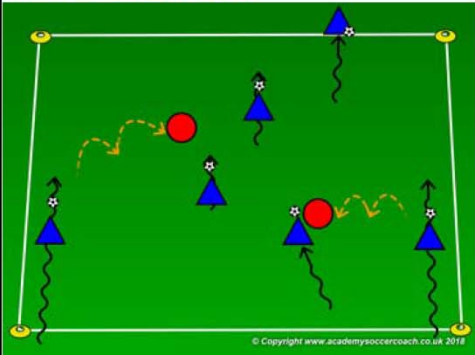




<b>GOAL:</b>	Improve the techniques of shooting-striking the ball					
<b>PLAYER ACTIONS</b>	Shoot & Pass or Dribble Forward					
<b>KEY QUALITIES</b>	Take initiative, Focus					
<b>AGE GROUP</b>	<b>u4-u6 Week 2</b>	<b>MOMENT</b>	Attacking	<b>DURATION</b>	60 MIN	

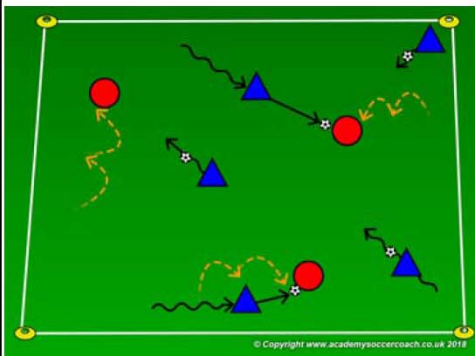
<b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>	<b>Duration:</b>	12 min.	<b>Activity Time:</b>	3 min.	<b>Rest Time:</b>	1 min.	<b>Intervals:</b>	3
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<b>PRACTICE (Activity 1):</b>	<b>Duration:</b>	8 min.	<b>Activity Time:</b>	30 sec.	<b>Rest Time:</b>	30 sec.	<b>Intervals:</b>	8
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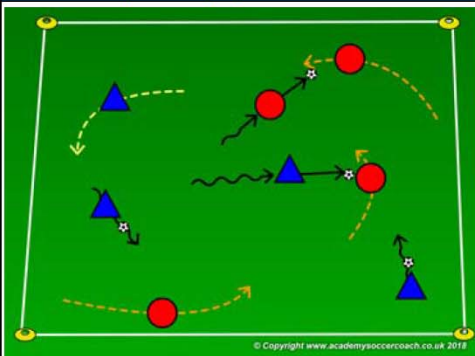
**The Cats in the Hat vs Things 1 & 2:**  
**Organization:** In a 15Wx20L grid, select 2 players to start as Thing 1 & 2; they do not need a soccer ball & can only hop around the field. The rest of the players start at 1 end line, all with a ball. They are Cats in Hats. The Cats try to dribble their soccer ball from 1 end of the field to the other without getting tagged by Things 1 or 2. After 3 Intervals, challenge the players to get back and forth across the space as many times as they can in 30 seconds or up to one minute. Adjust the number of intervals as needed.  
**Rules:** Players begin dribbling as soon as the coach says "Let's Have Fun!" and they stop once at the other side. The coach repeats the command. If a Cat gets tagged, they become a Thing also (or can switch roles with Things).  
**Key Words:** Faster with longer touches, slower with shorter touches  
**Guided Question:** Why should the players use big touches to dribble? When should the players use softer touches?  
**Answers:** You can build up and maintain speed if they can get the ball further away from their body. Use softer touches when you want to stop the ball or to change direction.

<b>PRACTICE (Activity 2):</b>	<b>Duration:</b>	8 min.	<b>Activity Time:</b>	45 sec.	<b>Rest Time:</b>	15 sec.	<b>Intervals:</b>	8
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**Tiggers vs Rabbits (Winnie the Pooh):**  
**Organization:** In a 15Wx20L grid, Tiggers start without a soccer ball & can only hop/skip to avoid getting hit. The Rabbits start with a ball, can dribble & try to pass their ball to hit the Tiggers below their knees. (simply switch the roles of the players from Cats in Hats). Coach can start as Tiggers or select up to 1/2 the team to be Tiggers.  
**Rules:** Players begin dribbling as soon as the first Tigger makes one hop. Rabbits get 10,000 pts for every Tigger they can hit. Each round, switch who are the Rabbits and who are the Tiggers.  
**Key Words:** Kick the ball toward your teammate  
**Guided Question:** Why should you get close to the Tiggers before you try to hit them? What part of your foot should you use when trying to hit the Tiggers?  
**Answers:** It makes it easier to hit the Tiggers if you are closer to them. Point your toe to the side and kick through the middle of the ball with the inside of your foot.

<b>PRACTICE (Activity 3):</b>	<b>Duration:</b>	8 min.	<b>Activity Time:</b>	45 sec.	<b>Rest Time:</b>	15 sec.	<b>Intervals:</b>	8
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**Good Minions vs Evil Minions:**  
**Organization:** In a 15Wx20L grid, 2 teams-1 team of Good Minions; without a soccer ball & 1 team of Evil Minions; with soccer balls. Evil Minions try to dribble the soccer ball and zap the Good Minions by hitting them below the knee with the ball. Good Minions try not to get hit.  
**Rules:** Players begin as soon as the first Evil Minion starts to dribble. If an Evil Minion hits a Good Minion, the Evil becomes Good and the good becomes Evil. The new Evil Minion gets a soccer ball. Who are the Good Minions at the end of the interval?  
**Key Words:** Accuracy (Aim), Pace (Speed) & Weight (Strength)  
**Guided Question:** If you are a Good Minion, how can you avoid the Evil Minions? How can you get more power in your kick?  
**Answers:** If you keep moving, it will be harder for the Evil Minions to zap you with their soccer ball. When striking the ball far, give a big swing with the kicking leg and follow through the ball.

**SMALL-SIDED GAME**

<b>2<sup>nd</sup> PLAY PHASE:</b>	<b>Duration:</b>	24 min.	<b>Activity Time:</b>	10 min.	<b>Rest Time:</b>	2 min.	<b>Intervals:</b>	2
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**Play 5v5 scrimmages with no goal keeper**

<b>FIVE ELEMENTS of TRAINING ACTIVITY</b>	<b>TRAINING SESSION SELF-REFLECTION QUESTIONS</b>
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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?

- 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?**