

BYSA COACHES PRACTICE GUIDE



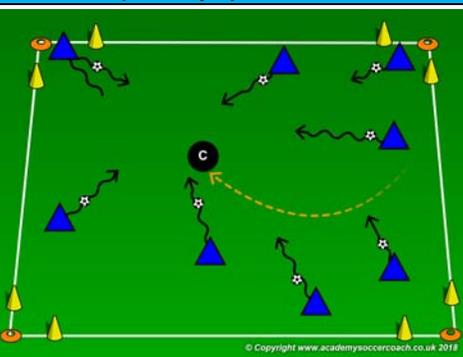
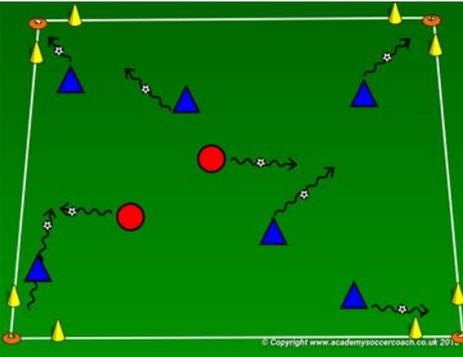
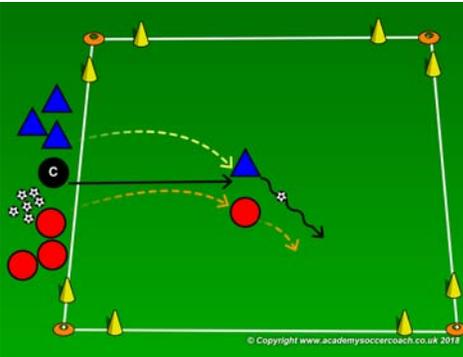
U-6 Division 2018-2019 Season

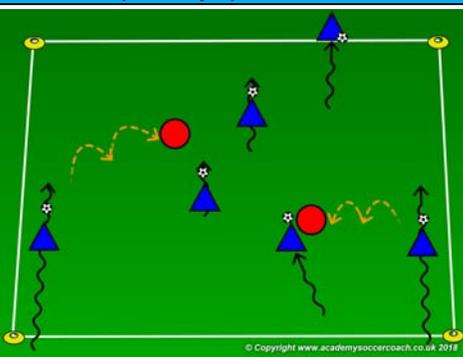
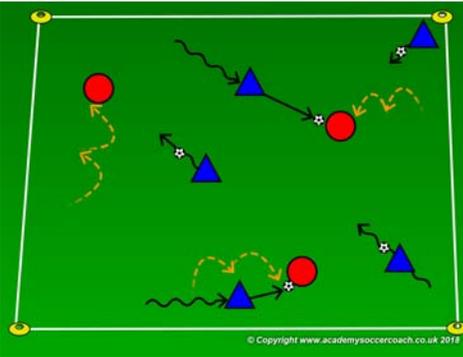
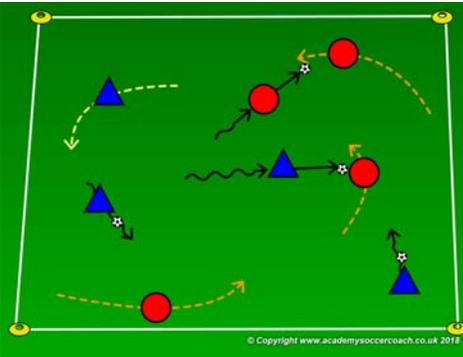
Produced by Baldwinsville Youth Soccer Association

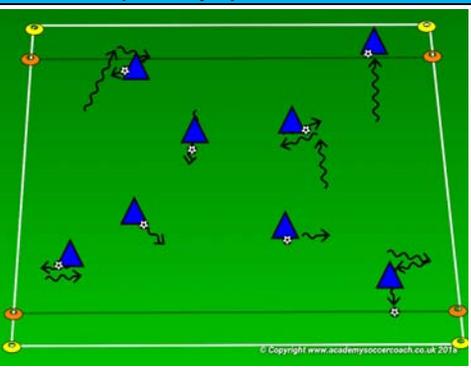
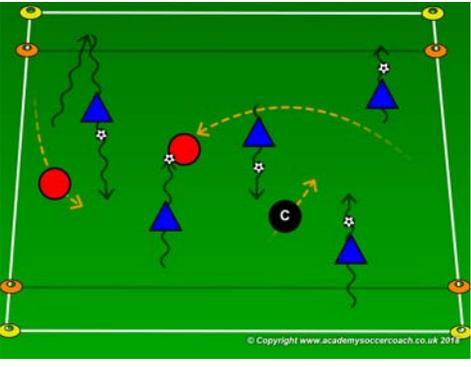
www.bvillesoccer.com

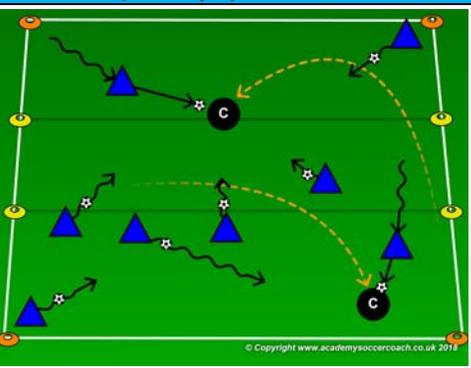
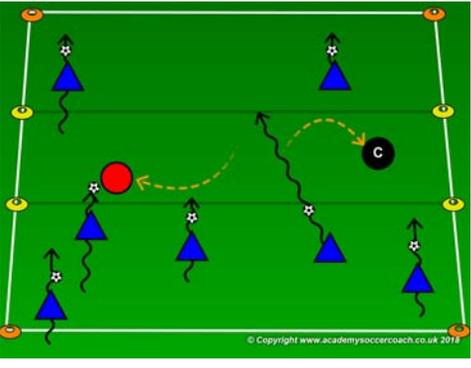
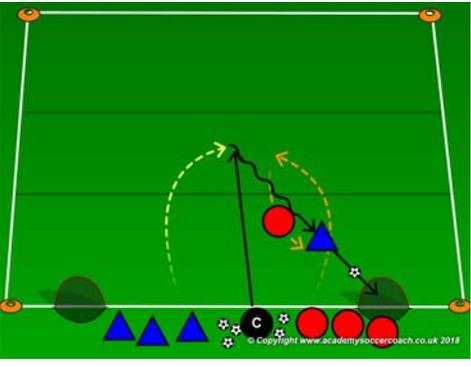
Source Material from Massachusetts Youth Soccer in
conjunction with U.S. Soccer

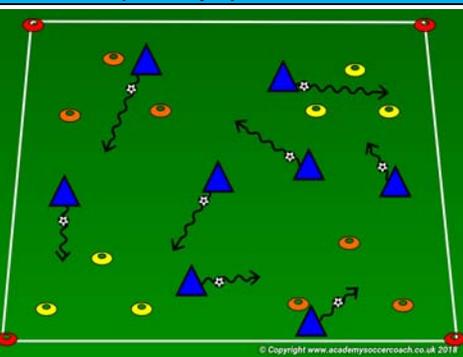
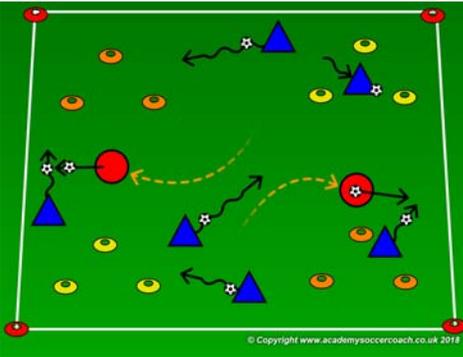
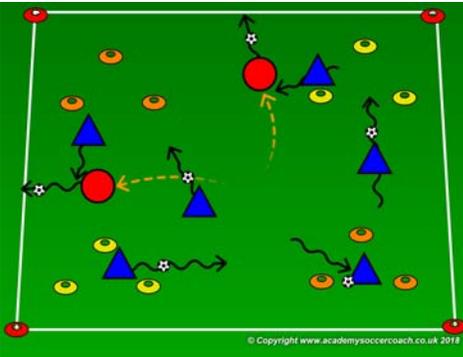
www.mayouthsoccer.org

	GOAL:	Improve the techniques of passing, dribbling & shooting							
	PLAYER ACTIONS	Shoot & Pass or Dribble Forward							
	KEY QUALITIES	Take initiative, be pro-active							
	AGE GROUP	U6 / 4v4	MOMENT	Attacking	DURATION	60 MIN			
1st PLAY PHASE (intentional Free Play)		Duration:	12 min.	Activity Time:	3 min.	Rest Time:	1 min.	Intervals:	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Activity 1):		Duration:	7 min.	Activity Time:	1 min.	Rest Time:	45 sec.	Intervals:	4
		Red Light - Green Light: Organization: In a 15Wx20L grid, a small cone goal in each corner & all players with a soccer ball dribbling within the space. The coach(es) walk around the space. When the coach says "red light", the players must stop their ball. If the coach says "green light", the players must dribble again. If a player cannot stop their ball, they must dribble through any goal then start playing again. Coach controls the frequency of the lights to allow the players time to respond. Variations: Yellow Light-dribble slow, Blue Light-5 toe taps on the ball. Purple Light-hop on 1 foot around the ball. Rules: On Green Light, the players are trying to dribble toward the coach. Once the coach is tagged, start a new game. Key Words: Laces, Outside (of the foot), Inside (of the foot), Bottom (of the foot) Guided Questions: Are the players able to stop the ball? Are all players able to use different surfaces of their feet? Answers: Get close to the ball and softly touch the top of the ball with the bottom of the foot. Use terms like big toe and pinky toe instead of inside and outside of the foot.							
PRACTICE (Activity 2):		Duration:	8 min.	Activity Time:	45 sec.	Rest Time:	5 sec.	Intervals:	8
		Wreck It Ralph: Organization: In a 15Wx20L grid, with a cone goal in every corner & every player with a soccer ball. All but 2 players are trying to dribble their soccer ball into as many goals as possible. 2 players do not try to score but try to WRECK the goal scorer's ball. If a Wreck It Ralph hits a goal scorer's ball with their own, they demolish all the points and the goal scorer has to start scoring over again. Rules: Play begins when coach says, "GO". Score by dribbling your ball through any of the 4 goals Key Words: Go forward, dribble to goal, protect your ball Guided Question: What do you do to protect your ball? Where do you have to point your toe if you want your laces to kick the ball? Answers: Put your body in the way to block it from the opponents (hide it/shielding). Point your toe to the ground and push the ball in front with your laces.							
PRACTICE (Activity 3):		Duration:	9 min.	Activity Time:	20 sec.	Rest Time:	20 sec.	Intervals:	12
		Lightning McQueen vs Jackson Storm: Organization: In a 15Wx20L grid, a cone goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; Team McQueen vs Team Storm. One team on the coach's right & one on the left. A player from each team goes after the ball and tries to score by striking the ball into any of the 4 goals Rules: Play starts when the coach passes a ball onto the field. Coach can make the game 1v1, 2v1 or 2v2 by telling the teams prior to kicking a ball onto the field. Team's get 1,000 points if they can score a goal. Once a goal is score or if the ball goes out of play, game over and coach serves a new ball out for the next player(s) to play. Key Words: Find the open goal, go fast towards it Guided Question: What can you do to trick the opponent? When would you use the bottom of your foot? Answer: Pretend to go to one goal then change direction to go to the other. Use the bottom of your foot to stop the ball or to change directions (pull back).							
2nd PLAY PHASE: The Game – 4v4		Duration:	24 min.	Activity Time:	10 min.	Rest Time:	2 min.	Intervals:	2
Play 3v3 or 4v4 scrimmages, please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
FIVE ELEMENTS of TRAINING ACTIVITY					TRAINING SESSION SELF-REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?					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?				

	GOAL:	Improve the techniques of shooting-striking the ball							
	PLAYER ACTIONS	Shoot & Pass or Dribble Forward							
	KEY QUALITIES	Take initiative, Focus							
	AGE GROUP	U6 / 4v4	MOMENT	Attacking	DURATION	60 MIN			
1st PLAY PHASE (intentional Free Play)		Duration:	12 min.	Activity Time:	3 min.	Rest Time:	1 min.	Intervals:	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Activity 1):		Duration:	8 min.	Activity Time:	30 sec.	Rest Time:	30 sec.	Intervals:	8
		The Cats in the Hat vs Things 1 & 2: Organization: In a 15Wx20L grid, select 2 players to start as Thing 1 & 2; they do not need a soccer ball & can only hop around the field. The rest of the players start at 1 end line, all with a ball. They are Cats in Hats. The Cats try to dribble their soccer ball from 1 end of the field to the other without getting tagged by Things 1 or 2. After 3 Intervals, challenge the players to get back and forth across the space as many times as they can in 30 seconds or up to one minute. Adjust the number of intervals as needed. Rules: Players begin dribbling as soon as the coach says "Let's Have Fun!" and they stop once at the other side. The coach repeats the command. If a Cat gets tagged, they become a Thing also (or can switch roles with Things). Key Words: Faster with longer touches, slower with shorter touches Guided Question: Why should the players use big touches to dribble? When should the players use softer touches? Answers: You can build up and maintain speed if they can get the ball further away from their body. Use softer touches when you want to stop the ball or to change direction.							
PRACTICE (Activity 2):		Duration:	8 min.	Activity Time:	45 sec.	Rest Time:	15 sec.	Intervals:	8
		Tiggers vs Rabbits (Winnie the Pooh): Organization: In a 15Wx20L grid, Tiggers start without a soccer ball & can only hop/skip to avoid getting hit. The Rabbits start with a ball, can dribble & try to pass their ball to hit the Tiggers below their knees. (simply switch the roles of the players from Cats in Hats). Coach can start as Tiggers or select up to 1/2 the team to be Tiggers. Rules: Players begin dribbling as soon as the first Tigger makes one hop. Rabbits get 10,000 pts for every Tigger they can hit. Each round, switch who are the Rabbits and who are the Tiggers. Key Words: Kick the ball toward your teammate Guided Question: Why should you get close to the Tiggers before you try to hit them? What part of your foot should you use when trying to hit the Tiggers? Answers: It makes it easier to hit the Tiggers if you are closer to them. Point your toe to the side and kick through the middle of the ball with the inside of your foot.							
PRACTICE (Activity 3):		Duration:	8 min.	Activity Time:	45 sec.	Rest Time:	15 sec.	Intervals:	8
		Good Minions vs Evil Minions: Organization: In a 15Wx20L grid, 2 teams-1 team of Good Minions; without a soccer ball & 1 team of Evil Minions; with soccer balls. Evil Minions try to dribble the soccer ball and zap the Good Minions by hitting them below the knee with the ball. Good Minions try not to get hit. Rules: Players begin as soon as the first Evil Minion starts to dribble. If an Evil Minion hits a Good Minion, the Evil becomes Good and the good becomes Evil. The new Evil Minion gets a soccer ball. Who are the Good Minions at the end of the interval? Key Words: Accuracy (Aim), Pace (Speed) & Weight (Strength) Guided Question: If you are a Good Minion, how can you avoid the Evil Minions? How can you get more power in your kick? Answers: If you keep moving, it will be harder for the Evil Minions to zap you with their soccer ball. When striking the ball far, give a big swing with the kicking leg and follow through the ball.							
2nd PLAY PHASE: The Game – 4v4		Duration:	24 min.	Activity Time:	10 min.	Rest Time:	2 min.	Intervals:	2
Play 3v3 or 4v4 scrimmages, please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
FIVE ELEMENTS of TRAINING ACTIVITY					TRAINING SESSION SELF-REFLECTION QUESTIONS				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				

	GOAL:	Improve the techniques of dribbling							
	PLAYER ACTIONS	Dribble Forward							
	KEY QUALITIES	Read & understand the game							
	AGE GROUP	U6 / 4v4	MOMENT	Attacking	DURATION	60 MIN			
1st PLAY PHASE (intentional Free Play)		Duration:	12 min.	Activity Time:	3 min.	Rest Time:	1 min.	Intervals:	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Activity 1):		Duration:	8 min.	Activity Time:	1 min.	Rest Time:	20 sec.	Intervals:	6
		4 Surfaces Dribbling-Explore the Jungle: 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: Did the players enjoy this activity? Was there lots of movement from all the players? Answers: Play for short periods of time. Challenge them to get use as many surfaces as they can in a shorter period of time. Ask the players to move around the space as they use the surfaces.							
PRACTICE (Activity 2):		Duration:	8 min.	Activity Time:	30 sec.	Rest Time:	30 sec.	Intervals:	8
		Hungry, Hungry Hippos: 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 Guided Questions: Did the dribblers understand where they need to go (river's edge)? Where should you go if you see a hippo in front of you? Answers: Play without hippos in the first round. Let the players dribble across to see the end zone (river's edge) they are trying to get to. Use different surfaces of the foot to move the ball around the hippos.							
PRACTICE (Activity 3):		Duration:	8 min.	Activity Time:	30 sec.	Rest Time:	30 sec.	Intervals:	8
		Crocs in the River: 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. Key Words: Shield (Hide your ball) or Go forward Guided Questions: Did the dribblers understand where they need to go (river's edge)? What should you do if you an opening across the river? Answers: The player's imagination can be a motivation tool for the coach. Pretend you are a crocodile while chasing the players. 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.							
2nd PLAY PHASE: The Game – 4v4		Duration:	24 min.	Activity Time:	10 min.	Rest Time:	2 min.	Intervals:	2
Play 3v3 or 4v4 scrimmages, please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
FIVE ELEMENTS of TRAINING ACTIVITY					TRAINING SESSION SELF-REFLECTION QUESTIONS				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				

	GOAL:	Improve the techniques of dribbling & striking the ball to score							
	PLAYER ACTIONS	Shoot & Pass or Dribble Forward							
	KEY QUALITIES	Read & understand the game							
	AGE GROUP	U6 / 4v4	MOMENT	Attacking	DURATION	60 MIN			
1st PLAY PHASE (intentional Free Play)		Duration:	12 min.	Activity Time:	3 min.	Rest Time:	1 min.	Intervals:	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Activity 1):		Duration:	8 min.	Activity Time:	40 sec.	Rest Time:	20 sec.	Intervals:	8
		Bulldogs Hunting for Milk-Bones: Organization: In a 15Wx20L grid, all the players with a soccer ball (the Bulldogs) & the coaches are the guards of the milk-bones. The players dribble their ball and try to hit the coach below the knees to score a milk-bone. Rules: Play starts when the coach asks, "does anyone want a milk-bone?" Coaches can only walk. Whoever scores the most milk-bones wins the round. Key Words: Make the ball move faster with bigger kicks Guided Questions: Did all the players have a chance to win a milk-bone at least once? How can you get the players to use different surfaces of the foot to pass? Answers: The coach can walk closer to the players who need more help so it is easier for them to get the prize. Award extra milk-bones if a player can hit the coach using surface other than the toe.							
PRACTICE (Activity 2):		Duration:	8 min.	Activity Time:	30 sec.	Rest Time:	30 sec.	Intervals:	8
		Boston Bulldogs: Organization: In a 15Wx20L grid, with a 5 yard zone in the middle (the dog pound), coaches start in the pound as the dog catchers (dog catchers do not use a soccer ball & must stay in the pound). Each player has a ball and starts on one end line. Players try to sneak through the dog pound without waking the catchers. Rules: When the coach yells, "Who let the dogs out?" the players start across the grid. If a dog catcher steals your soccer ball you become a catcher also. Dog catchers can also switch roles with the bulldogs. Key Words: Slow the ball down, dribble through the pound Guided Questions: Are the players getting lots of dribbling repetitions during this activity? Once you get past the dog pound, what part of your foot can you use to stop the ball on the end line? Answers: ? If they players are not getting enough repetitions, have them dribble across the field and back again before playing the next round. You can stop it with the bottom of your foot or your inside or outside of the foot by wrapping your toe around the ball.							
PRACTICE (Activity 3):		Duration:	8 min.	Activity Time:	10 sec.	Rest Time:	30 sec.	Intervals:	11
		Bulldogs vs Dog Catchers: Organization: In a 15Wx20L grid, with a 5 yard zone in the middle & 2 goals on 1 end line: divide the players into 2 teams; Bulldogs vs Dog Catchers. Coach stands between the goals with all the soccer balls. One team starts on the coach's right the other on his left. Coach plays a ball onto the field. 1 player from each team chases it. Whoever gets it tries to score in their opponent's goal. Rules: Game starts when the coach passes a ball onto the field. Score with feet. Key Words: Turn to score, Shoot Guided Questions: Are the players trying to score from far away or very close to the goal? Can the players strike the ball from greater distances? Answers: If they players are dribbling into the goal, award more points for goals scored from your middle zone on the field. Point your toe down, make a big swing with your kicking foot & try to hit the ball with your laces to make the ball go further.							
2nd PLAY PHASE: The Game – 4v4		Duration:	24 min.	Activity Time:	10 min.	Rest Time:	2 min.	Intervals:	2
Play 3v3 or 4v4 scrimmages, please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
FIVE ELEMENTS of TRAINING ACTIVITY					TRAINING SESSION SELF-REFLECTION QUESTIONS				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				

	GOAL:	Improve the techniques of dribbling & striking the ball to score							
	PLAYER ACTIONS	Shoot & Pass or Dribble Forward							
	KEY QUALITIES	Focus, Take initiative							
	AGE GROUP	U6 / 4v4	MOMENT		DURATION	60 MIN			
1st PLAY PHASE (intentional Free Play)		Duration:	12 min.	Activity Time:	3 min.	Rest Time:	1 min.	Intervals:	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Activity 1):		Duration:	8 min.	Activity Time:	90 sec.	Rest Time:	30 sec.	Intervals:	4
		Dribbling Galaxy Hoppers: Organization: In a 15Wx20L grid, with several 3 yard triangular shaped Galaxies, all players with a soccer ball. In 90 seconds, challenge the players to get into & out of as many Galaxies as the can. Players dribble from one galaxy to another (triangle on the field). Rules: Play when coach says, "Go explore the Galaxy". Interval 1-how many Galaxies can you visit? Intervals 2 & 3, beat your score. Interval 4, must stop in the Galaxy before you can exit. Key Words: Find your way through the galaxies. Go fast with the ball if you see an open galaxy. Guided Questions: Why is it important to pick your head up or look over your shoulder? Where would you have the players start? Answers: Pick your head up and check over your shoulder to find the open galaxies. Continue to look around while dribbling slowly. You can either have the payers start inside a galaxy or start outside of the galaxies (coach's choice).							
PRACTICE (Activity 2):		Duration:	8 min.	Activity Time:	90 sec.	Rest Time:	30 sec.	Intervals:	4
		Guardians of the Galaxy: Organization: In a 15Wx20L grid, with several 3 yard Space Ships (bases). Select 2 players to be it. They have their ball in their hands & are the Guardians of the Galaxy; they protect the ships. The rest of the players dribble their soccer ball and are space fighters who are safe if they can land on a ship. Rules: Play when coach says, "Go save the Galaxy". Guardians can only toss their soccer ball underhand to hit the space fighter's ball. Space fighters are safe if they can stop in a triangle. Count how many bases you can land on. If you ball is hit, you lose your points. Key Words: Stop your ball, look before you move to the next space ship Guided Questions: Were the triangle (space ships) big enough for the players to stop the ball in? Can the players use their laces to dribble the ball? Answers: Make the triangles bigger if the players are not successful. Coaches can help the player's use their laces by encouraging them to point their toe down and make a fist with your toes.							
PRACTICE (Activity 3):		Duration:	8 min.	Activity Time:	90 sec.	Rest Time:	30 sec.	Intervals:	4
		Monsters Inc: Organization: In a 15Wx20L grid, with several 3 yard triangles (closets to hide in). Select 2 players to be it (they are Boo) & do not need a ball. The rest of the players are Mike & Sully (from Monsters Inc). They dribble their soccer ball and try to hide from Boo in the closets. Boo is trying to steal their ball and hide it by dribbling it off the grid. Rules: Play when coach says, "look out for Boo". Dribblers must get from closet to closet. Dribblers are safe if they can stop their ball in a closet. Award points as needed for getting into a closet. Key Words: Turn the ball away from boo or soft toe on top of the ball to stop it Guided Questions: Where should your body be when trying to stop the ball? Besides in the closets, when is another time you would want to stop the ball? Answers: Try to run slightly ahead of the rolling ball before trying to put your foot on top to stop it. If the ball starts to get too far in front of you, stop it and start to dribble again.							
2nd PLAY PHASE: The Game – 4v4		Duration:	24 min.	Activity Time:	10 min.	Rest Time:	2 min.	Intervals:	2
Play 3v3 or 4v4 scrimmages, please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
FIVE ELEMENTS of TRAINING ACTIVITY					TRAINING SESSION SELF-REFLECTION QUESTIONS				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				

	GOAL:	Improve the techniques of dribbling				
	PLAYER ACTIONS	Shoot, Dribble Forward or Steal the Ball				
	KEY QUALITIES	Take initiative, be pro-active				
	AGE GROUP	U6 / 4v4	MOMENT	Att./Def.	DURATION	60 MIN

1st PLAY PHASE (intentional Free Play)	Duration:	12 min.	Activity Time:	3 min.	Rest Time:	1 min.	Intervals:	3
--	------------------	---------	-----------------------	--------	-------------------	--------	-------------------	---

As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description

PRACTICE (Activity 1):	Duration:	8 min.	Activity Time:	40 sec.	Rest Time:	20 sec.	Intervals:	8
-------------------------------	------------------	--------	-----------------------	---------	-------------------	---------	-------------------	---



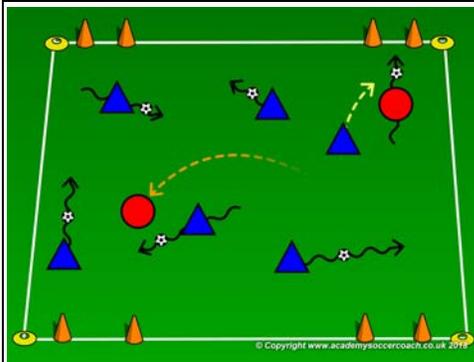
4 Surfaces-to the Drifting Continents:
Organization: In a 15Wx20L grid, 2 cone goals on each end line & each player with a soccer ball: the players dribble their soccer ball using specific surfaces: outside right (pinky toe)-inside right (big toe)-repeat with the left foot. Coaches walk around and are the drifting continents. Players must avoid them and get to the safety of a goal.
Rules: Players begin dribbling as soon as they have their ball. On the coach's command (or whistle), the players will dribble their ball as fast as they can through any of the 4 goals. After each round, the coach can introduce a new surface.
Key Words: Move the ball away from the continents with the inside, outside or laces of your foot.
Coaching Points: Why should the players use soft touches when dribbling?
Answers: Soft touches help to keep the ball close.

PRACTICE (Activity 2):	Duration:	8 min.	Activity Time:	90 sec.	Rest Time:	30 sec.	Intervals:	4
-------------------------------	------------------	--------	-----------------------	---------	-------------------	---------	-------------------	---



Sid the Sloth vs Crash & Eddy:
Organization: In a 15Wx20L grid, 2 cone goals on each end line, the players (Crash & Eddy the possums) try to dribble their soccer ball anywhere in the grid & avoid Sid the Sloth. (coaches are Sid the Sloths & can only walk): Crash & Eddy try to dribble their soccer ball into as many goals as they can without getting tagged by Sid.
Rules: play begins when Crash & Eddy are on the field. Crash & Eddy get 1000 pts for every goal they can score by dribbling through. If they get tagged by Sid the Sloth, they lose all their pts and have to begin counting over.
Key Words: go around Sid, push the ball forward
Guided Questions: When do you want to go fast with the soccer ball?
 Why would you use your laces to get away?
Answers: When Sid is chasing you, go faster with the ball.
 If you point your toe down you can use your laces for longer/stronger touches on the ball to accelerate.

PRACTICE (Activity 3):	Duration:	8 min.	Activity Time:	90 sec.	Rest Time:	30 sec.	Intervals:	4
-------------------------------	------------------	--------	-----------------------	---------	-------------------	---------	-------------------	---

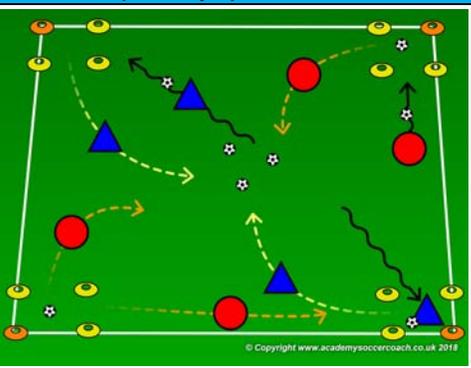
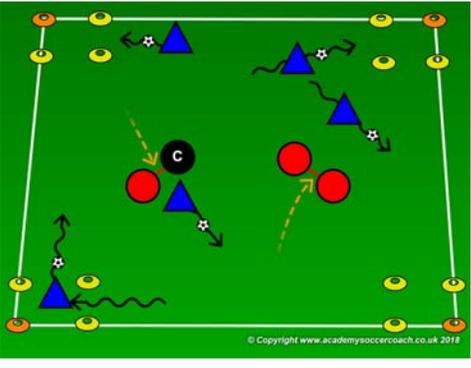
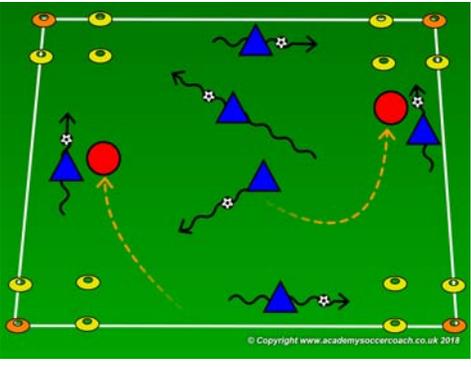


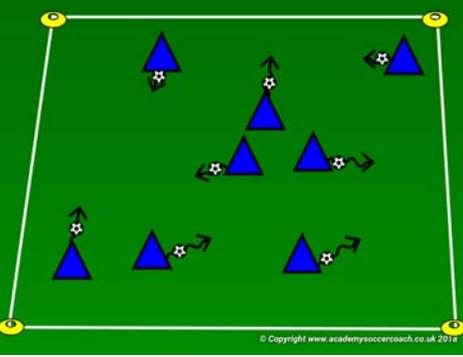
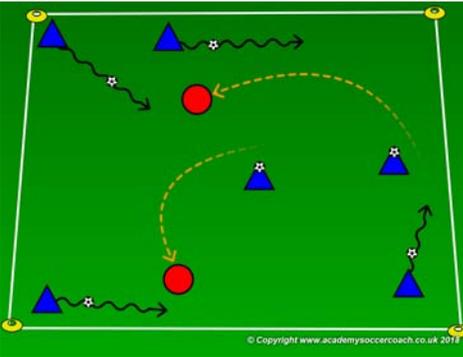
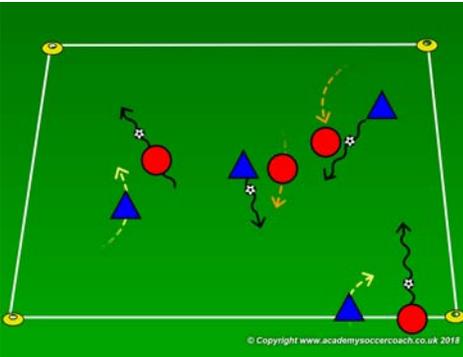
Saber tooth Squirrels (Scrat) Acorn Hunt:
Organization: In a 15Wx20L grid, 2 cone goals on each end line, select 2 players to be Scrats, all other players have a soccer ball: the players try to dribble their soccer ball (acorn) anywhere in the grid & avoid the Scrats. The Scrats try to steal the acorns and hide them in any of the 4 goals (trees). Dribblers can steal their ball back from the Scrats or from the goal.
Rules: Play begins as soon as the Scrats enter the field. Scrats get 1 pt. for every ball they take to a goal. Any dribbler with a ball on the field after 90 seconds gets 1000 pts (even if they have to steal it back from a goal).
Key Words: Head up, keep your acorn away from Scrats.
Guided Questions: what can you do to avoid the Scrats?
 Why is it important to dribble with your head up?
Answers: Turn away from them and accelerate.
 Dribble with your head up to see where the Scrats are.

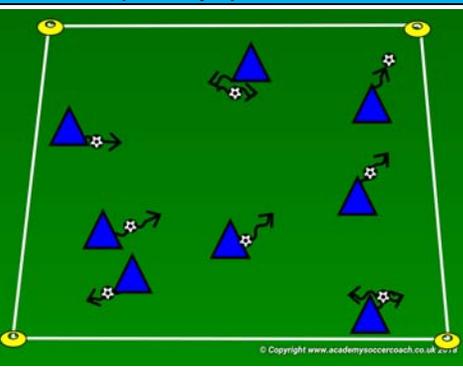
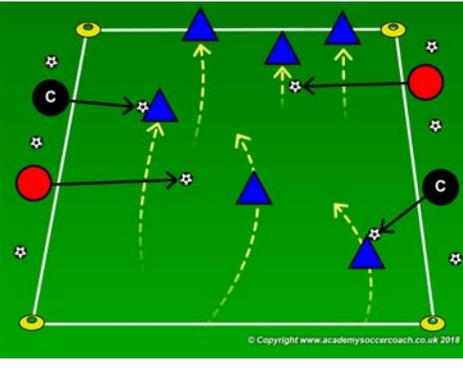
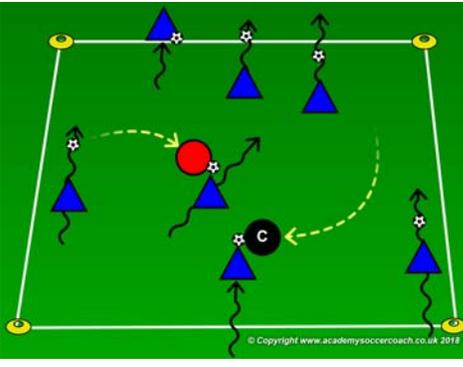
2nd PLAY PHASE: The Game – 4v4	Duration:	24 min.	Activity Time:	10 min.	Rest Time:	2 min.	Intervals:	2
--	------------------	---------	-----------------------	---------	-------------------	--------	-------------------	---

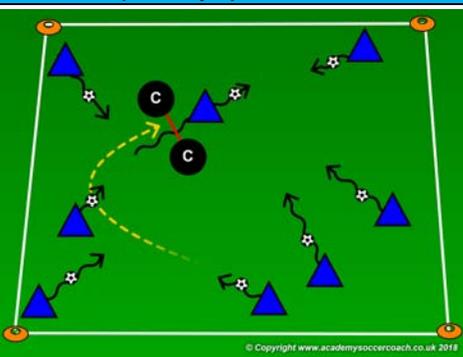
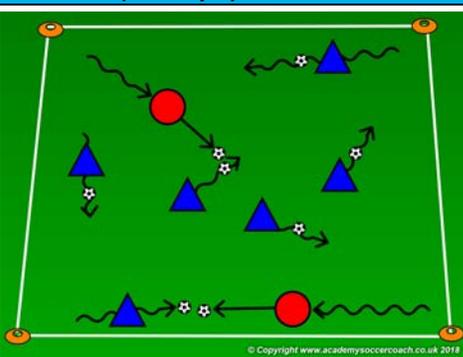
Play 3v3 or 4v4 scrimmages, please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description

FIVE ELEMENTS of TRAINING ACTIVITY	TRAINING SESSION SELF-REFLECTION QUESTIONS
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 	<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better?

	GOAL:	Improve the techniques of dribbling							
	PLAYER ACTIONS	Shoot & Pass or Dribble Forward							
	KEY QUALITIES	Take initiative, be pro-active							
	AGE GROUP	U6 / 4v4	MOMENT	Attacking	DURATION	60 MIN			
1st PLAY PHASE (intentional Free Play)		Duration:	12 min.	Activity Time:	3 min.	Rest Time:	1 min.	Intervals:	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Activity 1):		Duration:	8 min.	Activity Time:	1 min.	Rest Time:	1 min.	Intervals:	4
		Steal the Treasure: Organization: In a 15Wx20L grid, place a 4x4 square in every corner. Divide the players equally between the corners. (each team makes up a team name). All the soccer balls start in the center of the grid. On the coach's command, the players race to the middle to get a ball (with their feet only) and take it to their home base. Once all the balls are gone from the middle, steal them from other teams. Rules: Play when coach says, "Game On!". Dribblers can only use their feet when getting or stealing a soccer ball. In later rounds, players can also kick the ball back to their home as long as someone can stop it. Key Words: Look up to find soccer balls and find your home Guided Questions: after you steal a treasure, what now? What can you do if you see a soccer ball on your field? Answers: Once you have stolen some treasure, dribble back to you base as fast as you can. Go get it as fast as you can so you get to it before anyone else.							
PRACTICE (Activity 2):		Duration:	8 min.	Activity Time:	90 sec.	Rest Time:	30 sec.	Intervals:	4
		Two-Headed Monster Invasion: Organization: In a 15Wx20L grid, place a 4x4 square in every corner (cave). Divide the players equally between the 4 corners & each player has a soccer ball except for 2 set of 2 players. These players join hands (Two-Headed Monsters). The players try to dribble their ball into as many caves as possible. The Monsters try to tag them. Rules: Play when coach says, "Monsters on the Loose!". Dribblers get 100 points for each cave they get into. If tagged by a monster, they lose their points and have to begin scoring again. Monsters must stay connected. Key Words: Try to sneak behind the monsters, turn quickly, stop the ball at in a cave Guided Question: What can you do if a monster is chasing you? Where can you go if a monster is guarding a cave? Answers: Run to a cave with your soccer ball to avoid them. Chose a different cave and get their as fast as you can.							
PRACTICE (Activity 3):		Duration:	8 min.	Activity Time:	90 sec.	Rest Time:	30 sec.	Intervals:	4
		Field of Doom: Organization: In a 15Wx20L grid, place a 4x4 square in every corner. Select 2 players to start without a soccer ball. Players with a ball try to dribble from box to box t while avoiding players without a soccer ball to score points. Players without a ball try to steal any ball and start scoring by getting into boxes. Rules: Play when coach says, "Game On!". Only players with a ball can score. If you lose your ball, you can either steal your ball back or steal one from any of the dribblers. Dribblers are safe in any box but need to get to another box for more points. Key Words: Use your laces. Use the inside or outside of your foot. Change direction. Guided Questions: Help the players recognize these moments through guided questions. For example, when is it a good time to run to the next box? See if the players can answer. Answers: When the monsters are not ready or not looking, get to the next box as fast as you can.							
2nd PLAY PHASE: The Game – 4v4		Duration:	24 min.	Activity Time:	10 min.	Rest Time:	2 min.	Intervals:	2
Play 3v3 or 4v4 scrimmages, please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
FIVE ELEMENTS of TRAINING ACTIVITY					TRAINING SESSION SELF-REFLECTION QUESTIONS				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				

	GOAL:	Improve the techniques of dribbling							
	PLAYER ACTIONS	Dribble Forward							
	KEY QUALITIES	Take initiative, be pro-active							
	AGE GROUP	U6 / 4v4	MOMENT	Attacking	DURATION	60 MIN			
1st PLAY PHASE (intentional Free Play)		Duration:	12 min.	Activity Time:	3 min.	Rest Time:	1 min.	Intervals:	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Activity 1):		Duration:	8 min.	Activity Time:	40 sec.	Rest Time:	20 sec.	Intervals:	8
		Big Hero 6 Surfaces: Organization: In a 15Wx20L grid & all players with a soccer ball. Have the players try to use the different surfaces of the foot in a pattern: outside right (pinky toe), inside right (big toe), outside left, inside left, 2 touches with the right foot laces & 2 touches with the left foot laces; repeat the pattern. Start with 1 surface, then add another surface. Once you have introduced all surfaces, try to put them all together. Rules: Play starts on coach's command. Players must stay within the field of play. Key Words: Keep the ball rolling. Guided Questions: what if the players cannot remember the pattern or the surfaces? How do you use the inside or outside of the foot? Answers: Ask the players to say the surface they are going to use before the touch the ball with that surface. This will help them remember the pattern. With the ball in front of the player, ask them to try to hit the side of the ball with their pinky toe for the outside or their big toe for the inside.							
PRACTICE (Activity 2):		Duration:	9 min.	Activity Time:	1 min.	Rest Time:	30 sec.	Intervals:	6
		Frozen Tag: Organization: In a 15Wx20L grid, the coach will select 2 Freeze Monsters who do not need a soccer ball. The rest of the players will dribble their ball around the grid. The Freeze Monsters will try to tag the dribblers with their hand. Once tagged, the dribbler is frozen and must stand still with their ball over their head. To get unfrozen, a teammate can pass their ball to hit their shin or pass through their legs. Rules: Play begins when coach says, "beware of the Freeze Monsters". Dribblers must stay within the grid. If their soccer ball leaves grid, have the player bring it back as fast as they can. Key Words: Turn the ball, stop the ball Guided Questions: Were the players engaged the entire game? If forward dribbling is dangerous, where can you go instead? Answers: If the players are getting board, play shorter intervals & rotate the roles of the freeze monster. Sometimes, use the bottom of your foot to turn and go back where you came from if it is safer.							
PRACTICE (Activity 3):		Duration:	7 min.	Activity Time:	30 sec.	Rest Time:	30 sec.	Intervals:	7
		Troll Hunters vs Bular the Troll: Organization: In a 15Wx20L grid, each player gets a partner and 1 soccer ball to share. Play a 1v1 game. 1 player is a Troll Hunter & attacks an end line and their partner/opponent Bular, the Troll, who attacks the opposite end line. All pairs play at the same time. Rules: play begins as soon as the player with the ball puts their first touch on the ball. After a goal is scored, the player who didn't score starts with the ball. The game is continuous for 20 seconds. Players must stay within the grid. Key Words: Dribble forward to go by your opponent. Move the ball side to side to get around them. Guided Questions: Do the players understand how to score? Where should you go see space behind your Opponent? Answers: After a quick explanation (20-30 sec. max.) have to players demonstrate the activity. Use your laces to push the ball into the space and run onto it (remember to make softer touches as you get closer to the end line?							
2nd PLAY PHASE: The Game – 4v4		Duration:	24 min.	Activity Time:	10 min.	Rest Time:	2 min.	Intervals:	2
Play 3v3 or 4v4 scrimmages, please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
FIVE ELEMENTS of TRAINING ACTIVITY					TRAINING SESSION SELF-REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?					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?				

	GOAL:	Improve the techniques of dribbling, passing & shooting							
	PLAYER ACTIONS	Shoot, Pass or Dribble Forward							
	KEY QUALITIES	Take initiative, be pro-active							
	AGE GROUP	U6 / 4v4	MOMENT	Attacking	DURATION	60 MIN			
1st PLAY PHASE (intentional Free Play)		Duration:	12 min.	Activity Time:	3 min.	Rest Time:	1 min.	Intervals:	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Activity 1):		Duration:	8 min.	Activity Time:	40 sec.	Rest Time:	20 sec.	Intervals:	8
		Sailing the Seas: Organization: In a 15Wx20L grid, all the players with a soccer ball (ships) & the coaches the (ship's captain). The players dribble their ball and will change speed or direction based on the weather; high winds, go fast, no wind, go slow, hurricane, dribble in a circle, rogue wave, go backward. Each round, add a new direction, command or combine movements. Rules: Play starts when the coach says, "ahoy mates, set sail". Key Words: Keep the ball close, softer touches to slow the ball down Guided Questions: What if the players are not engaged in the activity? How can you help the players get more repetitions? Answers: Use your imagination & the theme of the activity to tell a story & make the game more of an adventure. After calling out a weather condition, allow the players time to respond and get the repetitions you desire.							
PRACTICE (Activity 2):		Duration:	8 min.	Activity Time:	30 sec.	Rest Time:	30 sec.	Intervals:	8
		Pirates of the Caribbean: Organization: In a 15Wx20L grid, (the ship), place all the players one end line without a soccer ball (Captain Jack Sparrows). All soccer balls (cannon balls) are lined up on either side of the grid. Captain Jacks will try to run to the other side of the ship without getting hit by a cannon ball below the knee. Coaches (Barbosa) will start as the shooters. Rules: When the coach yells, "make it across or walk the plank" the players start across the grid. Pirates who get hit become Barbosas too. Hits below the knee change players from Pirates to Barbosas. Key Words: Pass with the inside of your foot or your laces Guided Questions: What do you do before striking the ball? Where can you go if Captain Jack is too far away? Answers: Light the fuse by moving the ball to the side before striking it. Use the inside or outside of your foot to move the ball down the field before striking it at Captain Jack.							
PRACTICE (Activity 3):		Duration:	8 min.	Activity Time:	30 sec.	Rest Time:	30 sec.	Intervals:	8
		Bruce the Shark & Nemo: Organization: In a 15Wx20L grid, select 1-3 players to be Bruce the Sharks without a ball (coaches can start as sharks too). The rest of the players are Nemo or Dori. They all have a ball & start at one end of the grid. They have to swim (dribble their ball to the other side without losing their soccer ball to Bruce the Shark. Rules: Game starts when Sharks yell, "Nemo, Nemo cross my ocean". Once a dribbler has reached the other side, he/she is safe. Key Words: run with your ball, stop your ball Guided Questions: What is a schemer? How do you know where to cross the ocean? Answers: The player who patiently watches & waits for the best moment to go. Play with your head up, move across the shore and look for the best place to cross.							
2nd PLAY PHASE: The Game – 4v4		Duration:	24 min.	Activity Time:	10 min.	Rest Time:	2 min.	Intervals:	2
Play 3v3 or 4v4 scrimmages, please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
FIVE ELEMENTS of TRAINING ACTIVITY					TRAINING SESSION SELF-REFLECTION QUESTIONS				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				

	GOAL:	Improve the techniques of dribbling, passing & tackling							
	PLAYER ACTIONS	Pass, Dribble Forward or Steal the Ball							
	KEY QUALITIES	Read & understand the game, Demonstrate focus							
	AGE GROUP	U6 / 4v4	MOMENT	Att./Def.	DURATION	60 MIN			
1st PLAY PHASE (intentional Free Play)		Duration:	12 min.	Activity Time:	3 min.	Rest Time:	1 min.	Intervals:	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Activity 1):		Duration:	8 min.	Activity Time:	1 min.	Rest Time:	20 sec.	Intervals:	6
		Driving Through the Moving Tunnel: Organization: In a 15Wx20L grid, 2 coaches are joined by holding a pinny between them. They walk around the field to create a moving tunnel. Each player dribbles their soccer ball. The dribblers try to dribble or pass their ball through the tunnel. Count the number of times each can play their soccer ball through the tunnel in 1 minute. If needed, select to players to make a second tunnel so the dribblers have more chances to score. Remember to change the players after each interval. Rules: Play begins as soon as the moving tunnel starts moving. Players must stay within the grid. Coach can award bonus points for dribbling with different surfaces of the foot. Key Words: Move toward the tunnel. Watch out traffic around the tunnel. Guided Questions: Did the players have a lot of chances to get through the tunnel? What should you do if you see the tunnel is open? Answers: The coaches can move closer to the players who are struggling to score or further away from the players who have scored more. If you see that the tunnel is near & open, point your toe down to push the ball in front of you so you can run through the tunnel.							
PRACTICE (Activity 2):		Duration:	8 min.	Activity Time:	1 min.	Rest Time:	20 sec.	Intervals:	6
		Police Patrol: Organization: In a 15Wx20L grid, select 2-3 players to start as the (Police Patrol); they should wear pinnies. The rest of the players dribble their soccer ball with their feet (like crazy drivers). The police patrol dribble their soccer ball and try to ticket the crazy drivers by either hitting the driver's soccer ball with their ball or tagging the crazy drivers. Police patrol count the number of tickets they can give in 1 minute. Rules: Play begins as soon as the coach says, "police are on patrol!". Players must stay within the grid. Coaches can start as the Police Patrol. Key Words: Dribble fast away from the police patrol or put your body in the way to hide your ball (shielding). Guided Questions: What should the crazy drivers do if their soccer ball gets away from them? How do you know where the police patrol is? Answers: Use softer touches to keep the ball close. Dribble with your head up to see where the patrol is.							
PRACTICE (Activity 3):		Duration:	8 min.	Activity Time:	40 sec.	Rest Time:	20 sec.	Intervals:	8
		Crushing Monster Trucks: Organization: In a 15Wx20L grid, select 2-3 players to be Monster Trucks (no soccer ball). All other players dribble their ball around the grid & avoid the Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it & re-enter the game. Coach can ask them to complete a task before re-entering such as 5 toe taps. Count the number of smashed trucks at the end of an interval. Rules: Play begins as soon as the coach says, "let the crushing begin!". Players must stay within the grid. Key Words: dribble forward, turn away from monster trucks and the sidelines. Guided Questions: What can you do if the same player keeps getting his/her ball kicked out? What can you do if you see a monster truck coming to kick your ball away? Answers: The coach can be a monster truck & encourage the player from staying away from the coach. You can also select that player to be a truck. Use the inside or outside of your foot to move your ball out of the way of the Monster Trucks.							
2nd PLAY PHASE: The Game – 4v4		Duration:	24 min.	Activity Time:	10 min.	Rest Time:	2 min.	Intervals:	2
Play 3v3 or 4v4 scrimmages, please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
FIVE ELEMENTS of TRAINING ACTIVITY					TRAINING SESSION SELF-REFLECTION QUESTIONS				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				