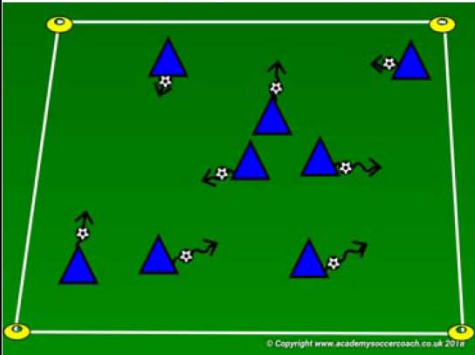




GOAL:	Improve the techniques of dribbling					
PLAYER ACTIONS	Dribble Forward					
KEY QUALITIES	Take initiative, be pro-active					
AGE GROUP	u4-u6 Week 8	MOMENT	Attacking	DURATION	60 MIN	

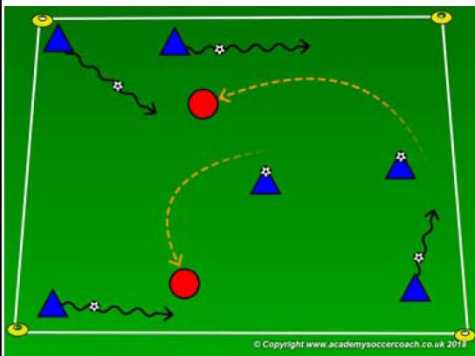
1st PLAY PHASE (intentional Free Play)	Duration: 12 min.	Activity Time: 3 min.	Rest Time: 1 min.	Intervals: 3
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PRACTICE (Activity 1):	Duration: 8 min.	Activity Time: 40 sec.	Rest Time: 20 sec.	Intervals: 8
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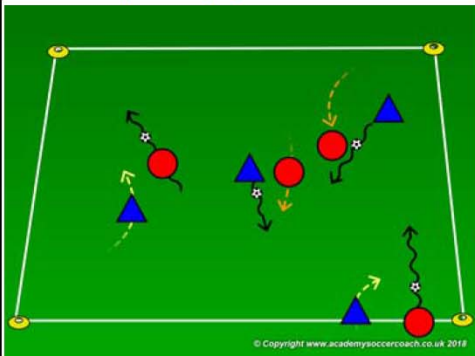
Big Hero 6 Surfaces:
Organization: In a 15Wx20L grid & all players with a soccer ball. Have the players try to use the different surfaces of the foot in a pattern: outside right (pinky toe), inside right (big toe), outside left, inside left, 2 touches with the right foot laces & 2 touches with the left foot laces; repeat the pattern. Start with 1 surface, then add another surface. Once you have introduced all surfaces, try to put them all together.
Rules: Play starts on coach's command. Players must stay within the field of play.
Key Words: Keep the ball rolling.
Guided Questions: what if the players cannot remember the pattern or the surfaces?
 How do you use the inside or outside of the foot?
Answers: Ask the players to say the surface they are going to use before the touch the ball with that surface. This will help them remember the pattern.
 With the ball in front of the player, ask them to try to hit the side of the ball with their pinky toe for the outside or their big toe for the inside.

PRACTICE (Activity 2):	Duration: 9 min.	Activity Time: 1 min.	Rest Time: 30 sec.	Intervals: 6
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Frozen Tag:
Organization: In a 15Wx20L grid, the coach will select 2 Freeze Monsters who do not need a soccer ball. The rest of the players will dribble their ball around the grid. The Freeze Monsters will try to tag the dribblers with their hand. Once tagged, the dribbler is frozen and must stand still with their ball over their head. To get unfrozen, a teammate can pass their ball to hit their shin or pass through their legs.
Rules: Play begins when coach says, "beware of the Freeze Monsters". Dribblers must stay within the grid. If their soccer ball leaves grid, have the player bring it back as fast as they can.
Key Words: Turn the ball, stop the ball
Guided Questions: Were the players engaged the entire game?
 If forward dribbling is dangerous, where can you go instead?
Answers: If the players are getting board, play shorter intervals & rotate the roles of the freeze monster. Sometimes, use the bottom of your foot to turn and go back where you came from if it is safer.

PRACTICE (Activity 3):	Duration: 7 min.	Activity Time: 30 sec.	Rest Time: 30 sec.	Intervals: 7
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Troll Hunters vs Bular the Troll:
Organization: In a 15Wx20L grid, each player gets a partner and 1 soccer ball to share. Play a 1v1 game. 1 player is a Troll Hunter & attacks an end line and their partner/opponent Bular, the Troll, who attacks the opposite end line. All pairs play at the same time.
Rules: play begins as soon as the player with the ball puts their first touch on the ball. After a goal is scored, the player who didn't score starts with the ball. The game is continuous for 20 seconds. Players must stay within the grid.
Key Words: Dribble forward to go by your opponent. Move the ball side to side to get around them.
Guided Questions: Do the players understand how to score?
 Where should you go see space behind your Opponent?
Answers: After a quick explanation (20-30 sec. max.) have to players demonstrate the activity.
 Use your laces to push the ball into the space and run onto it (remember to make softer touches as you get closer to the end line?)

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?

- 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?**