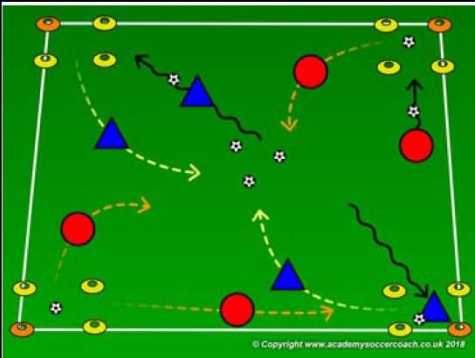




GOAL:	Improve the techniques of dribbling					
PLAYER ACTIONS	Shoot & Pass or Dribble Forward					
KEY QUALITIES	Take initiative, be pro-active					
AGE GROUP	u4-u6 Week 7	MOMENT	Attacking	DURATION	60 MIN	

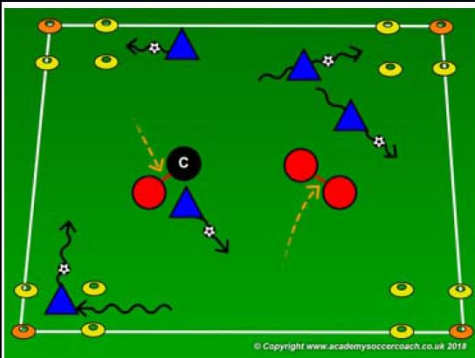
1st PLAY PHASE (intentional Free Play)	Duration: 12 min.	Activity Time: 3 min.	Rest Time: 1 min.	Intervals: 3
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PRACTICE (Activity 1):	Duration: 8 min.	Activity Time: 1 min.	Rest Time: 1 min.	Intervals: 4
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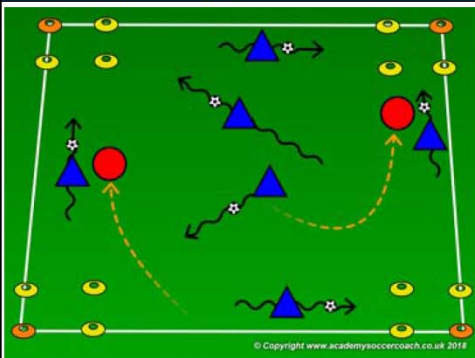
Steal the Treasure:
Organization: In a 15Wx20L grid, place a 4x4 square in every corner. Divide the players equally between the corners. (each team makes up a team name). All the soccer balls start in the center of the grid. On the coach's command, the players race to the middle to get a ball (with their feet only) and take it to their home base. Once all the balls are gone from the middle, steal them from other teams.
Rules: Play when coach says, "Game On!". Dribblers can only use their feet when getting or stealing a soccer ball. In later rounds, players can also kick the ball back to their home as long as someone can stop it.
Key Words: Look up to find soccer balls and find your home
Guided Questions: after you steal a treasure, what now?
 What can you do if you see a soccer ball on your field?
Answers: Once you have stolen some treasure, dribble back to you base as fast as you can. Go get it as fast as you can so you get to it before anyone else.

PRACTICE (Activity 2):	Duration: 8 min.	Activity Time: 90 sec.	Rest Time: 30 sec.	Intervals: 4
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Two-Headed Monster Invasion:
Organization: In a 15Wx20L grid, place a 4x4 square in every corner (cave). Divide the players equally between the 4 corners & each player has a soccer ball except for 2 set of 2 players. These players join hands (Two-Headed Monsters). The players try to dribble their ball into as many caves as possible. The Monsters try to tag them.
Rules: Play when coach says, "Monsters on the Loose!". Dribblers get 100 points for each cave they get into. If tagged by a monster, they lose their points and have to begin scoring again. Monsters must stay connected.
Key Words: Try to sneak behind the monsters, turn quickly, stop the ball at in a cave
Guided Question: What can you do if a monster is chasing you?
 Where can you go if a monster is guarding a cave?
Answers: Run to a cave with your soccer ball to avoid them. Chose a different cave and get their as fast as you can.

PRACTICE (Activity 3):	Duration: 8 min.	Activity Time: 90 sec.	Rest Time: 30 sec.	Intervals: 4
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Field of Doom:
Organization: In a 15Wx20L grid, place a 4x4 square in every corner. Select 2 players to start without a soccer ball. Players with a ball try to dribble from box to box t while avoiding players without a soccer ball to score points. Players without a ball try to steal any ball and start scoring by getting into boxes.
Rules: Play when coach says, "Game On!". Only players with a ball can score. If you lose your ball, you can either steal your ball back or steal one from any of the dribblers. Dribblers are safe in any box but need to get to another box for more points.
Key Words: Use your laces. Use the inside or outside of your foot. Change direction.
Guided Questions: Help the players recognize these moments through guided questions. For example, when is it a good time to run to the next box? See if the players can answer.
Answers: When the monsters are not ready or not looking, get to the next box as fast as you can.

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?