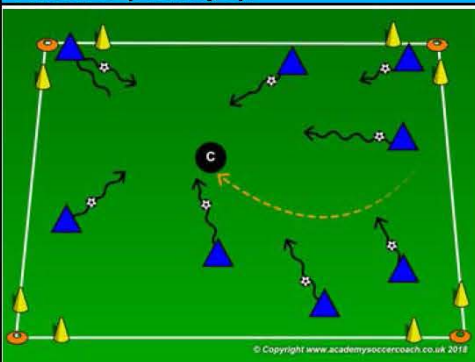




GOAL:	Improve the techniques of passing, dribbling & shooting					
PLAYER ACTIONS	Shoot & Pass or Dribble Forward					
KEY QUALITIES	Take initiative, be pro-active					
AGE GROUP	u4-u6 Week 1	MOMENT	Attacking	DURATION	60 MIN	

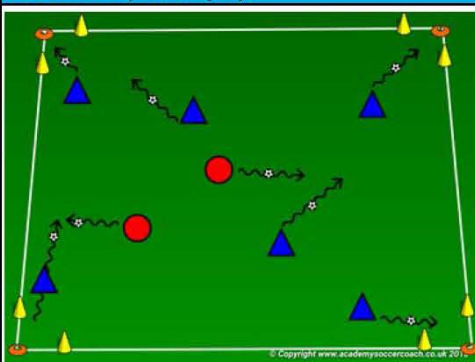
1st PLAY PHASE (intentional Free Play)	Duration:	12 min.	Activity Time:	3 min.	Rest Time:	1 min.	Intervals:	3
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PRACTICE (Activity 1):	Duration:	7 min.	Activity Time:	1 min.	Rest Time:	45 sec.	Intervals:	4
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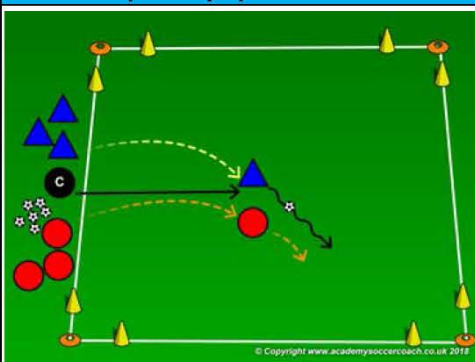
Red Light - Green Light:
Organization: In a 15Wx20L grid, a small cone goal in each corner & all players with a soccer ball dribbling within the space. The coach(es) walk around the space. When the coach says "red light", the players must stop their ball. If the coach says "green light", the players must dribble again. If a player cannot stop their ball, they must dribble through any goal then start playing again. Coach controls the frequency of the lights to allow the players time to respond.
Variations: Yellow Light-dribble slow, Blue Light-5 toe taps on the ball. Purple Light-hop on 1 foot around the ball.
Rules: On Green Light, the players are trying to dribble toward the coach. Once the coach is tagged, start a new game.
Key Words: Laces, Outside (of the foot), Inside (of the foot), Bottom (of the foot)
Guided Questions: Are the players able to stop the ball? Are all players able to use different surfaces of their feet?
Answers: Get close to the ball and softly touch the top of the ball with the bottom of the foot. Use terms like big toe and pinky toe instead of inside and outside of the foot.

PRACTICE (Activity 2):	Duration:	8 min.	Activity Time:	45 sec.	Rest Time:	5 sec.	Intervals:	8
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Wreck It Ralph:
Organization: In a 15Wx20L 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 scorer's 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: Put your body in the way to block it from the opponents (hide it/shielding). Point your toe to the ground and push the ball in front with your laces.

PRACTICE (Activity 3):	Duration:	9 min.	Activity Time:	20 sec.	Rest Time:	20 sec.	Intervals:	12
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Lightning McQueen vs Jackson Storm:
Organization: In a 15Wx20L 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; Team McQueen vs Team Storm. One team on the coach's right & one on the left. A player from each team goes after the ball and tries to score by striking the ball into any of the 4 goals
Rules: Play starts when the coach passes a ball onto the field. Coach can make the game 1v1, 2v1 or 2v2 by telling the teams prior to kicking 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 player(s) to play.
Key Words: Find the open goal, go fast towards it
Guided Question: What can you do to trick the opponent?
 When would you use the bottom of your foot?
Answer: Pretend to go to one goal then change direction to go to the other.
 Use the bottom of your foot to stop the ball or to change directions (pull back).

2nd PLAY PHASE: SMALL-SIDED GAME	Duration:	24 min.	Activity Time:	10 min.	Rest Time:	2 min.	Intervals:	2
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Play 5v5 scrimmages with no goal keeper

FIVE ELEMENTS of TRAINING ACTIVITY	TRAINING SESSION SELF-REFLECTION QUESTIONS
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- 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?

- How did you do in achieving the goal of the training session?**
- What did you do well?**
- What could you do better?**