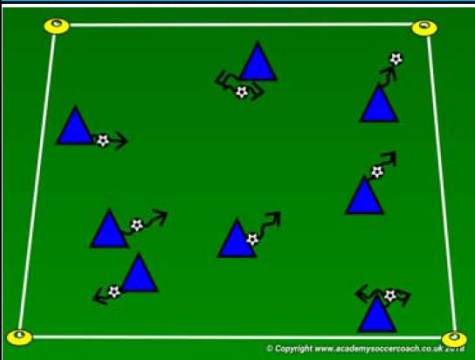




<b>GOAL:</b>	Improve the techniques of dribbling, passing & shooting					
<b>PLAYER ACTIONS</b>	Shoot, Pass or Dribble Forward					
<b>KEY QUALITIES</b>	Take initiative, be pro-active					
<b>AGE GROUP</b>	<b>u4-u6 Week 9</b>	<b>MOMENT</b>	Attacking	<b>DURATION</b>	60 MIN	

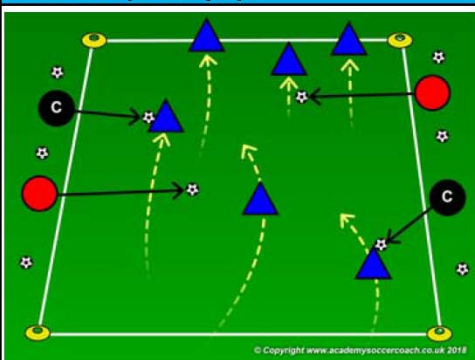
<b>1<sup>st</sup> PLAY PHASE (intentional Free Play)</b>	<b>Duration:</b>	12 min.	<b>Activity Time:</b>	3 min.	<b>Rest Time:</b>	1 min.	<b>Intervals:</b>	3
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<b>PRACTICE (Activity 1):</b>	<b>Duration:</b>	8 min.	<b>Activity Time:</b>	40 sec.	<b>Rest Time:</b>	20 sec.	<b>Intervals:</b>	8
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**Sailing the Seas:**  
**Organization:** In a 15Wx20L grid, all the players with a soccer ball (ships) & the coaches the (ship's captain). The players dribble their ball and will change speed or direction based on the weather; high winds, go fast, no wind, go slow, hurricane, dribble in a circle, rogue wave, go backward. Each round, add a new direction, command or combine movements.  
**Rules:** Play starts when the coach says, "ahoy mates, set sail".  
**Key Words:** Keep the ball close, softer touches to slow the ball down  
**Guided Questions:** What if the players are not engaged in the activity? How can you help the players get more repetitions?  
**Answers:** Use your imagination & the theme of the activity to tell a story & make the game more of an adventure. After calling out a weather condition, allow the players time to respond and get the repetitions you desire.

<b>PRACTICE (Activity 2):</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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**Pirates of the Caribbean:**  
**Organization:** In a 15Wx20L grid, (the ship), place all the players one end line without a soccer ball (Captain Jack Sparrows). All soccer balls (cannon balls) are lined up on either side of the grid. Captain Jacks will try to run to the other side of the ship without getting hit by a cannon ball below the knee. Coaches (Barbosa) will start as the shooters.  
**Rules:** When the coach yells, "make it across or walk the plank" the players start across the grid. Pirates who get hit become Barbosas too. Hits below the knee change players from Pirates to Barbosas.  
**Key Words:** Pass with the inside of your foot or your laces  
**Guided Questions:** What do you do before striking the ball? Where can you go if Captain Jack is too far away?  
**Answers:** Light the fuse by moving the ball to the side before striking it. Use the inside or outside of your foot to move the ball down the field before striking it at Captain Jack.

<b>PRACTICE (Activity 3):</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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**Bruce the Shark & Nemo:**  
**Organization:** In a 15Wx20L grid, select 1-3 players to be Bruce the Sharks without a ball (coaches can start as sharks too). The rest of the players are Nemo or Dori. They all have a ball & start at one end of the grid. They have to swim (dribble their ball) to the other side without losing their soccer ball to Bruce the Shark.  
**Rules:** Game starts when Sharks yell, "Nemo, Nemo cross my ocean". Once a dribbler has reached the other side, he/she is safe.  
**Key Words:** run with your ball, stop your ball  
**Guided Questions:** What is a schemer? How do you know where to cross the ocean?  
**Answers:** The player who patiently watches & waits for the best moment to go. Play with your head up, move across the shore and look for the best place to cross.

<b>2<sup>nd</sup> PLAY PHASE: SMALL-SIDED GAME</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>
<ol style="list-style-type: none"> <li><b>Organized:</b> Is the activity organized in the right way?</li> <li><b>Game like:</b> Is the activity game like?</li> <li><b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</li> <li><b>Challenging:</b> Are the players challenged? (Is there the right balance between being successful and unsuccessful?)</li> <li><b>Coaching:</b> Is there the right coaching based on the age/level of the players?</li> </ol>	<ol style="list-style-type: none"> <li>How did you do in achieving the goal of the training session?</li> <li>What did you do well?</li> <li>What could you do better?</li> </ol>