




### 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 session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?




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# TITLE: PLAY - U.S. SOCCER PLAY - PRACTICE - PLAY TRAINING SESSION

GOAL: Improve building up in opponent's half in order to create chances

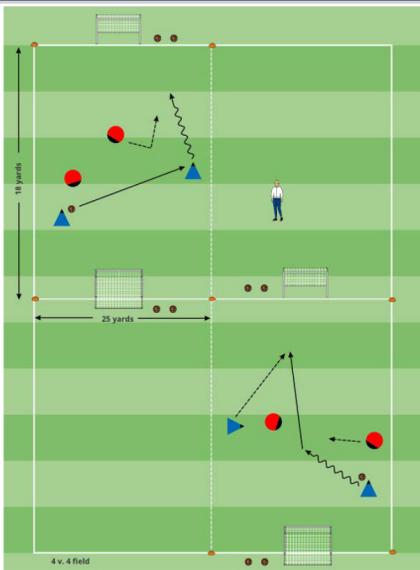
PLAYER ACTIONS: Pass or dribble forward, spread out, shoot

KEY QUALITIES: Read game/make decisions, take initiative, technical execution

U8 / 4 v. 4 / 8 players

MOMENT: Attacking

DURATION: 60:00 min



## 1st PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents, create chances and score goals.

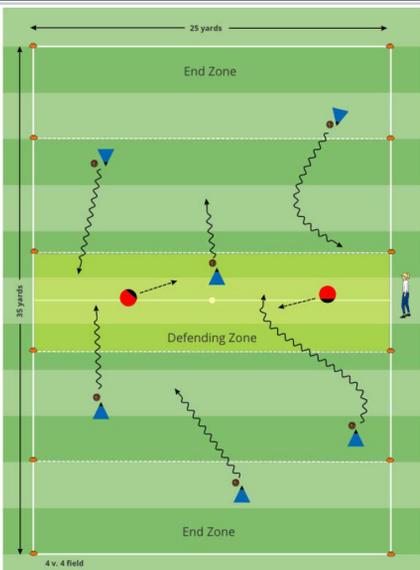
ORGANIZATION: Mark out two 18 x 12-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Free play. Play for 20 minutes with two breaks.

KEY WORDS: Opening, go forward, pass, dribble

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What do you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Pass or dribble through it.

NOTES: 1st break: Coach asks questions, players continue playing to discover answers. 2nd break: Players share answers with coach and each other.



## PRACTICE (Core Activity): Dribbling Game

OBJECTIVE: To dribble past opponents, create chances, and score.

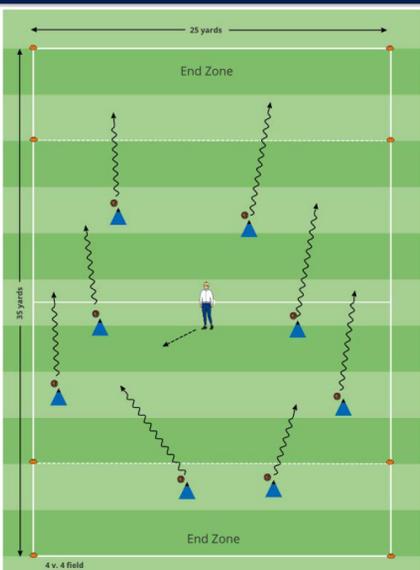
ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with a defending zone and two end zones. Players dribble back and forth into the end zones to earn points. Two defenders are stationed in the defending zone. They switch with the attackers when they win the ball, or every two minutes. Play for 20 minutes with two breaks.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start here at the Core Activity after the first play phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 20 minutes in the Practice Phase.



## PRACTICE (Less Challenging): Dribbling Game

OBJECTIVE: To dribble past opponents, create chances, and score.

ORGANIZATION: Same as Core Activity, except the coach acts as a defender so that players have to make decisions. All the players go in the same direction.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.

## PRACTICE (More Challenging): Dribbling Game

**OBJECTIVE:** To dribble past opponents, create chances, and score.

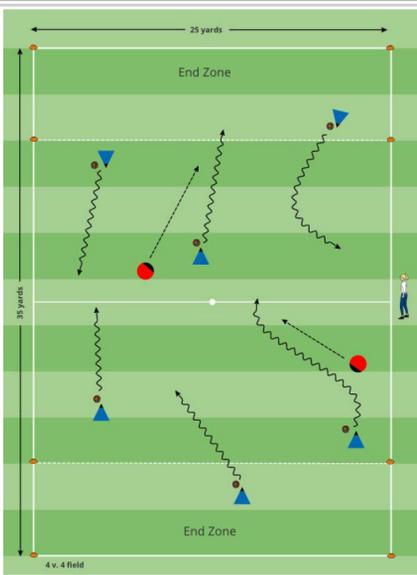
**ORGANIZATION:** Same as Core Activity, except the two defenders may defend anywhere but the end zones. They switch with the attackers when they win the ball, or every two minutes.

**KEY WORDS:** Opening, dribble, soft touches, hard touches

**GUIDED QUESTIONS:** 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

**ANSWERS:** 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

**NOTES:** Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



## 2nd PLAY PHASE: The Game

**OBJECTIVE:** To pass or dribble past opponents and create chances.

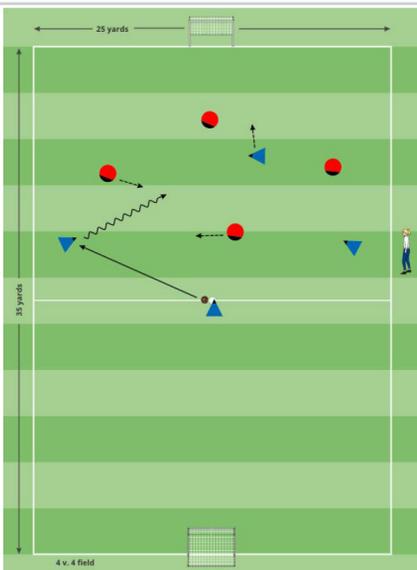
**ORGANIZATION:** Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Play 4 v 4 for 20 minutes including one "halftime" (5 minutes max). LOTG.

**KEY WORDS:** Opening, pass, dribble, soft touches, hard touches

**GUIDED QUESTIONS:** 1) How do you find an opening? 2) How do you create an opening? 3) What do you do if you see an opening? 4) How do you keep the ball close? 5) How do you dribble faster? 6) What's the difference between dribbling forward and dribbling to the side?

**ANSWERS:** 1) Look at the opponent's position. 2) Make the opponent move. 3) Pass or dribble through it. 4) Be gentle/soft with the ball. 5) Use hard touches. 6) You have to use a different part of the foot.

**NOTES:** Play using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).



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