

#### 4v4- Attacking- Building Up / Creating Chances in Opp Half (B)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



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

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Focus, Initiative

 8

 60 min

**1ST PLAY PHASE: Intentional Free Play**

**PRACTICE (Core Activity): 4 v 3 on Two Goal Lines Each**

**PRACTICE (Less Challenging): 4 v 2 on Two Goal Lines Each**

**PRACTICE (More Challenging): 4 v 4 on Two Goal Lines Each**

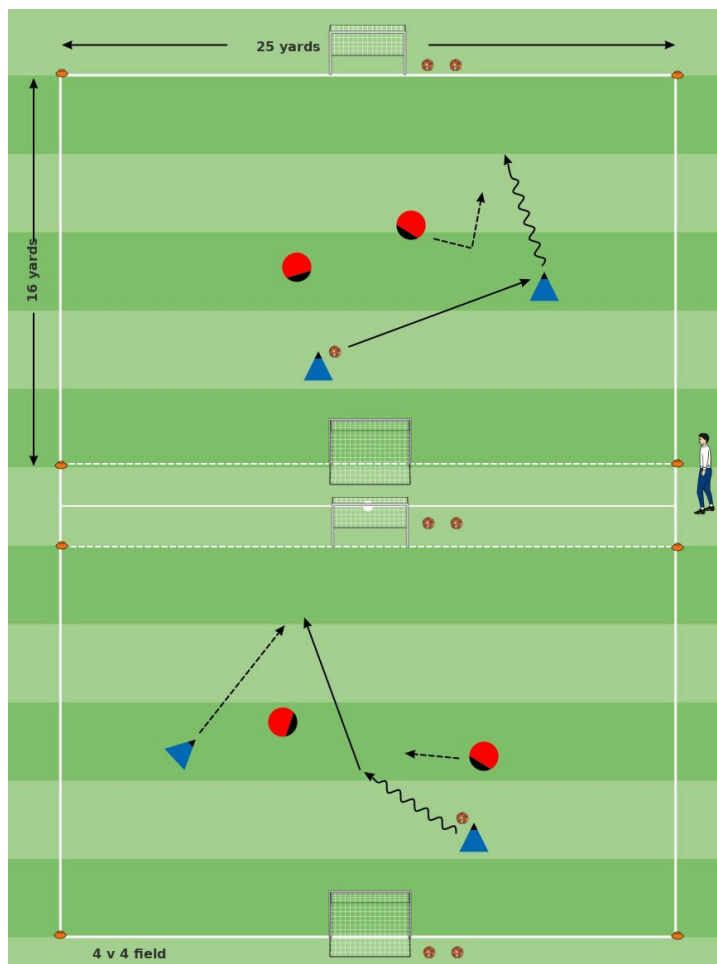
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

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

PLAYER ACTIONS: Spread out, Pass options, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Mark out two 16 x 25-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks.

### KEY WORDS:

Opening, move forward, pass, dribble

### GUIDED QUESTIONS:

1) How do you find an opening? 2) How do you create an opening? 3) What should 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:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
2 vs 2

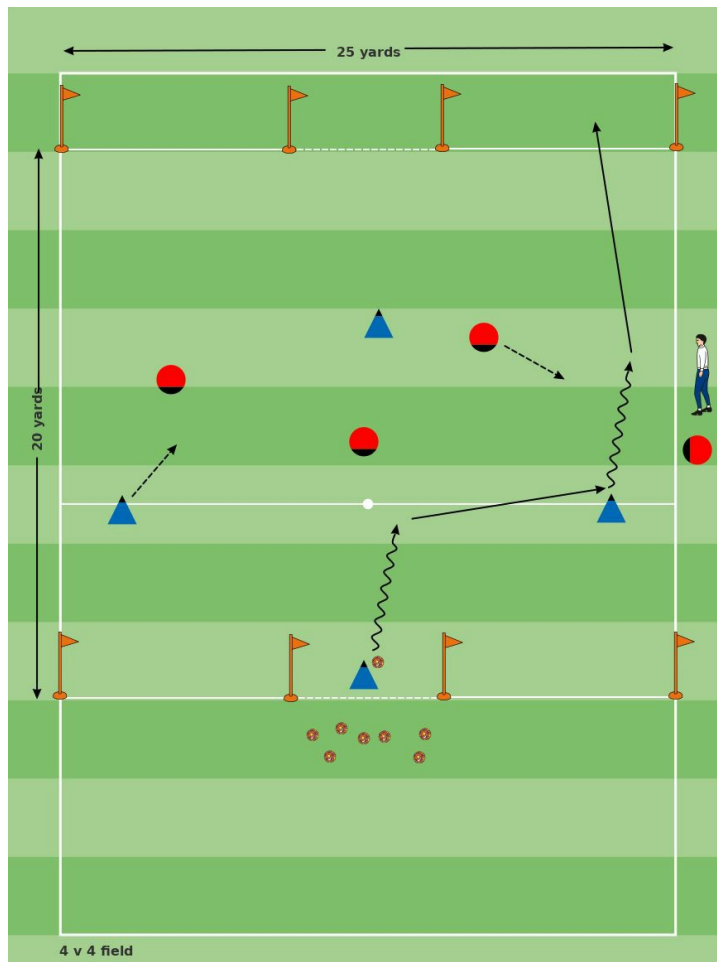
**DURATION:**  
20:0 min

## PRACTICE (Core Activity): 4 v 3 on Two Goal Lines Each

OBJECTIVE: To move the ball forward

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Mark out a 20 x 25-yard field with two goal lines on each endline. Divide players into two teams of four. Teams play 4 v 3 on two goal lines each and score by dribbling or passing past the goal line. The attackers have eight balls to attack with. If a ball goes out or a goal is scored, they start a new attack from their endline. Each defender sits out two attacks. After eight attacks, teams switch roles. Which team scores more goals? Play for 20 minutes with two breaks.

### KEY WORDS:

Use space, be open, pass, dribble

### GUIDED QUESTIONS:

1) How should the attackers position themselves in order to cover the field evenly? 2) What are the ball carrier's options? 3) When should attackers dribble? 4) And when should they pass?

### ANSWERS:

1) They should spread out and create openings. 2) Dribble or pass. 3) When they have space. 4) When the defender is blocking their path and a teammate is open.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 3

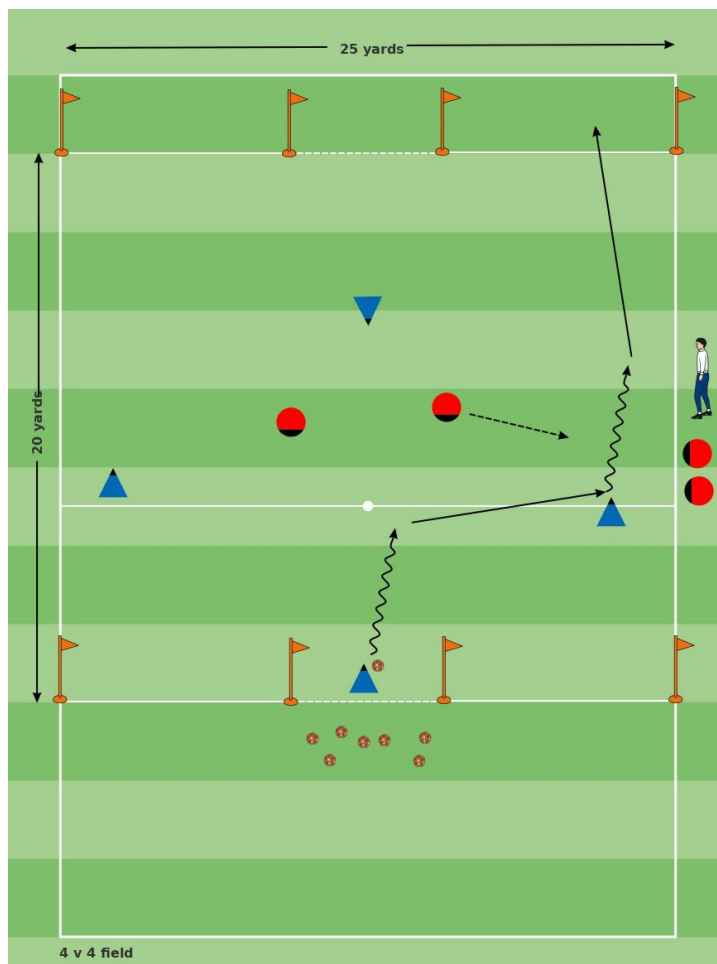
**DURATION:**  
20:0 min

## PRACTICE (Less Challenging): 4 v 2 on Two Goal Lines Each

OBJECTIVE: To move the ball forward

PLAYER ACTIONS: Spread out, Pass options, Pass/dribble

KEY QUALITIES: Read game/make decisions, Focus, Initiative



### ORGANIZATION:

Same as Core Activity, except teams play 4 v 2. The attackers have eight balls as above. The defenders rotate on and off in pairs every two attacks.

### KEY WORDS:

Use space, be open, pass, dribble

### GUIDED QUESTIONS:

1) How should the attackers position themselves in order to cover the field evenly? 2) What are the ball carrier's options? 3) When should attackers dribble? 4) And when should they pass?

### ANSWERS:

1) They should spread out and create openings 2) Dribble or pass. 3) When they have space. 4) When the defender is blocking their path and a teammate is open.

### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 2

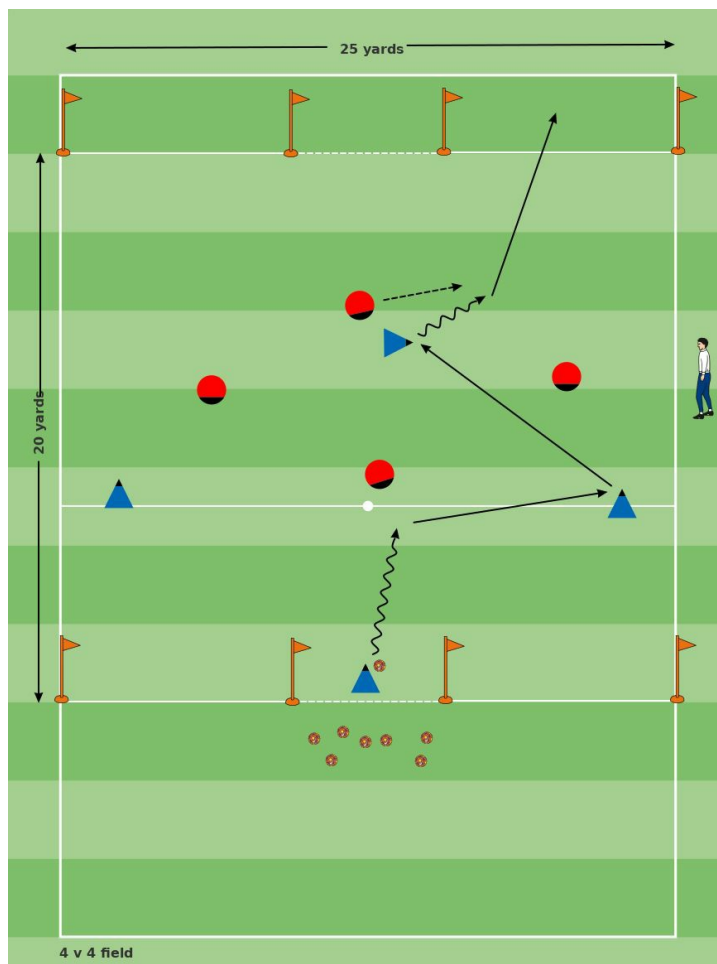
**DURATION:**  
20:0 min

## PRACTICE (More Challenging): 4 v 4 on Two Goal Lines Each

OBJECTIVE: To move the ball forward

PLAYER ACTIONS: Spread out, Pass options, Pass/dribble

KEY QUALITIES: Read game/make decisions, Focus, Initiative



### ORGANIZATION:

Same as Core Activity, except teams play 4 v 4. The attackers have eight balls as above. Defenders do not rotate; teams switch roles after eight attacks.

### KEY WORDS:

Use space, be open, pass, dribble

### GUIDED QUESTIONS:

1) How should the attackers position themselves in order to cover the field evenly? 2) What are the ball carrier's options? 3) When should attackers dribble? 4) And when should they pass?

### ANSWERS:

1) They should spread out and create openings. 2) Dribble or pass. 3) When they have space. 4) When the defender is blocking their path and a teammate is open.

### 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.



**MOMENT:**

Attacking



**AGE:**

U7-U8 / 4v4



**PLAYERS:**

4 vs 4



**DURATION:**

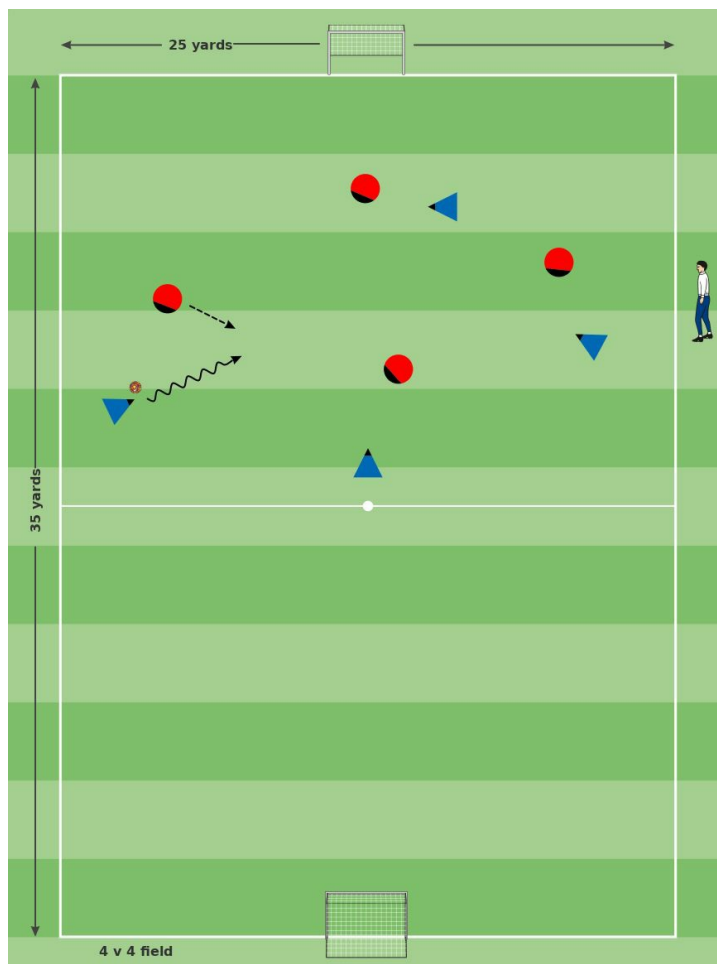
20:0 min

## 2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents, move the ball forward and create chances

PLAYER ACTIONS: Spread out, Pass/dribble, Pass options

KEY QUALITIES: Read game/make decisions, Focus, Initiative



### ORGANIZATION:

Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4, using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

### KEY WORDS:

Use space, be open, pass, dribble

### GUIDED QUESTIONS:

1) How should the attackers position themselves in order to cover the field evenly? 2) How do you find an opening? 3) How do you create an opening? 4) What should you do if you see an opening? 5) When should attackers dribble? 6) And when should they pass?

### ANSWERS:

1) They should spread out and create openings. 2) Look at the opponent's position. 3) Make the opponent move. 4) Pass or dribble through it. 5) When they have space. 6) When the defender is blocking their path and a teammate is open.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

**DURATION:**  
20:0 min

#### 4v4- Attacking- Building Up / Creating Chances in Opp Half (B)

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

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Focus, Initiative

AGE: U7-U8 / 4v4 / 8 players

Attacking

DURATION: 60 min



##### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

##### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: