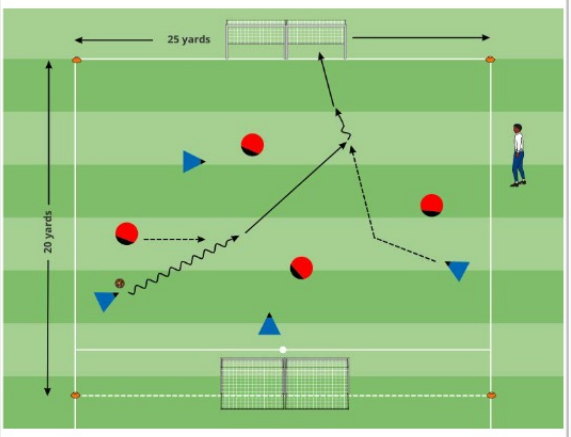
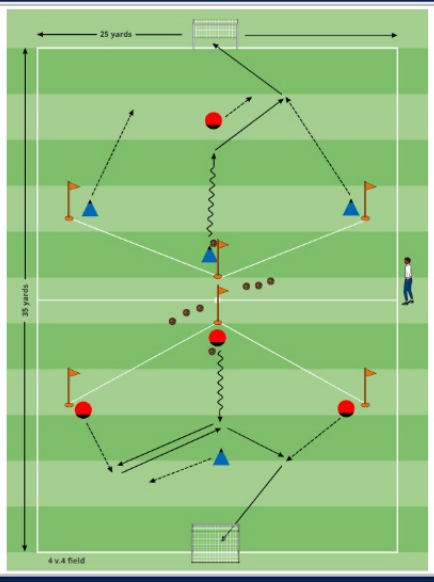
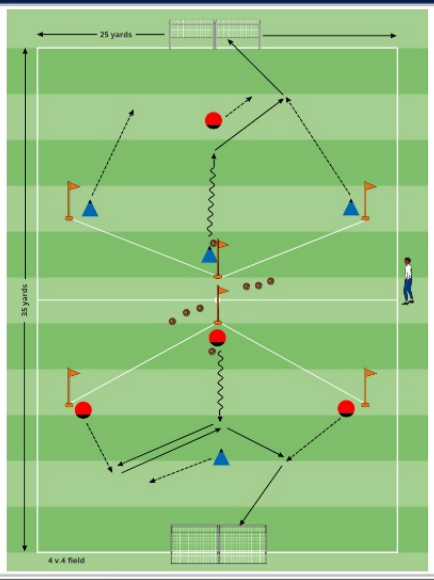

25 yards
20 yards


25 yards
35 yards
4 v.4 field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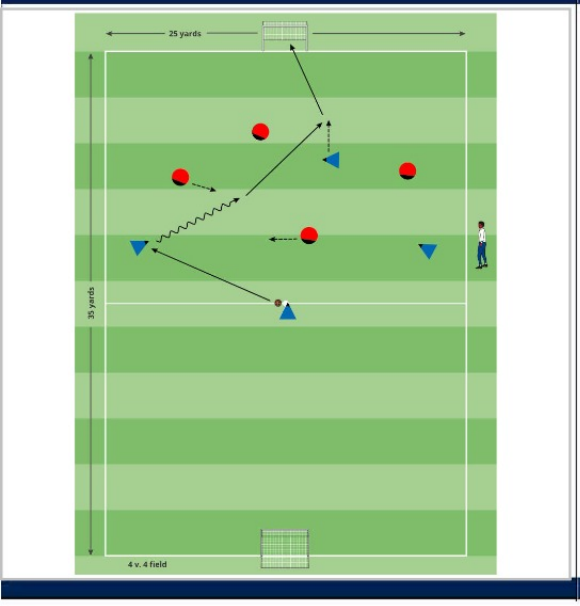
35 yards
4 v.4 field



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 players?

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?