

#### 4v4 Attacking- Improve Building-Up in Own Half (B)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Focus

 8

 60 min

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

**PRACTICE (Core Activity): 1 v 1 on Goal Lines**

**PRACTICE (Less Challenging): 1 v 1 on Diagonal Goal Lines**

**PRACTICE (More Challenging): 1 v 1 on Goal Lines after Pass**

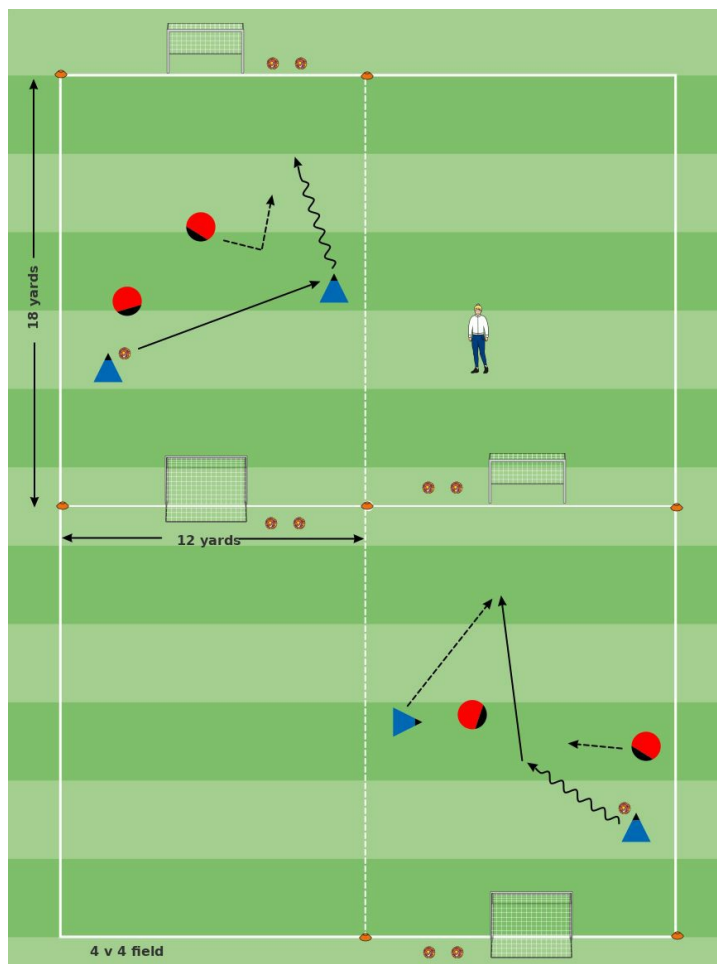
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents, move the ball forward and score goals.

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Focus



### 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:

Look up, pass, dribble

### GUIDED QUESTIONS:

1) What are your options when you have the ball? 2) When is it a good time to dribble? 3) And when should you pass?

### ANSWERS:

1) Dribble, pass or shoot. 2) When there aren't any defenders near me and I have space. 3) When a defender is blocking my path and a teammate is open.

### 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

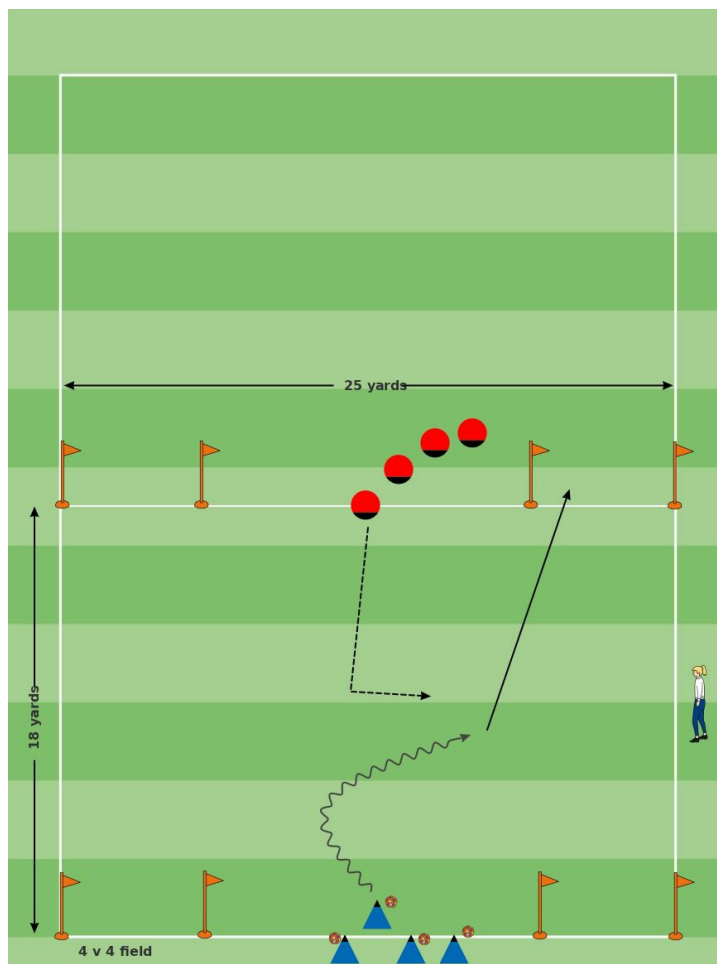
**DURATION:**  
30:0 min

## PRACTICE (Core Activity): 1 v 1 on Goal Lines

OBJECTIVE: To pass or dribble past opponents and move the ball forward.

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Focus



### ORGANIZATION:

Mark out an 18 x 25-yard field with two goal lines on each endline. Attackers (Blue) and defenders (Red) line up between the goal lines on opposite endlines. The first attacker dribbles onto the field and passes across one of the goal lines at the first opportunity. The first defender runs in and tries to stop the attacker from scoring. The defender can score by winning the ball and dribbling across a goal line. Afterwards, the next 1 v 1 starts. Play for 20 minutes with two breaks.

### KEY WORDS:

Pass, dribble

### GUIDED QUESTIONS:

1) Attackers, what's the fastest and most reliable way to score? 2) What should you do if the defender blocks your path to the goal? 3) What kind of situation do you want to avoid?

### ANSWERS:

1) Dribble toward a goal line and pass across before the defender reaches me. 2) Switch directions, dribble to the other goal and try to score on it. 3) 1 v 1s.

 **MOMENT:**  
Attacking

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

 **PLAYERS:**  
1 vs 1

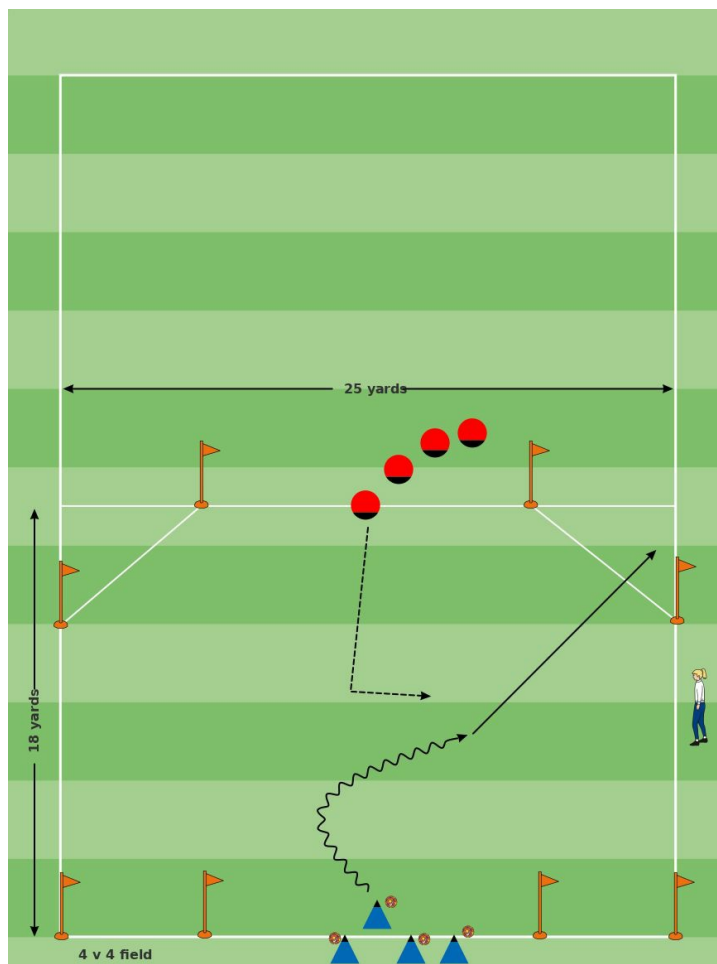
 **DURATION:**  
30:0 min

## PRACTICE (Less Challenging): 1 v 1 on Diagonal Goal Lines

OBJECTIVE: To pass or dribble past opponents and move the ball forward.

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Focus



### ORGANIZATION:

Same as Core Activity, except two of the goal lines are set at an angle.

### KEY WORDS:

Pass, dribble

### GUIDED QUESTIONS:

1) Attackers, what's the fastest and most reliable way to score? 2) What should you do if the defender blocks your path to the goal? 3) What type of touches should you take when you are in open space?

### ANSWERS:

1) Dribble toward a goal line and pass across before the defender reaches me. 2) Switch directions, dribble to the other goal and try to score on it. 3) Longer touches with the top of the foot.

### NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch 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:**

1 vs 1



**DURATION:**

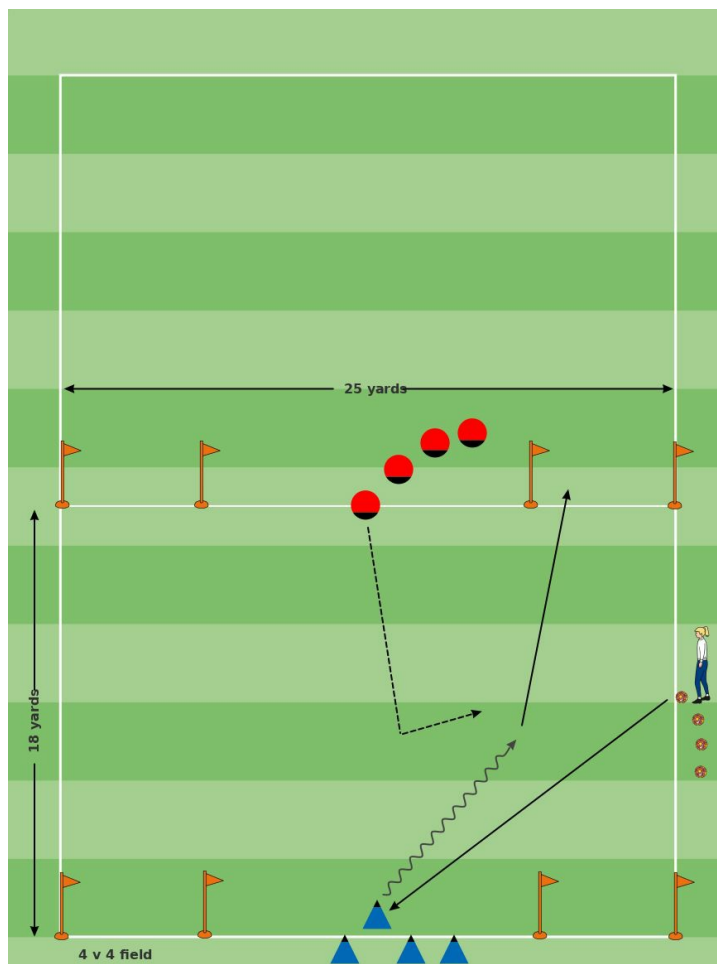
30:0 min

## PRACTICE (More Challenging): 1 v 1 on Goal Lines after Pass

OBJECTIVE: To pass or dribble past opponents and move the ball forward.

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Focus



### ORGANIZATION:

Same as Core Activity, except each attack starts with a pass from the sideline.

### KEY WORDS:

Pass, dribble

### GUIDED QUESTIONS:

1) Attackers, what's the fastest and most reliable way to score? 2) What should you do if the defender blocks your path to the goal? 3) What type of touches should you take when you are in open space?

### ANSWERS:

1) Dribble toward a goal line and pass across before the defender reaches me. 2) Switch directions, dribble to the other goal and try to score on it. 3) Longer touches with the top of the foot.

### NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch 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:**

1 vs 1



**DURATION:**

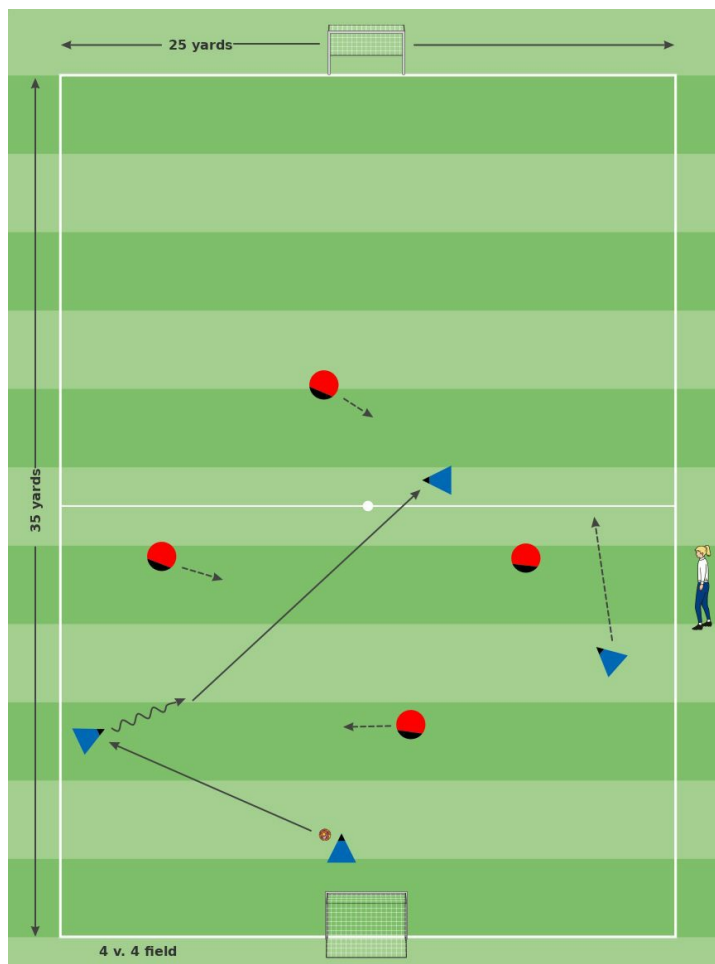
30:0 min

## 2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents, move the ball forward and score goals

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Focus



### ORGANIZATION:

Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Divide players into two teams of four. Teams play 4 v 4. Play according to the Laws of the Game (LOTG) and 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:

Look up, pass, dribble

### GUIDED QUESTIONS:

1) What are your options when you have the ball? 2) When is it a good time to dribble? 3) When should you pass? 4) What's the fastest and most reliable way to get the ball into the other half?

### ANSWERS:

1) Dribble, pass or shoot. 2) When there aren't any defenders near me and I have space. 3) When a defender is blocking my path and a teammate is open. 4) Dribble forward as long as I have space. Pass the ball off as soon as I come under pressure. Avoid 1 v 1 situations.

**MOMENT:**  
Attacking

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

**PLAYERS:**  
4 vs 4

**DURATION:**  
30:0 min

#### 4v4 Attacking- Improve Building-Up in Own Half (B)

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Focus

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: