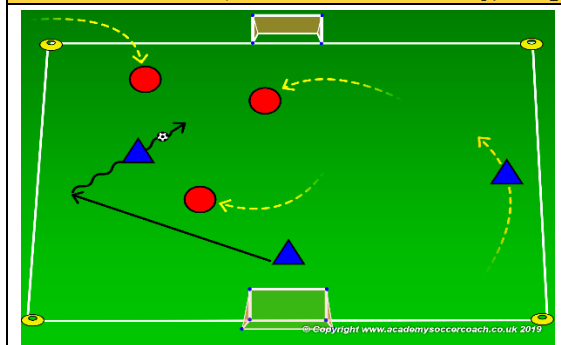
	<b>GOAL:</b>	Improve the techniques of dribbling and passing	<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	pass or dribble forward	<b>6U</b>
	<b>KEY QUALITIES</b>	Take initiative, be pro-active	
	<b>MOMENT</b>	Attacking	<b>DURATION</b>

<b>1<sup>st</sup> PLAY PHASE (Intentional Free Play) – Up to 3v3 Game</b>	<b>Play multiple 3-4 minute games</b>
---	---------------------------------------



**Objective:** to pass or dribble past an opponent then score goals

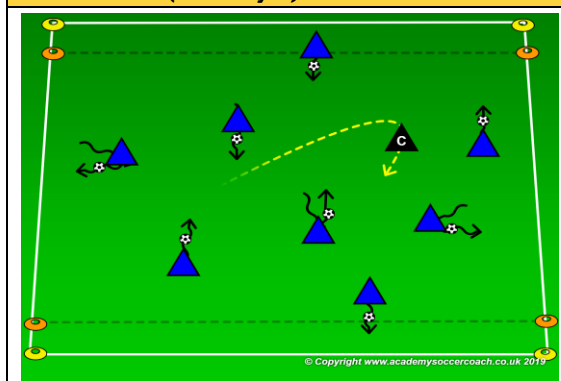
**Organization:** On your (20Wx30L) game field, set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

**Key Words:** play forward, inside of foot for short passes

**Guided Questions:** If you have the ball, which direction should you try to play? Which part of your foot should you use to make a short pass?

**Answers:** Play in the direction of the goal you are attacking. Turn your toe to the side so you can strike the ball with the middle of the inside of your foot.

<b>PRACTICE (Activity 1): 4 Surfaces Dribbling</b>	<b>8 min.-6 intervals-1 min. play-20 sec. rest</b>
--	--



**Objective:** Improve the player's ability to maneuver the ball with different surfaces of the foot.

**Organization:** In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a ball. Have the players use 4 surfaces in 1 fluid motion & in order: Outside of foot (pinky toe)-Inside of foot (big toe)-laces & bottom. Once the ball has been stopped, have them try it with the other foot. Players move throughout the grid toward each end zone.

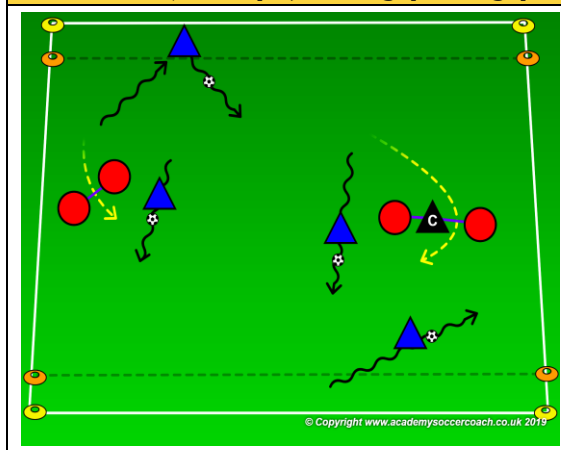
**Rules:** Play begins as soon as the coach calls out a surface. After 2 rounds, see if the players can shout out the surfaces as they use them.

**Key Words:** Outside (pinky toe), Inside (big toe), Laces, Bottom

**Guided Questions:** Which part(s) of your foot can help you move side to side? Which part of the foot can help you stop the ball?

**Answers:** The Outside & Inside of the foot help you move side to side. A soft touch with the bottom of the foot will help you stop the ball.

<b>PRACTICE (Activity 2): Hungry, Hungry Hippos</b>	<b>8 Minutes-8 intervals-30 sec. play-30 sec. rest</b>
---	--



**Objective:** to improve the players ability to dribble the ball away from opponents

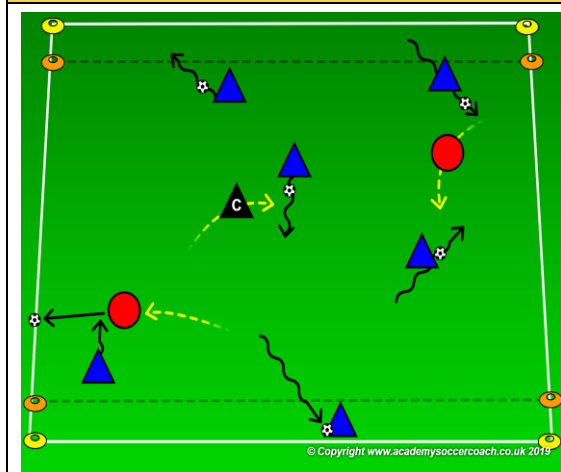
**Organization:** In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as Hungry Hippos in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Hippos. When the players cross & the Hippos can touch their soccer ball, they join hands with the Hippo to make the Hippo grow. How many times can the dribblers cross the river in 30 seconds? **Rules:** Play begins when the coach says the "the Hippos dare you to cross the river". Hippos should not be bigger than 4 players.

**Key Words:** Avoid Hippos, take big touches to go past the hippos, little touches to move the ball to the side

**Guided Questions:** Where do you need to get your ball to be safe? What should you do if a hippo is blocking the river's edge?

**Answers:** Avoid the hippos and get to the river's edge to be safe? Dribble your ball around the hippos to find an opening to the river's edge.

<b>PRACTICE (Activity 3): Crocs In The River</b>	<b>8 Minutes-6 intervals-1 min. play-20 sec. rest</b>
--	---



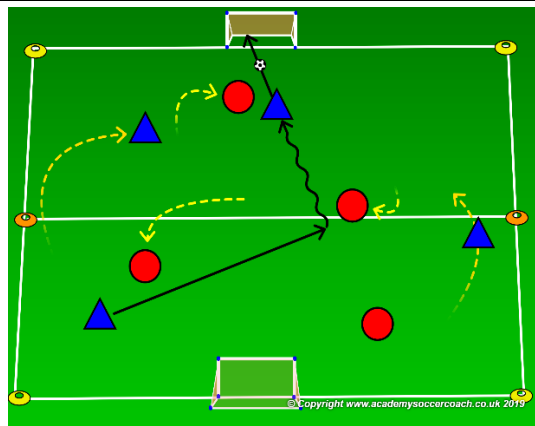
**Objective:** to dribble your ball toward a target & strike your ball to goal

**Organization:** In a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as the Crocs in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Crocs. When the players cross & a Croc steals their ball, they become a Croc also. **Rules:** play begins when the coach says go. If a Croc steals a soccer ball, they must dribble it over the sideline (not kick). Dribbler can steal their ball back as long as it's on the field. Dribblers can rest for a moment in an end zone if they want.

**Key Words:** look for openings across the river, try to fake the crocs

**Guided Questions:** What should you do if you see an opening across the river? How can you fake out one of the crocs?

**Answers:** Try to dribble in one direction then change to directions as fast as you can turn the ball. Dribble fast with your laces to get past the Crocs but not so fast you lose the ball; too slow and Crocs may get you.



**Objective:** to pass or dribble past an opponent then score goals

**Organization:** In a 20Wx30L field and a small goal on each end line, play a 3v3 game or 4v4 (game should not exceed 4v4). Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Coach can determine to play quarters as well with a short break between. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

**Key Words:** turn, play forward, score goals

**Guided Questions:** If you don't see an opening, what can you do next? What can you do if you see an opening all the way to the goal?

**Answers:** Pick your head up, look around and see if there is an opening elsewhere. Dribble to the goal and score.

### 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 training session?

4. **Challenging:** Are the players being challenged? (Is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?