



MUSA REC Curriculum U8



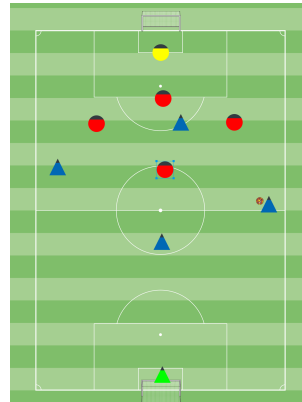


Rules – U8

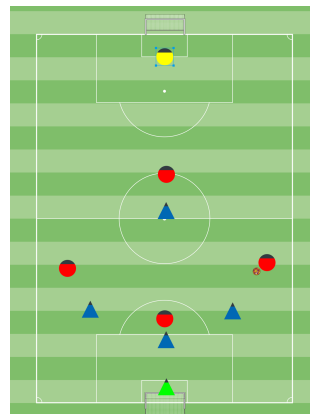
Game Model: 5v5
Field Size: 35x45 yards
Match length: 2-20 min halves
Referee: Referee

Ball Size: 3
Goalie: Yes
Heading: No
Punting: No
Offsides: No
Sliding: No

Restarts: Kick Ins



Attacking shape



Defending shape

Build Out: Team drops beyond midfield (defensive half) for opponents goal kicks

Substitutions/Playing time: Normal stoppages, 50% playing time for each player





Curriculum based on ages and stages

U6 – U8 (4v4, 5v5)		
Create an environment where players are encouraged to be creative while learning the basic principles		
of the game, including attacking and defending principles.		
Technical	Tactical	Psychological
- 1v1 Attacking	- Beat defenders 1v1	- Have FUN
- Passing, movement	- Spread out, Shape	- Have confidence with both feet
- Individual Defending	- Pressure, Cover	- Be Brave
- Use of both feet	- Score	- Team Work
<i>Respect, Discipline, Hardwork, Fun</i>		

Coaching Methodology

- Play – Practice – Play
- Guided Discovery
 - Guided Questioning
 - Constant, Progressive

Principle of Game Model

Individual
Sectional

The next stage of development, the coach's job is to make the game enjoyable and the soccer ball a toy for them to play the game with, but start focusing on being able to share (pass) the ball. Practices should be focused on foot/eye coordination, dribbling, passing and continuing to refine certain motor skills, specifically running with and passing the ball. Practices should not be tactical in manner, outside of teaching the basic rules of the game. Rather practices should be fun, and geared around the three principles that it's fun to score goals, it's fun to play with teammates, and it's ok for everyone to score.

Practices shouldn't last more than one hour, and can be shortened based on the attention span of this age. Practices should maximize movements and touches on the ball. Every session should include a GK.





Practice Day: _____ Time: _____ Field: _____

Season Plan

Week 1: Dribbling – teaching them to move with the ball

Week 2: Passing, Passing to Score – teaching them to pass the ball into the net

Week 3: Defending – teaching them to defend the goal, defend player

Week 4: Pass and Move – teaching them to pass to a teammate and then move to help

Week 5: Dribbling – teaching them to dribble around defenders

Week 6: Shape – teaching them shapes, triangles and diamonds, angles

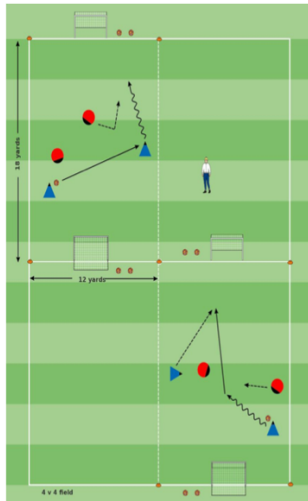
Week 7: Dribbling and Passing – teaching them when to pass and when to dribble

Week 8: Scoring – teaching them scoring is fun





Week 1: Dribbling



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents and create chances

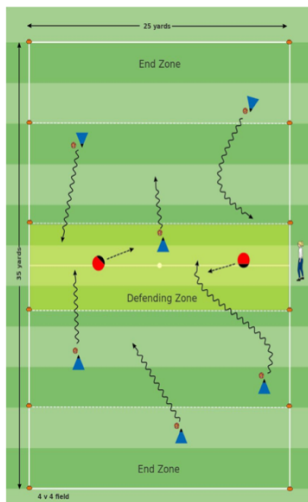
ORGANIZATION: Mark out two 18 x 12-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Free play and rotate players between games. Play for 20 minutes with two to three breaks.

KEY WORDS: Opening, go forward, pass, dribble

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Pass or dribble through it.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual.



PRACTICE (Core Activity): Dribbling Game

OBJECTIVE: To dribble past opponents

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with a defending zone and two end zones. Players dribble back and forth into the end zones to earn points. Two defenders are stationed in the defending zone. They switch with the attackers when they win the ball, or every two minutes. Play for 20 minutes with two to three breaks.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start here at the Core Activity after the first Play Phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 20 minutes in the Practice Phase. Refer to the Training Session Manual.





PRACTICE (More Challenging): Dribbling Game (Two free defenders)

OBJECTIVE: To dribble past opponents.

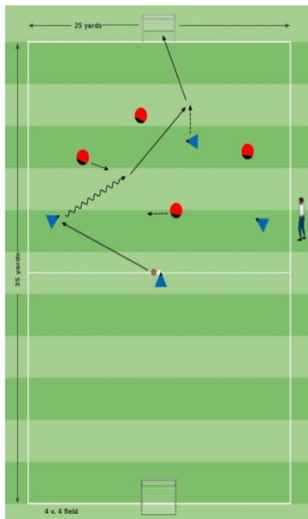
ORGANIZATION: Same as Core Activity, except the two defenders may defend anywhere but the end zones. They switch with the attackers when they win the ball, or every two minutes.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase. Refer to the Training Session Manual.



2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents and create chances

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4 using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Opening, pass, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What should you do if you see an opening? 4) How do you keep the ball close? 5) How do you dribble faster? 6) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Pass or dribble through it. 4) Be gentle/soft with the ball. 5) Use hard touches. 6) You have to use a different part of the foot.

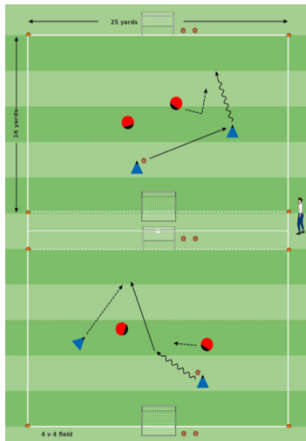
NOTES:

Notes: Fewer defenders makes it less challenging. Focus on using both feet. GK used in last phase of practice.





Week 2: Passing, Passing to Score – teaching them to pass the ball into the net



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents and create chances.

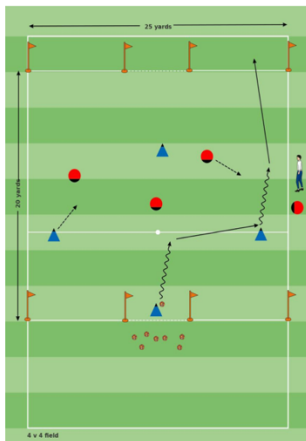
ORGANIZATION: Mark out two 16 x 25-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks.

KEY WORDS: Opening, move forward, pass, dribble

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Pass or dribble through it.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 4 v 3 on Two Goal Lines Each

OBJECTIVE: To move the ball forward

ORGANIZATION: Mark out a 20 x 25-yard field with two goal lines on each endline. Divide players into two teams of four. Teams play 4 v 3 on two goal lines each and score by dribbling or passing past the goal line. The attackers have eight balls to attack with. If a ball goes out or a goal is scored, they start a new attack from their endline. Each defender sits

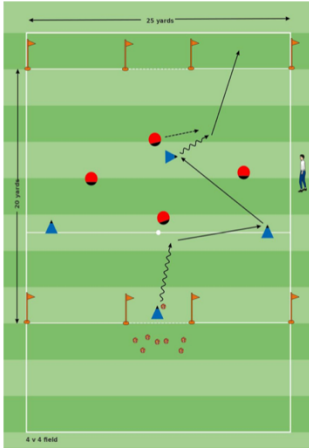
KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) What are the ball carrier's options? 3) When should attackers dribble? 4) And when should they pass?

ANSWERS: 1) They should spread out and create openings. 2) Dribble or pass. 3) When they have space. 4) When the defender is blocking their path and a teammate is open.

NOTES:





PRACTICE (More Challenging): 4 v 4 on Two Goal Lines Each

OBJECTIVE: To move the ball forward

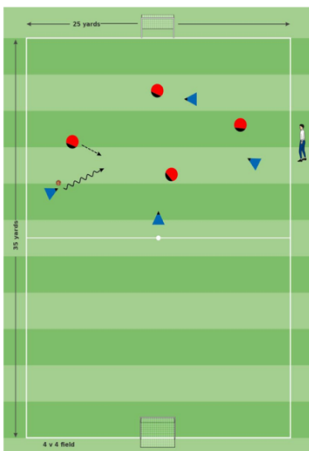
ORGANIZATION: Same as Core Activity, except teams play 4 v 4. The attackers have eight balls as above. Defenders do not rotate; teams switch roles after eight attacks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) What are the ball carrier's options? 3) When should attackers dribble? 4) And when should they pass?

ANSWERS: 1) They should spread out and create openings. 2) Dribble or pass. 3) When they have space. 4) When the defender is blocking their path and a teammate is open.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents, move the ball forward and create chances

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4, using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) How do you find an opening? 3) How do you create an opening? 4) What should you do if you see an opening? 5) When should attackers dribble? 6) And when should they pass?

ANSWERS: 1) They should spread out and create openings. 2) Look at the opponent's position. 3) Make the opponent move. 4) Pass or dribble through it. 5) When they have space. 6) When the defender is blocking their path and a teammate is open.

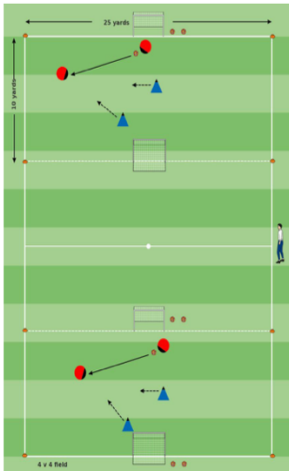
NOTES:

Notes: Focusing on them passing into goal rather than "shooting"... GKs used in all parts of practice





Week 3: Defending – teaching them to defend the goal, defend player



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring.

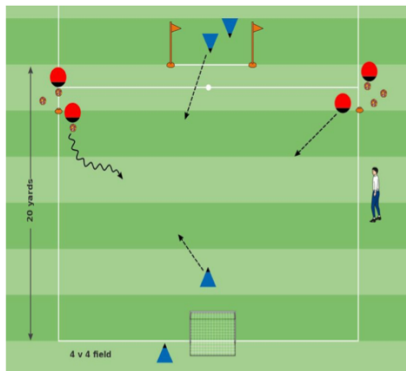
ORGANIZATION: Mark out two 10 x 25-yard fields, each with two small goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks. Rotate players between the fields.

KEY WORDS: Get compact, stay compact, protect the goal

GUIDED QUESTIONS: 1) Take a look at the field. What do you notice? 2) What does that mean for the attackers? 3) What do the defenders need to do to stop them?

ANSWERS: 1) It's a very short field. 2) They can immediately get to the goal and shoot. 3) Block the path to the goal and don't let them shoot.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 2 v 2 with Recovering Defender

OBJECTIVE: To prevent the opponent from scoring.

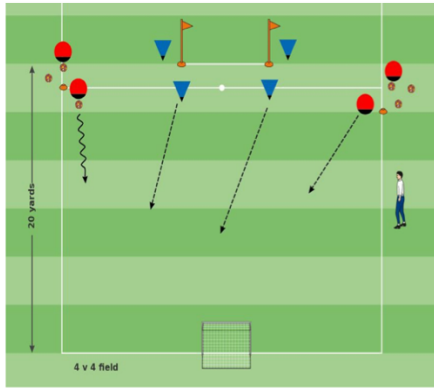
ORGANIZATION: Set up a small goal and a goal line 20 yards apart and 25 yards wide. Assign attackers (Red) and defenders (Blue) to starting positions as shown. At the coach's signal, the attackers run onto the field to play 2 v 2. One defender is waiting for the attackers in front of the goal; the other runs in behind them. Blue scores on the goal line. Play continues.

KEY WORDS: Get compact, stay compact, protect the goal

GUIDED QUESTIONS: 1) What's the job of the defender in front of the goal? 2) What's the job of the other recovering defender?

ANSWERS: 1) Block the path to the goal, and keep the attackers from scoring. 2) Quickly run in, even the odds and make it compact. **NOTES:** Start here at the Core Activity after the first Play Phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 20 minutes in the Practice





PRACTICE (More Challenging): 2 v 2 with Recovering Defenders

OBJECTIVE: To prevent the opponent from scoring.

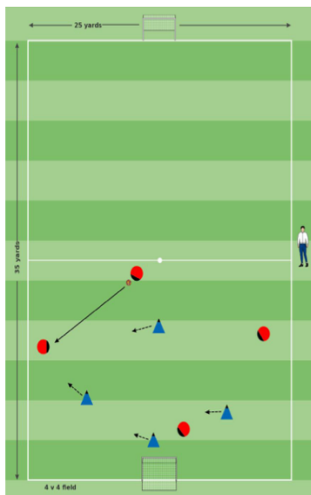
ORGANIZATION: Same as Core Activity, except both defenders start out on the endline with the attackers. The coach gives the signal for the 2 v 2 to begin.

KEY WORDS: Get compact, stay compact, protect the goal

GUIDED QUESTIONS: 1) How can you keep the attacker from scoring? 2) What's a good moment to steal the ball?

ANSWERS: 1) Sprint back, block the attacker's path to the goal and force them away from the middle. 2) When the attacker lets it get too far away.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4 using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Get compact, stay compact, protect the goal

GUIDED QUESTIONS: 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting? 3) What if they manage to get in front of the goal anyway?

ANSWERS: 1) In the middle. 2) The path to the middle. 3) Then we have to pressure them and make sure they can't shoot.

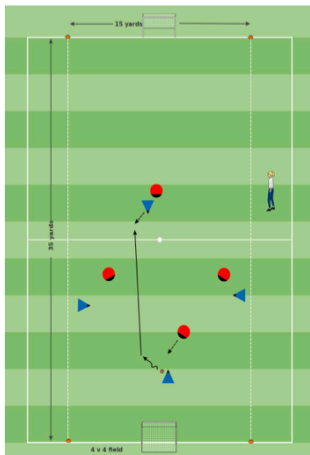
NOTES:

Notes: Teach them "goal side, ball side".... Get between the ball and the goal first. GKs used in all parts of practice





Week 4: Pass and Move – teaching them to pass to a teammate and then move to help



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents, move the ball forward and score goals

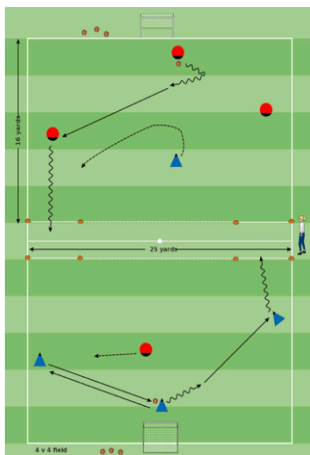
ORGANIZATION: Mark out a narrow 4 v 4 field (35 x 18 yards) with two small goals. Divide players into two teams of four. Teams play 4 v 4. Play for 20 minutes with two breaks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves to get from their own half to the opponent's half? 2) Why should they have two players on the wings? 3) And why should they have one in front?

ANSWERS: 1) Spread out and support the attack. 2) So they can pass diagonally forward out of their half. 3) So they can pass up the middle.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 3 v 1 with Wing Goal Lines

OBJECTIVE: To pass or dribble past opponents.

ORGANIZATION: Mark out two 16 x 25-yard fields, each with a small goal and two goal lines. Divide players into teams of four and position them as shown. Teams play 3 v 1. The attackers try to dribble across the goal lines. The defenders try to win the ball and counterattack on the mini goal. Each team gets four balls/attacks. Which team scores

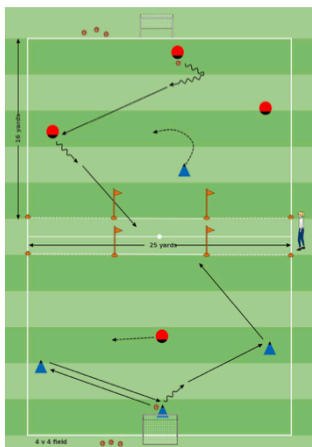
KEY WORDS: Use space, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves to beat the defenders? 2) What can the wing players do to build the attack? 3) When should they dribble? 4) And when should they pass back?

ANSWERS: 1) One player in the middle and two on the wings. 2) Dribble forward or pass back. 3) When they have space and are able to dribble past the defender. 4) When the defender is blocking their path.

NOTES:





PRACTICE (More Challenging): 3 v 1 with Goal Line in Middle

OBJECTIVE: To pass or dribble past opponents

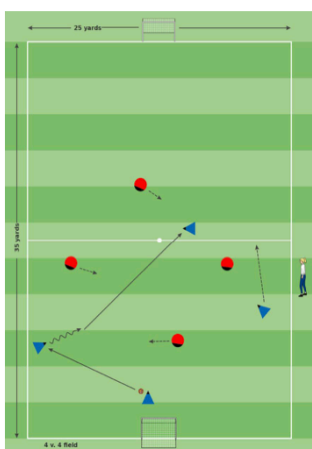
ORGANIZATION: Same as Core Activity, except the attackers can only score by passing across the goal line in the middle.

KEY WORDS: Use space, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves to beat the defenders? 2) What can the wing players do to build the attack? 3) When should they dribble? 4) And when should they pass back?

ANSWERS: 1) One player in the middle and two on the wings. 2) Dribble forward or pass back. 3) When they have space and are able to dribble past the defender. 4) When the defender is blocking their path.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To cover space, move the ball forward and score goals

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4 using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Look up, pass, dribble, be open, use space

GUIDED QUESTIONS: 1) How should the attackers position themselves to get from their own half to the opponent's half? 2) Why should they have two players on the wings? 3) And why should they have one in front? 4) What are the wing players' options for moving forward into the opponent's half?

ANSWERS: 1) Spread out and support the attack. 2) So they can pass diagonally forward out of their half. 3) So they can pass up the middle. 4) Dribble forward whenever there's space. Pass to the attacker in the middle when the path forward is blocked.

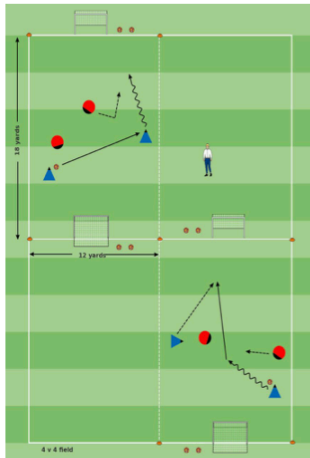
NOTES:

Notes: Can make the number of passes they make as the number of goals they score to encourage more passes. GKs used in last phase of practice





Week 5: Dribbling – teaching them to dribble around defenders



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents, move the ball forward and score goals.

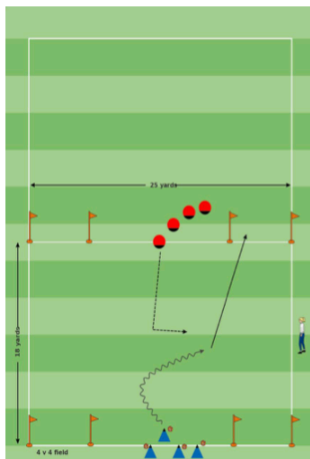
ORGANIZATION: Mark out two 18 x 12-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Free play. Play for 20 minutes with two breaks.

KEY WORDS: Look up, pass, dribble

GUIDED QUESTIONS: 1) What are your options when you have the ball? 2) When is it a good time to dribble? 3) And when should you pass?

ANSWERS: 1) Dribble, pass or shoot. 2) When there aren't any defenders near me and I have space. 3) When a defender is blocking my path and a teammate is open.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 1 v 1 on Goal Lines

OBJECTIVE: To pass or dribble past opponents and move the ball forward.

ORGANIZATION: Mark out an 18 x 25-yard field with two goal lines on each endline. Attackers (Blue) and defenders (Red) line up between the goal lines on opposite endlines. The first attacker dribbles onto the field and passes across one of the goal lines at the first opportunity. The first defender runs in and tries to stop the attacker from scoring. The

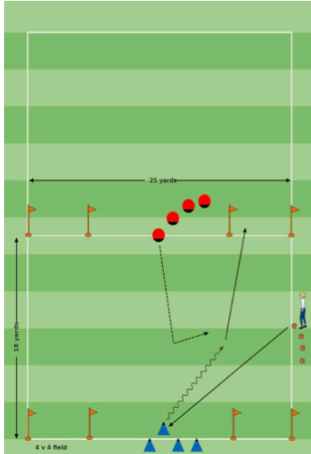
KEY WORDS: Pass, dribble

GUIDED QUESTIONS: 1) Attackers, what's the fastest and most reliable way to score? 2) What should you do if the defender blocks your path to the goal? 3) What kind of situation do you want to avoid?

ANSWERS: 1) Dribble toward a goal line and pass across before the defender reaches me. 2) Switch directions, dribble to the other goal and try to score on it. 3) 1 v 1s.

NOTES:





PRACTICE (More Challenging): 1 v 1 on Goal Lines after Pass

OBJECTIVE: To pass or dribble past opponents and move the ball forward.

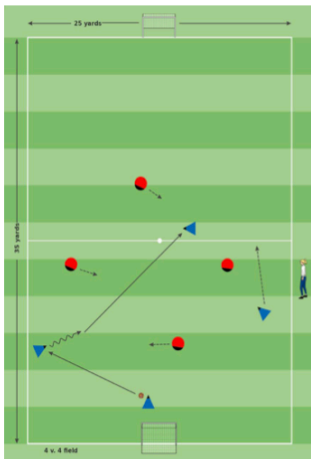
ORGANIZATION: Same as Core Activity, except each attack starts with a pass from the sideline.

KEY WORDS: Pass, dribble

GUIDED QUESTIONS: 1) Attackers, what's the fastest and most reliable way to score? 2) What should you do if the defender blocks your path to the goal? 3) What type of touches should you take when you are in open space?

ANSWERS: 1) Dribble toward a goal line and pass across before the defender reaches me. 2) Switch directions, dribble to the other goal and try to score on it. 3) Longer touches with the top of the foot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents, move the ball forward and score goals

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Divide players into two teams of four. Teams play 4 v 4. Play according to the Laws of the Game (LOTG) and the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Look up, pass, dribble

GUIDED QUESTIONS: 1) What are your options when you have the ball? 2) When is it a good time to dribble? 3) When should you pass? 4) What's the fastest and most reliable way to get the ball into the other half?

ANSWERS: 1) Dribble, pass or shoot. 2) When there aren't any defenders near me and I have space. 3) When a defender is blocking my path and a teammate is open. 4) Dribble forward as long as I have space. Pass the ball off as soon as I come under pressure. Avoid 1 v 1 situations.

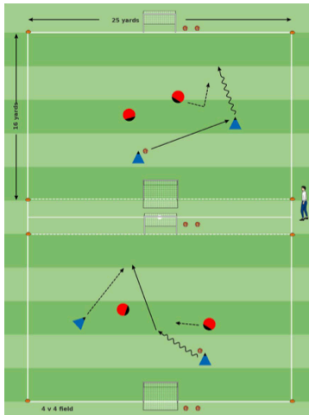
NOTES:

Notes: Encourage creativity.... Really celebrate bold and fancy moves. Focus using both feet. GKs used in last phase of practice





Week 6: Shape – teaching them shapes, triangles and diamonds, angles



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents and create chances.

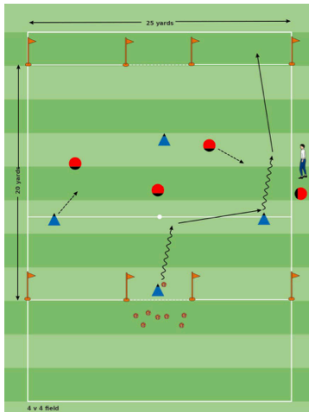
ORGANIZATION: Mark out two 16 x 25-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks.

KEY WORDS: Opening, move forward, pass, dribble

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Pass or dribble through it.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 4 v 3 on Two Goal Lines Each

OBJECTIVE: To move the ball forward

ORGANIZATION: Mark out a 20 x 25-yard field with two goal lines on each endline. Divide players into two teams of four. Teams play 4 v 3 on two goal lines each and score by dribbling or passing past the goal line. The attackers have eight balls to attack with. If a ball goes out or a goal is scored, they start a new attack from their endline. Each defender sits

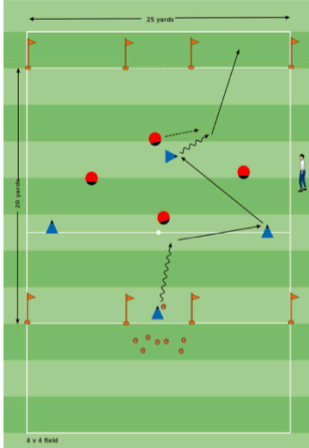
KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) What are the ball carrier's options? 3) When should attackers dribble? 4) And when should they pass?

ANSWERS: 1) They should spread out and create openings. 2) Dribble or pass. 3) When they have space. 4) When the defender is blocking their path and a teammate is open.

NOTES:





PRACTICE (More Challenging): 4 v 4 on Two Goal Lines Each

OBJECTIVE: To move the ball forward

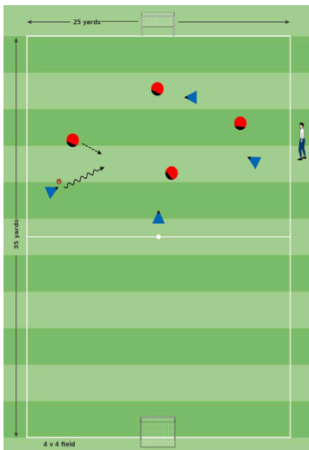
ORGANIZATION: Same as Core Activity, except teams play 4 v 4. The attackers have eight balls as above. Defenders do not rotate; teams switch roles after eight attacks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) What are the ball carrier's options? 3) When should attackers dribble? 4) And when should they pass?

ANSWERS: 1) They should spread out and create openings. 2) Dribble or pass. 3) When they have space. 4) When the defender is blocking their path and a teammate is open.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents, move the ball forward and create chances

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4, using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) How do you find an opening? 3) How do you create an opening? 4) What should you do if you see an opening? 5) When should attackers dribble? 6) And when should they pass?

ANSWERS: 1) They should spread out and create openings. 2) Look at the opponent's position. 3) Make the opponent move. 4) Pass or dribble through it. 5) When they have space. 6) When the defender is blocking their path and a teammate is open.

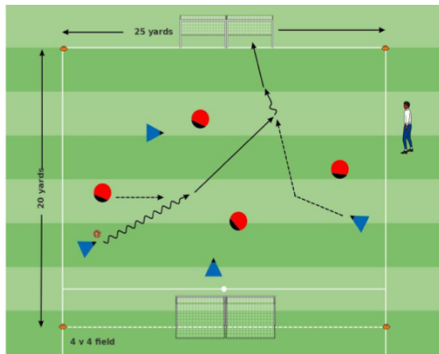
NOTES:

Notes: Shape attacking and defensively is a diamond with the 4 players you have. Constantly adjust that shape, and also triangles for passing. GKs used in all parts of practice





Week 7: Dribbling and Passing – teaching them when to pass and when to dribble



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create chances and score goals.

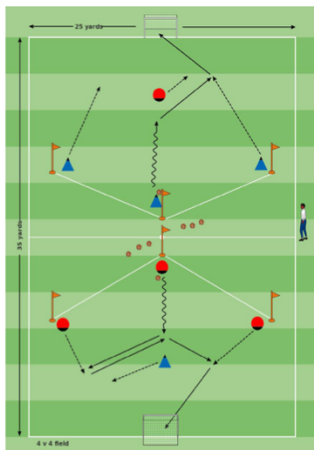
ORGANIZATION: Mark out a 20 x 25-yard field. Place two youth goals side by side on each endline to create a double-wide goal. If you don't have four small goals, use poles or cones instead. Divide players into two teams of four. Teams play 4 v 4. Play for 20 minutes with two breaks.

KEY WORDS: Pass, dribble, shoot

GUIDED QUESTIONS: 1) What are your options when you have the ball? 2) When should you shoot? 3) And when should you dribble or pass?

ANSWERS: 1) Dribble, pass or shoot. 2) When I'm close to the goal and I have a clear shot at it. 3) Dribble when I have space in front of me or pass when I'm farther away or a defender is blocking my shot.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 3 v 1 on Mini Goal

OBJECTIVE: To create chances and score goals.

ORGANIZATION: Divide a regular 4 v 4 field (35 x 25 yards) into two fields, each with one mini goal and two diagonal goal lines. Divide players into two groups of four. Choose one defender from each group. Teams play 3 v 1. Each attack begins with the attackers at their starting positions. The defenders counterattack on the goal lines. Each team gets four

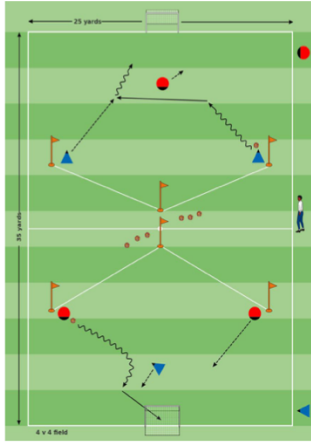
KEY WORDS: Be open, pass, dribble, shoot

GUIDED QUESTIONS: 1) How can the attackers make the most of their advantage? 2) When should you shoot? 3) When should you pass?

ANSWERS: 1) The middle attacker should dribble at the defender, look for passing opportunities on the right and left, and pass to a teammate. 2) When I'm past the defender and the goal is open. 3) When the defender is blocking the goal.

NOTES:





PRACTICE (More Challenging): 2 v 1 on Mini Goal

OBJECTIVE: To create chances and score goals.

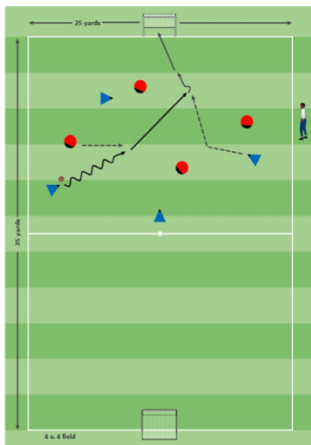
ORGANIZATION: Same as Core Activity, except teams play 2 v 1. Assign two attackers and two defenders to each field and switch defenders after each round.

KEY WORDS: Be open, pass, dribble, shoot

GUIDED QUESTIONS: 1) How can the attackers make the most of their advantage? 2) When should you shoot? 3) When should you pass?

ANSWERS: 1) The attacker with the ball should dribble at the defender, look for passing opportunities, and pass to a teammate. 2) When I'm past the defender and the goal is open. 3) When the defender is blocking the goal.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To move the ball forward, create chances and score goals.

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4 using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Be open, pass, dribble, shoot

GUIDED QUESTIONS: 1) What are your options when you have the ball? 2) When should you shoot? 3) When should you dribble? 4) When should you pass?

ANSWERS: 1) Dribble, pass or shoot. 2) When I'm close to the goal and I have a clear shot 3) When I have open space in front of me but I'm too far away from the goal to shoot. 4) When the defender is blocking the goal/my path or when a teammate is open.

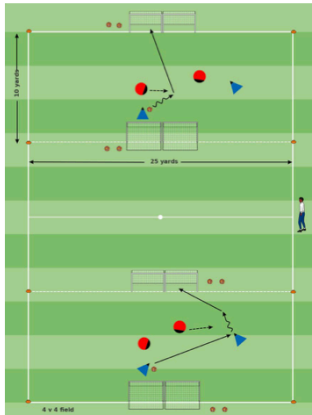
NOTES:

Notes: Pass when defender starts to step, dribble when there is space up the field. GKs used in last phase of practice





Week 8: Scoring – teaching them scoring is fun



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create chances and score goals.

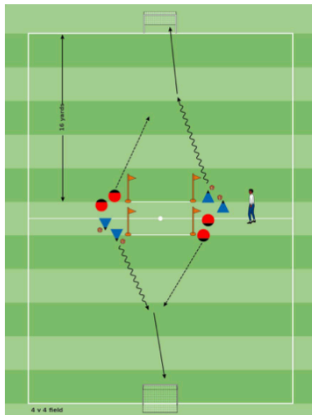
ORGANIZATION: Mark out two 25 x 10-yard fields, each with two double goals. If you don't have enough goals, use poles or cones to mark goals of the proper size. Players are divided into teams of two and take turns playing 2 v 2. Play for 20 minutes with two breaks.

KEY WORDS: Opening, dribble, pass, shoot

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. Pass or dribble past an opponent. 3) Shoot.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 1 v 1 Race to the Goal

OBJECTIVE: To score goals.

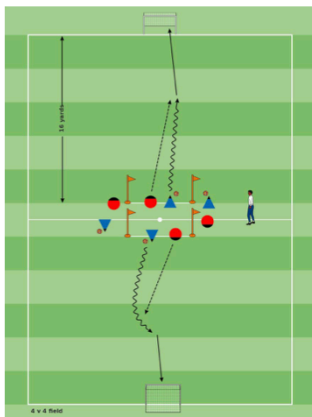
ORGANIZATION: Set up one small goal and one goal line about 16 yards apart. Two groups of four (attackers and defenders) start at positions behind the goal line. As soon as the first attacker starts dribbling forward, the race begins. The defender tries to win the ball and score on the goal line. Play for 20 minutes with two breaks.

KEY WORDS: Dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot. **NOTES:** Start here at the core activity after the first play phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity.





PRACTICE (More Challenging): 1 v 1 Race to the Goal

OBJECTIVE: To score goals.

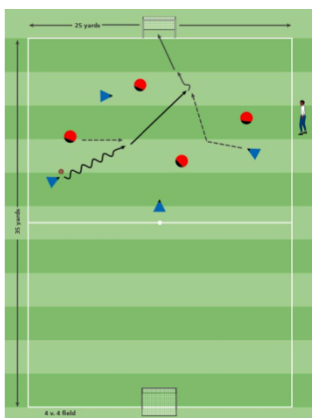
ORGANIZATION: Same as Core Activity, except attacker and defender start out side by side on the goal line.

KEY WORDS: Dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To move the ball forward, create chances and score goals.

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4 using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 min.).

KEY WORDS: Opening, dribble, pass, shoot

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What do you do if you see an opening? 4) What should attackers do when the path to the goal is open? 5) How close do you need to be to shoot? 6) What should you do if the defender catches up to you?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Shoot, pass or dribble through it, depending on the game situation and your position on the field. 4) Dribble toward the goal quickly and directly 5) As close as necessary to be sure of scoring. 6) Cut across in front, block the defender's path and shoot.

NOTES:

Notes: Lots and lots and lots of shots.... Passing into goal. GKs used in all parts of practice

