

4v4- Attacking-Improve Scoring Goals (B)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:




GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, Pass/dribble

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

 8

 60 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 3 v 1 on Mini Goal

PRACTICE (Less Challenging): 3 v 1 on Double Goal

PRACTICE (More Challenging): 2 v 1 on Mini Goal

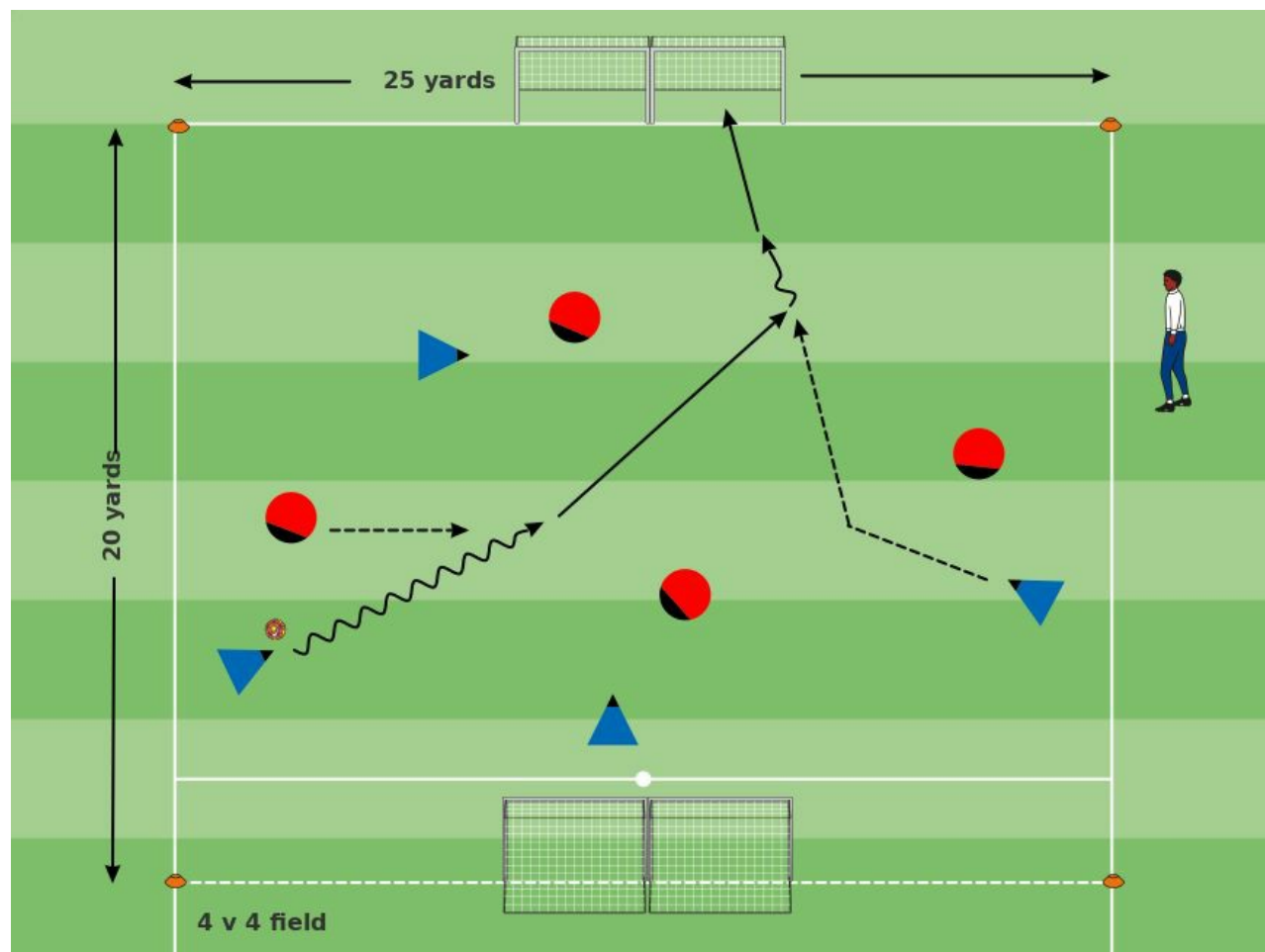
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create chances and score goals.

PLAYER ACTIONS: Shoot, Pass/dribble, Pass options

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



ORGANIZATION:

Mark out a 20 x 25-yard field. Place two youth goals side by side on each endline to create a double-wide goal. If you don't have four small goals, use poles or cones instead. Divide players into two teams of four. Teams play 4 v 4. Play for 20 minutes with two breaks.

KEY WORDS:

Pass, dribble, shoot

GUIDED QUESTIONS:

1) What are your options when you have the ball? 2) When should you shoot? 3) And when should you dribble or pass?

ANSWERS:

1) Dribble, pass or shoot. 2) When I'm close to the goal and I have a clear shot at it. 3) Dribble when I have space in front of me or pass when I'm farther away or a defender is blocking my shot.

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:
4 vs 4

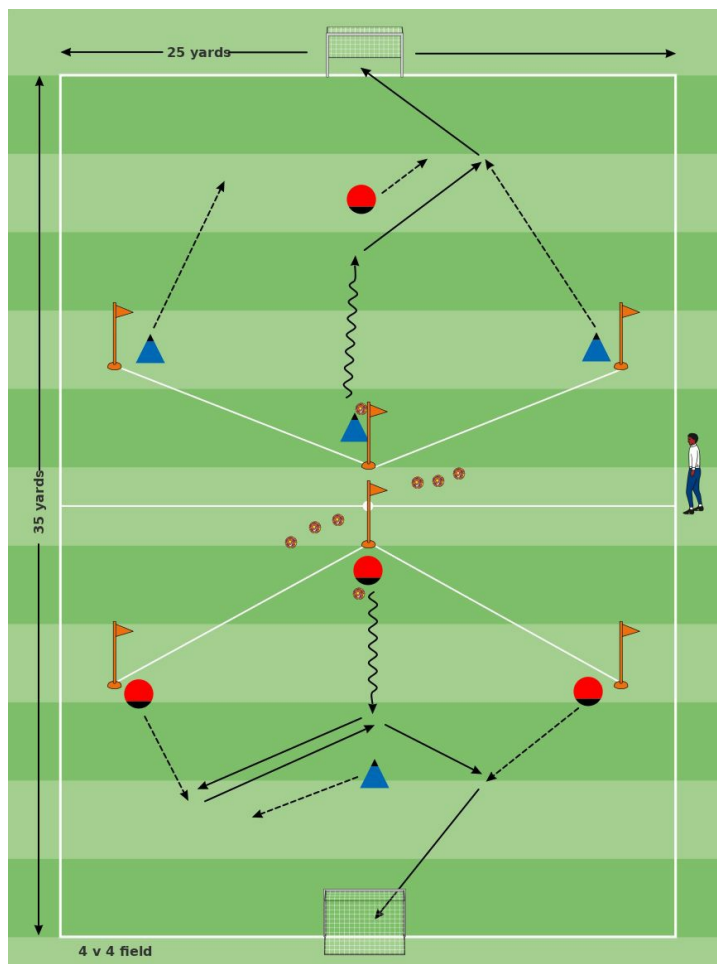
DURATION:
20:0 min

PRACTICE (Core Activity): 3 v 1 on Mini Goal

OBJECTIVE: To create chances and score goals.

PLAYER ACTIONS: Shoot, Pass/dribble, Pass options

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



ORGANIZATION:

Divide a regular 4 v 4 field (35 x 25 yards) into two fields, each with one mini goal and two diagonal goal lines. Divide players into two groups of four. Choose one defender from each group. Teams play 3 v 1. Each attack begins with the attackers at their starting positions. The defenders counterattack on the goal lines. Each team gets four balls/attacks. Which team scores more goals? Afterward, choose new defenders. Play for 20 minutes with two breaks.

KEY WORDS:

Be open, pass, dribble, shoot

GUIDED QUESTIONS:

1) How can the attackers make the most of their advantage? 2) When should you shoot? 3) When should you pass?

ANSWERS:

1) The middle attacker should dribble at the defender, look for passing opportunities on the right and left, and pass to a teammate. 2) When I'm past the defender and the goal is open. 3) When the defender is blocking the goal.

MOMENT:
Attacking

AGE:
U7-U8 / 4v4

PLAYERS:
3 vs 1

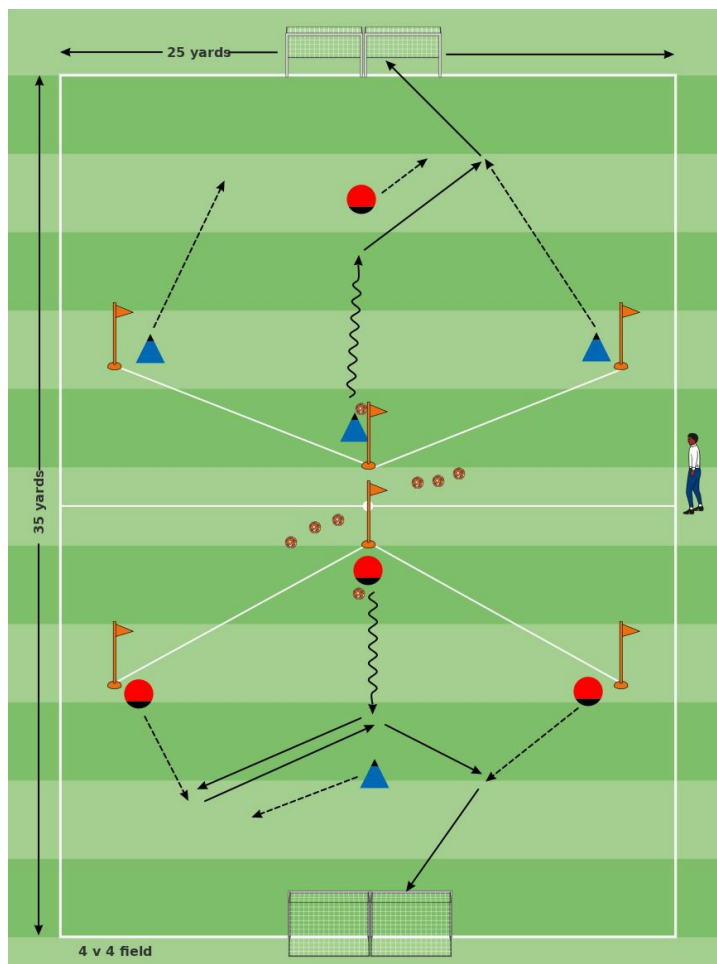
DURATION:
20:0 min

PRACTICE (Less Challenging): 3 v 1 on Double Goal

OBJECTIVE: To create chances and score goals.

PLAYER ACTIONS: Shoot, Pass/dribble, Pass options

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



ORGANIZATION:

Same as Core Activity, except extra goals are added to create double-wide goals. If you don't have four small goals, use poles or cones instead.

KEY WORDS:

Be open, pass, dribble, shoot

GUIDED QUESTIONS:

1) How can the attackers make the most of their advantage? 2) When should you shoot? 3) When should you pass?

ANSWERS:

1) The middle attacker should dribble at the defender, look for passing opportunities on the right and left, and pass to a teammate. 2) When I'm past the defender and the goal is open. 3) When the defender is blocking the goal.

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:
3 vs 1

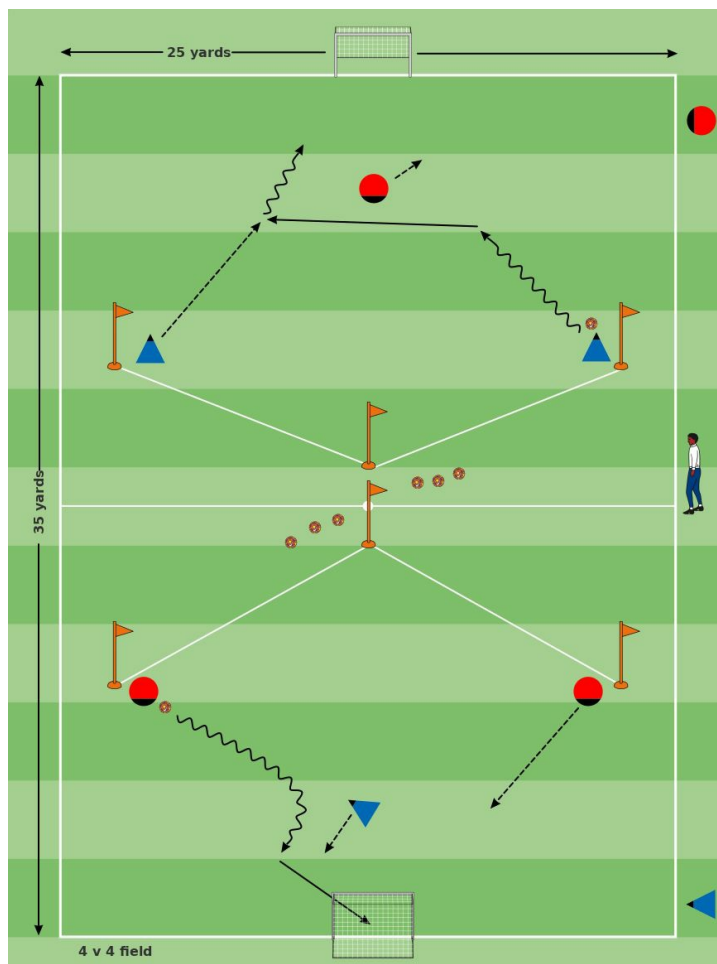
DURATION:
20:0 min

PRACTICE (More Challenging): 2 v 1 on Mini Goal

OBJECTIVE: To create chances and score goals.

PLAYER ACTIONS: Shoot, Pass/dribble, Pass options

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



ORGANIZATION:

Same as Core Activity, except teams play 2 v 1. Assign two attackers and two defenders to each field and switch defenders after each round.

KEY WORDS:

Be open, pass, dribble, shoot

GUIDED QUESTIONS:

1) How can the attackers make the most of their advantage? 2) When should you shoot? 3) When should you pass?

ANSWERS:

1) The attacker with the ball should dribble at the defender, look for passing opportunities, and pass to a teammate. 2) When I'm past the defender and the goal is open. 3) When the defender is blocking the goal.

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:
2 vs 1

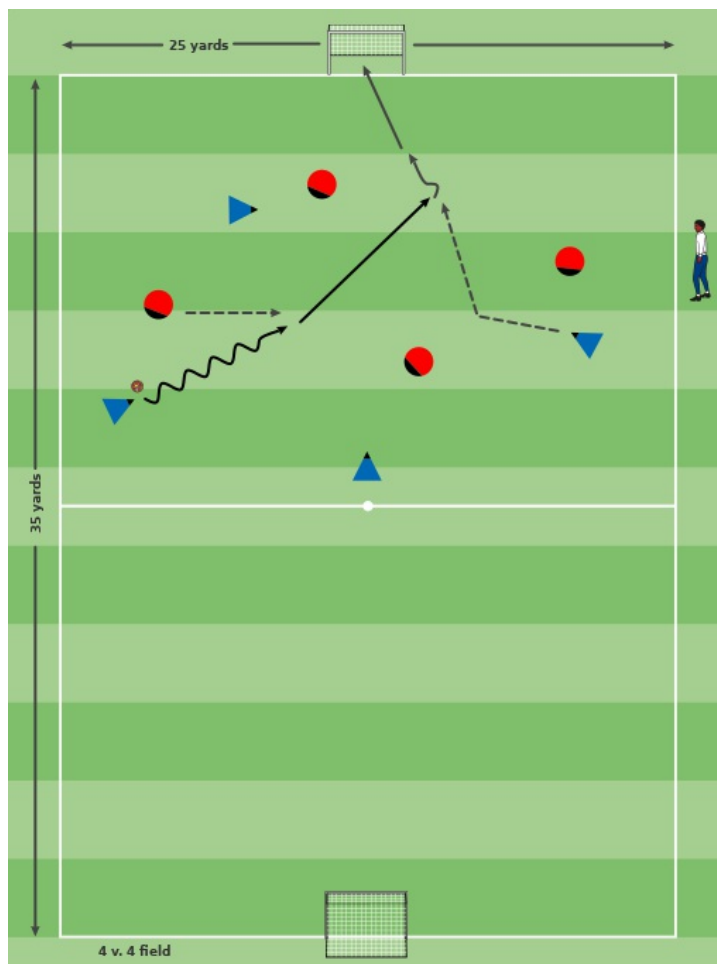
DURATION:
20:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To move the ball forward, create chances and score goals.

PLAYER ACTIONS: Shoot, Pass/dribble, Pass options

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



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:

Be open, pass, dribble, shoot

GUIDED QUESTIONS:

1) What are your options when you have the ball? 2) When should you shoot? 3) When should you dribble? 4) When should you pass?

ANSWERS:

1) Dribble, pass or shoot. 2) When I'm close to the goal and I have a clear shot 3) When I have open space in front of me but I'm too far away from the goal to shoot. 4) When the defender is blocking the goal/my path or when a teammate is open.

MOMENT:
Attacking

AGE:
U7-U8 / 4v4

PLAYERS:
4 vs 4

DURATION:
20:0 min

4v4- Attacking-Improve Scoring Goals (B)

GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, Pass/dribble

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: