



GOAL:	Improve the techniques of dribbling & striking the ball to score					
PLAYER ACTIONS	Shoot & Pass or Dribble Forward					
KEY QUALITIES	Focus, Take initiative					
AGE GROUP	u4-u6 Week 5	MOMENT		DURATION	60 MIN	

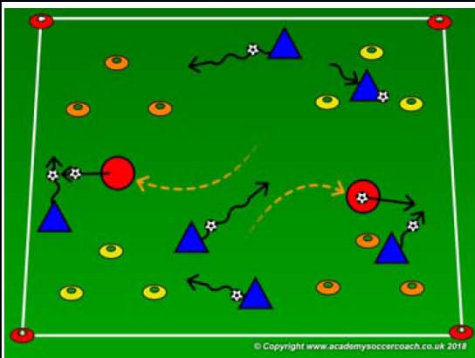
1st PLAY PHASE (intentional Free Play)	Duration: 12 min.	Activity Time: 3 min.	Rest Time: 1 min.	Intervals: 3
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PRACTICE (Activity 1):	Duration: 8 min.	Activity Time: 90 sec.	Rest Time: 30 sec.	Intervals: 4
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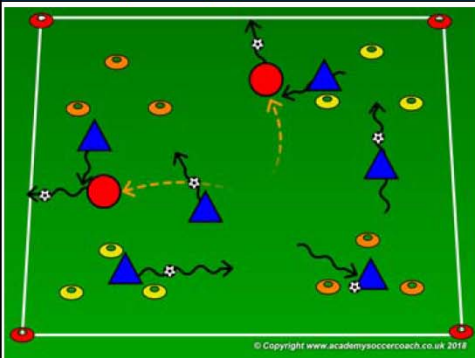
Dribbling Galaxy Hoppers:
Organization: In a 15Wx20L grid, with several 3 yard triangular shaped Galaxies, all players with a soccer ball. In 90 seconds, challenge the players to get into & out of as many Galaxies as the can. Players dribble from one galaxy to another (triangle on the field).
Rules: Play when coach says, "Go explore the Galaxy". Interval 1-how many Galaxies can you visit? Intervals 2 & 3, beat your score. Interval 4, must stop in the Galaxy before you can exit.
Key Words: Find your way through the galaxies. Go fast with the ball if you see an open galaxy.
Guided Questions: Why is it important to pick your head up or look over your shoulder? Where would you have the players start?
Answers: Pick your head up and check over your shoulder to find the open galaxies. Continue to look around while dribbling slowly.
 You can either have the payers start inside a galaxy or start outside of the galaxies (coach's choice).

PRACTICE (Activity 2):	Duration: 8 min.	Activity Time: 90 sec.	Rest Time: 30 sec.	Intervals: 4
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Guardians of the Galaxy:
Organization: In a 15Wx20L grid, with several 3 yard Space Ships (bases). Select 2 players to be it. They have their ball in their hands & are the Guardians of the Galaxy; they protect the ships. The rest of the players dribble their soccer ball and are space fighters who are safe if they can land on a ship.
Rules: Play when coach says, "Go save the Galaxy". Guardians can only toss their soccer ball underhand to hit the space fighter's ball. Space fighters are safe if they can stop in a triangle. Count how many bases you can land on. If you ball is hit, you lose your points.
Key Words: Stop your ball, look before you move to the next space ship
Guided Questions: Were the triangle (space ships) big enough for the players to stop the ball in? Can the players use their laces to dribble the ball?
Answers: Make the triangles bigger if the players are not successful.
 Coaches can help the player's use their laces by encouraging them to point their toe down and make a fist with your toes.

PRACTICE (Activity 3):	Duration: 8 min.	Activity Time: 90 sec.	Rest Time: 30 sec.	Intervals: 4
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Monsters Inc:
Organization: In a 15Wx20L grid, with several 3 yard triangles (closets to hide in). Select 2 players to be it (they are Boo) & do not need a ball. The rest of the players are Mike & Sully (from Monsters Inc). They dribble their soccer ball and try to hide from Boo in the closets. Boo is trying to steal their ball and hide it by dribbling it off the grid.
Rules: Play when coach says, "look out for Boo". Dribblers must get from closet to closet. Dribblers are safe if they can stop their ball in a closet. Award points as needed for getting into a closet.
Key Words: Turn the ball away from boo or soft toe on top of the ball to stop it
Guided Questions: Where should your body be when trying to stop the ball? Besides in the closets, when is another time you would want to stop the ball?
Answers: Try to run slightly ahead of the rolling ball before trying to put your foot on top to stop it. If the ball starts to get too far in front of you, stop it and start to dribble again.

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?