

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

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

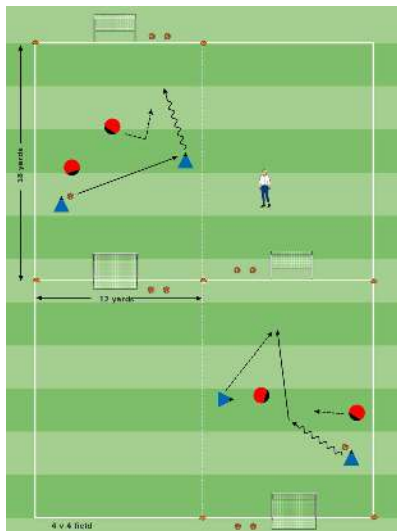
PLAYER ACTIONS: Pass/dribble, Spread out

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Attacking

DURATION: 60 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents and create chances

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 and rotate players between games. Play for 20 minutes with two to three 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 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. Refer to the Training Session Manual.



PRACTICE (Core Activity): Dribbling Game

OBJECTIVE: To dribble past opponents

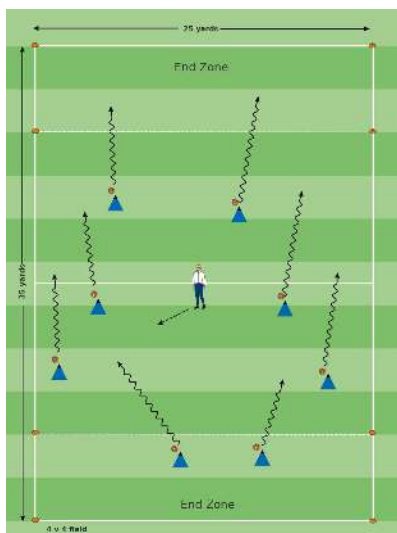
ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with a defending zone and two end zones. Players dribble back and forth into the end zones to earn points. Two defenders are stationed in the defending zone. They switch with the attackers when they win the ball, or every two minutes. Play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



PRACTICE (Less Challenging): Dribbling Game (Coach as defender)

OBJECTIVE: To dribble past opponents

ORGANIZATION: Same as Core Activity, except the coach acts as a defender and all the players have to 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. Refer to the Training Session Manual.

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

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

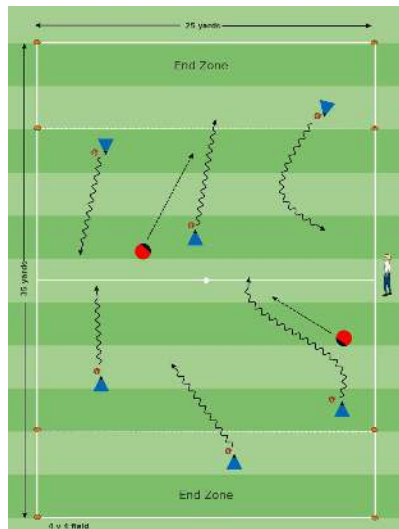
PLAYER ACTIONS: Pass/dribble, Spread out

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Attacking

DURATION: 60 min



PRACTICE (More Challenging): Dribbling Game (Two free defenders)

OBJECTIVE: To dribble past opponents.

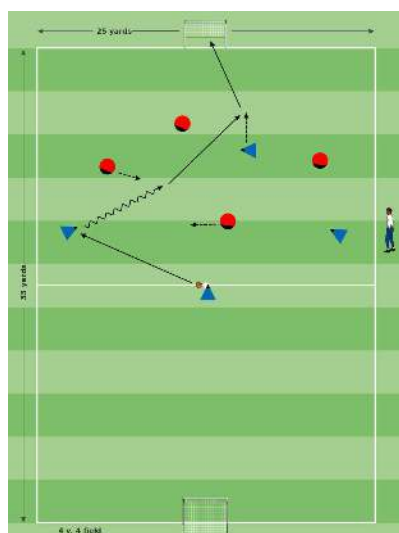
ORGANIZATION: Same as Core Activity, except the two defenders may defend anywhere but the end zones. They switch with the attackers when they win the ball, or every two minutes.

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. Refer to the Training Session Manual.



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. 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: 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 should 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:

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 player?

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?

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

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

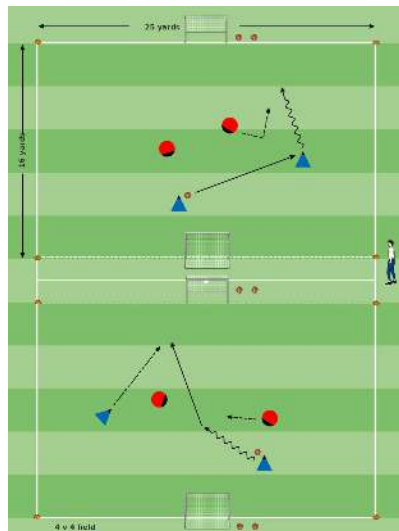
PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Attacking

DURATION: 60 min



1ST PLAY PHASE: Intentional Free Play

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

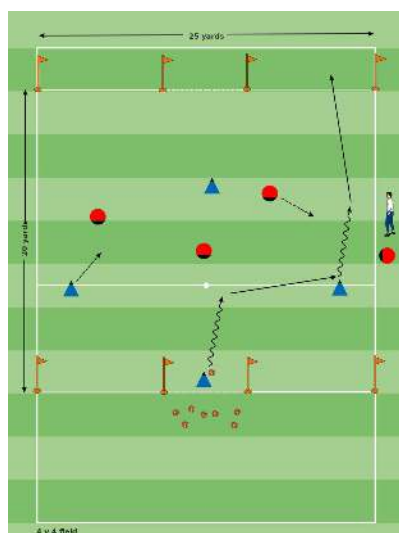
ORGANIZATION: Mark out two 16 x 25-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks.

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.



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

OBJECTIVE: To move the ball forward

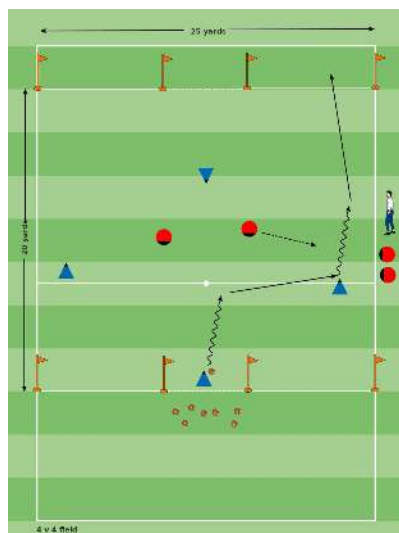
ORGANIZATION: Mark out a 20 x 25-yard field with two goal lines on each endline. Divide players into two teams of four. Teams play 4 v 3 on two goal lines each and score by dribbling or passing past the goal line. The attackers have eight balls to attack with. If a ball goes out or a goal is scored, they start a new attack from their endline. Each defender sits.

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:



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

OBJECTIVE: To move the ball forward

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.

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

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

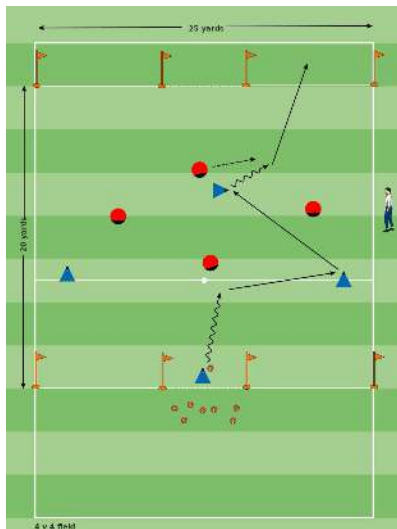
PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Attacking

DURATION: 60 min



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

OBJECTIVE: To move the ball forward

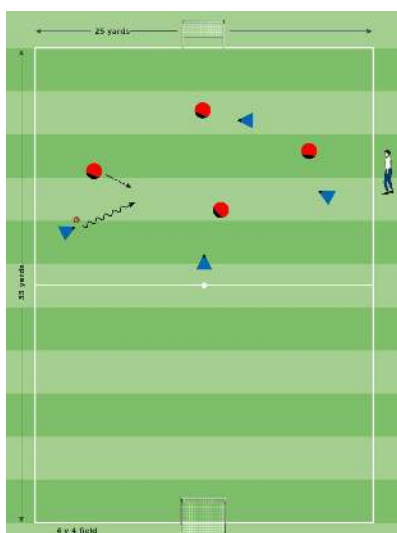
ORGANIZATION: Same as Core Activity, except teams play 4 v 4. The attackers have eight balls as above. Defenders do not rotate; teams switch roles after eight attacks.

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.



2ND PLAY PHASE: The Game

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

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.

NOTES:

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 player?

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?

4v4- Attacking- Building Up in Own Half (A)

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

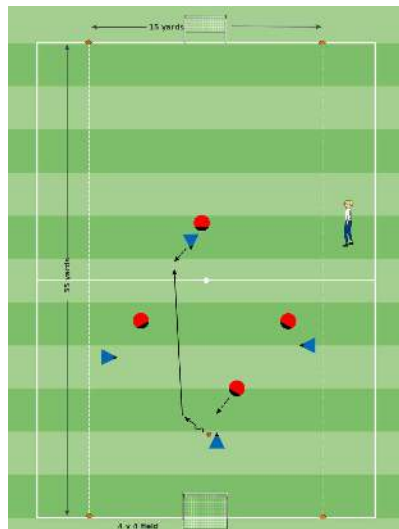
PLAYER ACTIONS: Spread out, Pass/dribble, Pass options

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Attacking

DURATION: 60 min



1ST PLAY PHASE: Intentional Free Play

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

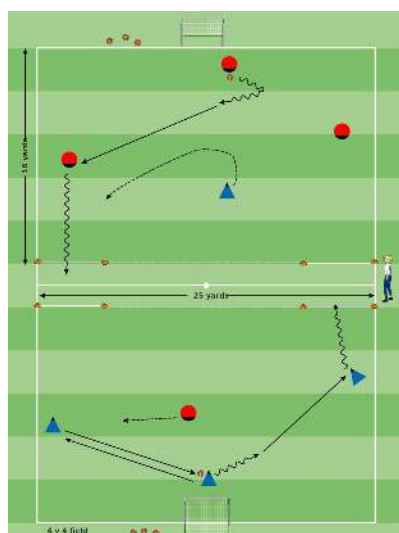
ORGANIZATION: Mark out a narrow 4 v 4 field (35 x 18 yards) with two small goals. Divide players into two teams of four. Teams play 4 v 4. Play for 20 minutes with two breaks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves to get from their own half to the opponent's half? 2) Why should they have two players on the wings? 3) And why should they have one in front?

ANSWERS: 1) Spread out and support the attack. 2) So they can pass diagonally forward out of their half. 3) So they can pass up the middle.

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



PRACTICE (Core Activity): 3 v 1 with Wing Goal Lines

OBJECTIVE: To pass or dribble past opponents.

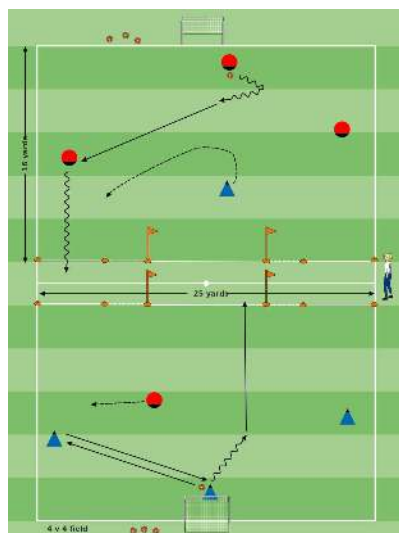
ORGANIZATION: Mark out two 16 x 25-yard fields, each with a small goal and two goal lines. Divide players into teams of four and position them as shown. Teams play 3 v 1. The attackers try to dribble across the goal lines. The defenders try to win the ball and counterattack on the mini goal. Each team gets four balls/attacks. Which team scores

KEY WORDS: Use space, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves to beat the defenders? 2) What can the wing players do to build the attack? 3) When should they dribble? 4) And when should they pass back?

ANSWERS: 1) One player in the middle and two on the wings. 2) Dribble forward or pass back. 3) When they have space and are able to dribble past the defender. 4) When the defender is blocking their path.

NOTES:



PRACTICE (Less Challenging): 3 v 1 with End Zone and Wing Goal Lines

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

ORGANIZATION: Same as Core Activity, except the attackers can choose between dribbling across the outside goal lines or passing across the one in the middle.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves to beat the defenders? 2) What can the wing players do to build the attack? 3) When should they dribble? 4) And when should they pass back?

ANSWERS: 1) One player in the middle and two on the wings. 2) Dribble forward or pass back. 3) When they have space and are able to dribble past the defender. 4) When the defender is blocking their path.

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.

4v4- Attacking- Building Up in Own Half (A)

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

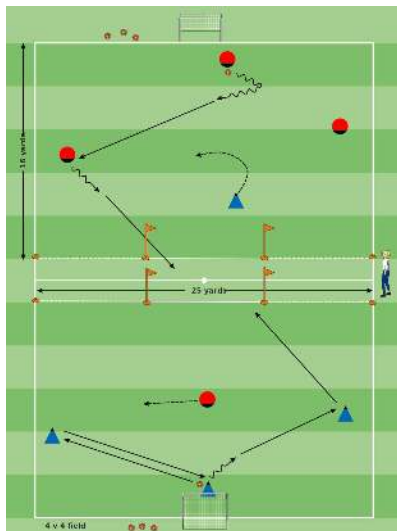
PLAYER ACTIONS: Spread out, Pass/dribble, Pass options

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Attacking

DURATION: 60 min



PRACTICE (More Challenging): 3 v 1 with Goal Line in Middle

OBJECTIVE: To pass or dribble past opponents

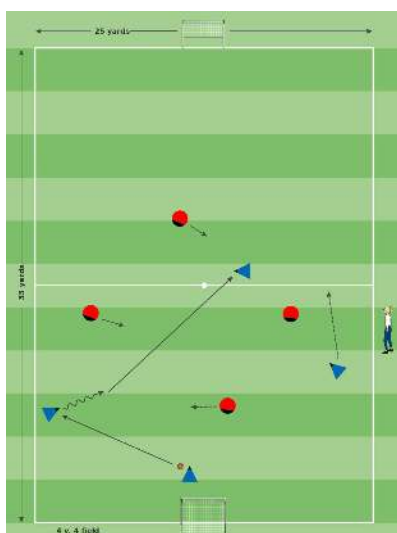
ORGANIZATION: Same as Core Activity, except the attackers can only score by passing across the goal line in the middle.

KEY WORDS: Use space, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves to beat the defenders? 2) What can the wing players do to build the attack? 3) When should they dribble? 4) And when should they pass back?

ANSWERS: 1) One player in the middle and two on the wings. 2) Dribble forward or pass back. 3) When they have space and are able to dribble past the defender. 4) When the defender is blocking their path.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To cover space, move the ball forward and score goals

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: Look up, pass, dribble, be open, use space

GUIDED QUESTIONS: 1) How should the attackers position themselves to get from their own half to the opponent's half? 2) Why should they have two players on the wings? 3) And why should they have one in front? 4) What are the wing players' options for moving forward into the opponent's half?

ANSWERS: 1) Spread out and support the attack. 2) So they can pass diagonally forward out of their half. 3) So they can pass up the middle. 4) Dribble forward whenever there's space. Pass to the attacker in the middle when the path forward is blocked.

NOTES:

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 player?

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?

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

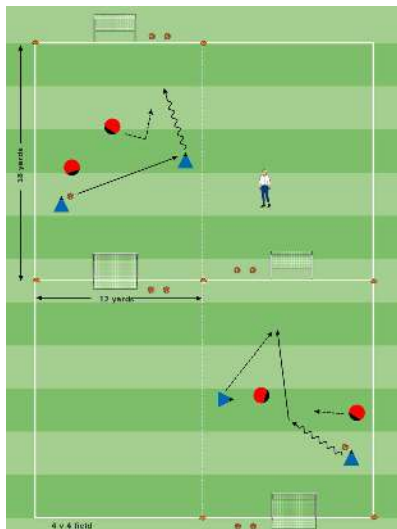
PLAYER ACTIONS: Pass/dribble

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Attacking

DURATION: 60 min



1ST PLAY PHASE: Intentional Free Play

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

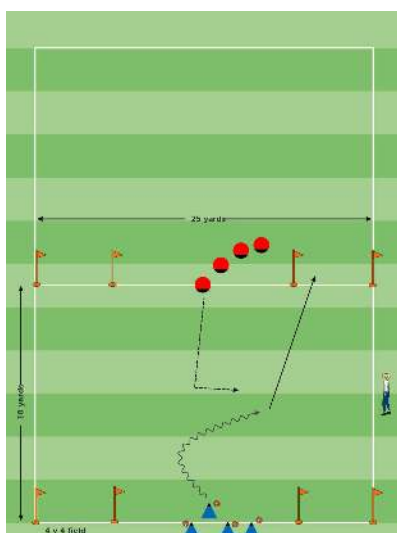
ORGANIZATION: Mark out two 18 x 12-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Free play. Play for 20 minutes with two breaks.

KEY WORDS: 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.



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

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

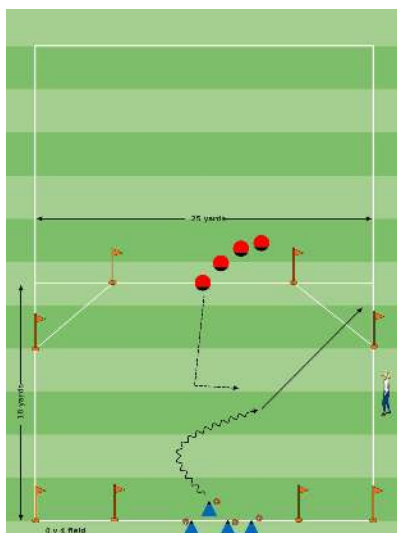
ORGANIZATION: Mark out an 18 x 25-yard field with two goal lines on each endline. Attackers (Blue) and defenders (Red) line up between the goal lines on opposite endlines. The first attacker dribbles onto the field and passes across one of the goal lines at the first opportunity. The first defender runs in and tries to stop the attacker from scoring. The

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.

NOTES:



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

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

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.

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

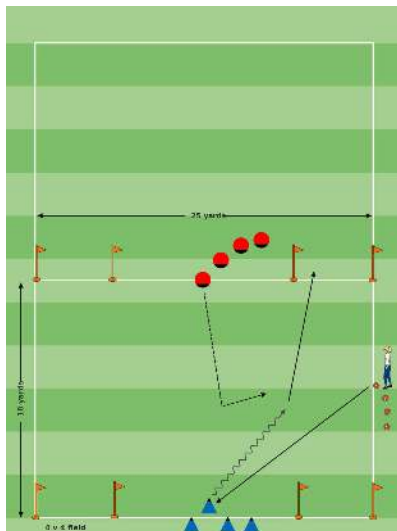
PLAYER ACTIONS: Pass/dribble

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Attacking

DURATION: 60 min



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

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

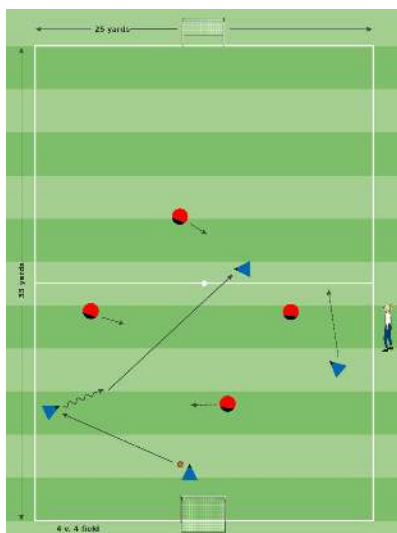
ORGANIZATION: Same as Core Activity, except each attack starts with a pass from the sideline.

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.



2ND PLAY PHASE: The Game

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

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.

NOTES:

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 player?

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?

4v4- Attacking-Improve Scoring Goals (A)

GOAL: Improve scoring goals

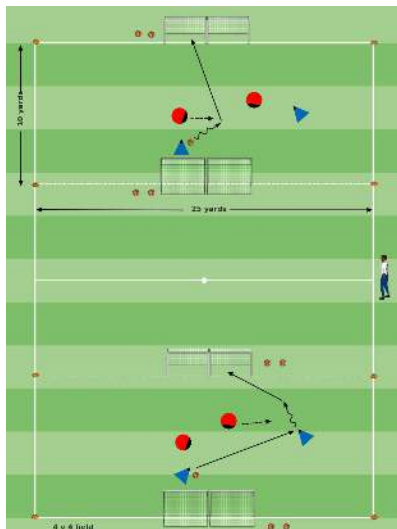
PLAYER ACTIONS: Shoot, Pass/dribble

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Attacking

DURATION: 60 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create chances and score goals.

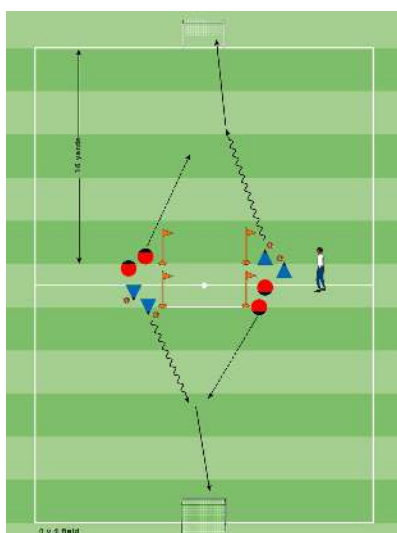
ORGANIZATION: Mark out two 25 x 10-yard fields, each with two double goals. If you don't have enough goals, use poles or cones to mark goals of the proper size. Players are divided into teams of two and take turns playing 2 v 2. Play for 20 minutes with two breaks.

KEY WORDS: Opening, dribble, pass, shoot

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. Pass or dribble past an opponent. 3) Shoot.

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



PRACTICE (Core Activity): 1 v 1 Race to the Goal

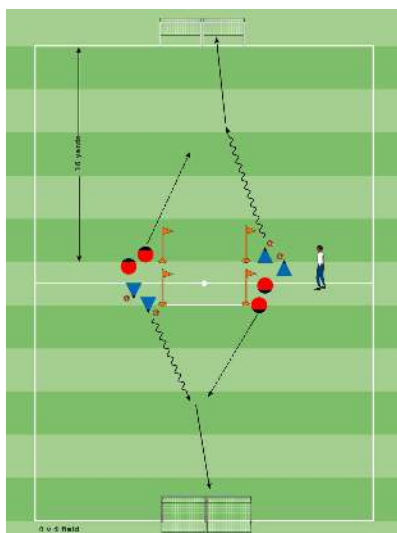
OBJECTIVE: To score goals.

ORGANIZATION: Set up one small goal and one goal line about 16 yards apart. Two groups of four (attackers and defenders) start at positions behind the goal line. As soon as the first attacker starts dribbling forward, the race begins. The defender tries to win the ball and score on the goal line. Play for 20 minutes with two breaks.

KEY WORDS: Dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot. 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.



PRACTICE (Less Challenging): 1 v 1 Race to the Goal

OBJECTIVE: To score goals.

ORGANIZATION: Same as Core Activity, except a second small goal is added, creating a double-wide goal. If you don't have enough goals, use poles or cones to mark goals.

KEY WORDS: Dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot.

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.

4v4- Attacking-Improve Scoring Goals (A)

GOAL: Improve scoring goals

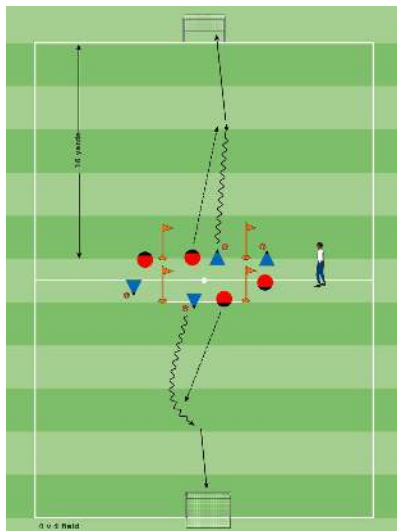
PLAYER ACTIONS: Shoot, Pass/dribble

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Attacking

DURATION: 60 min



PRACTICE (More Challenging): 1 v 1 Race to the Goal

OBJECTIVE: To score goals.

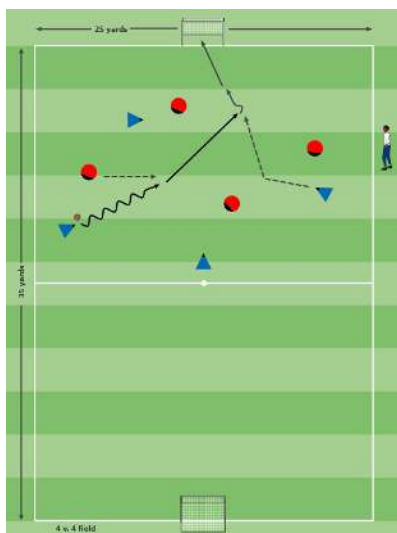
ORGANIZATION: Same as Core Activity, except attacker and defender start out side by side on the goal line.

KEY WORDS: Dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot.

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 move the ball forward, create chances and score goals.

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 min.).

KEY WORDS: Opening, dribble, pass, shoot

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) What should attackers do when the path to the goal is open? 5) How close do you need to be to shoot? 6) What should you do if the defender catches up to you?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Shoot, pass or dribble through it, depending on the game situation and your position on the field. 4) Dribble toward the goal quickly and directly 5) As close as necessary to be sure of scoring. 6) Cut across in front, block the defender's path and shoot.

NOTES:

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 player?

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?

4v4- Attacking-Improve Scoring Goals (B)

GOAL: Improve scoring goals

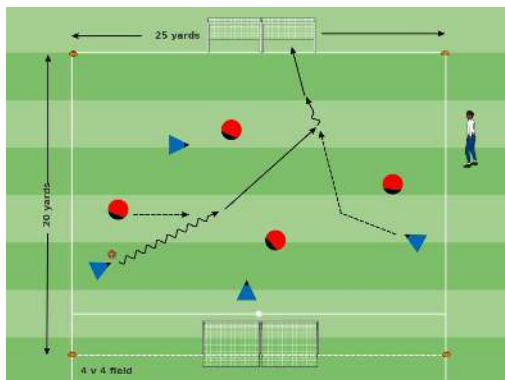
PLAYER ACTIONS: Shoot, Pass/dribble

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Attacking

DURATION: 60 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create chances and score goals.

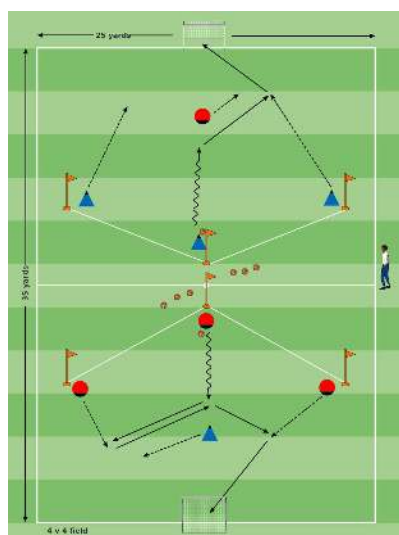
ORGANIZATION: Mark out a 20 x 25-yard field. Place two youth goals side by side on each endline to create a double-wide goal. If you don't have four small goals, use poles or cones instead. Divide players into two teams of four. Teams play 4 v 4. Play for 20 minutes with two breaks.

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.



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

OBJECTIVE: To create chances and score goals.

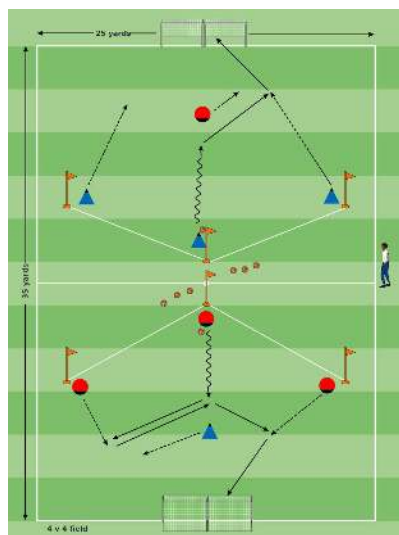
ORGANIZATION: Divide a regular 4 v 4 field (35 x 25 yards) into two fields, each with one mini goal and two diagonal goal lines. Divide players into two groups of four. Choose one defender from each group. Teams play 3 v 1. Each attack begins with the attackers at their starting positions. The defenders counterattack on the goal lines. Each team gets four

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:



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

OBJECTIVE: To create chances and score goals.

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

4v4- Attacking-Improve Scoring Goals (B)

GOAL: Improve scoring goals

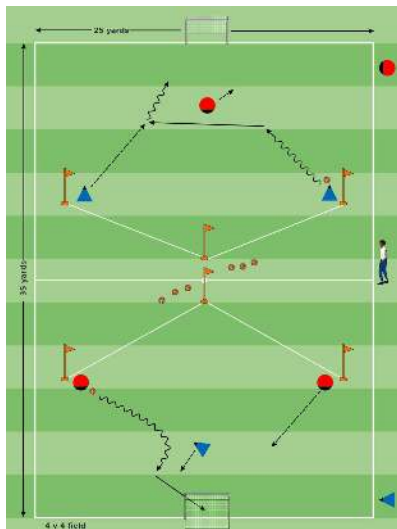
PLAYER ACTIONS: Shoot, Pass/dribble

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Attacking

DURATION: 60 min



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

OBJECTIVE: To create chances and score goals.

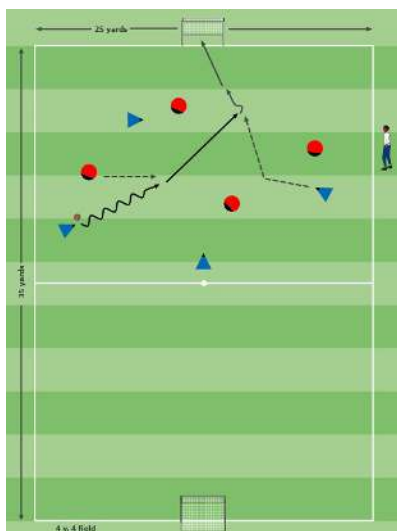
ORGANIZATION: Same as Core Activity, except teams play 2 v 1. Assign two attackers and two defenders to each field and switch defenders after each round.

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.



2ND PLAY PHASE: The Game

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

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.

NOTES:

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 player?

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?

4v4- Defending- Improve Preventing the Opponent from Building Up in their Own Half (A)

GOAL: Improve preventing the opponent from building-up in their own half

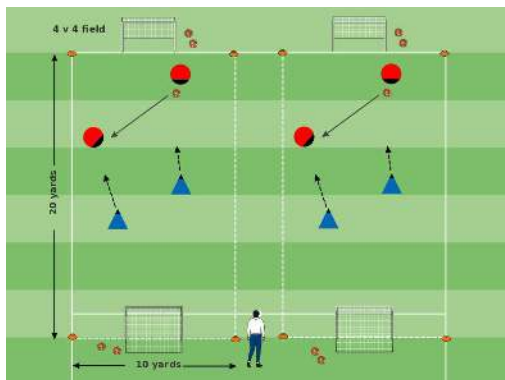
PLAYER ACTIONS: Steal

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Defending

DURATION: 60 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

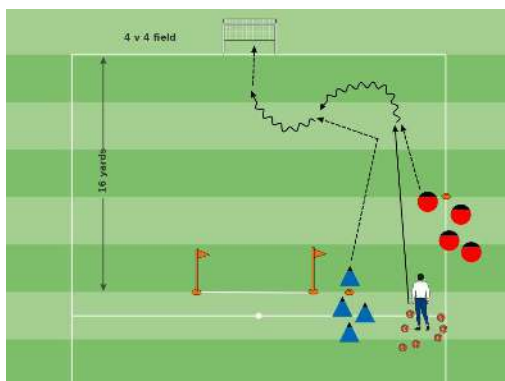
ORGANIZATION: Mark out two narrow fields (20 x 10 yards), each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks. Rotate players between the fields.

KEY WORDS: Steal the ball

GUIDED QUESTIONS: 1) What are you supposed to do if you lose the ball? 2) What else could you do? 3) What's the advantage of defending higher up the field?

ANSWERS: 1) Drop back and protect our goal. 2) Stay forward and try to win the ball back right away. 3) The opponent never gets near our goal. And if we do win the ball back, we can immediately shoot.

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



PRACTICE (Core Activity): 1 v 1 after Pass behind Attacker

OBJECTIVE: To win the ball back.

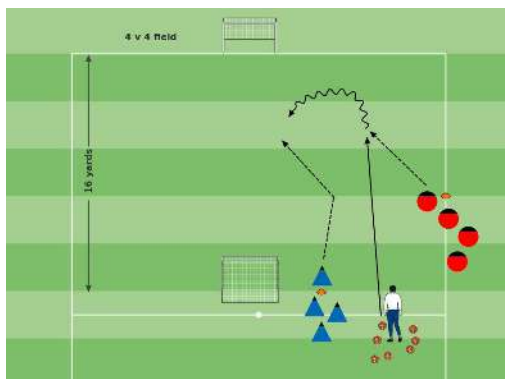
ORGANIZATION: Set up one small goal and one goal line 16 yards apart (25 yards wide). Choose four attackers (Red) and four defenders (Blue) to position them as shown. Play the ball behind the attackers so the 1st attacker and defender run in after it to play 1 v 1 until a goal is scored. Red scores on the goal line, Blue the small goal. At the breaks, switch the

KEY WORDS: Steal the ball

GUIDED QUESTIONS: 1) Defenders, what should you do when the ball is played in behind the attacker? 2) What don't you want the attacker to do? 3) Why?

ANSWERS: 1) Quickly run in after the ball and immediately put pressure on him/her. 2) Turn around and start dribbling toward you. 3) Because then the attacker can shoot.

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): 1 v 1 after Pass behind Attacker

OBJECTIVE: To win the ball back.

ORGANIZATION: Same as core activity, except both players attack on small goals.

KEY WORDS: Steal the ball

GUIDED QUESTIONS: 1) Defenders, what should you do when the ball is played in behind the attacker? 2) What don't you want the attacker to do? 3) Why?

ANSWERS: 1) Quickly run in after the ball and immediately put pressure on the attacker. 2) Turn around and start dribbling toward you. 3) Because then the attacker can shoot.

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.

4v4- Defending- Improve Preventing the Opponent from Building Up in their Own Half (A)

GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Steal

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Defending

DURATION: 60 min



PRACTICE (More Challenging): 1 v 1 from Sideline

OBJECTIVE: To stop the opponent's attack and win the ball back.

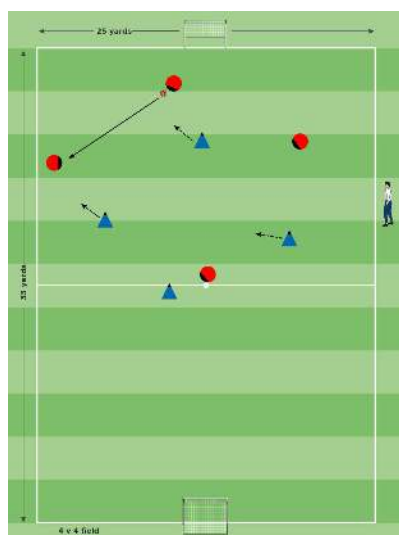
ORGANIZATION: Same as Core Activity, except the attackers dribble in from the sideline to start the 1 v 1. Be sure to rotate the teams and change the side of the field.

KEY WORDS: Steal the ball

GUIDED QUESTIONS: 1) Defenders, how can you keep the attacker from scoring? 2) What don't you want the attacker to do? 3) So what do you need to do? 4.) And when should you try to steal the ball?

ANSWERS: 1) By running toward the attacker. 2) Get the ball past you. 3) Don't run at the attacker too fast - keep a little distance. 4) When his/her head is down, or he/she lets the ball get too far away or tries to dribble past.

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 prevent the opponent from building up, win the ball back and score.

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 min.).

KEY WORDS: Steal the ball

GUIDED QUESTIONS: 1) What are your options after you lose the ball? 2) What have we been practicing today? 3) And what's the advantage of that?

ANSWERS: 1) Drop back and protect our goal, or stay forward and try to win the ball back. 2) Staying forward and winning the ball back right away. 3) The opponent never gets near our goal. And if we do win the ball back, we can immediately shoot.

NOTES:

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 player?

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?

4v4- Defending- Improve Preventing the Opponent from Building Up in their Own Half (B)

GOAL: Improve preventing the opponent from building-up in their own half

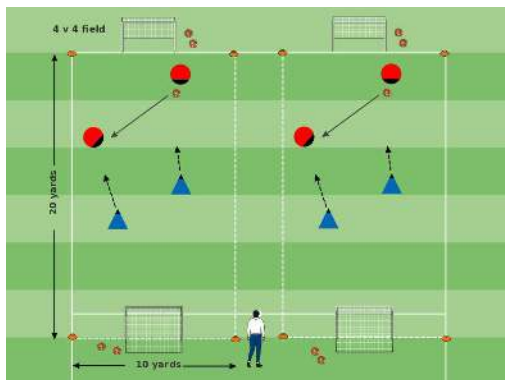
PLAYER ACTIONS: Stay compact, Steal

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Defending

DURATION: 60 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

ORGANIZATION: Mark out two narrow fields (20 x 10 yards), each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks. Rotate players between the fields.

KEY WORDS: Steal the ball

GUIDED QUESTIONS: 1) What are you supposed to do if you lose the ball? 2) What else could you do? 3) What's the advantage of defending higher up the field?

ANSWERS: 1) Drop back and protect our goal. 2) Stay forward and try to win the ball back right away. 3) The opponent never gets near our goal. And if we do win the ball back, we can immediately shoot.

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



PRACTICE (Core Activity): 3 v 3 on Goal Lines on Wings

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

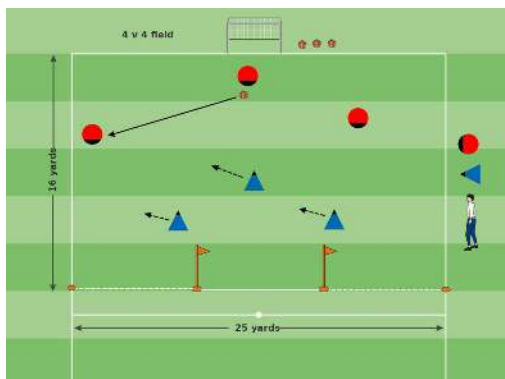
ORGANIZATION: Mark out a 16 x 25-yard field with a small goal plus two goal lines on the wings. Divide players into two teams of four. Teams play 3 v 3. The attackers (Red) start out with the ball and try to score on the two goal lines. If a ball goes out or a goal is scored, they start a new attack from their endline. Each defender sits out two attacks and then

KEY WORDS: Move with the ball, Step in

GUIDED QUESTIONS: 1) How can you keep the attackers from scoring? 2) When do you step to steal the ball? 3) What if they pass the ball onto the other wing?

ANSWERS: 1) By pressuring the player with the ball to keeping him/her from shooting. 2) When his/her head is down or he/she takes a big touch. 3) Then we have to move together to protect the goal on that side.

NOTES:



PRACTICE (Less Challenging): 3 v 1 on Goal Line in Middle

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

ORGANIZATION: Same as core activity, except Blue defends a single goal line in the middle.

KEY WORDS: Move with the ball, Step in

GUIDED QUESTIONS: 1) By pressuring the player with the ball to keeping him/her from shooting. 2) When his/her head is down or he/she takes a big touch. 3) Then we have to move together to protect the goal.

ANSWERS: 1) By pressuring the player with the ball to keeping him/her from shooting. 2) When his/her head is down or he/she takes a big touch. 3) Then we have to move together to protect 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.

4v4- Defending- Improve Preventing the Opponent from Building Up in their Own Half (B)

GOAL: Improve preventing the opponent from building-up in their own half

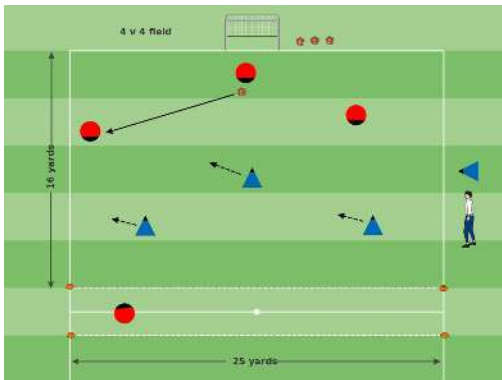
PLAYER ACTIONS: Stay compact, Steal

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Defending

DURATION: 60 min



PRACTICE (More Challenging): 3 + 1 v 3 on End Zone

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

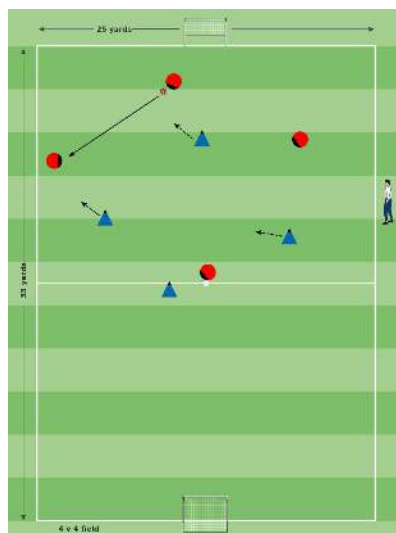
ORGANIZATION: Same as Core Activity, except Blue defends the whole end zone with the target player in it. To score, the attackers must successfully dribble into or pass to the target player. Rotate players every 2 balls. After 8 attacks, teams switch roles.

KEY WORDS: Move with the ball, Step in

GUIDED QUESTIONS: 1) How can you keep the attackers from scoring? 2) When do you step to steal the ball? 3) What if they pass the ball onto the other wing?

ANSWERS: 1) By pressuring the player with the ball to keeping him/her from shooting. 2) When his/her head is down or he/she takes a big touch. 3) Then we have to move together to protect the zone on that side.

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 prevent the opponent from building up, win the ball back and score.

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 min.).

KEY WORDS: Move with the ball, Step in

GUIDED QUESTIONS: 1) What are you supposed to do if you lose the ball? 2) What else could you do? 3) What's the advantage of defending higher up the field? 4) When do you step to steal the ball? 5) What if they pass the ball onto the other wing?

ANSWERS: 1) Drop back and protect our goal. 2) Pressure the player with the ball to keeping him/her from shooting. 3) The opponent never gets near our goal. And if we do win the ball back, we can immediately shoot. 4) When his/her head is down or he/she takes a big touch. 5) Then we have to move together.

NOTES:

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 player?

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?

4V4- Defending- Improve Preventing Building Up in Our Half (A)

GOAL: Improve preventing the opponent from building-up and creating chances in our half

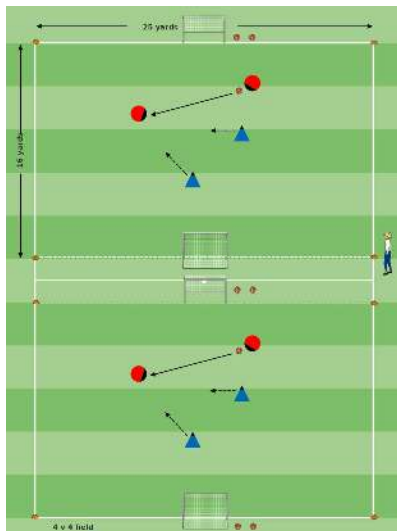
PLAYER ACTIONS: Steal, Protect goal

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Defending

DURATION: 60 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To deny chances.

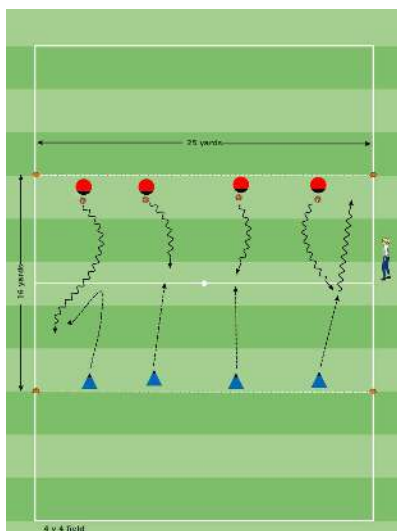
ORGANIZATION: Mark out two 16 x 25-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks. Rotate players between the fields.

KEY WORDS: Protect the goal, steal it!

GUIDED QUESTIONS: 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting?

ANSWERS: 1) In the middle. 2) The path to the middle.

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



PRACTICE (Core Activity): 4 x 1 v 1 on Endlines

OBJECTIVE: To stop the opponent's attack and win the ball back.

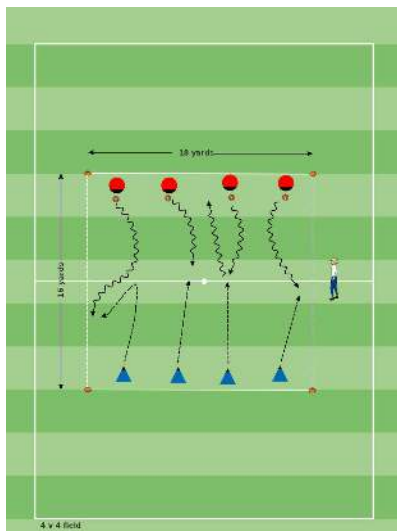
ORGANIZATION: Mark out a 16 x 25-yard field. Divide players into two teams. The attackers (Red) line up on one endline with a ball. The defenders (Blue) line up on the opposite endline. At the coach's signal, all the attackers dribble onto the field and try to dribble across Blue's endline. The defenders try to stop them, steal the ball and counterattack on the opposite endline.

KEY WORDS: Pressure the ball, steal it!

GUIDED QUESTIONS: 1) With all these players running at you, how can you win a ball? 2) How do you steal the ball from an opponent who's dribbling? 3) When the attacker lets the ball get too far away and the ball is not protected. 4) What part of the foot should you use to tackle the ball?

ANSWERS: 1) Pick one attacker, block their path and steal the ball from them. 2) By tackling or knocking the ball away. 3) When the attacker lets the ball get too far away. When the ball is not protected. 4) Inside of the foot.

NOTES:



PRACTICE (Less Challenging): 4 x 1 v 1 on Endlines

OBJECTIVE: To stop the opponent's attack and win the ball back.

ORGANIZATION: Same as Core Activity, except on a 16 x 18-yard field.

KEY WORDS: Pressure the ball, steal it!

GUIDED QUESTIONS: 1) With all these players running at you, how can you win a ball? 2) How do you steal the ball from an opponent who's dribbling? 3) When the attacker lets the ball get too far away and the ball is not protected. 4) What part of the foot should you use to tackle the ball?

ANSWERS: 1) Pick one attacker, block their path and steal the ball from them. 2) By tackling or knocking the ball away. 3) When the attacker lets the ball get too far away. When the ball is not protected. 4) Inside 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.

4V4- Defending- Improve Preventing Building Up in Our Half (A)

GOAL: Improve preventing the opponent from building-up and creating chances in our half

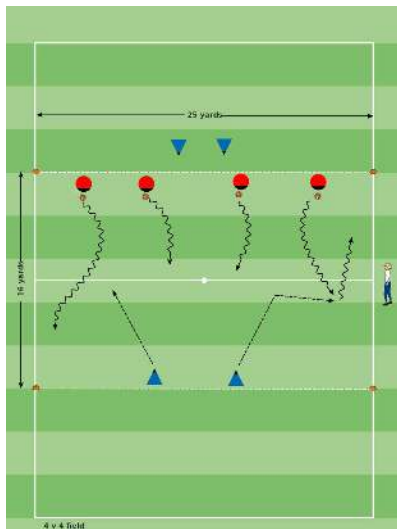
PLAYER ACTIONS: Steal, Protect goal

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Defending

DURATION: 60 min



PRACTICE (More Challenging): 2 x 2 v 1 on Endlines

OBJECTIVE: To stop the opponent's attack and win the ball back.

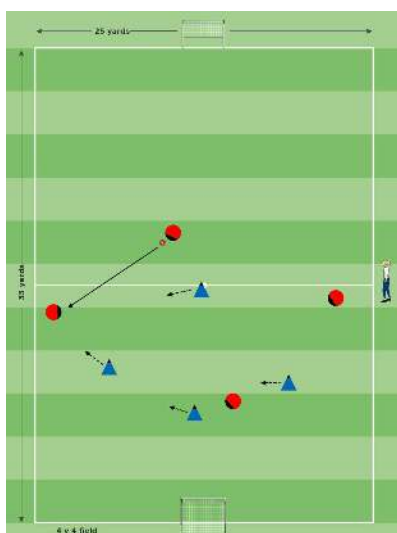
ORGANIZATION: Same as Core Activity, except with two defenders going at one time.

KEY WORDS: Pressure the ball, steal it!

GUIDED QUESTIONS: 1) With all these players running at you, how can you win a ball? 2) How do you steal the ball from an opponent who's dribbling? 3) When the attacker lets the ball get too far away and the ball is not protected. 4) What part of the foot should you use to tackle the ball?

ANSWERS: 1) Pick one attacker, block their path and steal the ball from them. 2) By tackling or knocking the ball away. 3) When the attacker lets the ball get too far away. When the ball is not protected. 4) Inside 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 stop the opponent's attack, deny chances and win the ball back.

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 min.).

KEY WORDS: Protect the goal, Pressure the ball, steal it!

GUIDED QUESTIONS: 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting? 3) How do you steal the ball from an opponent who's dribbling? 4) What's a good moment to steal the ball? 5) What part of the foot should you use to tackle the ball?

ANSWERS: 1) In the middle. 2) The path to the middle. 3) By tackling or knocking the ball away. 4) When the attacker lets the ball get too far away. When the ball is not protected. 5) Inside of the foot.

NOTES:

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 player?

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?

4V4- Defending- Improve Preventing Building Up in Our Half (B)

GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Get compact, Steal, Stay compact

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Defending

DURATION: 60 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To stop the opponent's attack, deny chances and win the ball back.

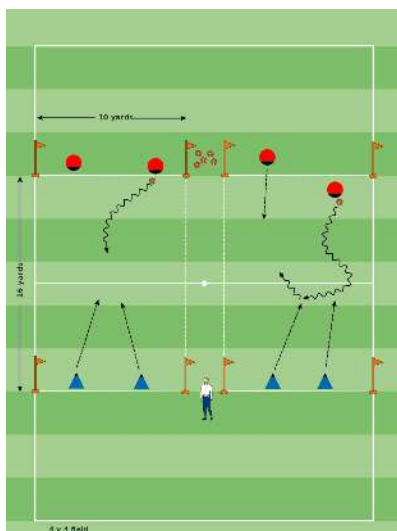
ORGANIZATION: Mark out a 35 x 25-yard field with two small goals. Divide players into two teams of four. Teams play 4 v 4. Play for 20 minutes with two breaks.

KEY WORDS: Get compact, stay compact, pressure the ball

GUIDED QUESTIONS: 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting? 3) And what if they manage to get in front of the goal anyway?

ANSWERS: 1) In the middle. 2) The path to the middle. 3) Then we have to pressure them and make sure they can't shoot.

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



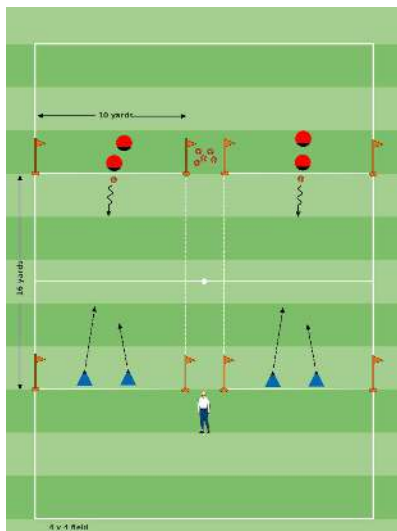
PRACTICE (Core Activity): From 1 v 2 to 2 v 2

OBJECTIVE: To stop the opponent's attack, win the ball back and score.

ORGANIZATION: Mark out two 16 x 10-yard fields. On each field, two attackers (Red) and two defenders (Blue) line up behind the endlines. They start out playing 1 v 2. Red tries to dribble across Blue's endline. If the attack succeeds, the round is over. If the Blue defenders win the ball, the second Red attacker runs in, changing the 1 v 2 to a 2 v 2. After each round, KEY WORDS: Get compact, stay compact, pressure the ball

GUIDED QUESTIONS: 1) How can you keep the attacker from dribbling past you? 2) How can you help the other defender?

ANSWERS: 1) By blocking the path forward. 2) By staying close together to protect the goal and communicating with each other to win the ball. 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 NOTES:



PRACTICE (Less Challenging): 1 v 2

OBJECTIVE: To stop the opponent's attack, win the ball back and score.

ORGANIZATION: Same as Core Activity, except players play 1 v 2.

KEY WORDS: Get compact, stay compact, pressure the ball

GUIDED QUESTIONS: 1) How can you keep the attacker from dribbling past you? 2) How can you help the other defender?

ANSWERS: 1) By blocking the path forward. 2) By staying close together to protect the goal and communicating with each other to win the ball.

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.

4V4- Defending- Improve Preventing Building Up in Our Half (B)

GOAL: Improve preventing the opponent from building-up and creating chances in our half

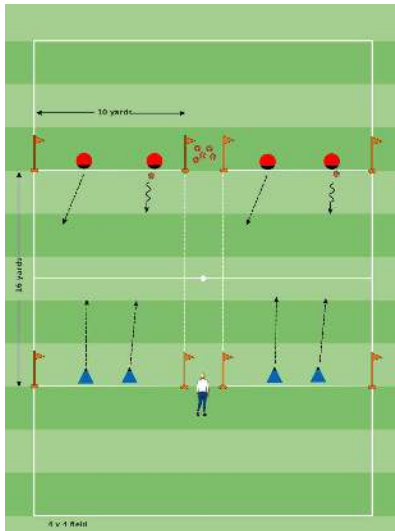
PLAYER ACTIONS: Get compact, Steal, Stay compact

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

AGE: U7-U8 / 4v4 / 8 players

MOMENT: Defending

DURATION: 60 min



PRACTICE (More Challenging): 2 v 2

OBJECTIVE: To stop the opponent's attack, win the ball back and score.

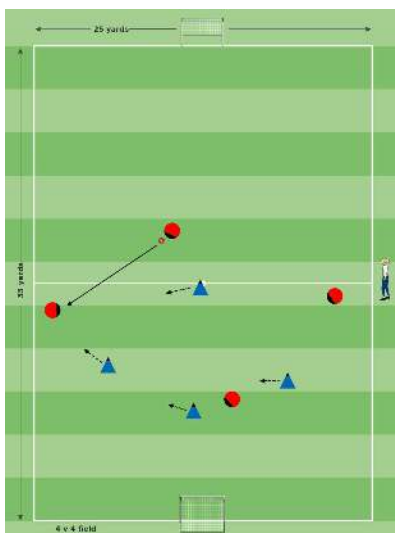
ORGANIZATION: Same as Core Activity, except players play 2 v 2.

KEY WORDS: Get compact, stay compact, pressure the ball

GUIDED QUESTIONS: 1) How can you keep the attackers from dribbling past you? 2) How can you help the other defender? 3) When the attackers are passing the ball, how do the two of you need to move?

ANSWERS: 1) By blocking the path forward. 2) By staying close together to protect the goal and communicating with each other to win the ball. 3) Move together.

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 stop the opponent's attack, deny chances and win the ball back.

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 min.).

KEY WORDS: Get compact, stay compact, pressure the ball

GUIDED QUESTIONS: 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting? 3) And what if they manage to get in front of the goal anyway? 4) How can you help the other defenders? 5) When the attackers are passing the ball, how does the group need to move?

ANSWERS: 1) In the middle. 2) The path to the middle. 3) Then we have to attack them and make sure they can't shoot. 4) By staying close together to protect the goal and communicating with each other to win the ball. 5) Move together.

NOTES:

Five Elements of a Training Activity

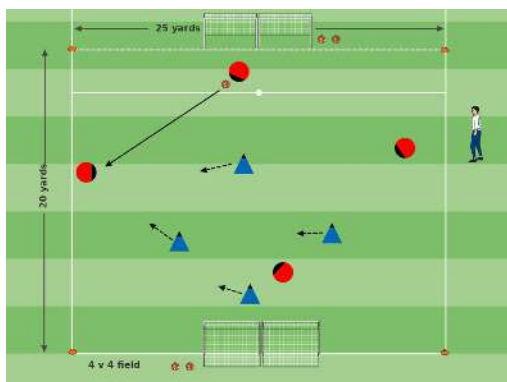
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

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?

4v4- Defending-Improve Preventing Scoring Goals (A)
GOAL: Improve preventing the opponent from scoring
PLAYER ACTIONS: Protect goal, Stay compact
KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U7-U8 / 4v4 / 8 players
 MOMENT: Defending
 DURATION: 60 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring.

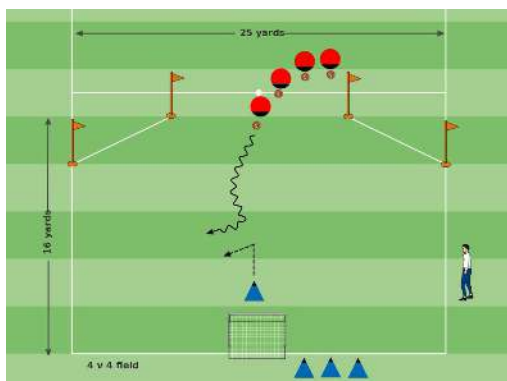
ORGANIZATION: Mark out a 20 x 25-yard field. Place two small goals side by side on each endline to create a double-wide goal. If you don't have four small goals, use poles or cones instead. Divide players into two teams of four. Teams play 4 v 4. Play for 20 minutes with two breaks.

KEY WORDS: Defend the goal, stay compact

GUIDED QUESTIONS: 1) Take a look at the goals. What do you notice? 2) How can you keep the opponent from scoring on them even though they're big?

ANSWERS: 1) The goals are big. 2) We have to drop back as a group, block the path to the goal and keep them from shooting.

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



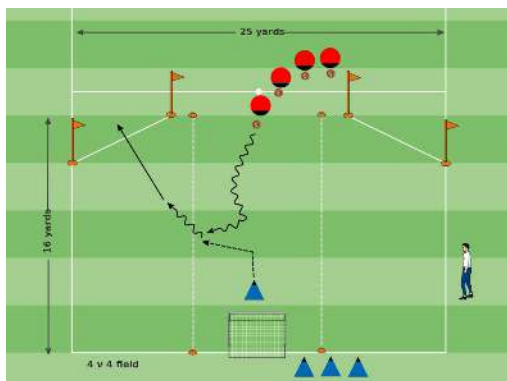
PRACTICE (Core Activity): 1 v 1 on Small Goal

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out two diagonal goal lines 16 yards from a small goal. Assign attackers (Red) and defenders (Blue) to starting positions as shown. The first attacker runs onto the field for the 1 v 1. The defender anticipates the attacker, blocks the path to the goal and looks for a chance to steal the ball. Play continues until a goal is scored. Afterward,

KEY WORDS: Defend the goal
GUIDED QUESTIONS: 1) How can you keep the attacker from scoring? 2) What's a good moment to steal the ball?

ANSWERS: 1) Block the path to the goal, force the attacker outside and steal the ball. 2) When the attacker lets it get too far away. **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 **NOTES:**



PRACTICE (Less Challenging): 1 v 1 on Small Goal

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Same as Core Activity, except the attacker has to stay inside a 10-yard-wide lane marked down the middle of the field.

KEY WORDS: Defend the goal

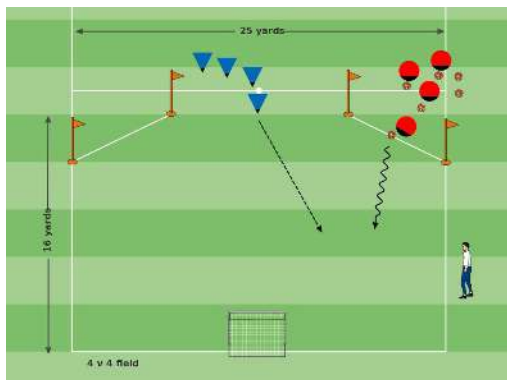
GUIDED QUESTIONS: 1) How can you keep the attacker from scoring? 2) What's a good moment to steal the ball?

ANSWERS: 1) Block the path to the goal, force the attacker outside and steal the ball. 2) When the attacker lets it get too far away.

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

4v4- Defending-Improve Preventing Scoring Goals (A)
GOAL: Improve preventing the opponent from scoring
PLAYER ACTIONS: Protect goal, Stay compact
KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U7-U8 / 4v4 / 8 players
 MOMENT: Defending
 DURATION: 60 min



PRACTICE (More Challenging): 1 v 1 on Small Goal

OBJECTIVE: To prevent the opponent from scoring.

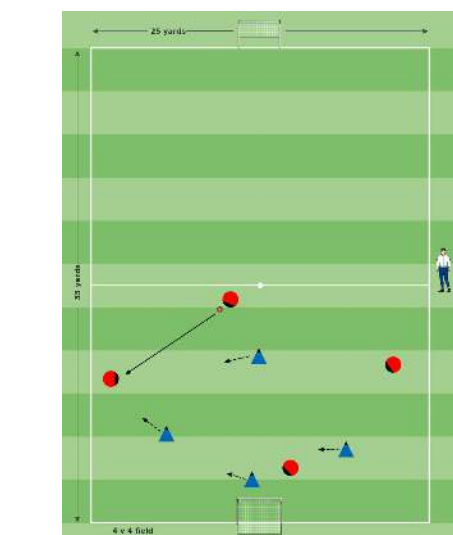
ORGANIZATION: Same as Core Activity, except the starting positions are different. The coach gives the signal for the 1 v 1 to begin.

KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) How can you keep the attacker from scoring? 2) What's a good moment to steal the ball?

ANSWERS: 1) Block the path to the goal, force the attacker outside and steal the ball. 2) When the attacker lets it get too far away.

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 prevent the opponent from scoring.

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 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: Defend the goal, stay compact

GUIDED QUESTIONS: 1) How can you keep the attacker from scoring? 2) What's a good moment to steal the ball?

ANSWERS: 1) Drop back as a group, block the path to the goal and force the attacker outside. 2) When the attacker lets it get too far away.

NOTES:

Five Elements of a Training Activity

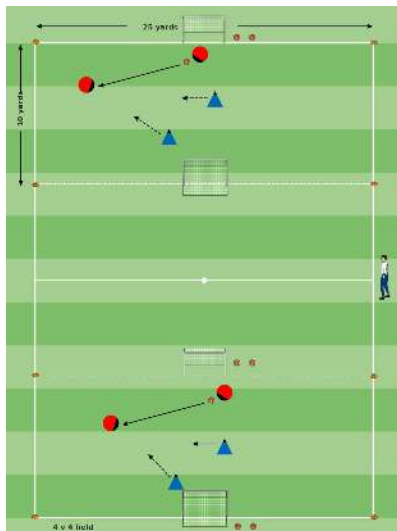
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

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?

4v4- Defending-Improve Preventing Scoring Goals (B)
GOAL: Improve preventing the opponent from scoring
PLAYER ACTIONS: Stay compact, Protect goal
KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U7-U8 / 4v4 / 8 players
 MOMENT: Defending
 DURATION: 60 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring.

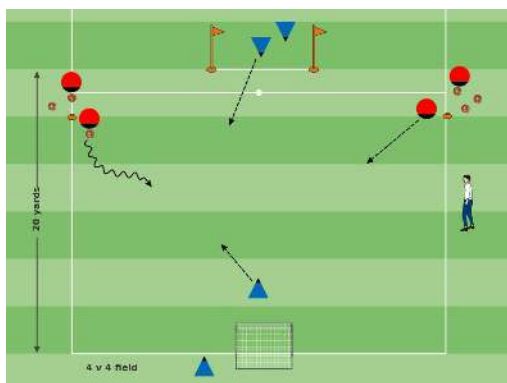
ORGANIZATION: Mark out two 10 x 25-yard fields, each with two small goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks. Rotate players between the fields.

KEY WORDS: Get compact, stay compact, protect the goal

GUIDED QUESTIONS: 1) Take a look at the field. What do you notice? 2) What does that mean for the attackers? 3) What do the defenders need to do to stop them?

ANSWERS: 1) It's a very short field. 2) They can immediately get to the goal and shoot. 3) Block the path to the goal and don't let them shoot.

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



PRACTICE (Core Activity): 2 v 2 with Recovering Defender

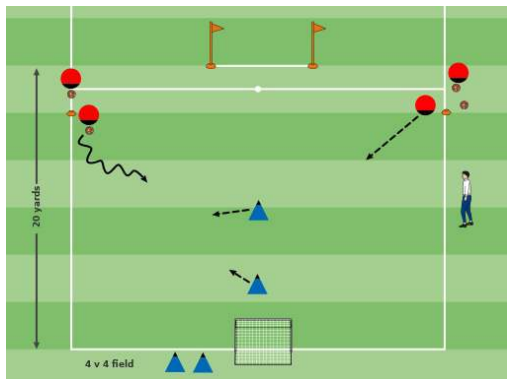
OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Set up a small goal and a goal line 20 yards apart and 25 yards wide. Assign attackers (Red) and defenders (Blue) to starting positions as shown. At the coach's signal, the attackers run onto the field to play 2 v 2. One defender is waiting for the attackers in front of the goal; the other runs in behind them. Blue scores on the goal line. Play continues

KEY WORDS: Get compact, stay compact, protect the goal

GUIDED QUESTIONS: 1) What's the job of the defender in front of the goal? 2) What's the job of the other recovering defender?

ANSWERS: 1) Block the path to the goal, and keep the attackers from scoring. 2) Quickly run in, even the odds and make it compact. **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 **NOTES:**



PRACTICE (Less Challenging): 2 v 2

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Same as Core Activity, except both defenders start out on the field (2 v 2).

KEY WORDS: Get compact, stay compact, protect the goal

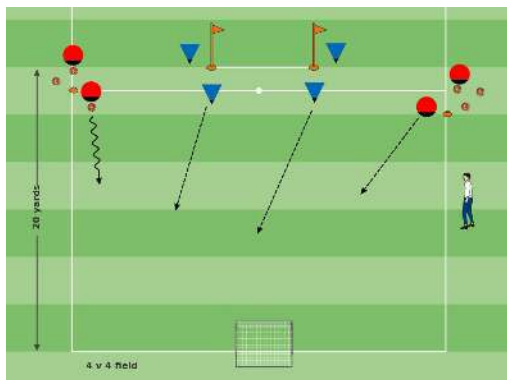
GUIDED QUESTIONS: 1) How can you keep the attacker from scoring? 2) When is a good moment to steal the ball?

ANSWERS: 1) Block the path to the goal, force the attacker away from the goal and steal the ball. 2) When the attacker lets the ball get too far away.

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.

4v4- Defending-Improve Preventing Scoring Goals (B)
GOAL: Improve preventing the opponent from scoring
PLAYER ACTIONS: Stay compact, Protect goal
KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U7-U8 / 4v4 / 8 players
 MOMENT: Defending
 DURATION: 60 min



PRACTICE (More Challenging): 2 v 2 with Recovering Defenders

OBJECTIVE: To prevent the opponent from scoring.

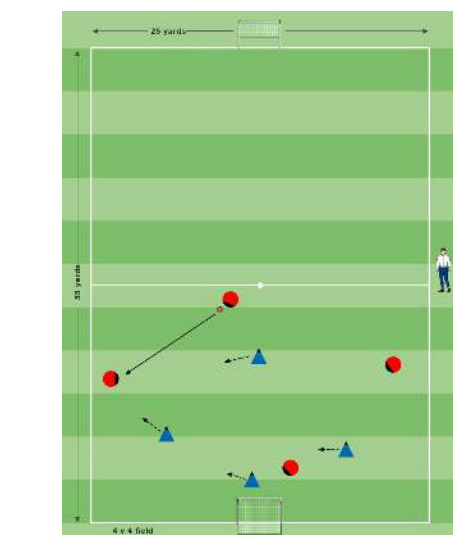
ORGANIZATION: Same as Core Activity, except both defenders start out on the endline with the attackers. The coach gives the signal for the 2 v 2 to begin.

KEY WORDS: Get compact, stay compact, protect the goal

GUIDED QUESTIONS: 1) How can you keep the attacker from scoring? 2) What's a good moment to steal the ball?

ANSWERS: 1) Sprint back, block the attacker's path to the goal and force them away from the middle. 2) When the attacker lets it get too far away.

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 prevent the opponent from scoring.

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: Get compact, stay compact, protect the goal

GUIDED QUESTIONS: 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting? 3) What if they manage to get in front of the goal anyway?

ANSWERS: 1) In the middle. 2) The path to the middle. 3) Then we have to pressure them and make sure they can't shoot.

NOTES:

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 player?

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?



Diagramming Standards



Diagramming Key and Symbols



The players you are using
(use positional numbering)



The opposition players
(use positional numbering)



PASSES or SHOTS are represented using solid lines with an arrow head. Length of the line indicates distance, arrow head represents the end point of the pass. Angle and length should be drawn in proportion to the field.



DRIBBLING or RUNNING WITH THE BALL is represented using a snaked line with an arrow head.



PLAYER MOVEMENT or RUNNING WITHOUT THE BALL is represented using a dashed line with an arrow head.



TACTICAL ARROWS- which indicate a player's area of influence, are represented using solid red lines. This can be **MOVEMENT WITH OR WITHOUT THE BALL**.

