

	GOAL:	Dribble past opponents to score							
	PLAYER ACTIONS	Create passing option, pass, dribble or shoot forward							
	KEY QUALITIES	Read and understand the game, Take initiative							
	AGE GROUP	U8/4v4	MOMENT	Attacking	DURATION	60 min.			
1st PLAY PHASE	Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 sec.	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):	Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9	
	Wreck It Ralph: Organization: In a 20Wx30L 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 scorers point. 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: Either put your body between your ball and the defender or dribble fast to the goal. Point your toe to the ground and push the ball in front with your laces. Notes: If attendance is low, reduce the overall size of the field.								
PRACTICE (Less Challenging):	Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9	
	Which Goal is Open?: Organization: In a 20Wx30L grid, with a cone goal in every corner & every player with a soccer ball. Players will try to dribble their soccer ball into as many goals as possible in 1 minute. The coaches will walk from goal to goal (randomly). If a coach is standing in a goal, that goal is closed. Players cannot score in a goal that is closed Rules: Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals that are open. Key Words: Go forward, dribble to goal Guided Question: How do you know which goal is open (or closed)? Where do you have to point your toe if you want your laces to kick the ball? Answers: Pick your head up to look around. When you see an open goal, dribble there as fast as you can. Point your toe to the ground and push the ball in front with your laces.								
PRACTICE (More Challenging):	Duration:	18 min.	Activity time:	1 min.	Rest time:	1 min.	Intervals	9	
	Combat: Organization: In a 20Wx30L grid, with a cone goal in every corner & all but 2 players with a soccer ball. The players with a soccer ball are trying to score in as many goals as they can. The 2 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 any other player. You must have a soccer ball in order to score. 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 can 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 the 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.								
2nd PLAY PHASE	The Game - 4v4	Duration:	24 min.	Activity time:	10 min.	Rest time:	2 min.	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. 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?				