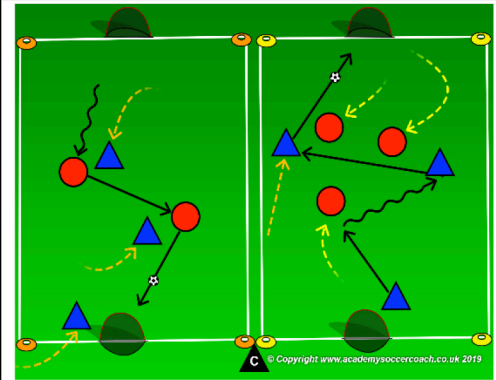
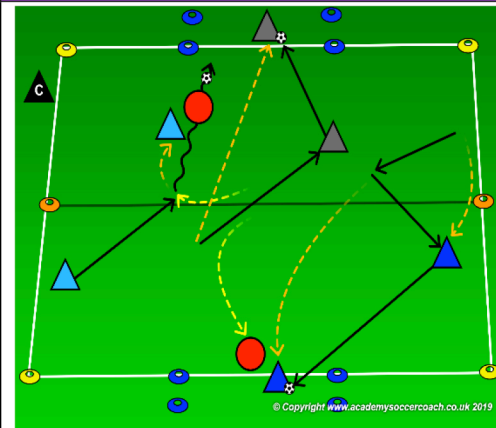
	GOAL:	Build up in the defensive half	AGE GROUP
	PLAYER ACTIONS	Pass or dribble forward, Spread out, Create passing options	8U
	KEY QUALITIES	Read and understand the game, Take initiative	
MOMENT	Attacking	DURATION	60 Minutes

1st PLAY PHASE (intentional Free Play) **18 Min.-Play multiple 3-4 minute games**



PRACTICE (Core Activity): Pair Bandits **18 Minutes-6 intervals-90 sec. play-30 sec. rest**



Organization: In a 20Wx30L yard grid, a 6Wx3L yard box goal on each end line, all players in pairs. Select 1 pair to be the bandits. Each pair needs 1 ball to share except for the bandits. The pairs with a ball will try to dribble & pass to either goal & pass to their teammate within the goal. After scoring in one end, play to the other. How many goals can you score in 2 minutes? The mission of the bandits is to steal the ball from the passing pairs & bring it to one of the two hideouts (goals). The passing pairs can take the ball back from the bandits before they get it all the way to the hideout. If the bandits get the ball into the hideout, the pair lose all their points and have to start counting over again. Rotate bandits after each interval. **Rules:** bandits cannot defend inside of the goal.

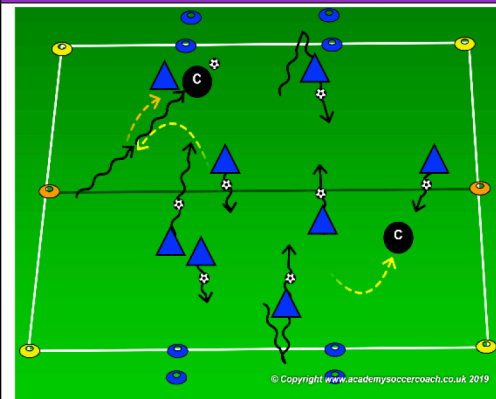
Key Words: Look up, find an opening, play through it

Guided Questions: Where should you go if a defender is closing your opening? What are some ways you can play the ball through an opening?

Answers: See if teammate can move to create a new opening. You can dribble through or pass through.

Notes: Variation-if bandits steal a ball and get it to a hideout, they can now begin scoring goals. The team that lost the ball must now steal another ball in order to start scoring again.

PRACTICE (Less Challenging): Bandits (Coach is it) **18 Minutes-9 intervals-90 sec. play-30 sec. rest**



Organization: In a 20W x 30L yard grid, a 6W x 3L yard box goal on each end line and all players have a soccer ball. The coach will be the bandit. The players will try to dribble into the goals. After scoring in one end, play to the other. How many goals can you score in 2 minutes? The mission of the bandit is to steal the ball and bring it to one of the two hideouts (goals). The player can steal his/her ball back from the bandits before they get it all the way to the hideout. If the bandit succeeds in getting the ball into the hideout, the player loses all their points and have to start counting over again.

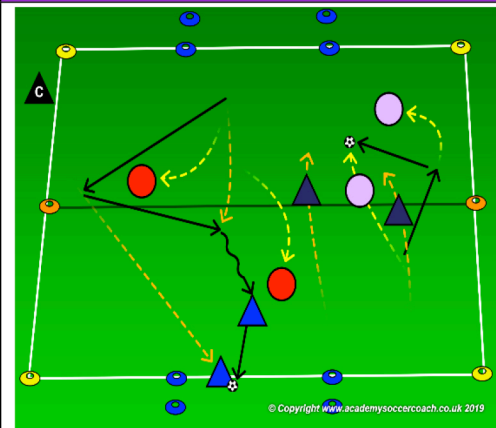
Key Words: find avoid the coach, go for goal

Guided Questions: Where should you go if another dribbler is in your way? What can you do if the coach/bandit is blocking the goal?

Answers: Try to find a new opening to the goal. If the bandit is blocking your opening, be patient, dribble away then back to goal.

Notes: Once the players understand the direction and where to score, challenge them to work with a partner. The 2 players now need to move the ball from one goal to the other.

PRACTICE (More Challenging): Multiple 2v2 to Goal **18 Minutes-6 intervals-2 min. play-1 min. rest**



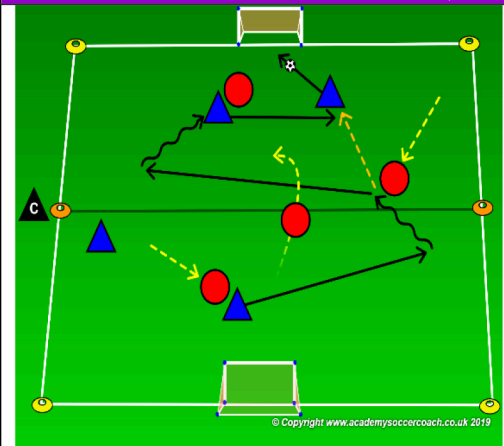
Organization: In a 20W x 30L yard grid, a 6W x 3L yard box goal on each end line, coach will create teams of 2 players. Two teams will play against one another and, on the same field and at the same time, two other teams will also play against one another. Each team will defend 1 goal and score in the other. A goal is scored by either dribbling the ball into the opponent's box or passing the ball to your teammate in the box. After a goal is scored, the scoring team backs up to allow the ball back into play and the game continues. If you have more than 4 teams of 2, either rotate teams onto the field or create a second field.

Key Words: play through, look up

Guided Questions: What are some things you have to look for in this game? Why should you try to keep the ball instead of kicking it away?

Answers: You have to look for your teammates, the goal or opponents. It is much easier to get the ball to your teammates if you receive it first, pick your head up and pass it to them.

Notes: Coach can add passing or scoring incentives as needed to further challenge the players.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: turn, get the ball, score goals

Guided Questions: Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

Answers: The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?



Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

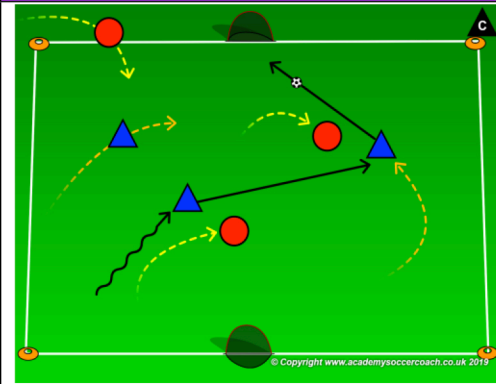
3. What could you do better?



 	GOAL:	Build up in the opponent's half		AGE GROUP	
	PLAYER ACTIONS	Pass or dribble forward, Create passing options			8U
	KEY QUALITIES	Take initiative, be pro-active			
	MOMENT	Attacking	DURATION	60 Minutes	4v4

1st PLAY PHASE (intentional Free Play)

18 Min.-Play multiple 3-4 minute games



Objective: to pass or dribble past an opponent then score goals

Organization: On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

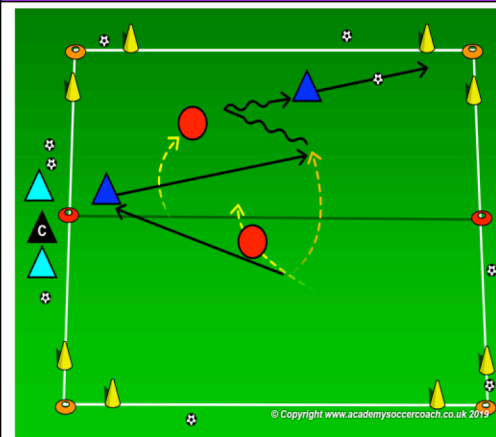
Key Words: go to goal, score goals

Guided Questions: If you see an opening in front of you, where should you go? When should you pass instead of dribble?

Answers: Play forward to goal whenever possible. If all the openings in front of you are closed, quickly pass to a teammate to see if they can find an opening forward.

PRACTICE (Core Activity): 2v2 to 4 Corner Goals

18 Minutes-6 intervals-2 min. play-1 min. rest



Organization: On the same 2 fields set up above (17Wx25L), place a cone goal in each corner of the field. Play a 2v2 game on each field. Each field will also have a team on the side line who switches in after 1 minute. Both teams will defend the 2 goals on one end line and attack the 2 goals on the other end line. Place several soccer balls around the field for quicker restarts.

Rules: coach keeps track of time. After 1 minute, a team leaves the field. After the first minute, each team remains on the field for 2 games and they have 1 game off. The game does not stop to switch teams. The team who stays on the field can score if the new team doesn't enter quickly.

Key Words: Find the open goal, go, help your teammate

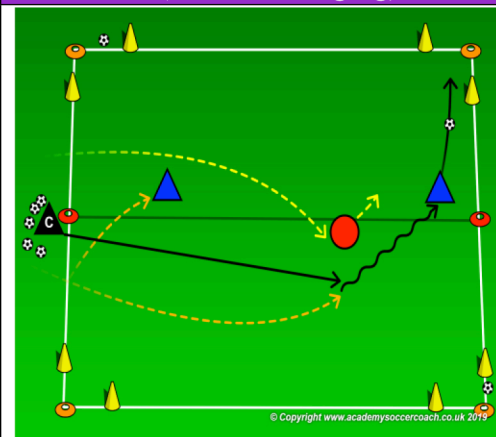
Guided Question: What can you do to trick the opponent? When would you use your laces to strike the ball?

Answer: Pretend to go to one goal then change direction to go to the other. Use your laces to strike the ball toward the goal.

Notes: makes fields slightly smaller if the coach chooses. Stop between rounds as need to organize the players but the more the game flows, the better.

PRACTICE (Less Challenging): 2v1 to 4 Goals

18 Minutes-18 intervals-30 sec. play-30 sec. rest



Organization: In a 17Wx25L grid, a cone goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; one team on the coach's right & one on the left. Each team will have 2 goals to defend and 2 goals to score in. Prior to playing a ball onto the field the coach will announce which team gets 2 players and which team only gets 1. Once the ball is played onto the field, both teams go after the ball and try to score by striking the ball into either of their opponent's 2 goals. **Rules:** Play starts when the coach passes a ball onto the field. Teams get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next players to play.

Key Words: Find the open goal, go, help your teammate

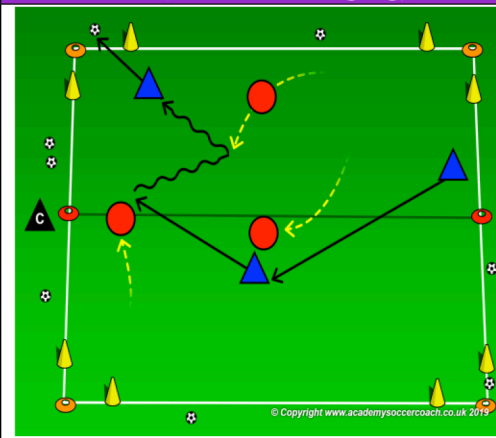
Guided Question: Where can you play the ball if the opening to one goal is blocked by the defender? When would you use your laces to strike the ball?

Answer: Try to play the ball to the other goal. Use your teammate to help if you have one. Use your laces to strike the ball toward the goal.

Notes: Play the ball in the area closest to the team of 2 to help them build the attack. Don't worry, the next ball may be played closer to the other team.

PRACTICE (More Challenging): Multiple 3v3 to 4 Goals

18 Minutes-6 intervals-2 min. play-1 min. rest



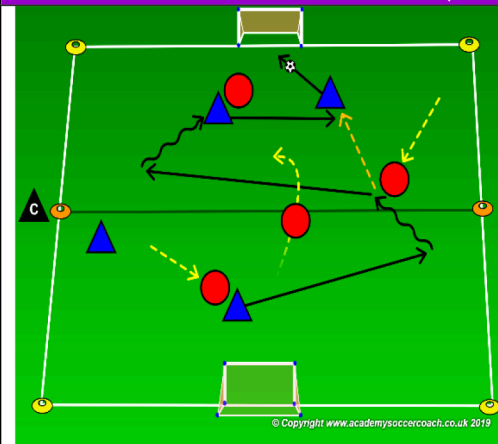
Organization: On the same 2 fields set up above (17Wx25L), place a cone goal in each corner of the field. Play a 3v3 game on each field. Both teams will defend the 2 goals on one end line and attack the 2 goals on the other end line. Place several soccer balls around the field for quicker restarts. **Rules:** coach keeps track of time. If a ball leaves the field, the team who didn't kick it out or score can retrieve any ball from off the field.

Key Words: Find the open goal, go, help your teammate

Guided Question: What can you do to trick the opponent? When would you use your laces to strike the ball?

Answer: Pretend to go to one goal then change direction to go to the other. Use your laces to strike the ball toward the goal.

Notes: makes fields slightly smaller if the coach chooses. Stop between to rotate subs in if needed.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: turn, get the ball, score goals

Guided Questions: Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

Answers: The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

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5. **Coaching:** Is there coaching based on the age and level of the players?



Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

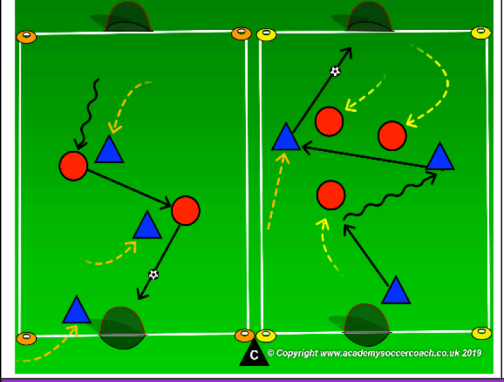
3. What could you do better?



 	GOAL:	Improve Scoring Goals		AGE GROUP	
	PLAYER ACTIONS	Shoot, Pass or dribble forward			8U
	KEY QUALITIES	Read and understand the game, Take initiative, Focus			
	MOMENT	Attacking	DURATION	60 Minutes	4v4

1st PLAY PHASE (intentional Free Play)

18 Min.-Play multiple 3-4 minute games



Objective: to pass or dribble past an opponent then score goals

Organization: On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

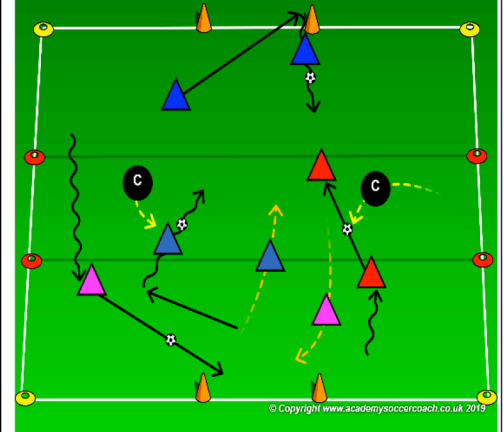
Key Words: go to goal, score goals

Guided Questions: If you see an opening in front of you, where should you go? When should you pass instead of dribble?

Answers: Play forward to goal whenever possible. If all the openings in front of you are closed, quickly pass to a teammate to see if they can find an opening forward.

PRACTICE (Core Activity): Boston Bulldogs (with partner)

14 Minutes-7 intervals-1 min. play-1 min. rest



Organization: In a 20Wx30L grid, with a 5 yard zone in the middle (the dog pound) & a cone goal on each end line. Coaches start in the pound as the dog catchers (dog catchers do not use a soccer ball & must stay in the pound). Each player has a partner and one soccer ball to share. Players start on one end line. Players (bulldogs) try to sneak through the dog pound without waking the catchers. If they can get through the dog pound without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they can go back through the dog pound to score in the other goal. **Rules:** When the coach yells, "Who let the dogs out?" the players start across the grid. If a dog catcher steals your soccer ball you and your partner lose your points and have to start scoring again.

Key Words: play quickly, dribble (or pass) through the pound

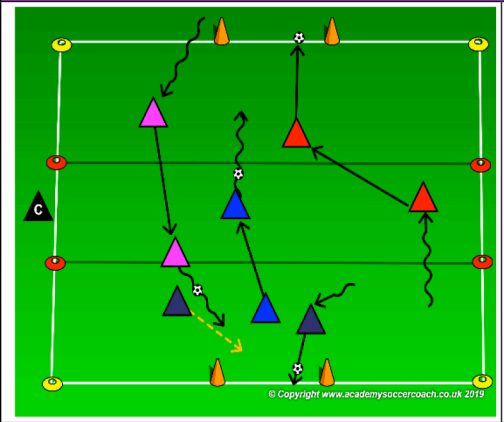
Guided Questions: How can you get the ball through the dog pound the fastest? Once you get past the dog pound, what part of your foot can you use to score?

Answers: You can kick the ball through the pound but it is helpful if your partner is on the other side. You can point your toe down so you can strike the ball with your laces.

Notes: Players can start as dog catchers also but will be in the pound with their partner. After a few rounds, if the catcher steals a ball, the dog catchers and bulldogs can switch roles.

PRACTICE (Less Challenging): Dogs Gone Wild

14 Minutes-7 intervals-1 min. play-1 min. rest



Organization: In a 20Wx30L grid, with a 5 yard zone in the middle (the dog pound) & a cone goal on each end line. Each player has a partner and one soccer ball to share. Players start on one end line. Players (bulldogs) try to sneak through the dog pound. If they can get through the dog pound without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they can go back through the dog pound to score in the other goal. How many goals can they score in 1 minute? Challenge them to beat their score each round. **Rules:** When the coach yells, "Who let the dogs out?" the players start across the grid. Can kick the ball through the goal or dribble through for points.

Key Words: Go to goal, dribble (or pass) through the pound

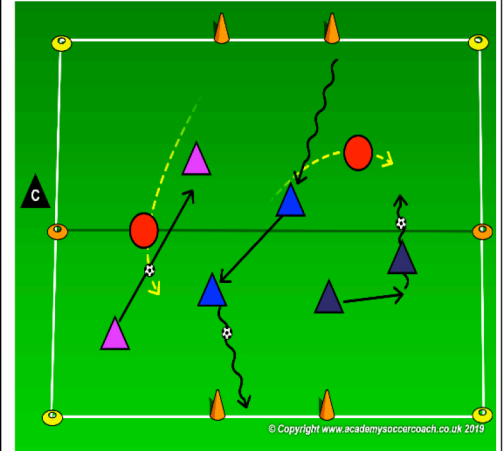
Guided Questions: How can you get the ball through the dog pound the fastest? Once you get past the dog pound, what part of your foot can you use to score?

Answers: You can kick the ball through the pound but it is helpful if your partner is on the other side. You can point your toe down so you can strike the ball with your laces.

Notes: Coaches can step into the dog pound as obstacles to see if the players can play the ball around the coaches (dog catchers).

PRACTICE (More Challenging): Boston Bulldog (no pound)

14 Minutes-7 intervals-1 min. play-1 min. rest



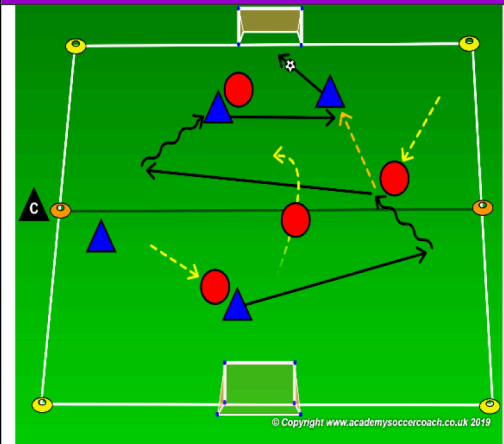
Organization: In a 20Wx30L grid, with a cone goal on each end line. Coaches or 2 players start as dog catchers (dog catchers do not use a soccer ball.) The rest of the players have a partner and a soccer ball to share. Players start on one end line. Players (bulldogs) try to play past the dog catchers without getting caught. If they can get past the dog catchers without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they can go back past the dog catchers to score in the other goal. **Rules:** When the coach yells, "Who let the dogs out?" the players start across the grid. If a dog catcher steals your soccer ball you and your partner lose your points and have to start scoring again.

Key Words: Go fast, find your partner

Guided Questions: How can you get past the defender quickly? Once you give the ball to your teammate, what should you do next?

Answers: You can pass forward to your teammate hard enough so the defender can't steal it. You should move to a new opening and hopefully closer to the goal.

Notes: After a few rounds, if the dog catcher steals a ball, the dog catchers and bulldogs can switch roles.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: turn, get the ball, score goals

Guided Questions: Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

Answers: The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

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4. **Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?



Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

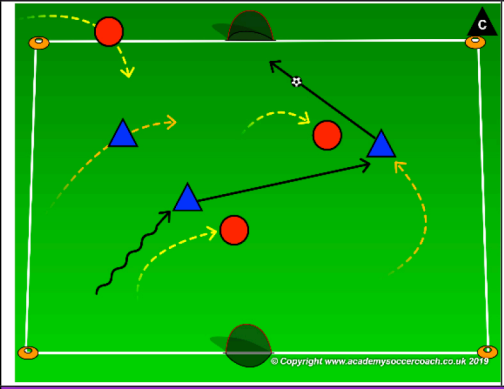
3. What could you do better?



 	GOAL:	Improve Scoring Goals		AGE GROUP	
	PLAYER ACTIONS	Dribble forward, Score, Play forward when possible			8U
	KEY QUALITIES	Take initiative, be pro-active			
	MOMENT	Attacking	DURATION	60 Minutes	4v4

1st PLAY PHASE (intentional Free Play)

18 Min.-Play multiple 3-4 minute games



Objective: to pass or dribble past an opponent then score goals

Organization: On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

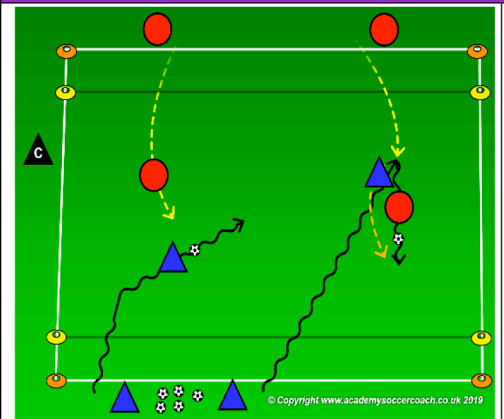
Key Words: go to goal, score goals

Guided Questions: If you see an opening in front of you, where should you go? When should you pass instead of dribble?

Answers: Play forward to goal whenever possible. If all the openings in front of you are closed, quickly pass to a teammate to see if they can find an opening forward.

PRACTICE (Core Activity): 2 x 1v1 to End Zones

20 Minutes-10 intervals-1 min. play-1 min. rest



Organization: In 20Wx30L yard grid with a 5yd end zone on each end of the field. Each team starts behind one of the end zones. One team starts with the soccer balls. On the coach's command, 2 players with soccer balls enter the field and try to dribble the ball into the opponent's end zone. The team without soccer balls send 2 players to try to steal the ball and score in the opposite end zone. Players who can stop the ball in the opponent's end zone get 10 points. After 5 intervals, switch teams so both teams have a chance to attack. **Rules:** Players try to dribble across to the other end zone. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After both soccer balls are either scored or knocked out of play, the game is over and the next game begins. If one ball is kicked out or scored, help your teammate.

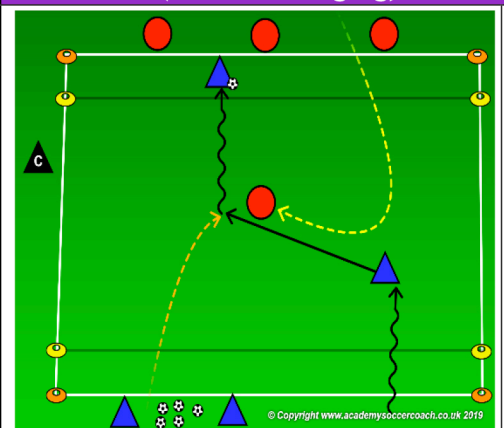
Key Words: Look up, find an opening, fake the defender, go forward.

Guided Questions: What should you do when confronted by a defender? When should you kick the ball further of front of you?

Answers: When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.

PRACTICE (Less Challenging): 2v1 to End Zones

20 Minutes-20 intervals-30 sec. play-30 sec. rest



Organization: In 20Wx30L yard grid with a 5yd end zone on each end of the field. Each team starts behind their end zone. One team starts with a soccer balls. On the coach's command, 2 players with 1 ball enter the field and try to dribble the ball into the opponent's end zone. The team w/o soccer balls can only send 1 defender. Players who can stop the ball in the opponent's end zone get 10 points. After 5 intervals, switch so both teams have a chance to attack. **Rules:** Players try to dribble across to the other end zone. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After both soccer balls are either scored or knocked out of play, the game is over and the next game begins.

Key Words: Look up, find an opening, fake the defender, go to goal.

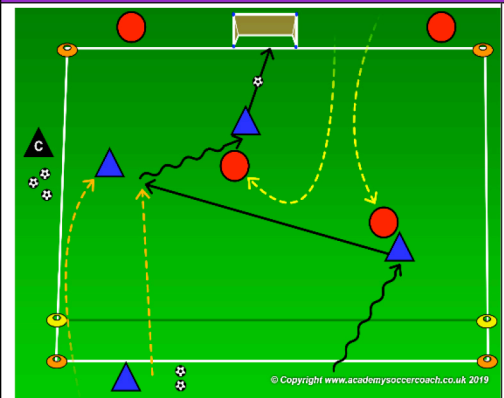
Guided Questions: What should you do when confronted by a defender? When should you kick the ball further of front of you?

Answers: When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.

Notes: Spread out can also be introduced so 1 defender cannot cover both players. Remember to keep the primary focus on the player with the ball.

PRACTICE (More Challenging): Multiple 3v2 to Goal & End Zone

18 Minutes-12 intervals-1 min. play-30 sec. rest



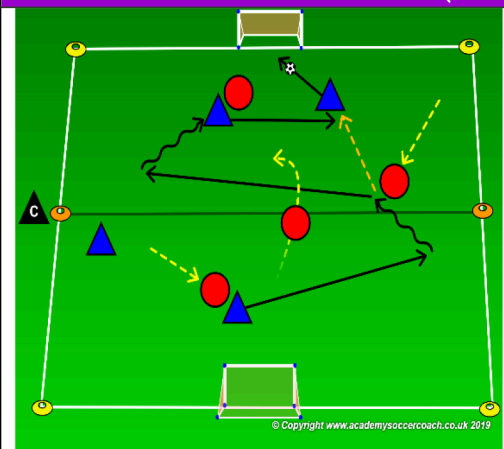
Organization: In 20Wx30L yard grid with a 5yd end zone at 1 end and a small goal at the other. Each team starts behind their end line. One team starts with soccer balls. On the coach's command, 3 players with 1 soccer ball enter the field and try to score in the small goal. The team w/o a soccer ball sends 2 players to defender. They can score by stopping the ball in their opponent's end zone. **Rules:** First team to score wins the round. Coach can play a soccer ball in if the ball leaves the field and no one scores. Game lasts for 1 minute or 1 goal.

Key Words: Look up, find an opening, fake the defender, go to goal.

Guided Questions: What should you do when confronted by a defender? When should you kick the ball further of front of you?

Answers: When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.

Notes: It is important to allow one team to start with the ball. Coach can observe to see how the player with the ball starts the attack. Switch sides after 6 intervals.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: turn, get the ball, score goals

Guided Questions: Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

Answers: The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.



Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
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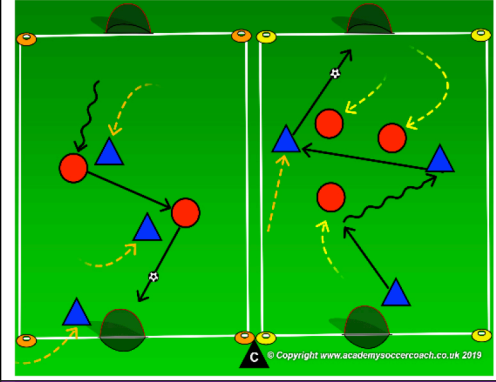
Training Session Self-Reflection Questions

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?



 	GOAL:	Prevent Goals		AGE GROUP
	PLAYER ACTIONS	Protect the goal, Steal the ball		8U
	KEY QUALITIES	Read and understand the game, Focus		
MOMENT	Defending	DURATION	60 Minutes	4v4

1st PLAY PHASE (intentional Free Play)	18 Min.-Play multiple 3-4 minute games
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Objective: to pass or dribble past an opponent then score goals

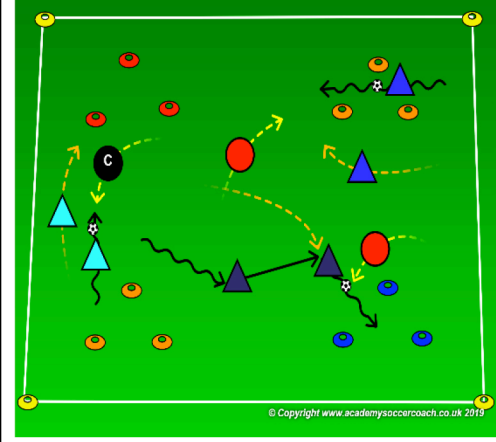
Organization: On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

Key Words: block your goal, get back

Guided Questions: What should you do if you see an opening to your goal? Where should you go if the ball is closer to your goal than you are?

Answers: Move to block your goal. Get back so you are closer to your goal than the ball is.

PRACTICE (Core Activity): Guard the Goals	18 Minutes-9 intervals-1 min. play-1 min. rest
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Organization: In a 20Wx30L grid, with several 3 yard triangle shaped goals. Select enough defenders so there is 1 less defender than goals. The rest of the players have a partner and a soccer ball to share. The players with a soccer ball try to dribble or pass into or through as many goals as they can in 1 minute. The defenders must guard all the goals and tackle the ball away if a team tries to score. **Rules:** Defenders cannot enter the triangles so if an attacking player can stop the ball in a triangle they can rest.

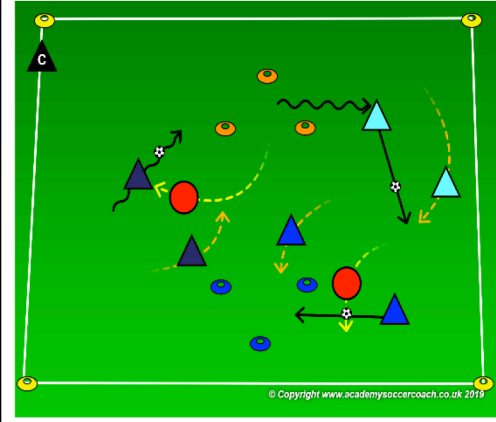
Key Words: win the ball, pressure the ball, tackle the ball.

Guided Questions: How do you know where the attackers are? What can you do if no one is attacking the goal you are closest to?

Answers: Keep your head up and always look around to see if they are close. Move to help one of your teammates to protect a different goal.

Notes: Don't worry if an attacking team stops to rest in a goal. The emphasis is on the players without the ball. If a team is stopped in a goal, they cannot continue to score. The Coach can start as a defender if needed.

PRACTICE (Less Challenging): Guard the Goal - Tag	18 Minutes-9 intervals-1 min. play-1 min. rest
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Organization: In a 20Wx30L grid, with two 3 yard triangle shaped goals. Select 2 defenders; 1 defender defends each goal. The rest of the players have a partner and share a soccer ball. The players with a soccer ball try to dribble or pass through as many goals as they can in 1 minute. The defenders must guard his/her goal. If the defender can poke their ball away or even tag them, the attacker's score goes back to zero. **Rules:** Defenders cannot enter the triangles so if an attacking team can stop the ball in a triangle they can rest.

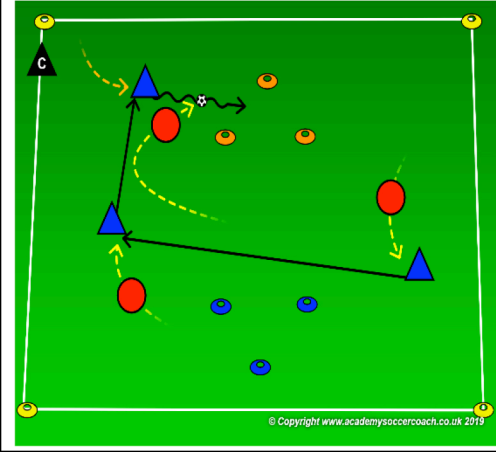
Key Words: try to win the ball, pressure the ball, tackle the ball.

Guided Questions: When should stay close to the goal you are defending? What can you do if the attackers kick the ball too far in front of themselves?

Answers: If the attackers are close to your goal, stay back. If the defenders are far away, step up. Step closer to the ball to see if you can poke tackle it away.

Notes: If too many goals are still getting scored, add another defender who can roam all over the field.

PRACTICE (More Challenging): Guard the Goals 3v3	18 Minutes-6 intervals-2 min. play-1 min. rest
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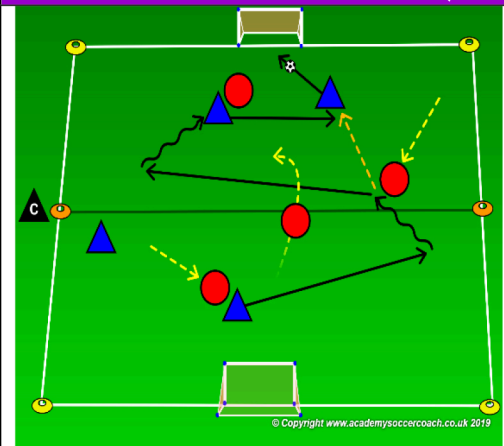
Organization: In a 20Wx30L grid, with two 3 yard triangle shaped goals. Select 2 teams of 3 players each. Each team defends 1 goal and scores in the other. The team with a soccer ball tries to dribble or pass through the opponent's goal. If the defending team must win the ball, they can attack the goal at the other end of the field. **Rules:** Defenders cannot enter the triangles so if an attacking team can stop the ball in a triangle they can rest.

Key Words: try to win the ball, pressure the ball, tackle the ball.

Guided Questions: When should 2 defenders be close together? What can you do if the attackers kick the ball too far in front of themselves?

Answers: If the other team has more players on one side the defending team can send a player over to help. Step closer to the ball to see if you can poke tackle it away.

Notes: If too many goals are still being scored, reduce the number of attackers on the team who is scoring the most so the focus will remain on defending.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: turn, get the ball, score goals

Guided Questions: Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

Answers: The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?



Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

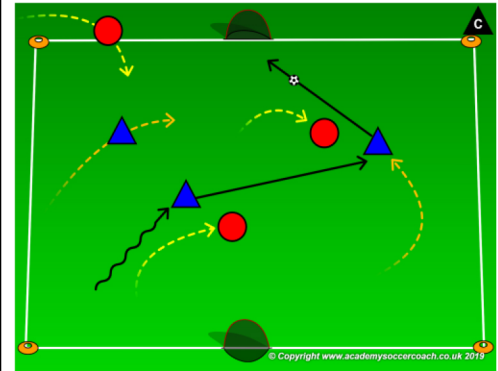
2. What did you do well?

3. What could you do better?



 	GOAL:	Protect the goal, Steal the ball		AGE GROUP
	PLAYER ACTIONS	Read and understand the game, Take initiative		8U
	KEY QUALITIES	Defending		
	MOMENT	DURATION	60 Minutes	4v4

1st PLAY PHASE (intentional Free Play) **18 Min.-Play multiple 3-4 minute games**



Objective: to pass or dribble past an opponent then score goals

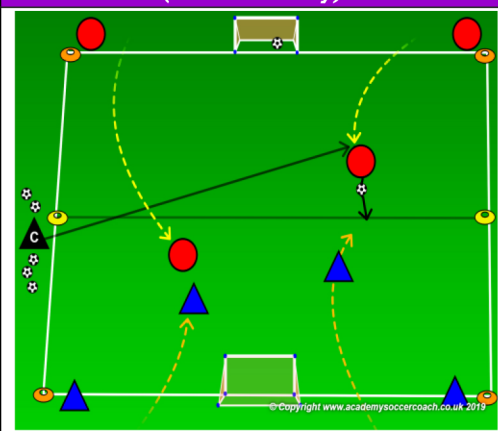
Organization: On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

Key Words: block your goal, get back

Guided Questions: What should you do if you see an opening to your goal? Where should you go if the ball is closer to your goal than you are?

Answers: Move to block your goal. Get back so you are closer to your goal than the ball is.

PRACTICE (Core Activity): 4 Corner Shooting/Defending **18 Minutes-18 intervals-30 sec. play-30 sec. rest**



Organization: In 20Wx30L yard grid with a goal on each end line. Players of each team are placed by the corner cones of the end line they are defending. Half of the team is in a line at one corner cone and the other half at the other cone. The coach is standing outside the middle with all the soccer balls. The game starts when the coach serves the ball into the field. One player from each corner comes out to play 2v2. The game is over when one team scores by shooting into the opponent's goal. If the ball goes out of bounds, all players leave the field. The coach will play a new ball onto the field for the next round to begin. **Rules:** Players cannot enter the field until the coach serves a soccer ball onto the field.

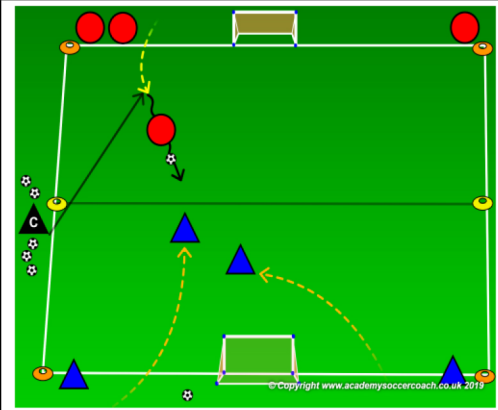
Key Words: step to the ball, pressure, block your goal

Guided Questions: What should you do if you team doesn't have the ball? Where should you go if the attacker gets past you?

Answers: Get as close to the ball as you can and block the attacker from going to your goal. Run back to your goal then try to get close to the ball again.

Notes: Serve the ball to one team or the other so it is clear which team initiates the attack and which team starts as defenders.

PRACTICE (Less Challenging): 4 Corner Shot./Def. 1v2 to Goal **18 Minutes-18 intervals-30 sec. play-30 sec. rest**



Organization: In 20Wx30L yard grid with a goal on each end line. Players of the same team are placed by the corner cones of the end line they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the soccer balls. The game starts when the coach serves the ball into the field. Whichever team gets the serve can only attack with 1 player. The team that does not get the ball gets 2 players. The game is over when one team scores by shooting into the opponent's goal. If the ball goes out of bounds, all players leave the field. The coach will play a new ball onto the field for the next round to begin. **Rules:** Players cannot enter the field until the coach serves a soccer ball onto the field.

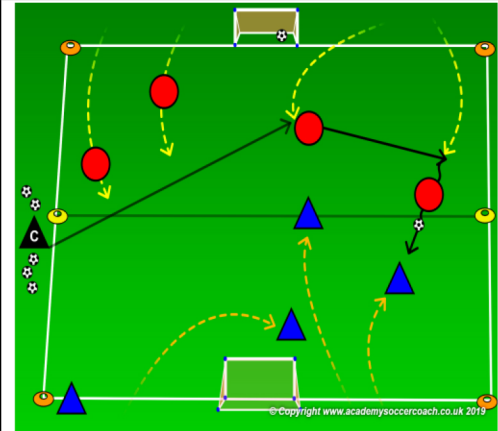
Key Words: help your teammate, pressure, close the opening to goal

Guided Questions: What should you do if you teammate is closest to the ball? What happens if your teammate gets beat?

Answers: Get behind them to help them protect the goal. Step closer to the ball to see if you can win it.

Notes: Serve the ball to one player. Rotate who the serve is played to so all players have rounds they defend.

PRACTICE (More Challenging): 4 Corner 4v3 to Goal **18 Minutes-12 intervals-1 min. play-30 sec. rest**



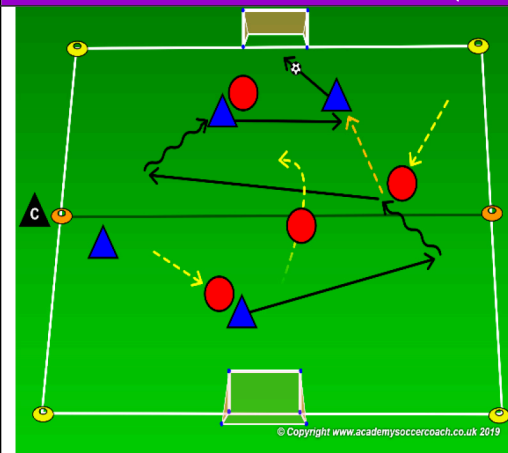
Organization: In 20Wx30L yard grid with a goal on each end line. Players of the same team are placed by the corner cones of the end line they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the soccer balls. The game starts when the coach serves the ball into the field. Whichever team gets the serve can attack with all 4 players. The team that does not get the ball gets 3 players. The game is over when one team scores by shooting into the opponent's goal. If the ball goes out of bounds, all players leave the field. The coach will play a new ball onto the field for the next round to begin. **Rules:** Players cannot enter the field until the coach serves a soccer ball onto the field.

Key Words: step up, steal it, get the ball

Guided Questions: What is meant by close an opening? What happens to the openings when the attackers make a pass?

Answers: Close any space between defenders or to the goal that the attackers can play a ball through. There may be new openings so you have to move to close the openings.

Notes: Serve the ball to one player. Rotate who the serve is played to so all players have rounds they defend.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: turn, get the ball, score goals

Guided Questions: Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

Answers: The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

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3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

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Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

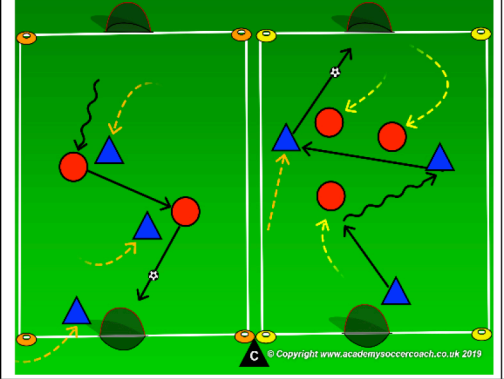
2. What did you do well?

3. What could you do better?



 	GOAL:	Prevent build up in the opponent's half		AGE GROUP	
	PLAYER ACTIONS	Protect the goal, Steal the ball			8U
	KEY QUALITIES	Read and understand the game, Focus			
	MOMENT	Defending	DURATION	60 Minutes	4v4

1st PLAY PHASE (intentional Free Play) **18 Min.-Play multiple 3-4 minute games**



Objective: to pass or dribble past an opponent then score goals

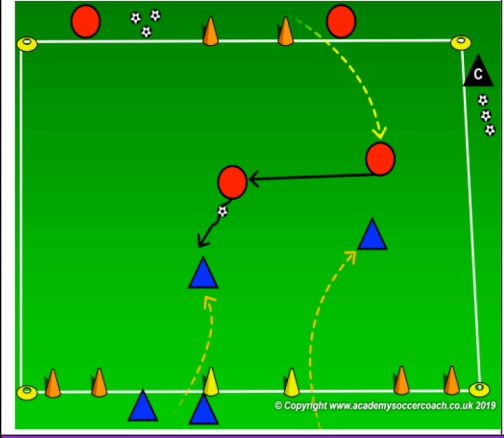
Organization: On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

Key Words: block your goal, get back

Guided Questions: What should you do if you see an opening to your goal? Where should you go if the ball is closer to your goal than you are?

Answers: Move to block your goal. Get back so you are closer to your goal than the ball is.

PRACTICE (Core Activity): 2v2 Defend 3 – Counter to 1 **18 Minutes-9 intervals-1 min. play-1 min. rest**



Organization: In a 20Wx30L grid, with 3 goals on 1 end line and 1 goal on the other, play a 2v2 game. Teams start on opposite end lines. The team defending the single goal starts with the ball. 2 players from the attacking team enter the field with 1 ball. As soon as they enter the field, 2 players from the opposite team enter the field. The team who starts with the ball can attack any of the 3 opponent's goals. If the defending team wins the ball, they can score in the single goal. **Rules:** defending team cannot enter the field until the attacking team takes their 1st touch on the soccer ball. Game lasts for 1 minute. Coach can serve balls onto the field if the original is scored or leaves the field. Multiple goals can be scored within the minute game time.

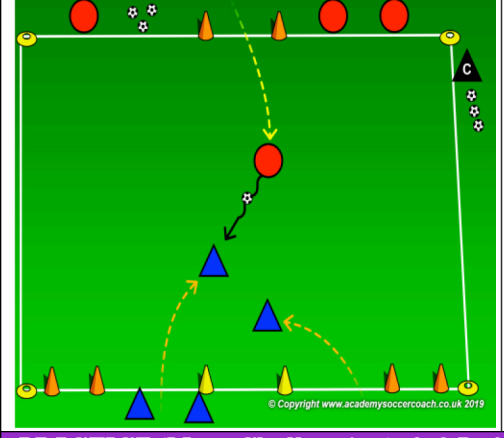
Key Words: attack the ball, help each other, win the ball

Guided Questions: Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?

Answers: The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.

Notes: after several rounds, switch who is starting the attack and who starts defending. A tendency is to coach the attackers. Remember to focus on the team without the ball.

PRACTICE (Less Challenging): 2v2 Defend 3 – Counter to 1 **18 Minutes-18 intervals-30 sec. play-30 sec. rest**



Organization: In a 20Wx30L grid, with 3 goals on 1 end line and 1 goal on the other, play a 2v2 game. Teams start on opposite end lines. The team defending the single goal starts with the ball. 1 player from the attacking team enters the field with 1 soccer ball. As soon as he/she enter the field, 2 players from the opposite team enter the field. The team who starts with the ball can attack any of the 3 opponent's goals. If the defending team wins the ball, they can score in the single goal. Once the ball is scored or leaves the field, all players also leave the field so the next round can begin. (set up multiple fields if needed) **Rules:** defending team cannot enter the field until the attacking team takes their 1st touch on the soccer ball.

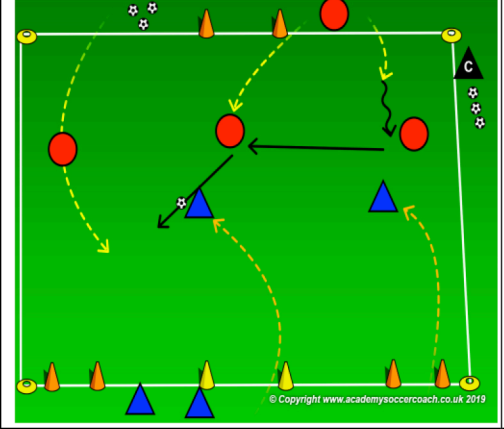
Key Words: attack the ball, help each other, win the ball

Guided Questions: Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?

Answers: The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.

Notes: after several rounds, switch who is starting the attack and who starts defending. A tendency is to coach the attackers. Remember to focus on the team without the ball.

PRACTICE (More Challenging): 3v2 Defend 3 Goals - Counter to 1 **18 Minutes-6 intervals-2 min. play-1 min. rest**



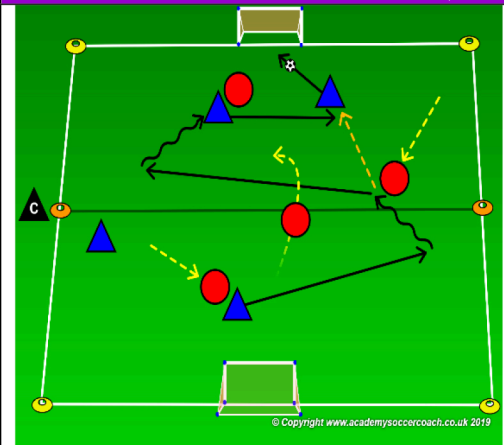
Organization: In a 20Wx30L grid, with 3 goals on 1 end line and 1 goal on the other, play a 3v2 game. Teams start on opposite end lines. The team defending the single goal starts with the ball. 3 players from the attacking team enter the field with 1 soccer ball. As soon as they enter the field, 2 players from the opposite team enter the field. The team who starts with the ball can attack any of the 3 opponent's goals. If the defending team wins the ball, they can score in the single goal. **Rules:** defending team cannot enter the field until the attacking team takes their 1st touch on the soccer ball. Game lasts for 2 minutes. Coach can serve balls onto the field if the original is scored or leaves the field. Multiple goals can be scored within the game time.

Key Words: attack the ball, help each other, win the ball

Guided Questions: Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?

Answers: The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.

Notes: after several rounds, switch who is starting the attack and who starts defending. A tendency is to coach the attackers. Remember to focus on the team without the ball.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: turn, get the ball, score goals

Guided Questions: Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?

Answers: The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?



Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

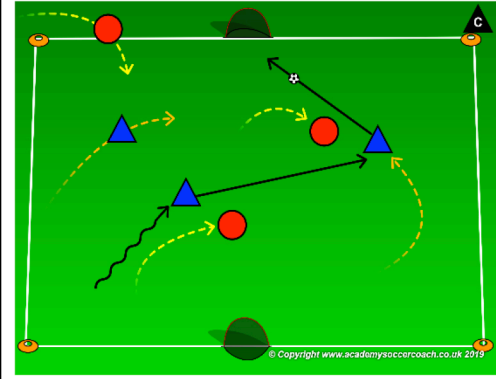
2. What did you do well?

3. What could you do better?



 	GOAL:	Deny Scoring Chances		AGE GROUP	
	PLAYER ACTIONS	Pressure the ball, steal the ball			8U
	KEY QUALITIES	Read and understand the game, Take initiative			
MOMENT	Defending	DURATION	60 Minutes	4v4	

1st PLAY PHASE (intentional Free Play)	18 Min.-Play multiple 3-4 minute games
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Objective: to deny the opponent's ability to create scoring chances or scoring goals.

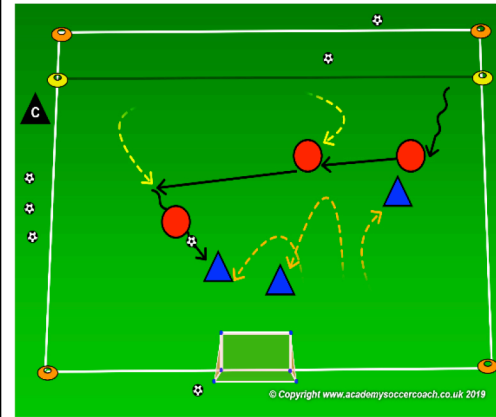
Organization: On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

Key Words: block your goal, get back

Guided Questions: What should you do if you see an opening to your goal? Where should you go if the ball is closer to your goal than you are?

Answers: Move to block your goal. Get back so you are closer to your goal than the ball is.

PRACTICE (Core Activity): 3v3 Defend Your Goal	18 Minutes-3 intervals-4 min. play-2 min. rest
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Organization: In a 20Wx30L yard grid with a goal on one end line & a 3 yard end zone on the other, play a 3v3 game. The focus team defends the goal and scores by stopping the ball in the opponent's end zone. The focus team can enter the end zone with a pass to a teammate or dribbling in. The opposing team (red circles) cannot wait in the end zone but can enter to stop the attack. **Rules:** play local laws/rules of the game other than scoring.

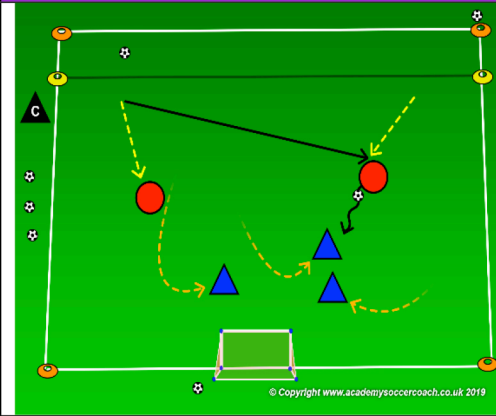
Key Words: move together, step to the ball, close the openings

Guided Questions: Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field?

Answers: By getting compact, it is more difficult to play the ball through your team? The further up the field you can win the ball, the easier it will be to get a chance to score.

Notes: Same size fields as the first play stage; simply add the end zone. 2 games can be played at the same time. This game can be 3v2 or 2v2 if attendance is low for training.

PRACTICE (Less Challenging): 3v2 Defend Your Goal	18 Minutes-3 intervals-4 min. play-2 min. rest
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Organization: In a 20Wx30L yard grid with a goal on one end line & a 3 yard end zone on the other, play a 3v2 game. The focus team (blue triangles) has 3 players & they defend the goal. They score by stopping the ball in the opponent's end zone. The focus team can enter the end zone with a pass to a teammate or dribbling in. The opposing team (red circles) cannot wait in the end zone but can enter to stop the attack. **Rules:** play local laws/rules of the game other than scoring.

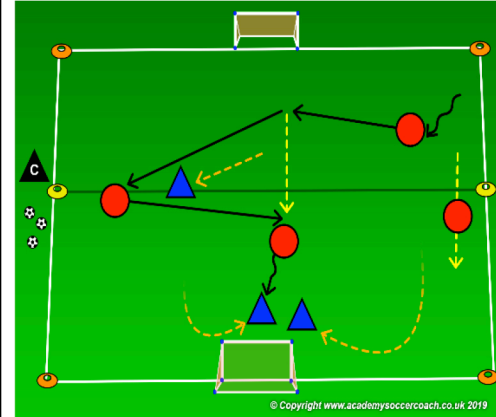
Key Words: move together, step to the ball, close the openings

Guided Questions: Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field?

Answers: By getting compact, it is more difficult to play the ball through your team? The further up the field you can win the ball, the easier it will be to get a chance to score.

Notes: Same size fields as the first play stage; simply add the end zone. 2 games can be played at the same time. This game can be 3v2 or 2v2 if attendance is low for training.

PRACTICE (More Challenging): 3v4 Defend your Goal	18 Minutes-3 intervals-5 min. play-1 min. rest
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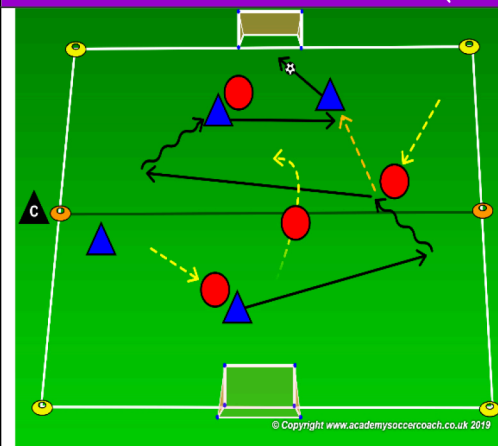
Organization: In a 20Wx30L yard grid with a goal on each end line. Play a 3v4 game. The focus team (blue triangles) has 3 players & they defend one goal. They score in the opponent's goal. The opposing team (red circles) have 4 players. **Rules:** play local laws/rules of the game other than scoring.

Key Words: move together, step to the ball, close the openings

Guided Questions: Why is it important for the team without the ball to stay close together? Why is it important to challenge for the ball further up the field?

Answers: By getting compact, it is more difficult to play the ball through your team? The further up the field you can win the ball, the easier it will be to get a chance to score.

Notes: Same size fields as the first play stage; simply add the end zone. 2 games can be played at the same time. Adjust players as needed to allow the session to flow.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: move together, step to the ball, close the openings

Guided Questions: Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

Answers: The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

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Training Session Self-Reflection Questions

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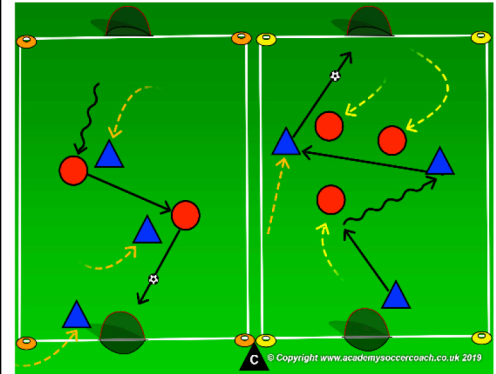
2. What did you do well?

3. What could you do better?



	GOAL:	Improve build up in the opponent's half		AGE GROUP	
	PLAYER ACTIONS	Shoot, Pass or dribble forward			8U
	KEY QUALITIES	Read and understand the game, Take initiative, Focus			
	MOMENT	Attacking	DURATION	60 Minutes	4v4

1st PLAY PHASE (intentional Free Play) **18 Min.-Play multiple 3-4 minute games**



Objective: to pass or dribble past an opponent then score goals

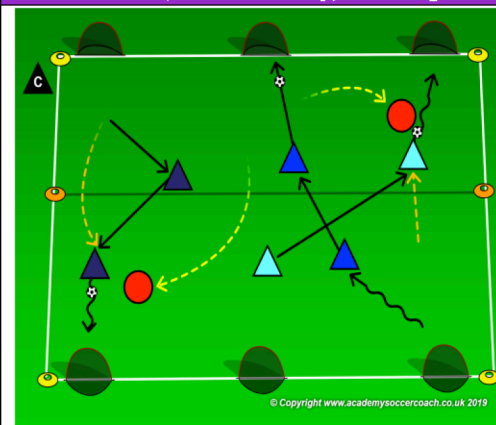
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Key Words: go to goal, score goals

Guided Questions: If you see an opening in front of you, where should you go? When should you pass instead of dribble?

Answers: Play forward to goal whenever possible. If all the openings in front of you are closed, quickly pass to a teammate to see if they can find an opening forward.

PRACTICE (Core Activity): Groups of 2 vs The Defenders **18 Minutes-6 intervals-2 min. play-1 min. rest**



Organization: In a 20Wx30L yard grid and 3 goals on each end line, coach will select 2-3 players to defend. All other players have a partner and a soccer ball to share. The teams with a ball can dribble or pass past the defenders and score in any of the 3 goals on one end line. Once they have scored, they get any soccer ball from off the field or out of the goal and try to score on any of the 3 goals on the other side. How many goals can they score in 1 minute? If a defender steals their soccer ball and can play it off the field, the players who lost their ball lose all their points and have to start scoring again.

Rules: Players can dribble, pass or shoot past the defenders. Rotate defenders after each round.

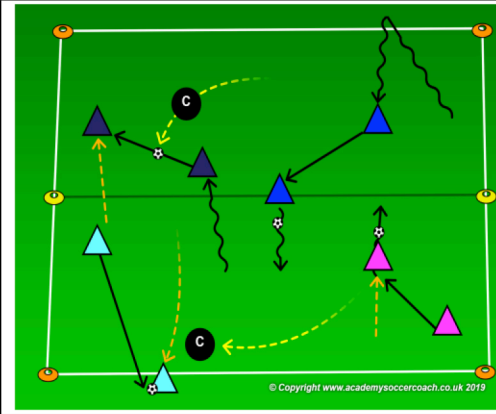
Key Words: move with your teammate, help your teammate score

Guided Questions: How can the 2 players with a ball beat any 1 defender? What can you do if the defender doesn't follow you?

Answers: Try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to goal and score.

Notes: Use cones for goals if needed. Adjust the number of defenders to make the game more or less challenging. Coaches can be defenders if needed.

PRACTICE (Less Challenging): Groups of 2 vs Defenders to End Lines **18 Minutes-6 intervals-2 min. play-1 min. rest**



Organization: In a 20Wx30L yard grid play groups of 2 vs the coaches to the end lines; coaches are the defenders. All other players have a partner and a soccer ball to share. The teams with a ball can dribble or pass past the defenders and score by stopping their ball on or slightly across the end line. Once they have scored, they get any soccer ball from off the field and try to on the opposite end line. How many goals can they score in 1 minute? If a defender/coach steals their soccer ball and can play it off the field, the players who lost their ball lose all their points and have to start scoring again.

Rules: Players can dribble or pass past the defenders to get to the end line.

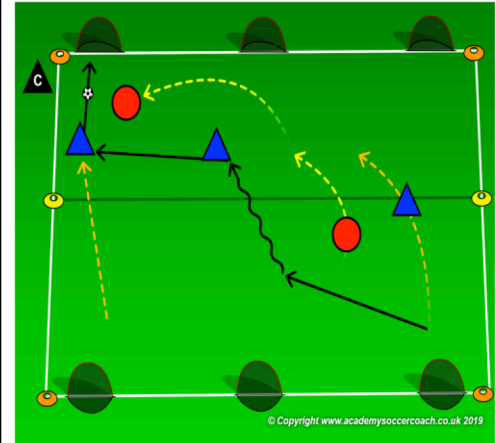
Key Words: move with your teammate, help your teammate score

Guided Questions: How can the 2 players with a ball beat any 1 defender? What can you do if the defender doesn't follow you?

Answers: Try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to goal and score.

Notes: Use the players as defenders once they have had some success at scoring. Adjust the number of defenders to make the game more or less challenging.

PRACTICE (More Challenging): 3v2 to Three Goals **18 Minutes-3 intervals-4 min. play-2 min. rest**



Organization: In a 20Wx30L yard grid and 3 goals on each end line, play a 3v2 game. The team of 3 starts with the ball has to dribble, pass or shoot past the defenders and into any of their 3 goals. Once they have scored, they get any soccer ball from off the field and try to score on any of the 3 goals at the same end of the field (make it, take it). How many goals can they score in 1 minute? If a defender steals their soccer ball and can play it off the field, the players who lost their ball lose all their points and have to start scoring again.

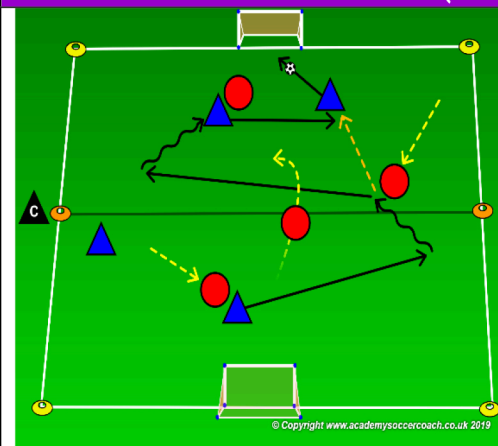
Rules: Players can dribble, pass or shoot past the defenders. Rotate defenders after each round.

Key Words: move with your teammate, help your teammate score

Guided Questions: How can the 2 players with a ball beat any 1 defender? What can you do if the defender doesn't follow you?

Answers: Try to dribble to get the defender to follow you then find your teammate with a pass. Take the ball to goal and score.

Notes: Use cones for goals if needed. Adjust the number of defenders to make the game more or less challenging.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: turn, get the ball, score goals

Guided Questions: Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

Answers: The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?



Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

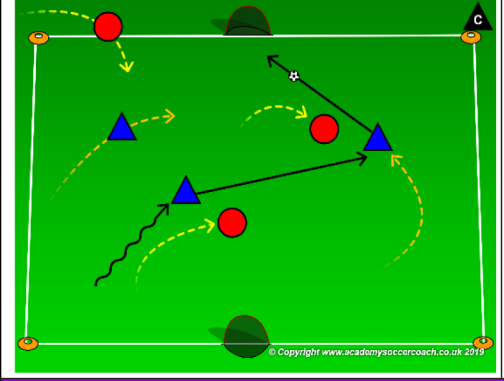
3. What could you do better?



 	GOAL:	Prevent the ball, steal the ball, protect your half		AGE GROUP
	PLAYER ACTIONS	Pressure the ball, steal the ball, protect your goal		8U
	KEY QUALITIES	Read and understand the game, Take initiative		
	MOMENT	Defending	DURATION	60 Minutes

1st PLAY PHASE (intentional Free Play)

18 Min.-Play multiple 3-4 minute games



Objective: to deny the opponent's ability to create scoring chances or scoring goals.

Organization: On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

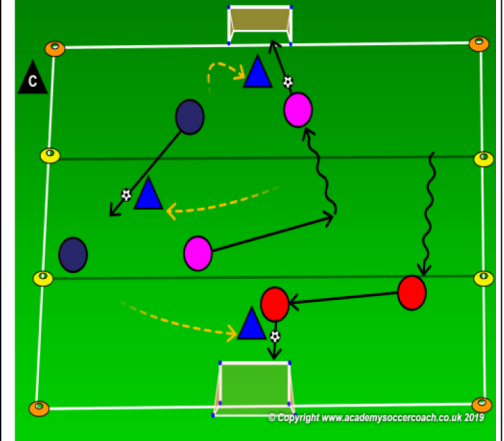
Key Words: block your goal, get back

Guided Questions: Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?

Answers: By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.

PRACTICE (Core Activity): 2v1+1+1 – Defend Each Zone

18 Minutes-9 intervals-1 min. play-1 min. rest



Organization: In a 20Wx30L yard grid divided into 3rds & 2 goals on each end line. Coach will select 1 player to defend each 3rd of the field. Each defender must remain in their zone (3rd). The rest of the players will have a partner and a soccer ball to share. The attackers try to dribble, pass and shoot to beat the defender and score in the goal at one end. Once they have scored, they get their ball and try to score at the other end. If they miss the goal or a defender in any 3rd steals their ball, they must start scoring over again. The defenders can count how many soccer balls they can steal in 1 minute. **Rules:** defenders cannot leave their zone. Attackers lose their points even if a defender only touches their soccer ball.

Key Words: force the attacker away from the goal, get it, win the ball

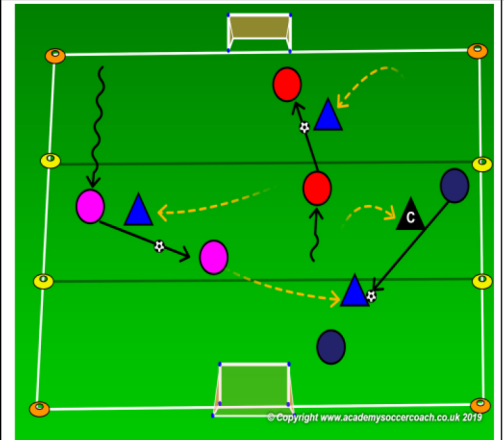
Guided Questions: Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?

Answers: By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.

Notes: Coaches can use cones for goals if goals are not available.

PRACTICE (Less Challenging): 2v1 (or more) Defend the Zones

18 Minutes-9 intervals-1 min. play-1 min. rest



Organization: In a 20Wx30L yard grid divided into 3rds & 2 goals on each end line. Coach will select 1 player to defend each 3rd of the field. One or more of the zones can have a 2nd defender. The rest of the players will have a partner and a soccer ball to share. The attackers try to dribble, pass and shoot to beat the defender and score in the goal at one end. Once they have scored, they get their ball and try to score at the other end. If they miss the goal or a defender in any 3rd steals their ball, they must start scoring over again. The defenders can count how many soccer balls they can steal in 1 minute. **Rules:** defenders cannot leave their zone. Attackers lose their points even if a defender only touches their soccer ball.

Key Words: force the attacker away from the goal, get it, win the ball

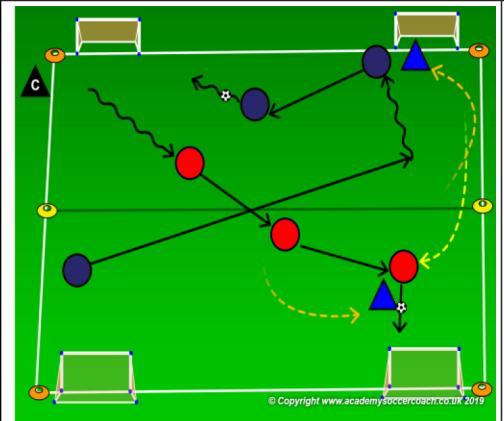
Guided Questions: Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?

Answers: By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.

Notes: Coaches should help the defenders to win the ball.

PRACTICE (More Challenging): Multiple Teams of 3v2 Defenders

18 Minutes-6 intervals-2 min. play-1 min. rest



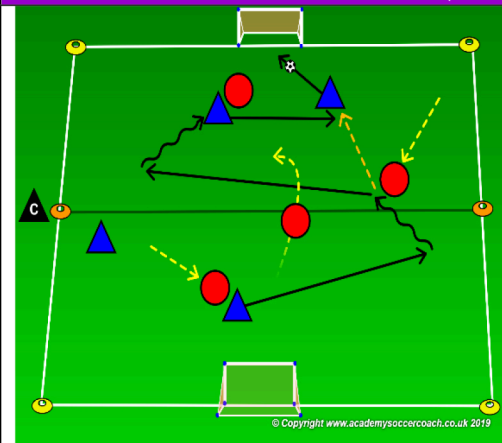
Organization: In a 20Wx30L yard grid & 2 goals on each end line. Coach will select 2 player to defend. The rest of the players will have a partner and a soccer ball to share. The attackers try to dribble, pass and shoot to beat the defender and score in either goal at 1 end. Once they have scored, they get their ball and try to score at the other end. If they miss the goal or a defender in steals their ball, they must start scoring over again. The defenders can count how many soccer balls they can steal in 1 minute. **Rules:** Attackers lose their points even if a defender only touches their soccer ball.

Key Words: force the attacker away from the goal, get it, win the ball

Guided Questions: Why is it important for the defender to step closer to the ball? If the defender in front of you needs help, how can you help without getting too close?

Answers: By getting closer to the ball, you may be able to block passes or shots. Move over to that side of the field to see if you can intercept any passes kicked too hard.

Notes: Defenders can defend anywhere on the field.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: move together, step to the ball, close the openings

Guided Questions: Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

Answers: The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?


Training Session Self-Reflection Questions

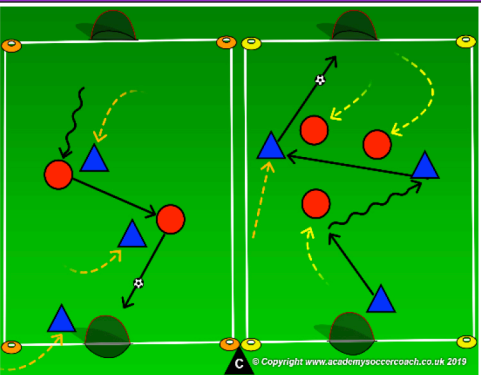
1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?



	GOAL:	Prevent Goals		AGE GROUP	
	PLAYER ACTIONS	Protect the goal, Steal the ball			8U
	KEY QUALITIES	Read and understand the game, Focus			
	MOMENT	Defending	DURATION	60 Minutes	4v4
1st PLAY PHASE (intentional Free Play)		18 Min.-Play multiple 3-4 minute games			



Objective: to pass or dribble past an opponent then score goals

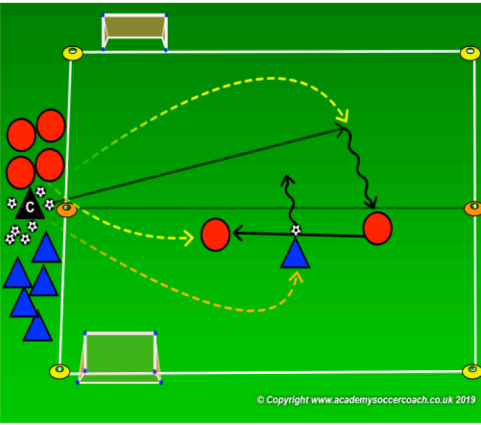
Organization: On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

Key Words: block your goal, get back

Guided Questions: What should you do if you see an opening to your goal? Where should you go if the ball is closer to your goal than you are?

Answers: Move to block your goal. Get back so you are closer to your goal than the ball is.

PRACTICE (Core Activity): 2v1 to Side Goals (reloading game) | 18 Minutes-18 intervals-30 sec. play-30 sec. rest



Organization: In a 20Wx30L yard grid & a goal on each end line close to the corner. The coach starts with all the soccer balls on in the center of 1 of the sidelines. Divide the group into 2 teams; 1 starts on the coaches right and the other on the left. Each team will have 1 goal to score in and 1 goal to defend. The coach will play a ball onto the field. If the coach plays a ball to the right side of the field, the team on the coach's right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent's goal. **Rules:** Play starts when the coach plays a ball onto the field. Once a goal is scored or the ball leaves the field, all players off the field & a new ball is played for the next players to play.

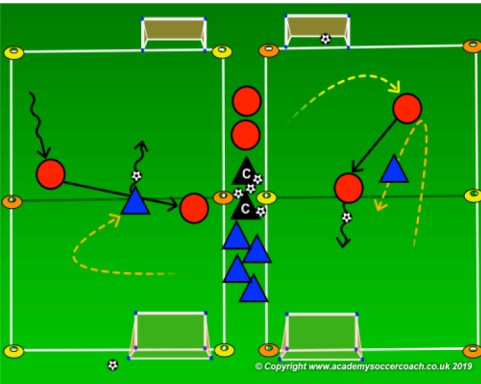
Key Words: block your goal, do not let them turn

Guided Questions: Where can you go to block the goal? How can you keep the player with the ball from turning?

Answers: try to position your body between the ball and the goal. Move closer to the player with the ball so you can poke the ball away if they try to turn.

Notes: Coaches can use cones for goals if goals are not available. Add points as needed to increase the competition. For example, all goals are worth 1000 points.

PRACTICE (Less Challenging): 2v1 to Side Goals (players enter 1st) | 18 Minutes-9 intervals-1 min. play-1 min. rest



Organization: Same set up as the Core Activity except, after dividing the team into 2 groups, the coach will appoint 2 players from 1 team and 1 from the other to enter the field. Each team will still have 1 goal to score in and 1 to defend. Once the players have entered the field, the coach will play a ball onto the field. **Rules:** Play starts when the coach plays a ball onto the field. The game lasts for 1 minute. After 1 minute, all players off the field & the coach appoints new players to play the next game.

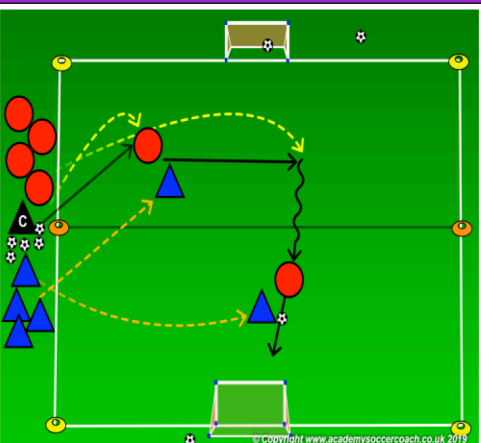
Key Words: block your goal, force the ball away from your goal

Guided Questions: Where can you go to block the goal? How can you keep the player with the ball from turning?

Answers: try to position your body between the ball and the goal. Move closer to the player with the ball so you can poke the ball away if they try to turn.

Notes: Coaches can use cones for goals if goals are not available. Add points as needed to increase the competition. For example, all goals are worth 1000 points.

PRACTICE (More Challenging): 2v2 to Side Goals (reloading game) | 18 Minutes-18 intervals-30 sec. play-30 sec. rest



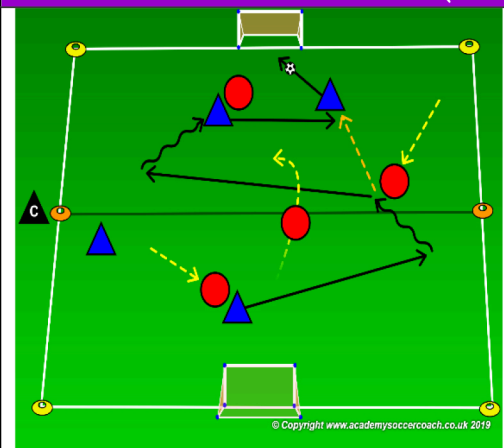
Organization: In a 20Wx30L yard grid & a goal in the middle of each end line. The coach starts with all the soccer balls on in the center of 1 of the sidelines. Divide the group into 2 teams; 1 starts on the coaches right and the other on the left. Each team will have 1 goal to score in and 1 goal to defend. The coach will play a ball onto the field. If the coach plays a ball to the right side of the field, the team on the coach's right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent's goal. **Rules:** Play starts when the coach plays a ball onto the field. Once a goal is scored or the ball leaves the field, all players off the field & a new ball is played for the next players to play.

Key Words: block your goal, force the ball away from your goal

Guided Questions: Where can you go to block the goal? How can you keep the player with the ball from turning?

Answers: try to position your body between the ball and the goal. Move closer to the player with the ball so you can poke the ball away if they try to turn.

Notes: by moving the goal into the center, the defender will have to move further onto the field to defend it. Add a player to the team of 1 to make it a 2v2 game if needed.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: turn, get the ball, score goals

Guided Questions: Which of the 3 goals is most dangerous? What should you do if there is an opening to that goal?

Answers: The goal closest to the ball is the most dangerous. Try to close the opening to the goal then move closer to the ball to win it.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?



Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

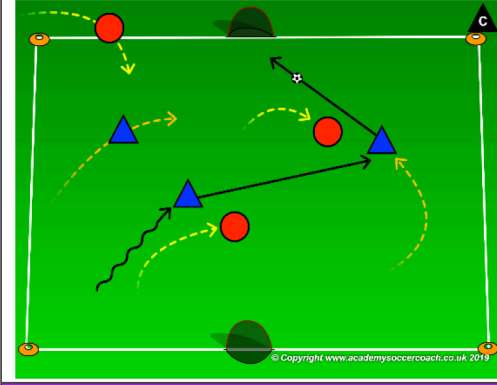
2. What did you do well?

3. What could you do better?



 	GOAL:	Improve building up in the opponent's half	AGE GROUP
	PLAYER ACTIONS	Dribble forward, Score, Play forward when possible	
	KEY QUALITIES	Read & Understand the game, take initiative, be pro-active	
MOMENT	Attacking	DURATION	60 Minutes
			4v4

1st PLAY PHASE (intentional Free Play)	18 Min.-Play multiple 3-4 minute games
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Objective: to pass or dribble past an opponent then score goals

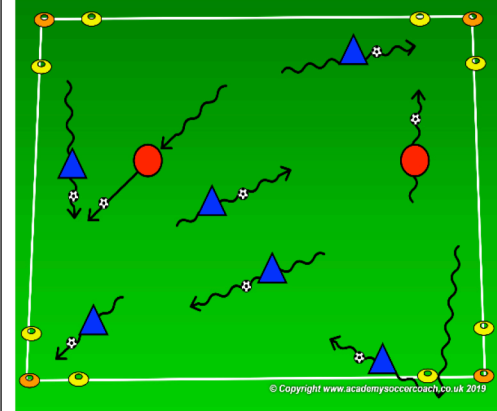
Organization: On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

Key Words: go to goal, score goals

Guided Questions: If you see an opening in front of you, where should you go? When should you pass instead of dribble?

Answers: Play forward to goal whenever possible. If all the openings in front of you are closed, quickly pass to a teammate to see if they can find an opening forward.

PRACTICE (Core Activity): Wreck It Ralph	18 Minutes-9 intervals-1 min. play-1 min. rest
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Objective: to dribble your ball to goal while protecting it from opponents

Organization: In a 15Wx20L grid, with a cone goal in every corner & every player with a soccer ball. All but 2 players are trying to dribble their soccer ball into as many goals as possible. 2 players do not try to score but try to WRECK the goal scorer's points. If a Wreck It Ralph hits a goal scorer's ball with their own, they demolish all the points and the goal scorer has to start scoring over again. **Rules:** Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals.

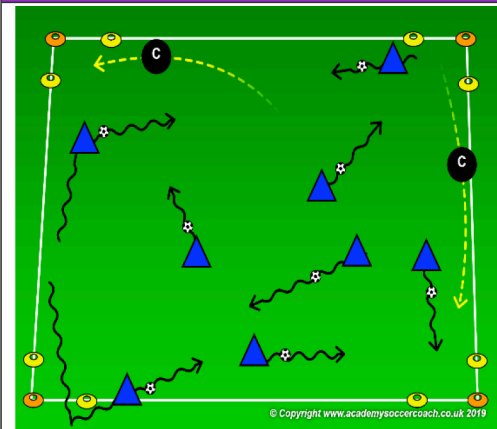
Key Words: Go forward, dribble to goal, protect your ball

Guided Question: What do you do to protect your ball?
Where do you have to point your toe if you want your laces to kick the ball?

Answers: Put your body in the way to block it from the opponents (hide it/shielding). Point your toe to the ground and push the ball in front with your laces.

Notes: Rotate the area of the field the ball is served into to change the starting points of the attacks. You can also serve a ball closer to a player who has not had many opportunities to play the ball.

PRACTICE (Less Challenging): Find the Open Goal	18 Minutes-18 intervals-1 min. play-1 min. rest
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Organization: In 20Wx30L yard grid with a 5yd end zone on each end of the field. Each team starts behind their end zone. One team starts with a soccer balls. On the coach's command, 2 players with 1 ball enter the field and try to dribble the ball into the opponent's end zone. The team w/o soccer balls can only send 1 defender. Players who can stop the ball in the opponent's end zone get 10 points. After 5 intervals, switch so both teams have a chance to attack. **Rules:** Players try to dribble across to the other end zone. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After both soccer balls are either scored or knocked out of play, the game is over and the next game begins.

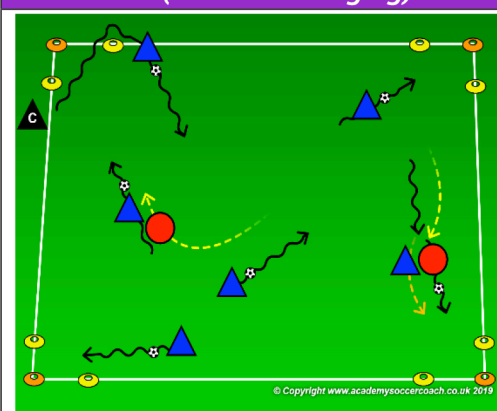
Key Words: Look up, find an opening, fake the defender, go to goal.

Guided Questions: What should you do when confronted by a defender? When should you kick the ball further of front of you?

Answers: When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.

Notes: Spread out can also be introduced so 1 defender cannot cover both players. Remember to keep the primary focus on the player with the ball.

PRACTICE (More Challenging): Soccer Combat	18 Minutes-9 intervals-1 min. play-1 min. rest
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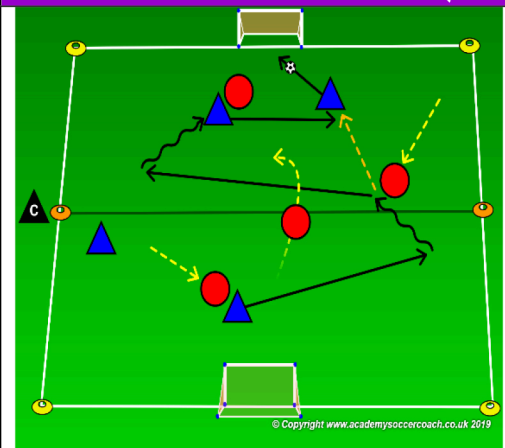
Organization: In a 15Wx20L grid, with a cone goal in every corner & all but 2 players with a soccer ball. The players with a soccer ball will trying to score as many goals as possible in 1 minute. The players without a soccer ball are trying to steal any ball they can and start scoring for themselves. If your soccer ball is stolen, you can either steal your ball back or steal a ball from another player. **Rules:** Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals that are open. You must have a soccer ball in order to score.

Key Words: Go forward, dribble to goal

Guided Question: What can you do to protect your soccer ball? Where do you go if you see a goal is blocked by a defender?

Answers: Either put your body between your ball and the defender or dribble fast to a goal. Turn away and attack an open goal.

Notes: Coaches can start as defenders if needed but should switch over to players within the first few rounds.



Objective: to pass or dribble past an opponent then score goals

Organization: In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

Key Words: turn, get the ball, score goals

Guided Questions: Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

Answers: The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?

Training Session Self-Reflection Questions

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?

