

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

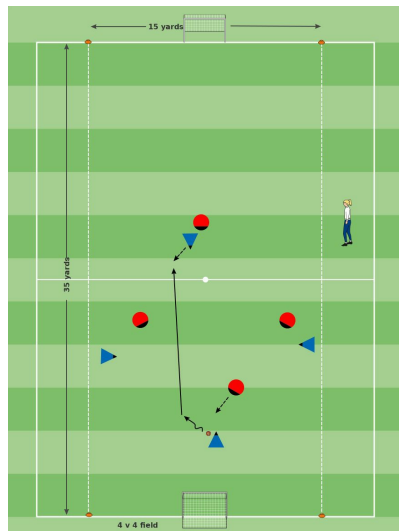
PLAYER ACTIONS: Spread out, Pass/dribble, Pass options

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

AGE: U7-U8 / 4v4 / 8 players

Attacking

DURATION: 60 min



1ST PLAY PHASE: Intentional Free Play

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

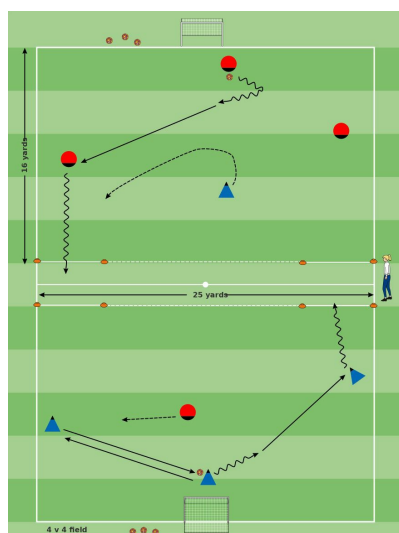
ORGANIZATION: Mark out a narrow 4 v 4 field (35 x 18 yards) with two small goals. Divide players into two teams of four. Teams play 4 v 4. Play for 20 minutes with two breaks.

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.

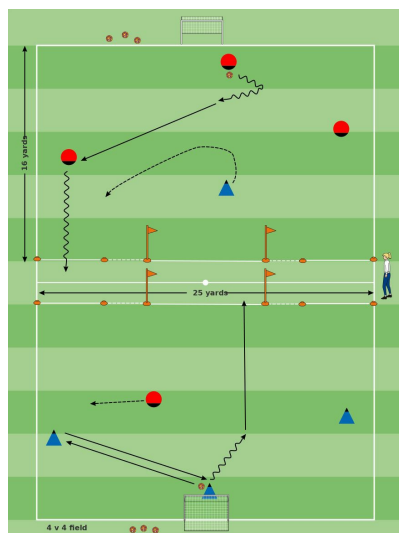
ORGANIZATION: Mark out two 16 x 25-yard fields, each with a small goal and two goal lines. Divide players into teams of four and position them as shown. Teams play 3 v 1. The attackers try to dribble across the goal lines. The defenders try to win the ball and counterattack on the mini goal. Each team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

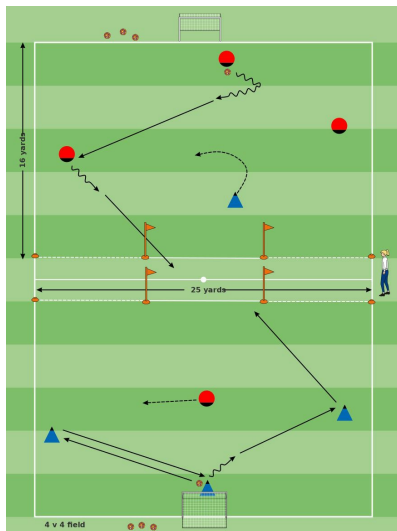
PLAYER ACTIONS: Spread out, Pass/dribble, Pass options

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

AGE: U7-U8 / 4v4 / 8 players

Attacking

DURATION: 60 min



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

OBJECTIVE: To pass or dribble past opponents

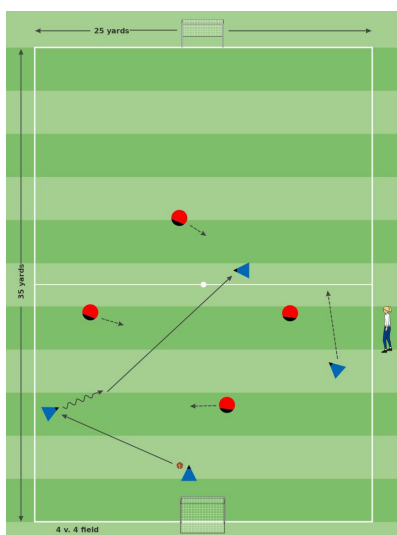
ORGANIZATION: Same as Core Activity, except the attackers can only score by passing across the goal line in the middle.

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?