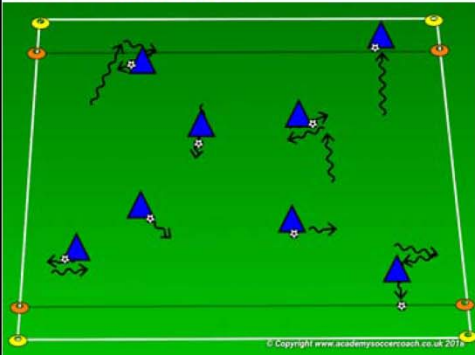




GOAL:	Improve the techniques of dribbling					
PLAYER ACTIONS	Dribble Forward					
KEY QUALITIES	Read & understand the game					
AGE GROUP	u4-u6 Week 3	MOMENT	Attacking	DURATION	60 MIN	

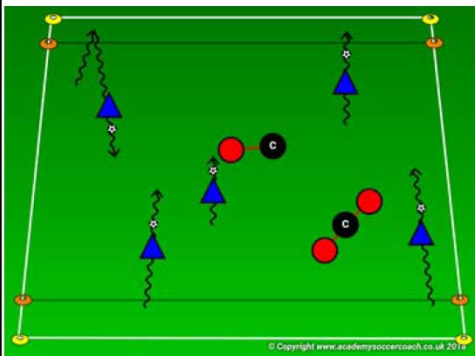
1st PLAY PHASE (intentional Free Play)	Duration:	12 min.	Activity Time:	3 min.	Rest Time:	1 min.	Intervals:	3
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PRACTICE (Activity 1):	Duration:	8 min.	Activity Time:	1 min.	Rest Time:	20 sec.	Intervals:	6
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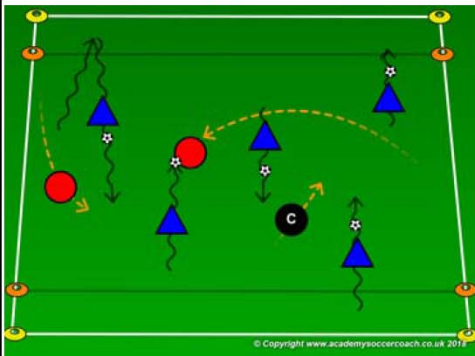
4 Surfaces Dribbling-Explore the Jungle:
Organization: In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a ball. Have the players use 4 surfaces in 1 fluid motion & in order: Outside of foot (pinky toe)-Inside of foot (big toe)-laces & bottom. Once the ball has been stopped, have them try it with the other foot. Players move throughout the grid toward each end zone
Rules: Play begins as soon as the coach calls out a surface. After 2 rounds, see if the players can shout out the surfaces as they use them.
Key Words: Outside (pinky toe), Inside (big toe), Laces, Bottom
Guided Questions: Did the players enjoy this activity? Was there lots of movement from all the players?
Answers: Play for short periods of time. Challenge them to get use as many surfaces as they can in a shorter period of time. Ask the players to move around the space as they use the surfaces.

PRACTICE (Activity 2):	Duration:	8 min.	Activity Time:	30 sec.	Rest Time:	30 sec.	Intervals:	8
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Hungry, Hungry Hippos:
Organization: In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as Hungry Hippos in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Hippos. When the players cross & the Hippos can touch their soccer ball, they join hands with the Hippo to make the Hippo grow. How many times can the dribblers cross the river in 30 seconds.
Rules: Play begins when the coach says the "the Hippos dare you to cross the river". Hippos should not be bigger than 4 players.
Key Words: Avoid Hippos, take big touches
Guided Questions: Did the dribblers understand where they need to go (river's edge)? Where should you go if you see a hippo in front of you?
Answers: Play without hippos in the first round. Let the players dribble across to see the end zone (river's edge) they are trying to get to. Use different surfaces of the foot to move the ball around the hippos.

PRACTICE (Activity 3):	Duration:	8 min.	Activity Time:	30 sec.	Rest Time:	30 sec.	Intervals:	8
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Crocs in the River:
Organization: In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as the Crocs in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Crocs. When the players cross & a Croc steals their ball, they become a Croc also.
Rules: play begins when the coach says go. If a Croc steals a soccer ball, they must dribble it over the sideline (not kick). Dribbler can steal their ball back as long as it's on the field.
Key Words: Shield (Hide your ball) or Go forward
Guided Questions: Did the dribblers understand where they need to go (river's edge)? What should you do if you an opening across the river?
Answers: The player's imagination can be a motivation tool for the coach. Pretend you are a crocodile while chasing the players. Dribble fast with your laces to get past the Crocs but not so fast you lose the ball; too slow and Crocs may get you.

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?