answers: When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.</p> | | |
| Practice(Less Challenging): 2 Attack v 1 Defend to End Zones | | 12 Minutes-6 intervals-1 min. play-1 min. rest | | |
|  | | <p>Organization: In 20Wx30L yard grid with a 5yd end zone on each end of the field. Each team starts behind one 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 w/o 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 so both teams have a chance to attack.</p> <p>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. Once 1 ball has been scored, the player who scored can help his/her teammate try to score their soccer ball.</p> <p>Key Words: Look up, find an opening, fake the defender, go to goal.</p> <p>Guided Questions: What should you do when confronted by a defender? When should you kick the ball further in front of you?</p> <p>Answers: When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.</p> <p>Notes: Coaches need to recognize that both attackers cannot be challenged so one will have an easier path to the goal.</p> | | |
| 2ND PLAY PHASE: THE GAME (4V4 NO GKS) | | 18 Minutes-2 intervals-8 min. play-2 min. rest | | |
|  | | <p>Objective: to pass or dribble past the opponents then score goals</p> <p>Organization: In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 11 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.</p> <p>Key Words: turn, get the ball, score goals</p> <p>Guided Questions: Who should determine whether to dribble pass or shoot? What are successful practice indicators?</p> <p>Answers: The players must be allowed to make their own decisions. Coaches can provide guided assistance only as needed. Players are engaged, enjoy practice and positive reinforcement was provided.</p> | | |