

4v4- Attacking-Improve Scoring Goals (A)

GOAL: Improve scoring goals

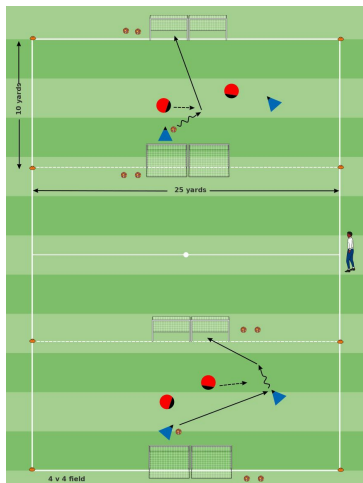
PLAYER ACTIONS: Shoot, Pass/dribble

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U7-U8 / 4v4 / 8 players

Attacking

DURATION: 60 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create chances and score goals.

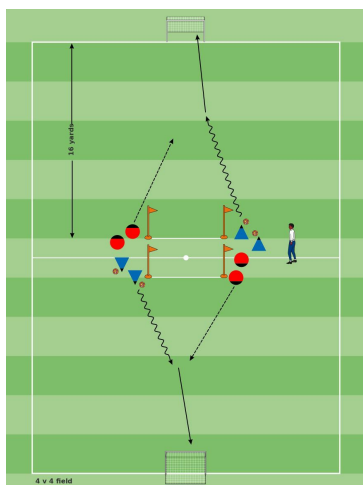
ORGANIZATION: Mark out two 25 x 10-yard fields, each with two double goals. If you don't have enough goals, use poles or cones to mark goals of the proper size. Players are divided into teams of two and take turns playing 2 v 2. Play for 20 minutes with two breaks.

KEY WORDS: Opening, dribble, pass, shoot

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. Pass or dribble past an opponent. 3) Shoot.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 1 v 1 Race to the Goal

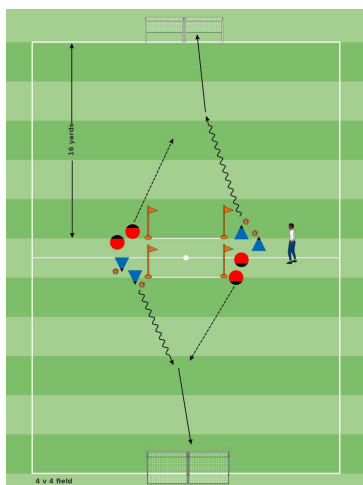
OBJECTIVE: To score goals.

ORGANIZATION: Set up one small goal and one goal line about 16 yards apart. Two groups of four (attackers and defenders) start at positions behind the goal line. As soon as the first attacker starts dribbling forward, the race begins. The defender tries to win the ball and score on the goal line. Play for 20 minutes with two breaks.

KEY WORDS: Dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot. NOTES: Start here at the core activity after the first play phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity.



PRACTICE (Less Challenging): 1 v 1 Race to the Goal

OBJECTIVE: To score goals.

ORGANIZATION: Same as Core Activity, except a second small goal is added, creating a double-wide goal. If you don't have enough goals, use poles or cones to mark goals.

KEY WORDS: Dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.

4v4- Attacking-Improve Scoring Goals (A)

GOAL: Improve scoring goals

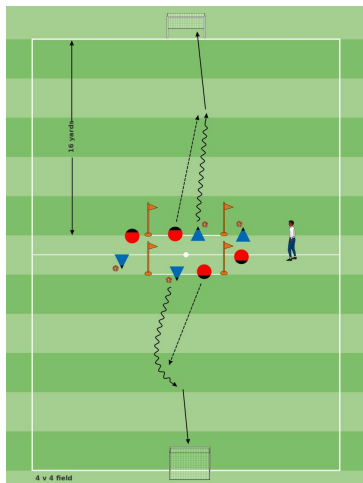
PLAYER ACTIONS: Shoot, Pass/dribble

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U7-U8 / 4v4 / 8 players

Attacking

DURATION: 60 min



PRACTICE (More Challenging): 1 v 1 Race to the Goal

OBJECTIVE: To score goals.

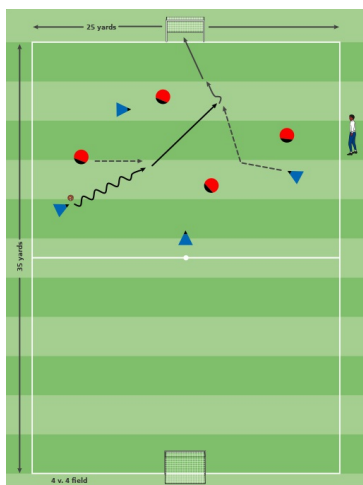
ORGANIZATION: Same as Core Activity, except attacker and defender start out side by side on the goal line.

KEY WORDS: Dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To move the ball forward, create chances and score goals.

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4 using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 min.).

KEY WORDS: Opening, dribble, pass, shoot

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What do you do if you see an opening? 4) What should attackers do when the path to the goal is open? 5) How close do you need to be to shoot? 6) What should you do if the defender catches up to you?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Shoot, pass or dribble through it, depending on the game situation and your position on the field. 4) Dribble toward the goal quickly and directly 5) As close as necessary to be sure of scoring. 6) Cut across in front, block the defender's path and shoot.

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?