



Phase	AGE	LEVEL	PLAYERS
Attacking	U8-U12	2	12-16
DURATION		COACHING POINTS	
60 MINUTES	Change of direction dribbling	Side foot passing	Pass/Dribble forward in space

PRACTICE 1

3 V 3	OBJECTIVE	DURATION	GRAPHIC
	<i>arrival activity</i>	15 MINUTES	
	<i>free play</i>	3 games x 5 minutes	
DESCRIPTION	<ul style="list-style-type: none"> - 3 v 3 mini games - free play with no stop and starting - Set up number of fields depending on number of kids (12 kids, 2 fields of 6) - Can set up 3 v 2 if variance in ability between group 		
COACHING POINTS	<ul style="list-style-type: none"> Encourage risk taking Forward actions towards goals Positive encouragement to teammates Take bigger touches in space Smaller touches in tight areas 		
QUESTIONS TO PLAYERS	<ul style="list-style-type: none"> - Can we move into space - Is there a free teammate for a pass - Can we support our teammate in possession - Can we encourage our teammates after they make a mistake 		

PRACTICE 2

BANDITS	OBJECTIVE	DURATION	GRAPHIC
	<i>Dribble towards goal</i>	12 minutes	
	<i>Dribbling/Awareness</i>		
DESCRIPTION	<p>In a 25Wx35L grid, a 6Wx3L yard box goal on each end line & all players with a soccer ball, with two bandits. The players will try to dribble into either goal. After scoring at 1 end, play to score in the other. How many goals can you score in 90 seconds? The mission of the bandits is to steal the ball from any player trying to score. Once they have stolen it, the bandits try to dribble the ball to either of their hideouts (goals.) The dribblers can steal their ball back before it is taken to a hideout. If a bandit gets the ball to a hideout, the player who lost all their ball, loses all their points & must start scoring again.</p> <p>RULES: bandits cannot defend inside of the goals</p>		
COACHING POINTS	<ul style="list-style-type: none"> Use different parts of foot to dribble Keep head up to be aware of surroundings Weight of touches depending on space, soft or hard touches Turning using different parts of foot Change of direction when dribbling. When? How? Why? 		
QUESTIONS TO PLAYERS	<ul style="list-style-type: none"> Can we find space What part of the foot do we stop the ball with When can we use hard touches When can we use soft touches What do you do if a bandit is blocking the goal 		

PRACTICE 3

Multiple 2v2s	OBJECTIVE	DURATION	GRAPHIC
	<i>Attack the goal</i>	<i>12 minutes</i>	
	<i>When to pass/dribble</i>		
DESCRIPTION	<p>In a 25Wx35L grid, a 6Wx3L yard box goal on each end line, coach will create teams of 2 players each. 2 teams will play against one another and, on the same field & at the same time, two other teams will also play against one another. All teams share the field & the goals. In both games, each team defends 1 goal and attacks the other.</p> <p>RULES: A goal is scored by either dribbling into a goal or passing to a teammate into the opponent's goal. After a goal is scored, the scoring team backs up to allow the ball back into play & the game continues</p>		
COACHING POINTS	Attract opponent to create space		
	Dribble into space		
	Pass to teammate when space opens		
	Off ball movement to create space		
QUESTIONS TO PLAYERS	Forward actions - be brave & take risk		
	Can we attack the goal (if space to attack)		
	Can we find our teammate with a pass		
Note	How can we help our teammate in possession to find a pass/dribble		
Note	If you have more than 4 teams, either rotate teams are set up a second field. If the game is too chaotic, simple play 1 game of 2v2 and rotate teams		

GAME

GAME	OBJECTIVE	DURATION	GRAPHIC
	<i>3v3 / 4v4</i>	<i>15 minutes</i>	
	<i>Small sided game</i>	<i>2 x 7 minutes</i>	
DESCRIPTION	<p>In a field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. Play 2 equal halves with a halftime. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.</p>		
COACHING POINTS	Dribbling into space		
	Movement to create space		
	Change of direction to avoid opponent		
QUESTIONS TO PLAYERS			
	Can we attack the space		
	Is there a teammate free for a pass		
QUESTIONS TO PLAYERS	Can we attack the goal		
QUESTIONS TO PLAYERS	Can we use a skill move when dribbling		