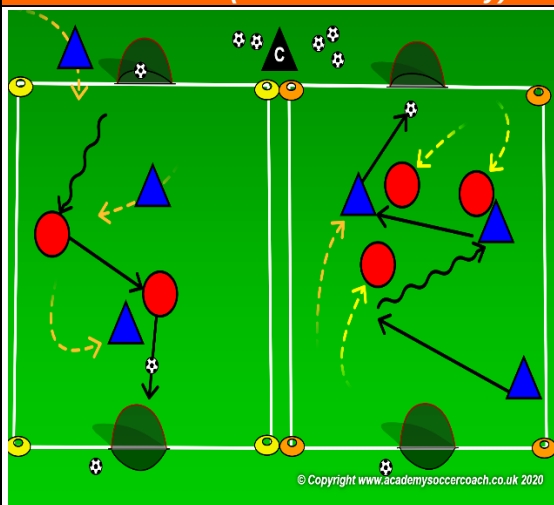




GOAL:	Improve Scoring Goals					U8 4v4
PLAYER ACTIONS	Shoot, Pass or dribble forward					
KEY QUALITIES	Read and understand the game, Take initiative					
MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8-12	

SKILL ACQUISITION: Shoot: Surface of the foot and ball, Pace and accuracy — Passing: Surface of the foot and ball, Pace and accuracy — Receiving: Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)



DURATION: 20 min. - **INTERVALS:** 3 - **ACTIVITY:** 4 min. - **REST:** 1 min.

OBJECTIVE: To pass or dribble past an opponent in order to move the ball into the attacking half

PLAYER ACTIONS: Shoot, Pass or dribble forward

ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each end line. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3.

KEY WORDS: go to goal, score goals

GUIDED QUESTIONS: If you have the ball, what are you trying to do? When should you pass instead of shoot?

ANSWERS: Go to goal and score. If all the openings in front of you are closed, pass to a teammate to see if they can shoot.

NOTES: Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.

CORE ACTIVITY: Boston Bulldogs (partners)

DURATION: 18 min. - **INTERVALS:** 9 - **ACTIVITY:** 90 sec. - **REST:** 30 sec.



OBJECTIVE: To move the ball forward past the bandits and score

PLAYER ACTIONS: Shoot, Pass or dribble forward

ORGANIZATION: In a 25Wx35L grid, a 5-yard zone in the middle (the dog pound) & a goal on each end line, play the game. Coaches start in the pound as dog catchers. Dog catchers do not use a soccer ball & must stay in the pound. Each player has a partner & 1 ball to share. Players (Bulldogs) start at 1 end line. Bulldogs try to sneak through the dog pound without waking the catchers. If they get through the pound without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they go back through the pound to score in the goal at the opposite end. **Rules:** When the coach yells, "Who Let The Dogs Out?" the game begins. If a dog catcher steals your ball, you & your partner lose all your points & must start scoring over again. If you miss the goal, no points. You must shoot toward the opposite goal before you can return and score again. How many points can you score in 90 seconds?

KEY WORDS: Play quickly through the pound, move forward without the ball

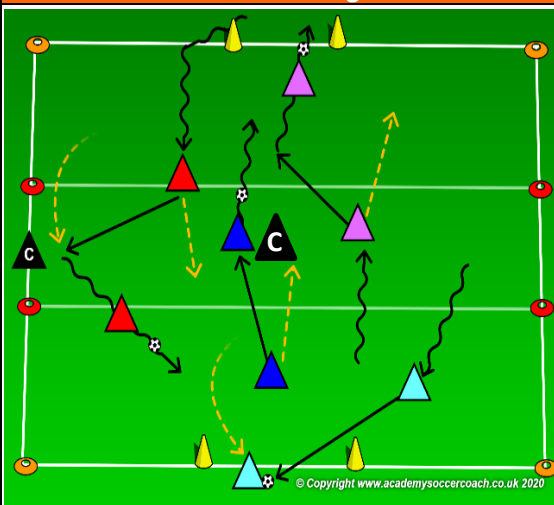
GUIDED QUESTIONS: How can you get through the dog pound the fastest? Where should your partner without the ball move to help you get through the pound? If your teammate is close to you, what part of your foot should you use to pass him/her the ball?

ANSWERS: You can dribble through if you have space or kick it through to your partner. Your partner should find an opening on the other side of the pound for you to pass the soccer ball to him/her. Use the inside of your foot by turning your toe up & to the side with the heel down then swing your foot through the middle of the ball.

Note: Players can start as dog catchers also but will be in the pound with their partner. After a few rounds, if the dog catcher steals a ball, the dog catcher and bulldog can switch roles.

LESS CHALLENGING: Dogs Gone Wild

DURATION: 18 min. - **INTERVALS:** 9 - **ACTIVITY:** 90 sec. - **REST:** 30 sec.



OBJECTIVE: To move the ball forward past the bandits and score

PLAYER ACTIONS: Shoot, Pass or dribble forward

ORGANIZATION: In a 25Wx35L grid, a 5-yard zone in the middle (the dog pound) & a goal on each end line, play the game. Each player has a partner & 1 ball to share. Players (Bulldogs) start at 1 end line. Bulldogs try to play as fast as they can through the dog pound. Once they get through the pound, they can score in the goal. Their team gets 100 points for each goal scored. Once they have scored, they go back through the pound to score in the goal at the opposite end.

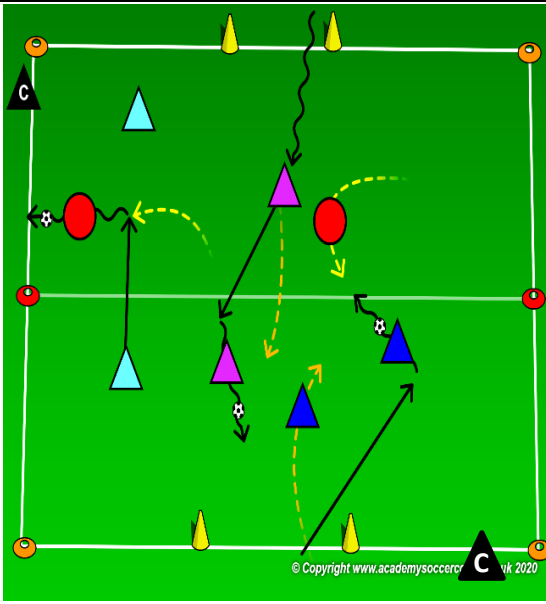
Rules: When the coach yells, "Who Let The Dogs Out?" the game begins. If your ball is kicked over the sideline, you & your partner lose all your points & must start scoring over again. If you miss the goal, no points. You must shoot toward the opposite goal before you can return and score again. How many points can you score in 90 seconds?

KEY WORDS: Play quickly through the pound, move forward without the ball

GUIDED QUESTIONS: What is the fastest way to get the ball to the goal? Where should you go after you kick the ball to your partner? If your teammate is close to you, what part of your foot should you use to pass him/her the ball?

ANSWERS: A big kick to your partner toward the other goal moves the ball fastest. You should move closer to the goal you are trying to score in and help your partner. Use the inside of your foot by turning your toe up & to the side with the heel down then swing your foot through the middle of the ball.

Note: Coaches can step into the dog pound to act as obstacles for players to pass or dribble around.

MORE CHALLENGING: Boston Bulldog (no pound)**DURATION: 18 min. - INTERVALS: 6 - ACTIVITY: 2 min. - REST: 1 min.****OBJECTIVE:** To move the ball forward past the bandits and score**PLAYER ACTIONS:** Shoot, Pass or dribble forward

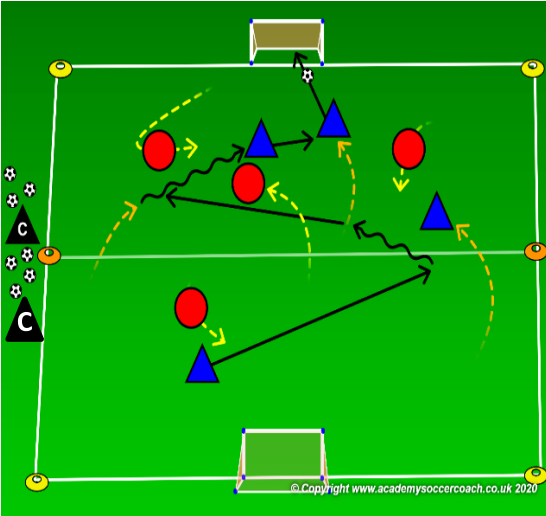
ORGANIZATION: In a 25Wx35L grid & a goal on each end line, play the game. Coaches or players can start as dog catchers. Dog catchers do not use a soccer ball & can move anywhere on the field. Each player has a partner & 1 ball to share. Players (Bulldogs) start at 1 end line. Bulldogs try to play past the dog catchers. If they get past the dog catchers without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they go back across the field to score in the goal at the opposite end. **Rules:** When the coach yells, "Who Let The Dogs Out?" the game begins. If a dog catcher steals your ball, you & your partner lose all your points & must start scoring over again. If you miss the goal, no points. You must shoot toward the opposite goal before you can return and score again. How many points can you score in 90 seconds?

KEY WORDS: laces, move forward without the ball

GUIDED QUESTIONS: Which part of your foot should you use to shoot or make a big kick? Where should your partner without the ball move to help you get through the pound? If your teammate is close to you, what part of your foot should you use to pass him/her the ball?

ANSWERS: Use your laces by pointing your toe down so your laces are facing your soccer ball: it helps to make a fist with your toes. Your partner should find an opening on the other side of the pound for you to pass the soccer ball to him/her. Use the inside of your foot by turning your toe up & to the side with the heel down then swing your foot through the middle of the ball.

Note: After a few rounds, if the dog catcher steals a ball, the dog catcher and bulldog can switch roles.

2nd. PLAY PHASE: The Game – 4v4**DURATION: 22 min- INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.****OBJECTIVE:** To pass or dribble past an opponent then score goals.**PLAYER ACTIONS:** Shoot, Pass or dribble forward

ORGANIZATION: In a 25Wx35L field & a small goal on each end line, play a 4v4 game with no goal keepers. Play for 22 minutes – 2 x 9-minute halves with a 2-minute half-time. Local rules apply. If the ball leaves the field, the coach can play another ball onto the field and the play continues.

KEY WORDS: open up, score goals

GUIDED QUESTIONS: How can you help your teammate with the ball score? After you shoot, what next?

ANSWERS: Open up away from the goal so you are not closing the openings for your teammate. If you score, get back for the kickoff; otherwise, move closer to the goal to see if there is a rebound.

NOTES: Depending on your local rules, coaches may introduce throw-ins, corner kicks & goal kicks if rules enforce. Remember to create a build out line for goal kicks and focus on the techniques needed to complete the task instead of the moment of the players on the field. The game must be played so try not to dwell on the restarts.

FIVE ELEMENTS of TRAINING EXERCISE**TRAINING SESSION SELF-REFLECTION QUESTIONS**

1. **Organized:** Is the exercise organized in the right way?
2. **Game like:** Is the exercise game like?
3. **Repetitions:** Are there repetitions 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 the proper coaching based on the age/level of the players?

1. How did you achieve your goals of the training session?
2. What did you do well?
3. What could you do better?