

#### 4v4- Attacking- Building Up / Creating Chances in Opp Half (A)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

 8

 60 min

**1ST PLAY PHASE: Intentional Free Play**

**PRACTICE (Core Activity): Dribbling Game**

**PRACTICE (Less Challenging): Dribbling Game (Coach as defender)**

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

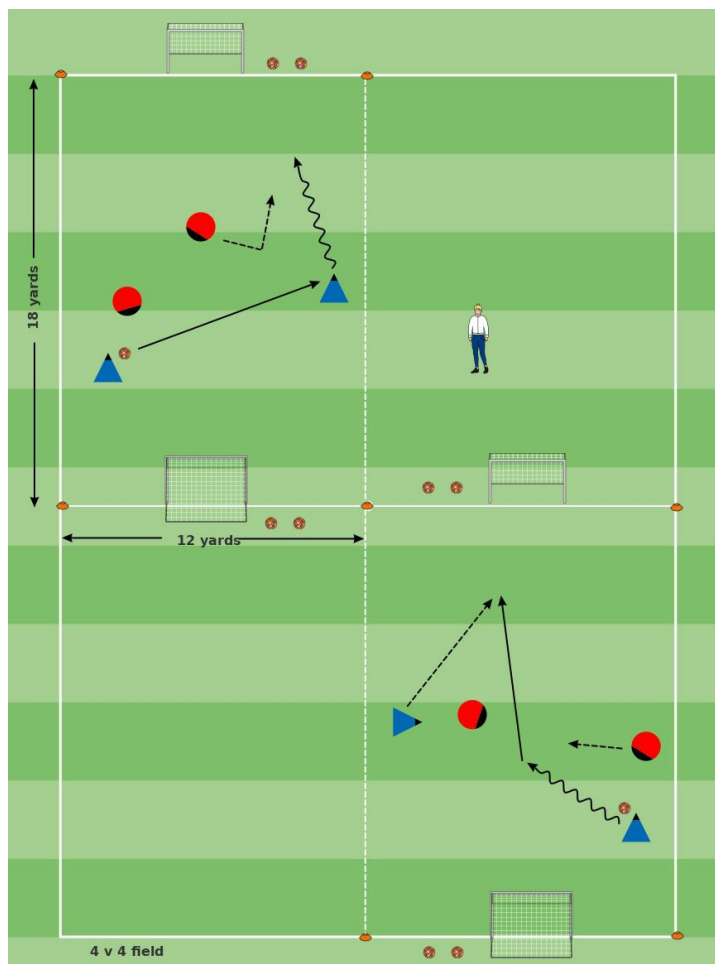
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents and create chances

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
2 vs 2

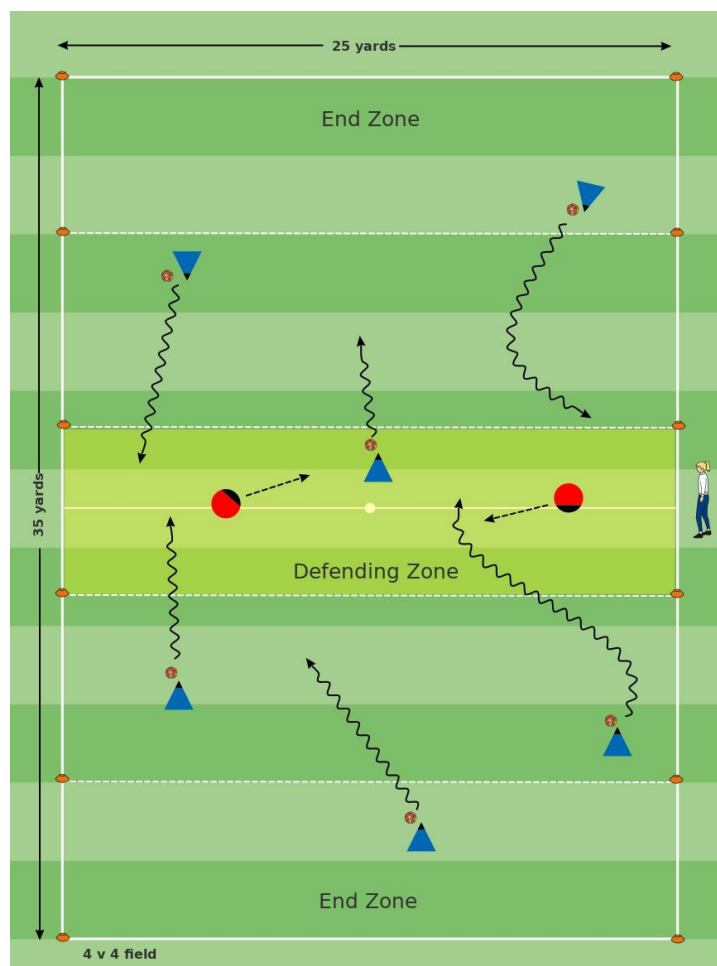
**DURATION:**  
20:0 min

## PRACTICE (Core Activity): Dribbling Game

OBJECTIVE: To dribble past opponents

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
6 vs 2

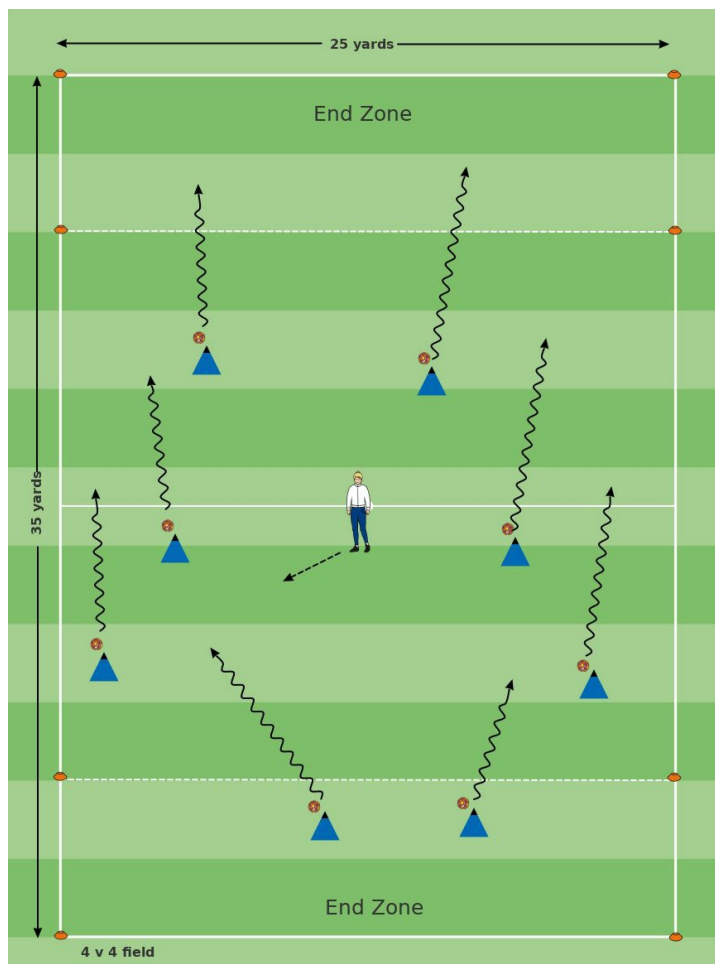
**DURATION:**  
20:0 min

## PRACTICE (Less Challenging): Dribbling Game (Coach as defender)

OBJECTIVE: To dribble past opponents

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



### ORGANIZATION:

Same as Core Activity, except the coach acts as a defender and all the players have to go in the same direction.

### 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 Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase. Refer to the Training Session Manual.



**MOMENT:**

Attacking



**AGE:**

U7-U8 / 4v4



**PLAYERS:**

8 vs 1



**DURATION:**

20:0 min

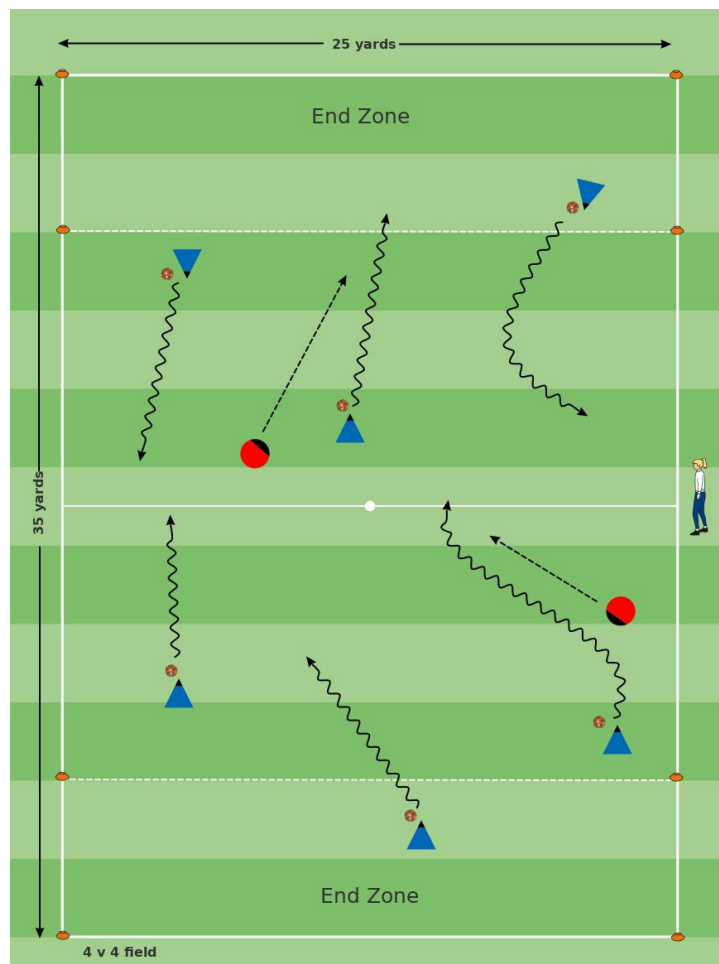


## PRACTICE (More Challenging): Dribbling Game (Two free defenders)

OBJECTIVE: To dribble past opponents.

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
6 vs 2

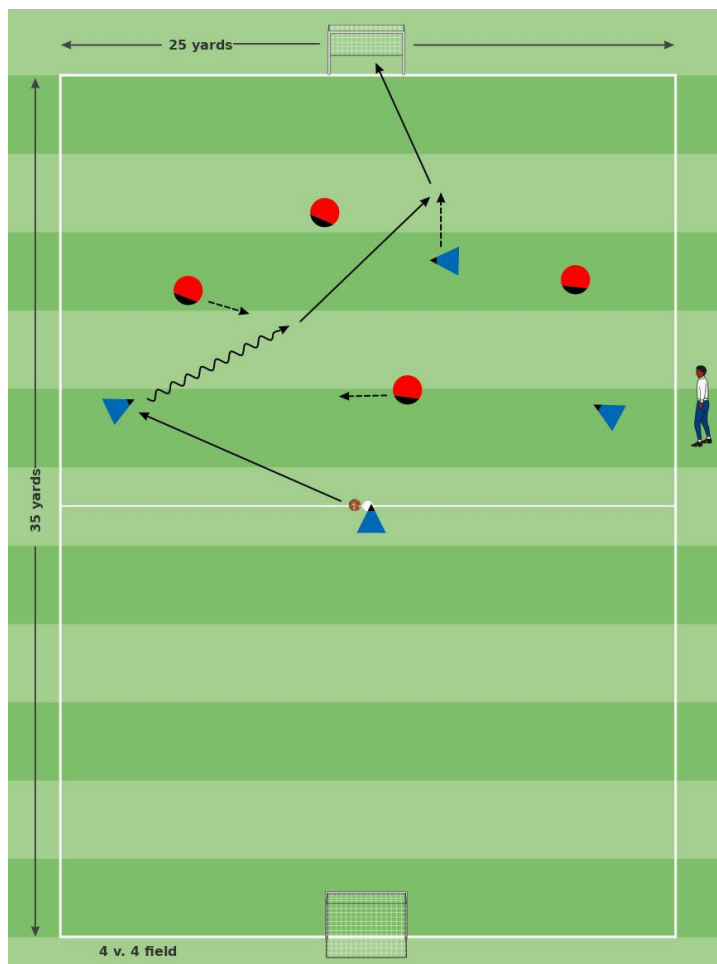
**DURATION:**  
20:0 min

## 2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents and create chances

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

**DURATION:**  
20:0 min

#### 4v4- Attacking- Building Up / Creating Chances in Opp Half (A)

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Pass/dribble, Spread out

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U7-U8 / 4v4 / 8 players

Attacking

DURATION: 60 min



##### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. Coaching: Is there proper coaching, based on the age and level of the player?

##### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

#### 4v4- Attacking- Building Up / Creating Chances in Opp Half (B)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Focus, Initiative

 8

 60 min

**1ST PLAY PHASE: Intentional Free Play**

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

**PRACTICE (Less Challenging): 4 v 2 on Two Goal Lines Each**

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

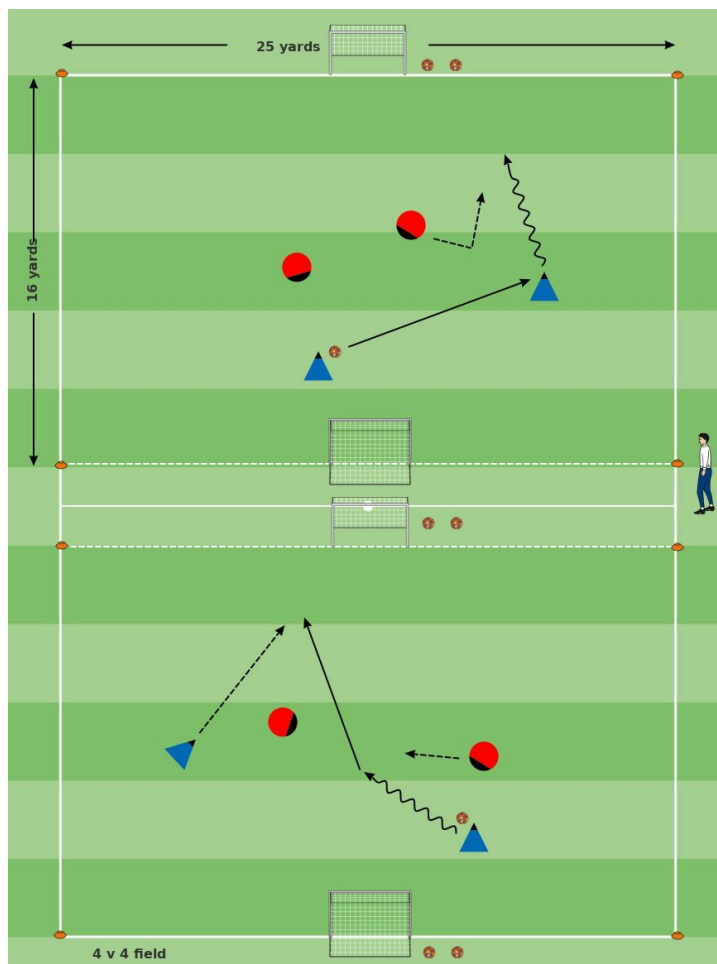
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

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

PLAYER ACTIONS: Spread out, Pass options, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
2 vs 2

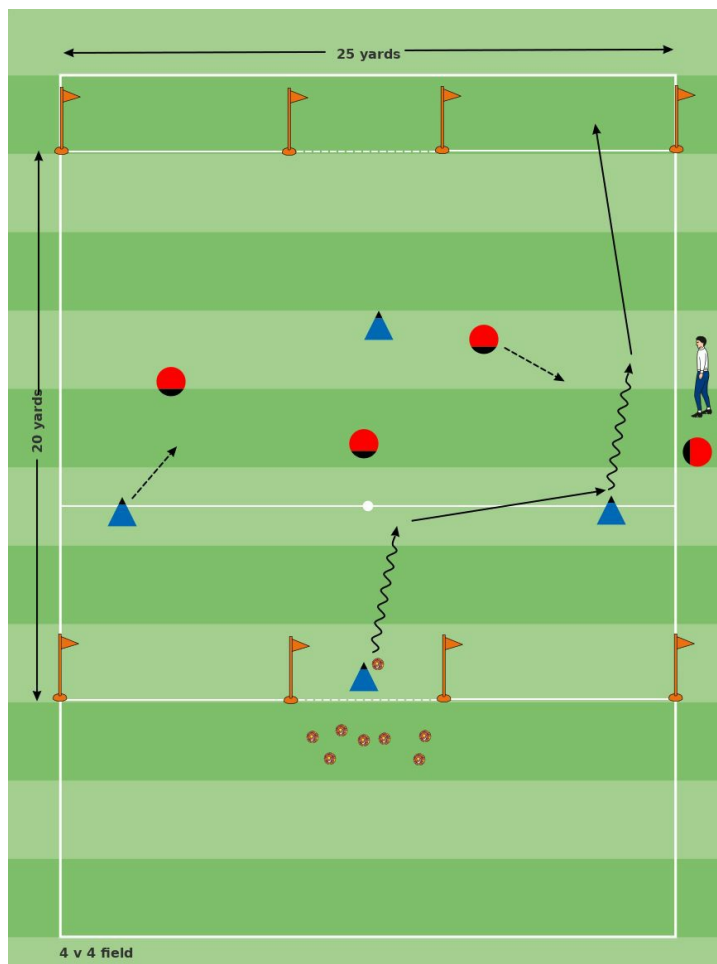
**DURATION:**  
20:0 min

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

OBJECTIVE: To move the ball forward

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### 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 out two attacks. After eight attacks, teams switch roles. Which team scores more goals? Play for 20 minutes with two breaks.

### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 3

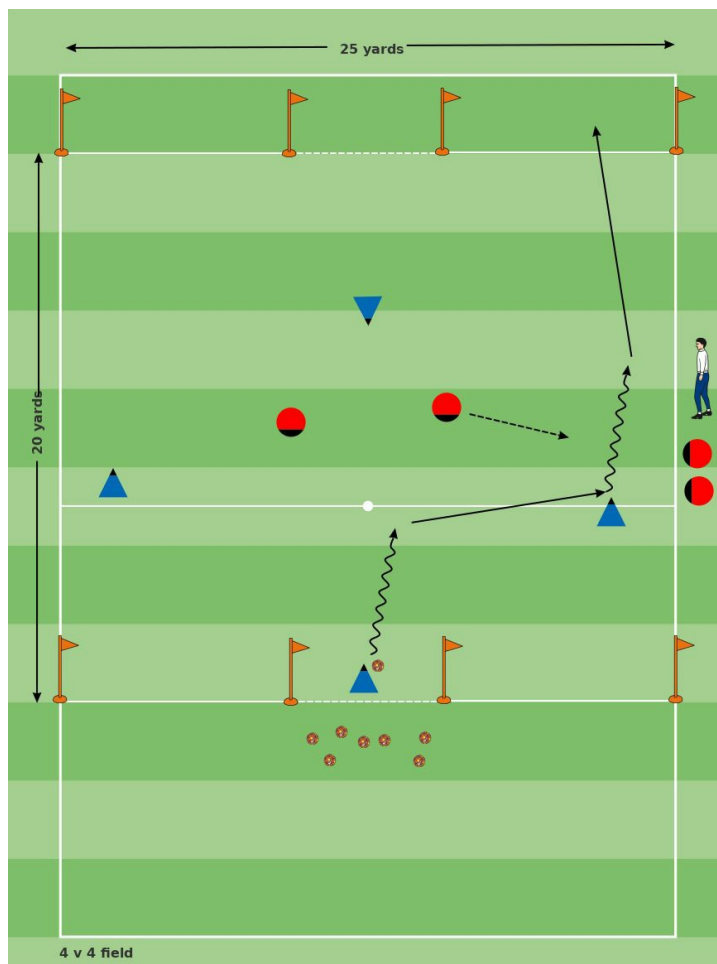
**DURATION:**  
20:0 min

## PRACTICE (Less Challenging): 4 v 2 on Two Goal Lines Each

OBJECTIVE: To move the ball forward

PLAYER ACTIONS: Spread out, Pass options, Pass/dribble

KEY QUALITIES: Read game/make decisions, Focus, Initiative



### ORGANIZATION:

Same as Core Activity, except teams play 4 v 2. The attackers have eight balls as above. The defenders rotate on and off in pairs every two 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 Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.



**MOMENT:**  
Attacking



**AGE:**  
U7-U8 / 4v4



**PLAYERS:**  
4 vs 2



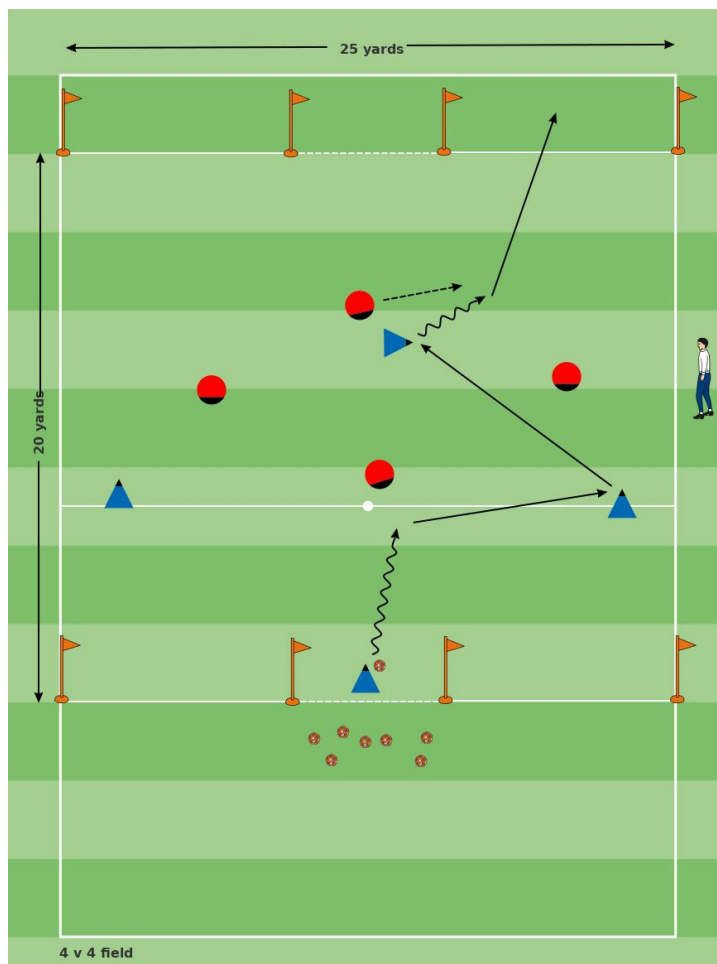
**DURATION:**  
20:0 min

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

OBJECTIVE: To move the ball forward

PLAYER ACTIONS: Spread out, Pass options, Pass/dribble

KEY QUALITIES: Read game/make decisions, Focus, Initiative



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

**DURATION:**  
20:0 min

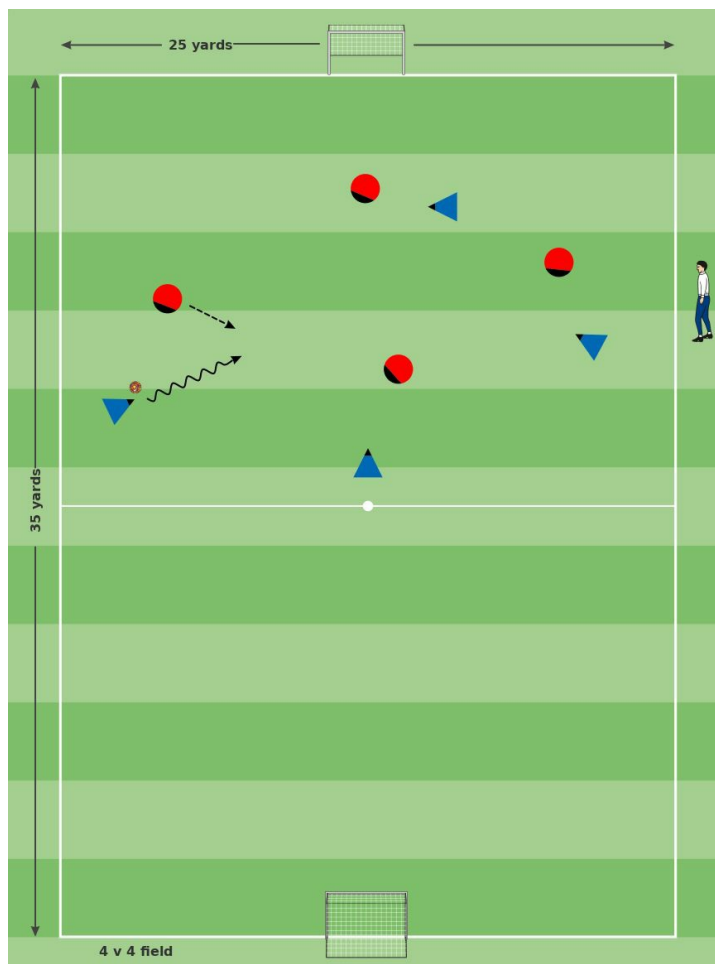


## 2ND PLAY PHASE: The Game

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

**PLAYER ACTIONS:** Spread out, Pass/dribble, Pass options

**KEY QUALITIES:** Read game/make decisions, Focus, Initiative



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

**DURATION:**  
20:0 min

#### 4v4- Attacking- Building Up / Creating Chances in Opp Half (B)

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Focus, Initiative

AGE: U7-U8 / 4v4 / 8 players

Attacking

DURATION: 60 min



##### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. Coaching: Is there proper coaching, based on the age and level of the player?

##### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

#### 4v4- Attacking- Building Up in Own Half (A)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Spread out, Pass/dribble, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



8



60 min

**1ST PLAY PHASE: Intentional Free Play**

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

**PRACTICE (Less Challenging): 3 v 1 with End Zone and Wing Goal Lines**

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

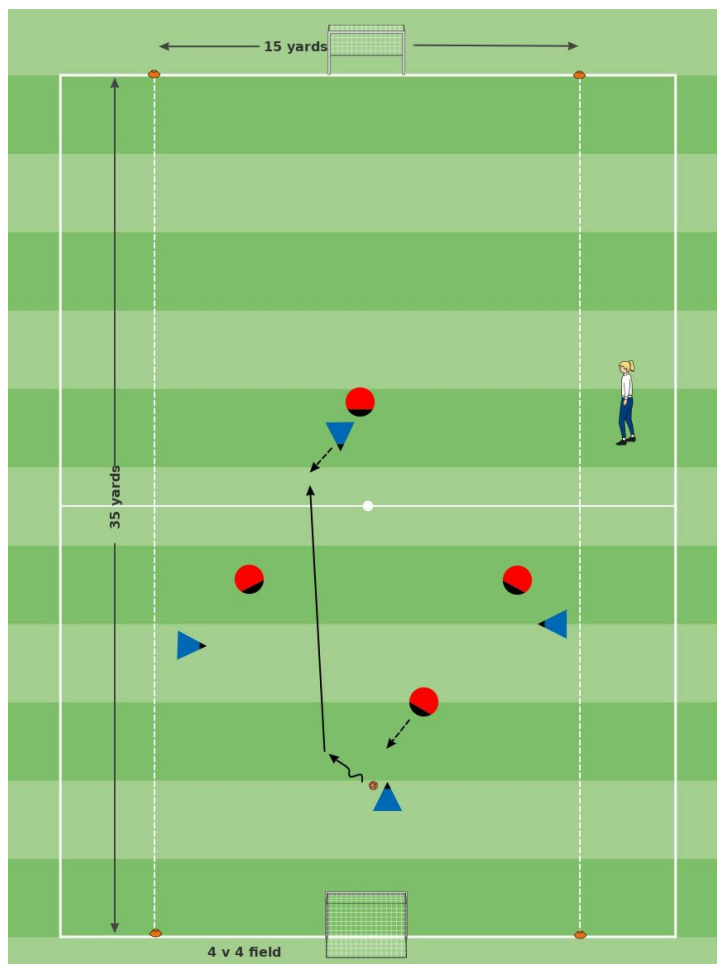
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

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

**PLAYER ACTIONS:** Spread out, Pass options, Pass/dribble

**KEY QUALITIES:** Read game/make decisions, Optimal technical, Initiative



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

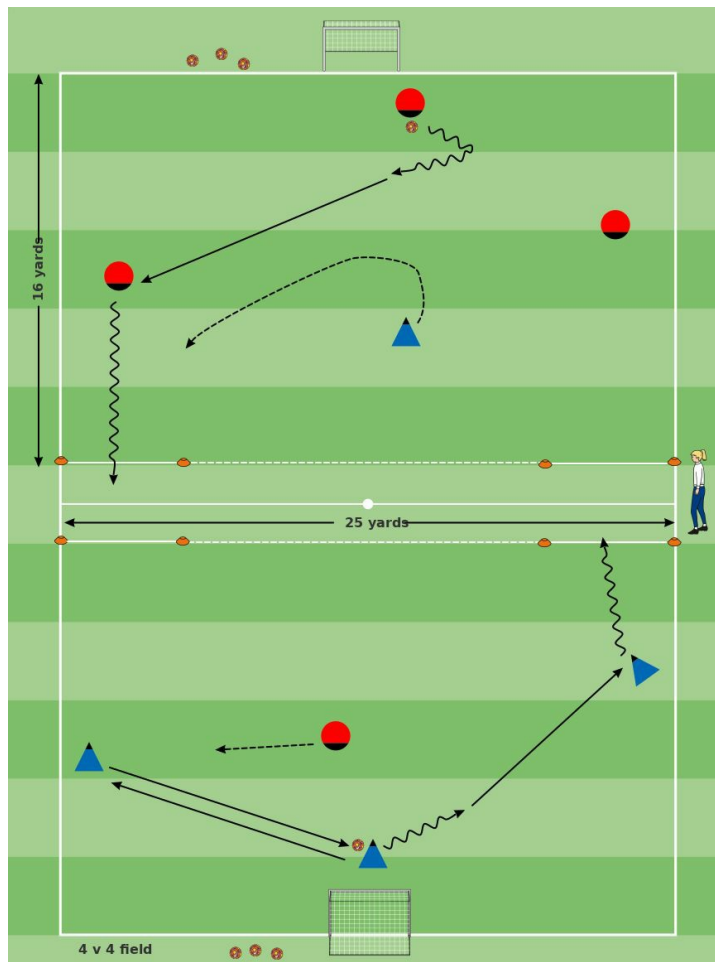
**DURATION:**  
20:0 min

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

OBJECTIVE: To pass or dribble past opponents.

PLAYER ACTIONS: Spread out, Pass/dribble, Pass options

KEY QUALITIES: Read game/make decisions, Optimal technical, Initiative



### 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 more goals? Afterward, choose new defenders. Play for 20 minutes with two breaks.

### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
3 vs 1

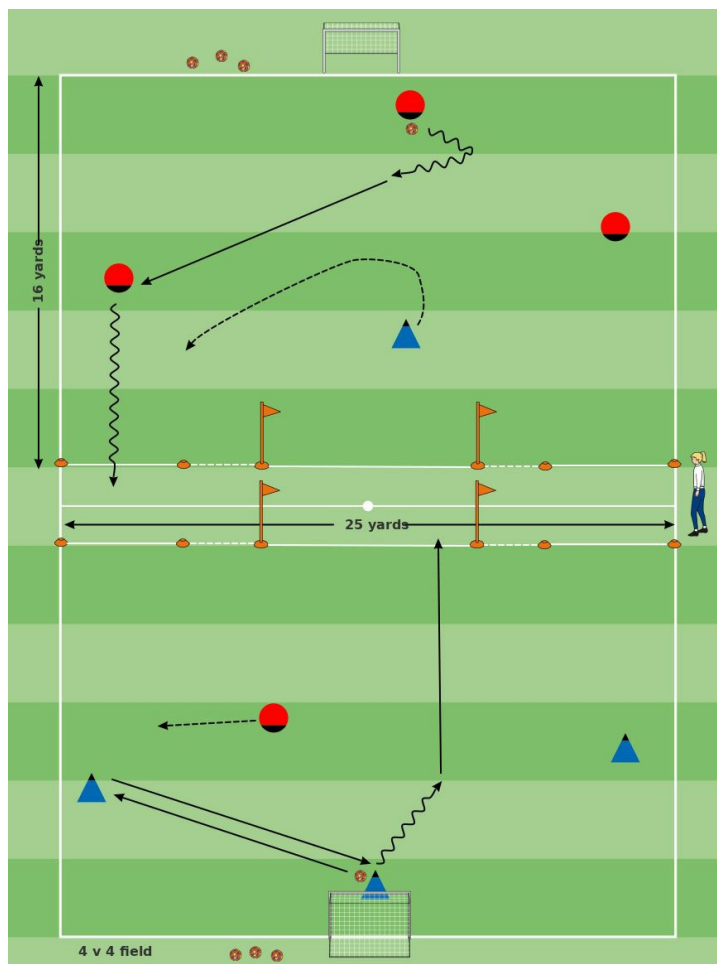
**DURATION:**  
20:0 min

### PRACTICE (Less Challenging): 3 v 1 with End Zone and Wing Goal Lines

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

PLAYER ACTIONS: Spread out, Pass options, Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Initiative



#### ORGANIZATION:

Same as Core Activity, except the attackers can choose between dribbling across the outside goal lines or passing across the one in the middle.

#### KEY WORDS:

Use space, be open, 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 Less Challenging activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
3 vs 1

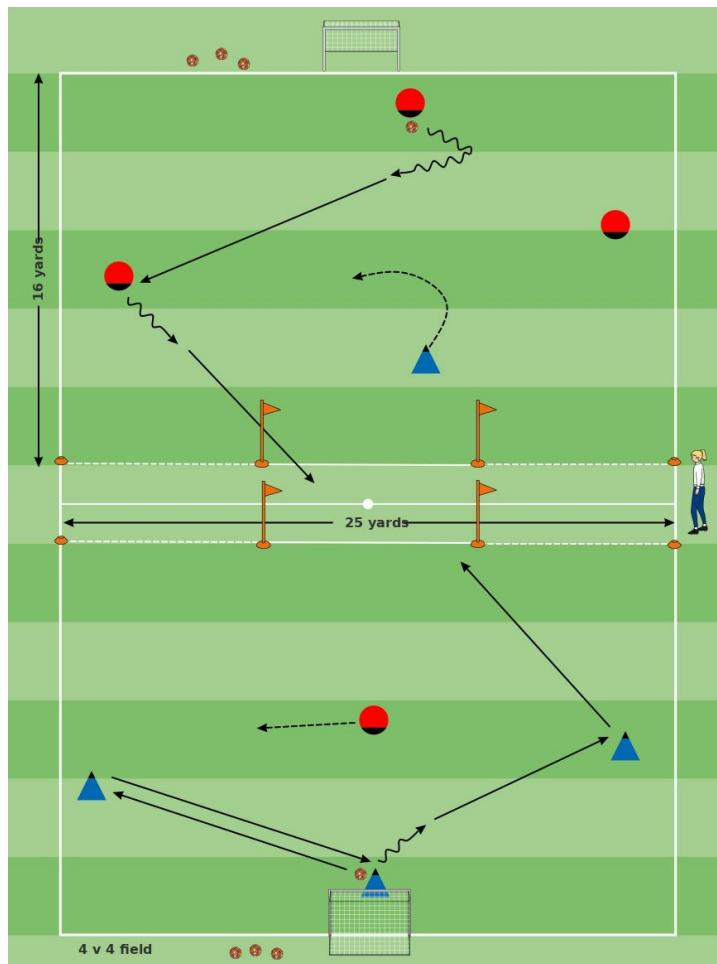
**DURATION:**  
20:0 min

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

OBJECTIVE: To pass or dribble past opponents

PLAYER ACTIONS: Spread out, Pass options, Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Initiative



#### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
3 vs 1

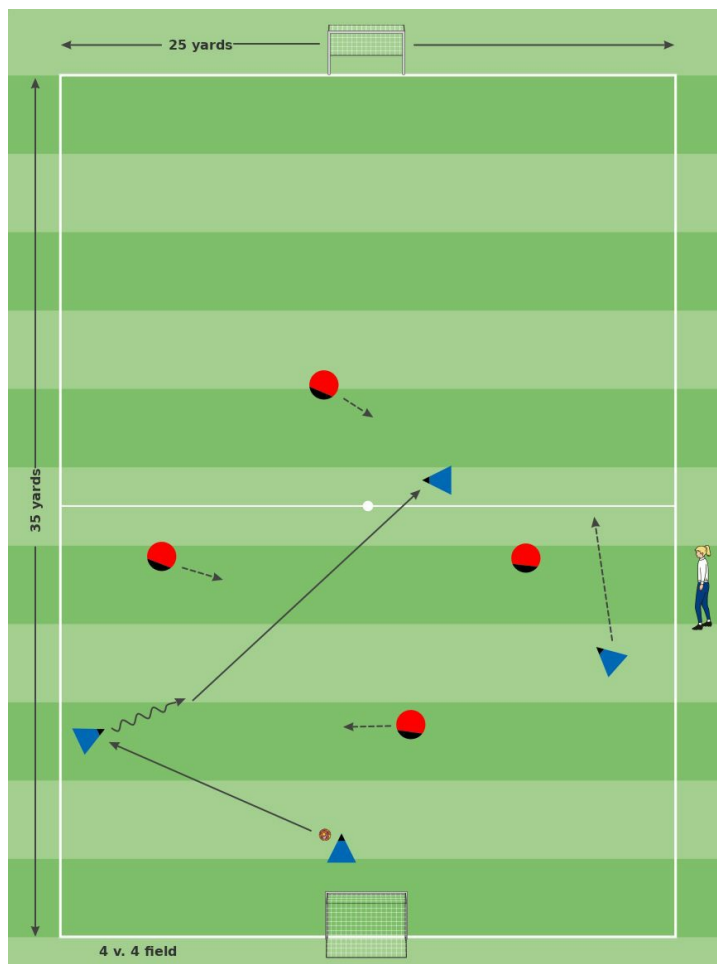
**DURATION:**  
20:0 min

## 2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Spread out, Pass options, Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Initiative



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

**DURATION:**  
20:0 min



#### 4v4- Attacking- Building Up in Own Half (A)

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Spread out, Pass/dribble, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U7-U8 / 4v4 / 8 players

Attacking

DURATION: 60 min



##### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. Coaching: Is there proper coaching, based on the age and level of the player?

##### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

#### 4v4 Attacking- Improve Building-Up in Own Half (B)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Focus

 8

 60 min

**1ST PLAY PHASE: Intentional Free Play**

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

**PRACTICE (Less Challenging): 1 v 1 on Diagonal Goal Lines**

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

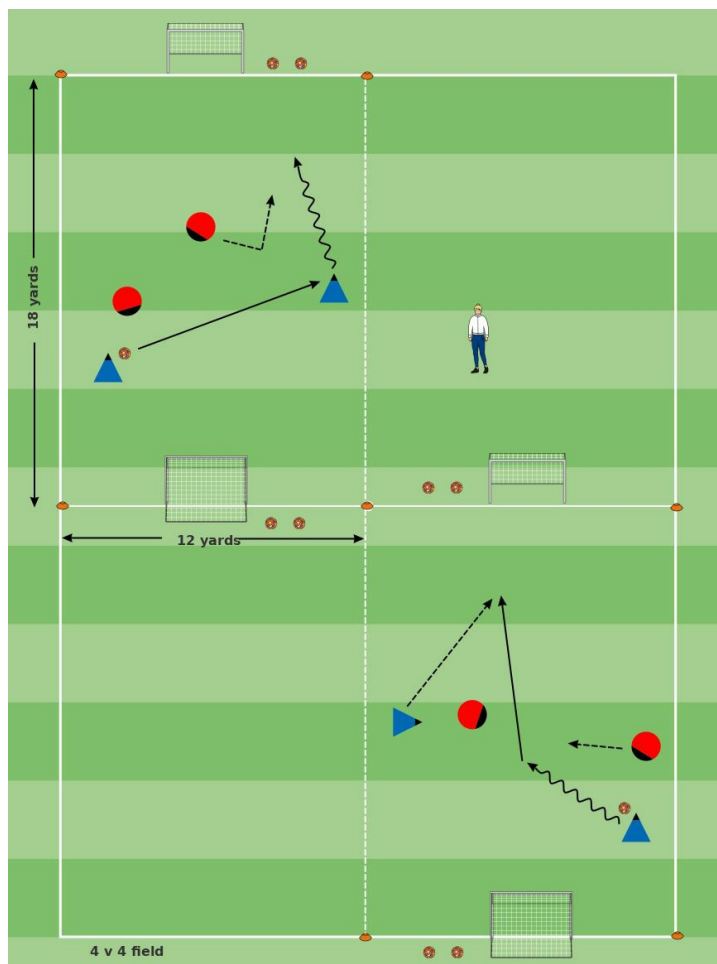
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

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

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Focus



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
2 vs 2

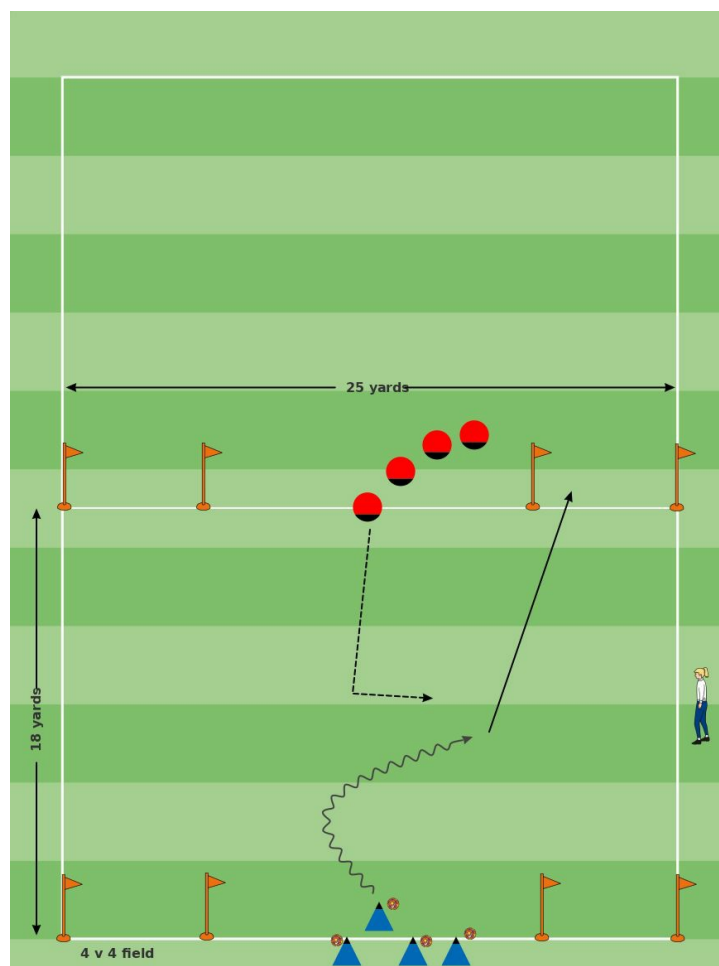
**DURATION:**  
30:0 min

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

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

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Focus



### 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 defender can score by winning the ball and dribbling across a goal line. Afterwards, the next 1 v 1 starts. Play for 20 minutes with two breaks.

### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
1 vs 1

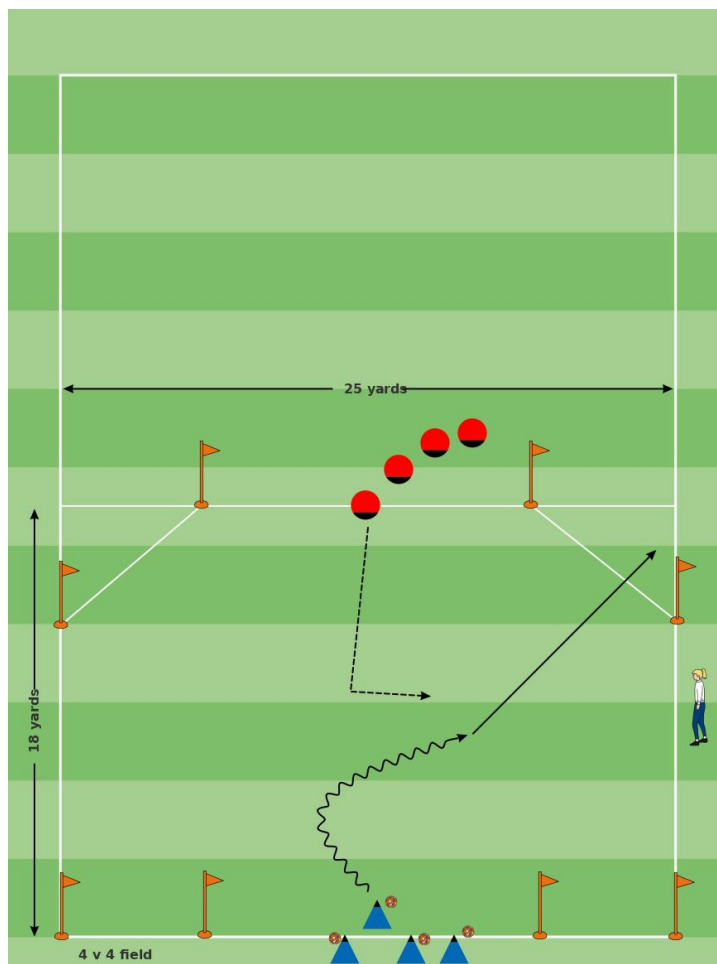
**DURATION:**  
30:0 min

## PRACTICE (Less Challenging): 1 v 1 on Diagonal Goal Lines

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

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Focus



### ORGANIZATION:

Same as Core Activity, except two of the goal lines are set at an angle.

### 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 Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.



**MOMENT:**

Attacking



**AGE:**

U7-U8 / 4v4



**PLAYERS:**

1 vs 1



**DURATION:**

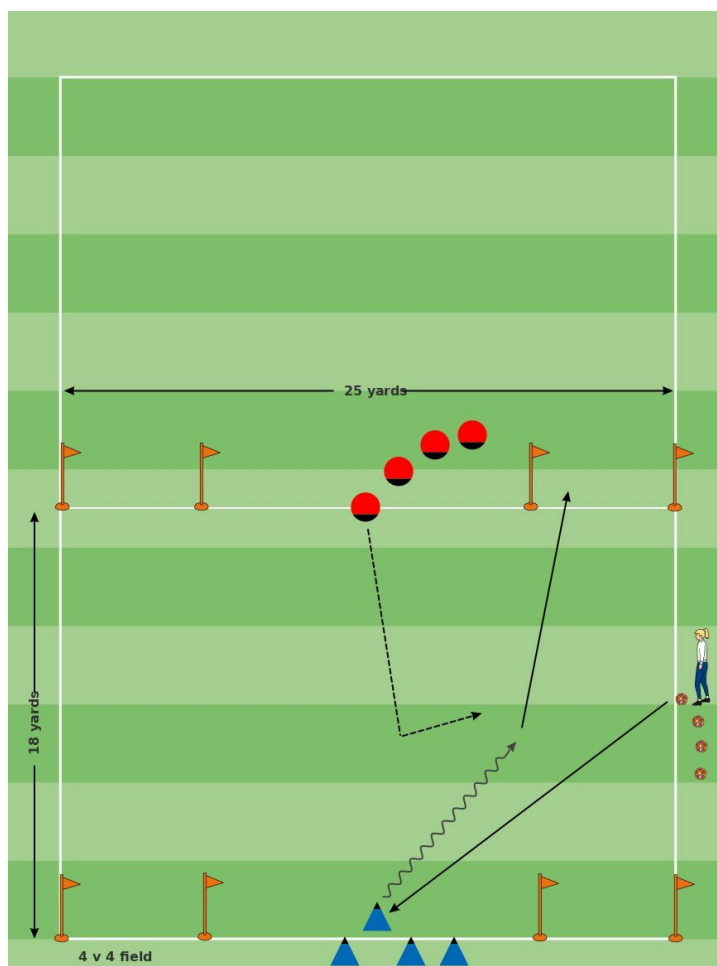
30:0 min

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

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

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Focus



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
1 vs 1

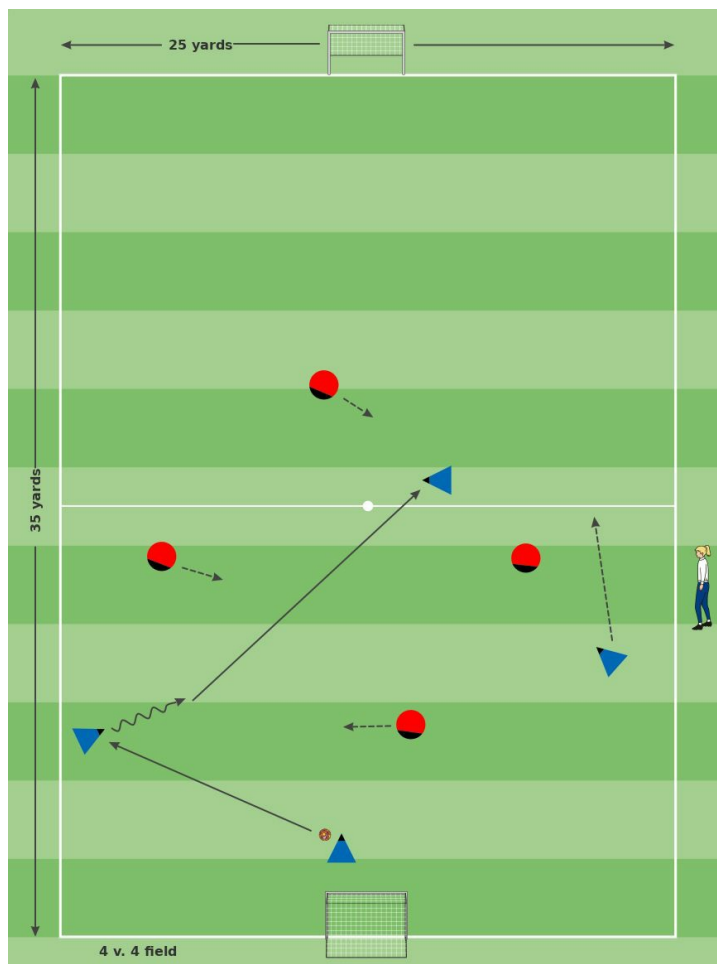
**DURATION:**  
30:0 min

## 2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Focus



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

**DURATION:**  
30:0 min

#### 4v4 Attacking- Improve Building-Up in Own Half (B)

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Focus

AGE: U7-U8 / 4v4 / 8 players

Attacking

DURATION: 60 min



##### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. Coaching: Is there proper coaching, based on the age and level of the player?

##### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:



#### 4v4- Attacking-Improve Scoring Goals (A)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, Pass/dribble

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

 8

 60 min

**1ST PLAY PHASE: Intentional Free Play**

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

**PRACTICE (Less Challenging): 1 v 1 Race to the Goal**

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

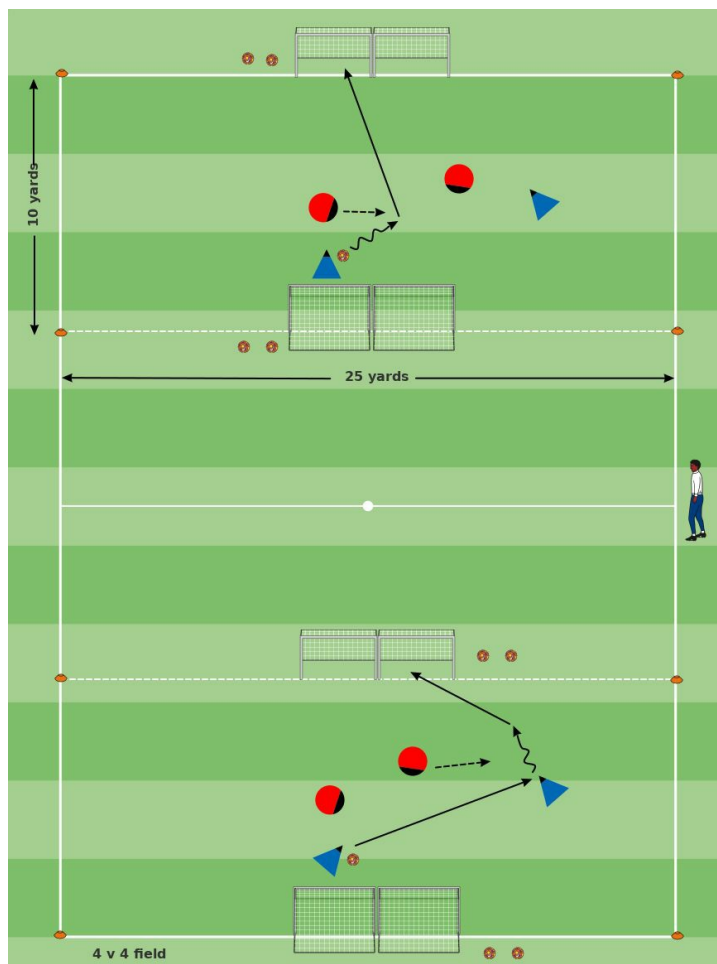
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create chances and score goals.

PLAYER ACTIONS: Shoot, Pass/dribble

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
2 vs 2

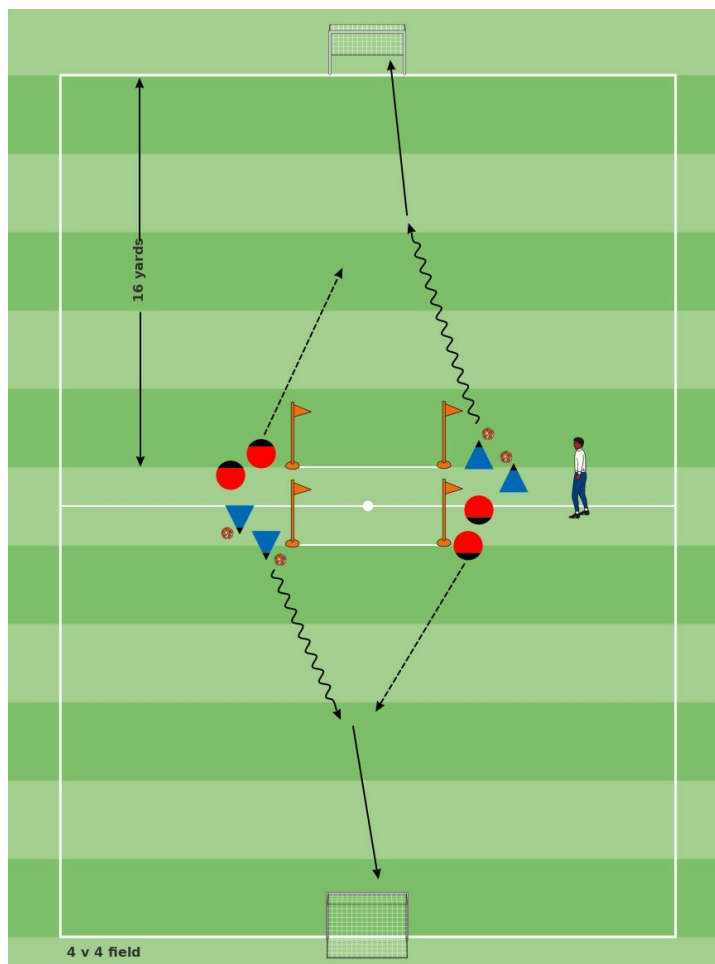
**DURATION:**  
20:0 min

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

OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass/dribble

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



### 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. Spend a total of 30 minutes in the practice phase.

 **MOMENT:**  
Attacking

 **AGE:**  
U7-U8 / 4v4

 **PLAYERS:**  
1 vs 1

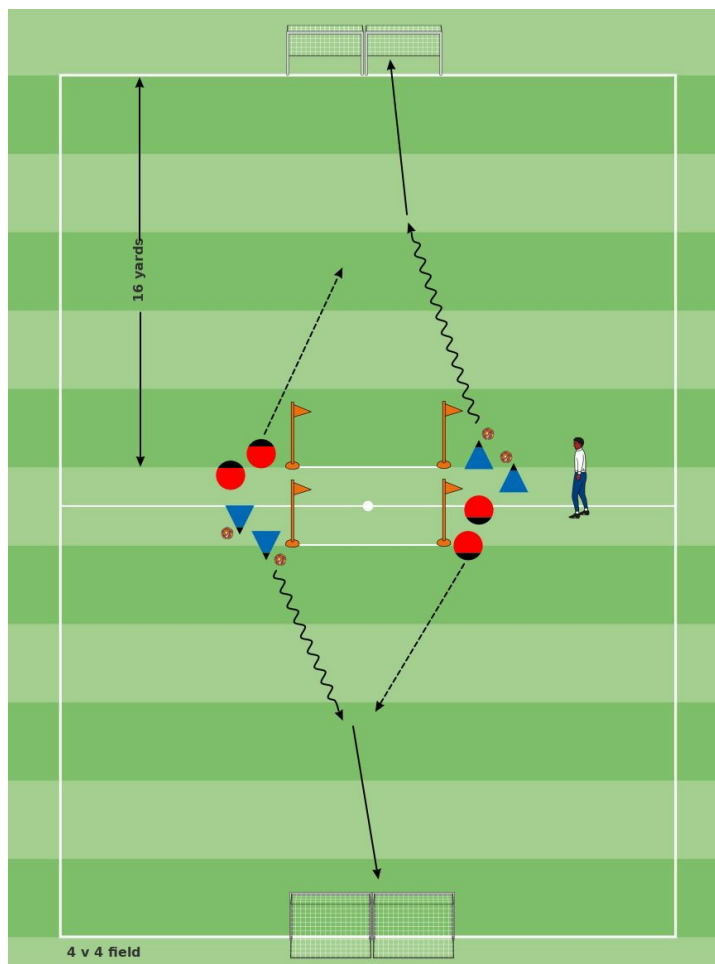
 **DURATION:**  
20:0 min

## PRACTICE (Less Challenging): 1 v 1 Race to the Goal

OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass/dribble

KEY QUALITIES: Read game/make decisions, Optimal technical, Initiative



### ORGANIZATION:

Same as Core Activity, except a second small goal is added, creating a double-wide goal. If you don't have enough goals, use poles or cones to mark goals.

### 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 Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
1 vs 1

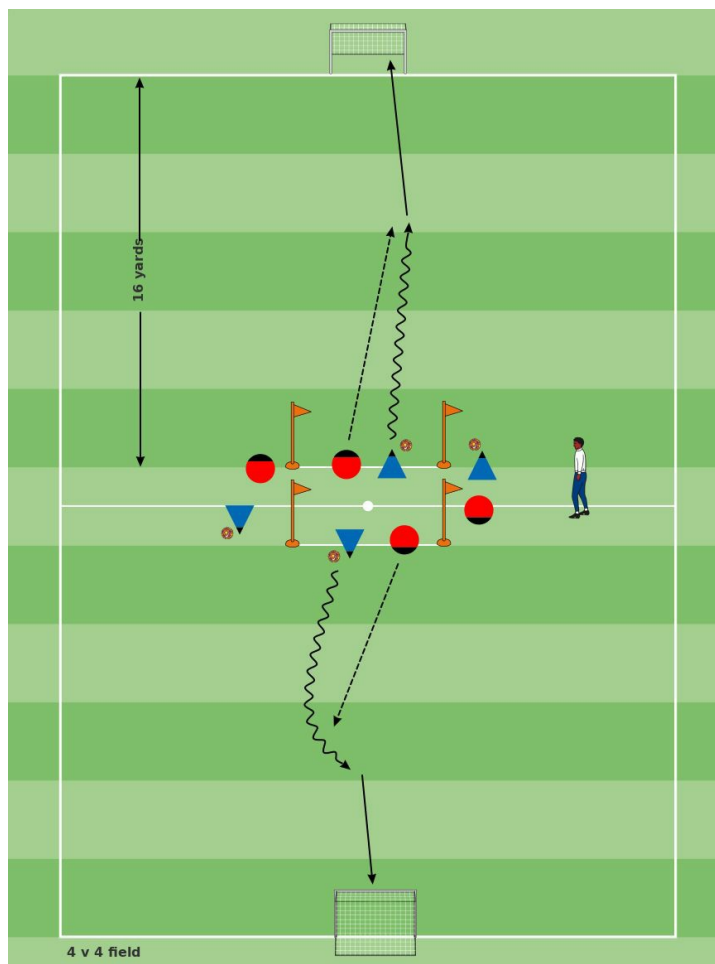
**DURATION:**  
20:0 min

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

OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass/dribble

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
1 vs 1

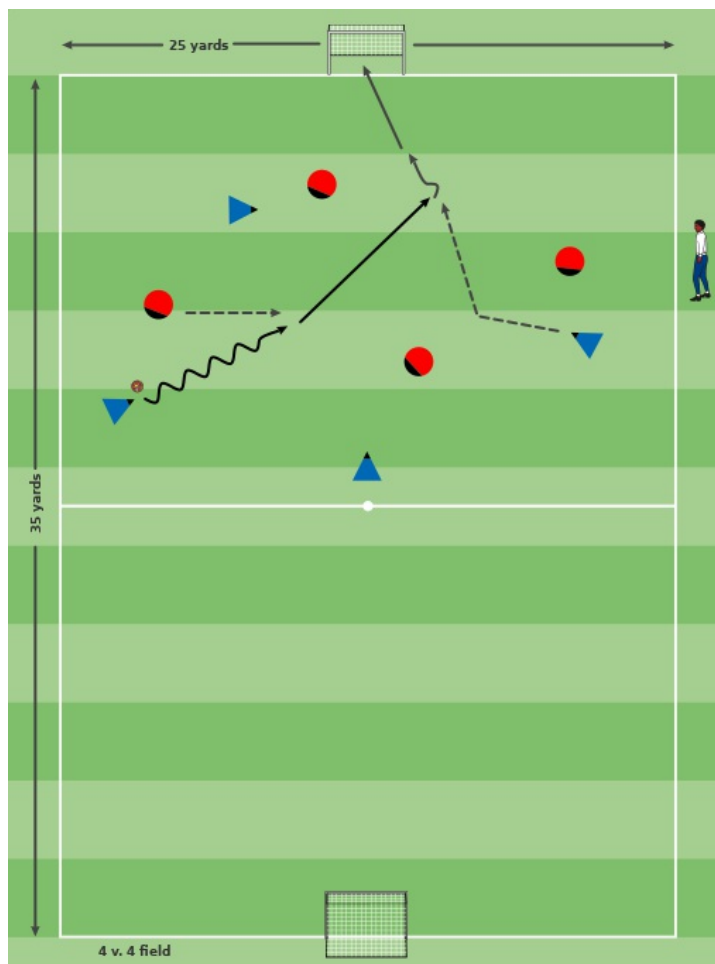
**DURATION:**  
20:0 min

## 2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Shoot, Pass/dribble

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

**DURATION:**  
20:0 min

#### 4v4- Attacking-Improve Scoring Goals (A)

GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, Pass/dribble

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U7-U8 / 4v4 / 8 players

Attacking

DURATION: 60 min



##### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. Coaching: Is there proper coaching, based on the age and level of the player?

##### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

#### 4v4- Attacking-Improve Scoring Goals (B)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, Pass/dribble

KEY QUALITIES: Read game/make decisions, Focus, Initiative

 8

 60 min

**1ST PLAY PHASE: Intentional Free Play**

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

**PRACTICE (Less Challenging): 3 v 1 on Double Goal**

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

**2ND PLAY PHASE: The Game**

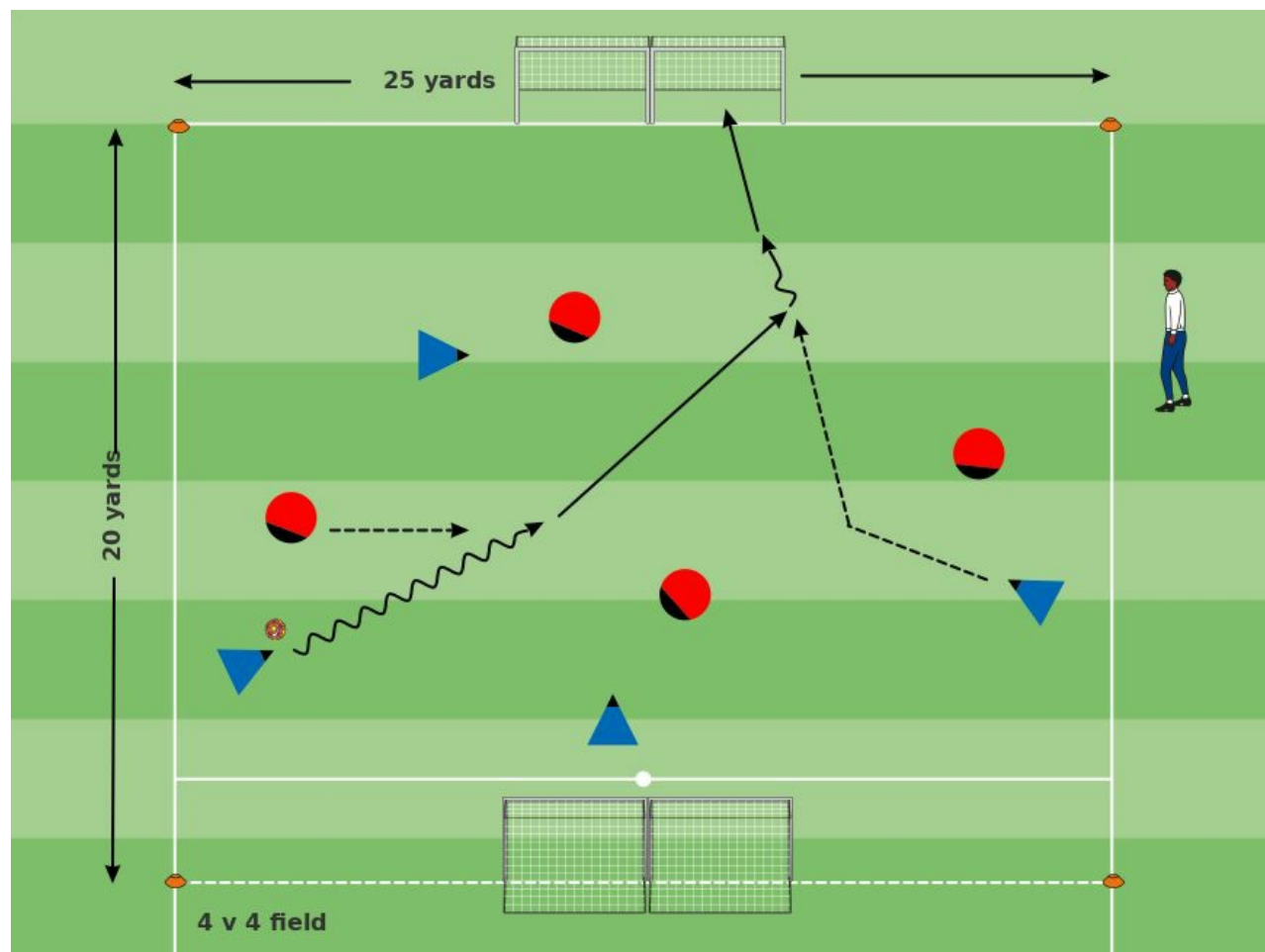


## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create chances and score goals.

PLAYER ACTIONS: Shoot, Pass/dribble, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

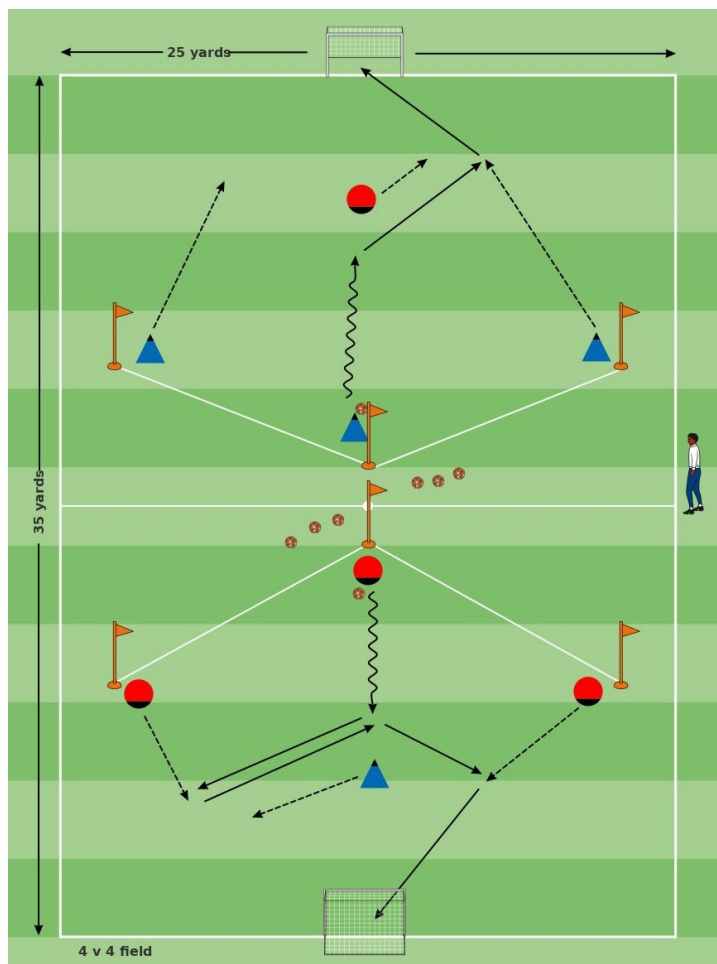
**DURATION:**  
20:0 min

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

OBJECTIVE: To create chances and score goals.

PLAYER ACTIONS: Shoot, Pass/dribble, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### 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 balls/attacks. Which team scores more goals? Afterward, choose new defenders. Play for 20 minutes with two breaks.

### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
3 vs 1

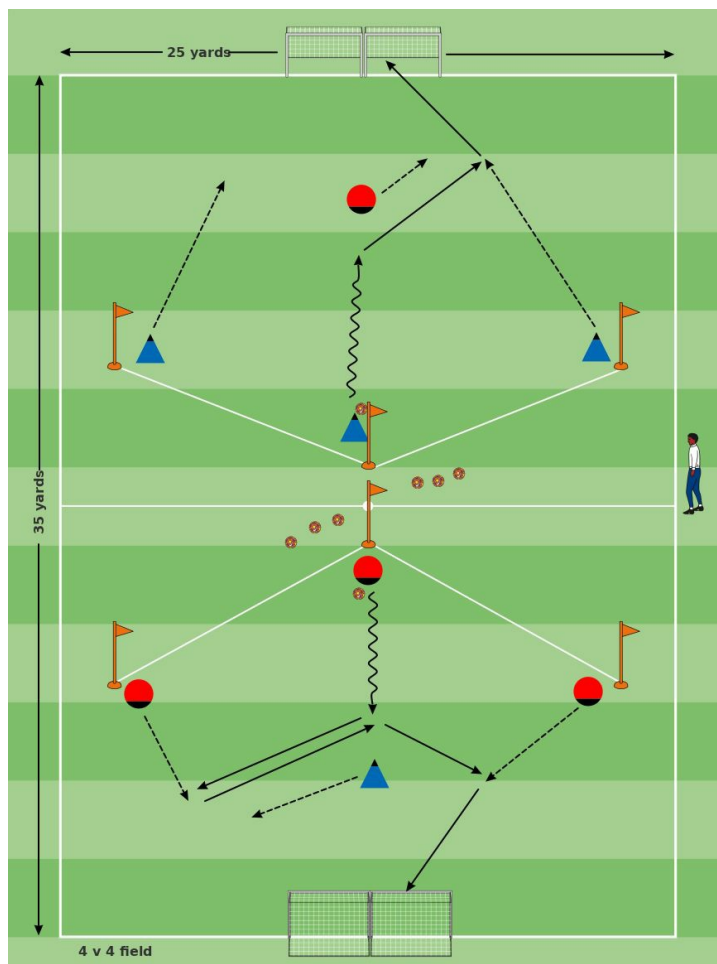
**DURATION:**  
20:0 min

## PRACTICE (Less Challenging): 3 v 1 on Double Goal

OBJECTIVE: To create chances and score goals.

PLAYER ACTIONS: Shoot, Pass/dribble, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Same as Core Activity, except extra goals are added to create double-wide goals. If you don't have four small goals, use poles or cones instead.

### 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:

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

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
3 vs 1

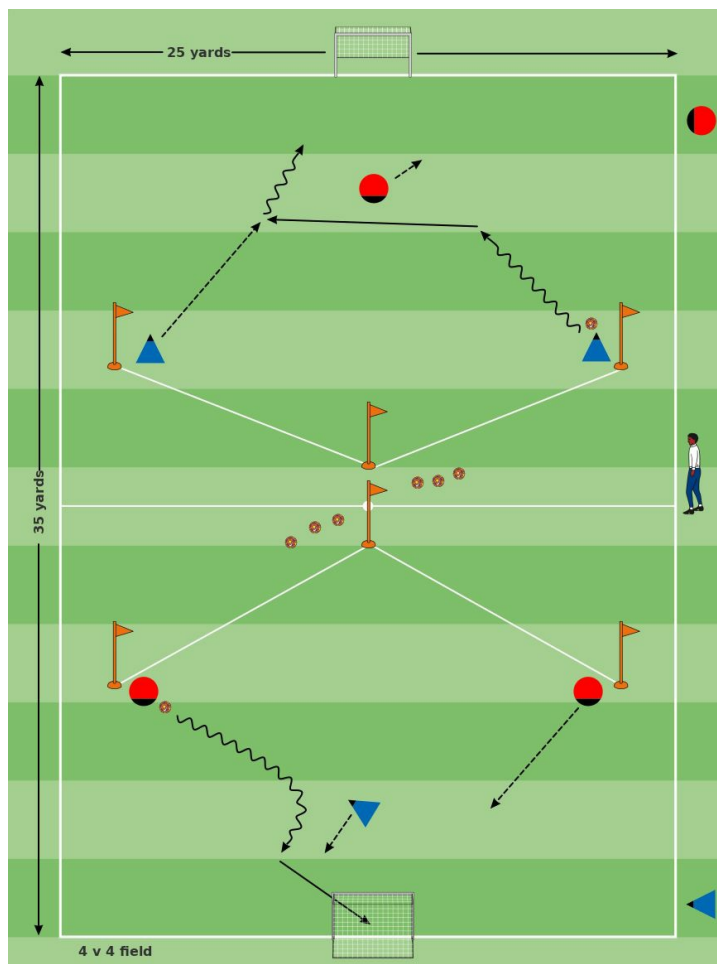
**DURATION:**  
20:0 min

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

OBJECTIVE: To create chances and score goals.

PLAYER ACTIONS: Shoot, Pass/dribble, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
2 vs 1

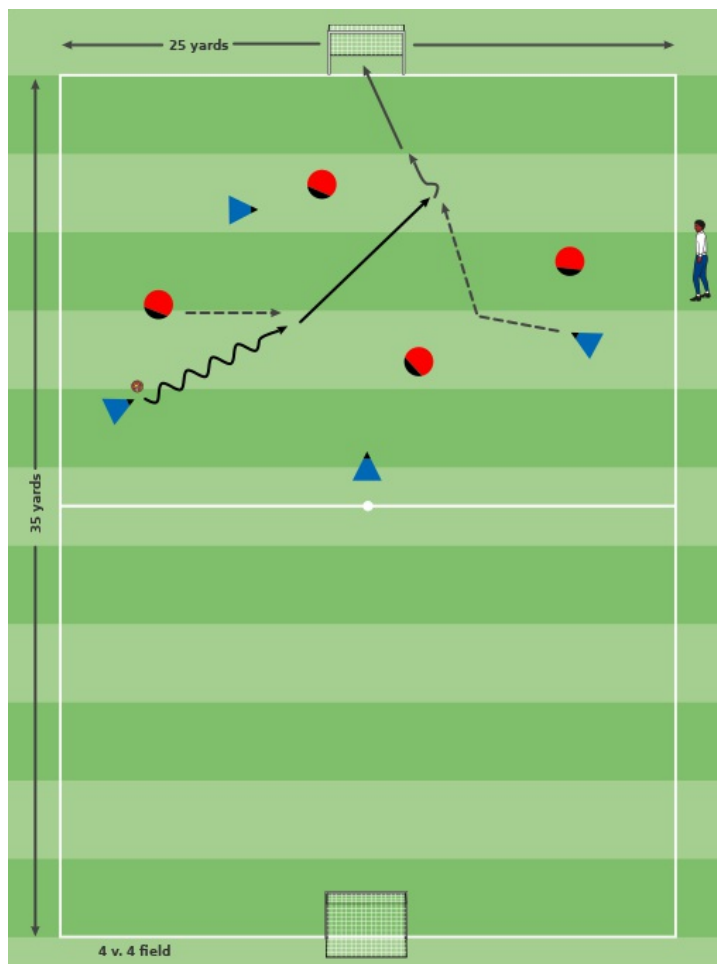
**DURATION:**  
20:0 min

## 2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Shoot, Pass/dribble, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### 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.

**MOMENT:**  
Attacking

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

**DURATION:**  
20:0 min

#### 4v4- Attacking-Improve Scoring Goals (B)

GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, Pass/dribble

KEY QUALITIES: Read game/make decisions, Focus, Initiative

AGE: U7-U8 / 4v4 / 8 players

Attacking

DURATION: 60 min



##### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. Coaching: Is there proper coaching, based on the age and level of the player?

##### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

#### 4V4- Defending- Improve Preventing Building Up in Our Half (A)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Steal, Protect goal

KEY QUALITIES: Read game/make decisions, Initiative, Focus

 8

 60 min

**1ST PLAY PHASE: Intentional Free Play**

**PRACTICE (Core Activity): 4 x 1 v 1 on Endlines**

**PRACTICE (Less Challenging): 4 x 1 v 1 on Endlines**

**PRACTICE (More Challenging): 2 x 2 v 1 on Endlines**

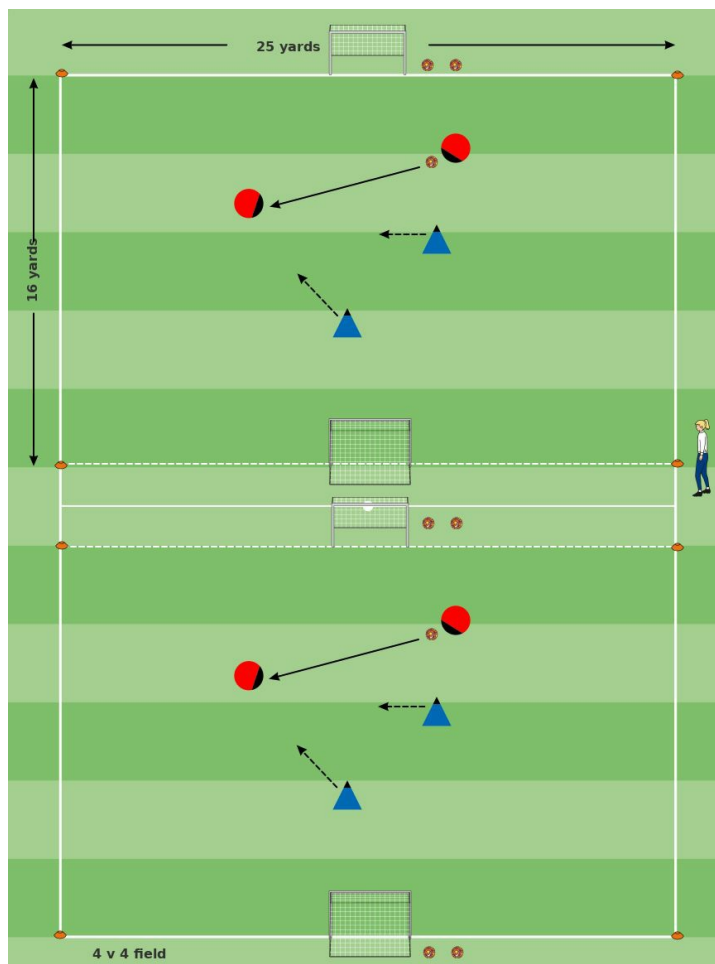
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To deny chances.

PLAYER ACTIONS: Steal, Protect goal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### 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. Rotate players between the fields.

### KEY WORDS:

Protect the goal, steal it!

### 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?

### ANSWERS:

1) In the middle. 2) The path to the middle.

### NOTES:

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

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
2 vs 2

**DURATION:**  
20:0 min

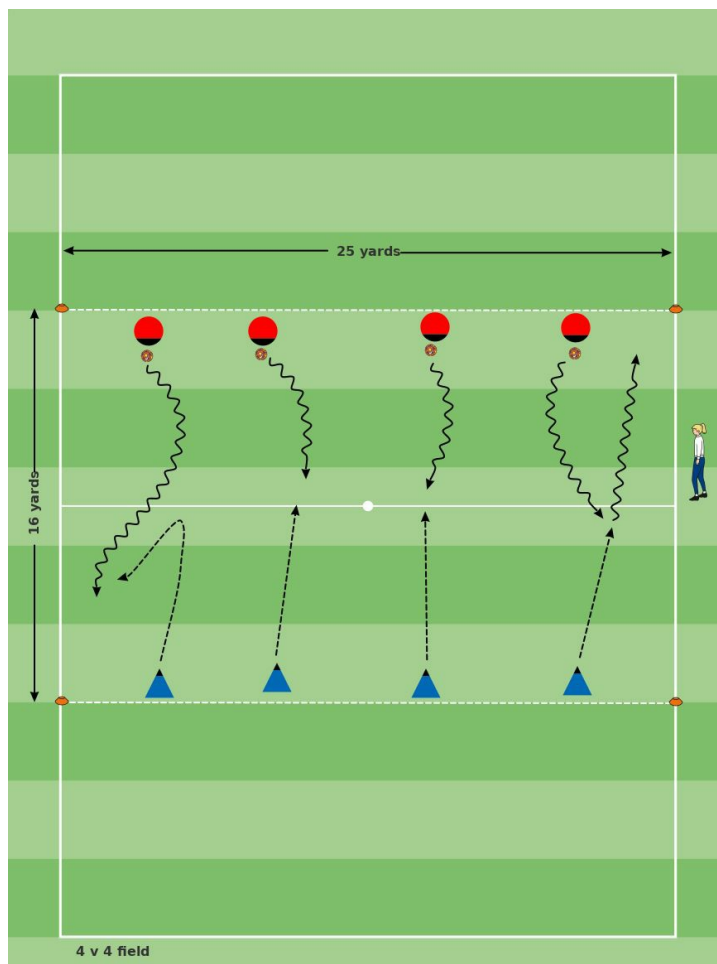


### PRACTICE (Core Activity): 4 x 1 v 1 on Endlines

OBJECTIVE: To stop the opponent's attack and win the ball back.

PLAYER ACTIONS: Steal, Protect goal

KEY QUALITIES: Read game/make decisions, Focus, Initiative



#### ORGANIZATION:

Mark out a 16 x 25-yard field. Divide players into two teams. The attackers (Red) line up on one endline with a ball. The defenders (Blue) line up on the opposite endline. At the coach's signal, all the attackers dribble onto the field and try to dribble across Blue's endline. The defenders try to stop them, steal the ball and counterattack on the opposite endline. Teams switch roles after four rounds.

#### KEY WORDS:

Pressure the ball, steal it!

#### GUIDED QUESTIONS:

1) With all these players running at you, how can you win a ball? 2) How do you steal the ball from an opponent who's dribbling? 3) When the attacker lets the ball get too far away and the ball is not protected. 4) What part of the foot should you use to tackle the ball?

#### ANSWERS:

1) Pick one attacker, block their path and steal the ball from them. 2) By tackling or knocking the ball away. 3) When the attacker lets the ball get too far away. When the ball is not protected. 4) Inside of the foot.

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

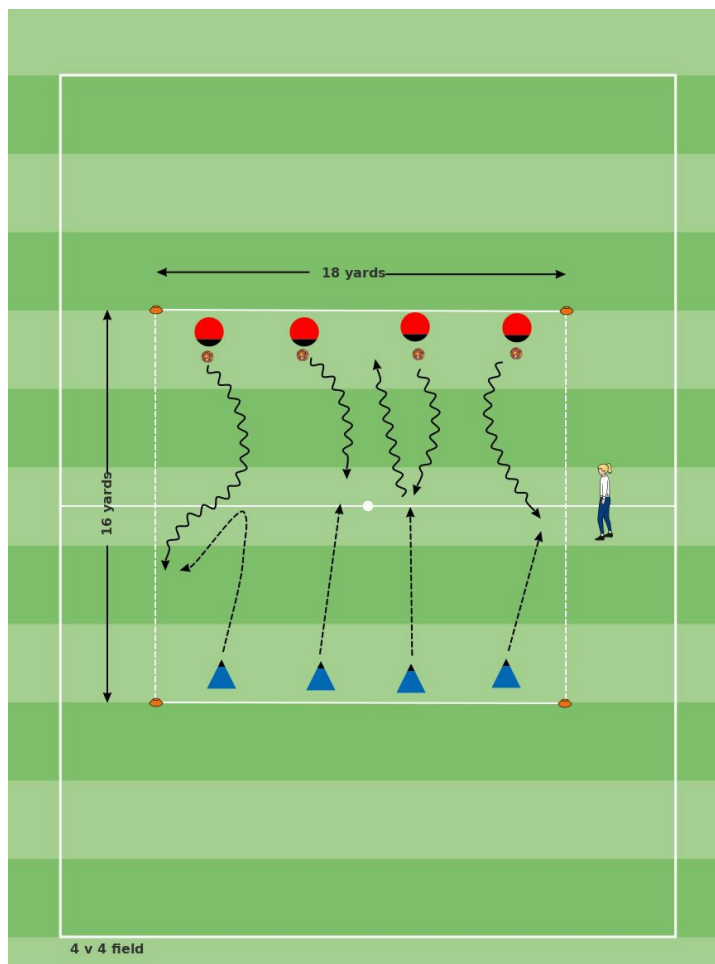
**DURATION:**  
20:0 min

### PRACTICE (Less Challenging): 4 x 1 v 1 on Endlines

OBJECTIVE: To stop the opponent's attack and win the ball back.

PLAYER ACTIONS: Steal, Protect goal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



#### ORGANIZATION:

Same as Core Activity, except on a 16 x 18-yard field.

#### KEY WORDS:

Pressure the ball, steal it!

#### GUIDED QUESTIONS:

1) With all these players running at you, how can you win a ball? 2) How do you steal the ball from an opponent who's dribbling? 3) When the attacker lets the ball get too far away and the ball is not protected. 4) What part of the foot should you use to tackle the ball?

#### ANSWERS:

1) Pick one attacker, block their path and steal the ball from them. 2) By tackling or knocking the ball away. 3) When the attacker lets the ball get too far away. When the ball is not protected. 4) Inside of the foot.

#### NOTES:

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

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

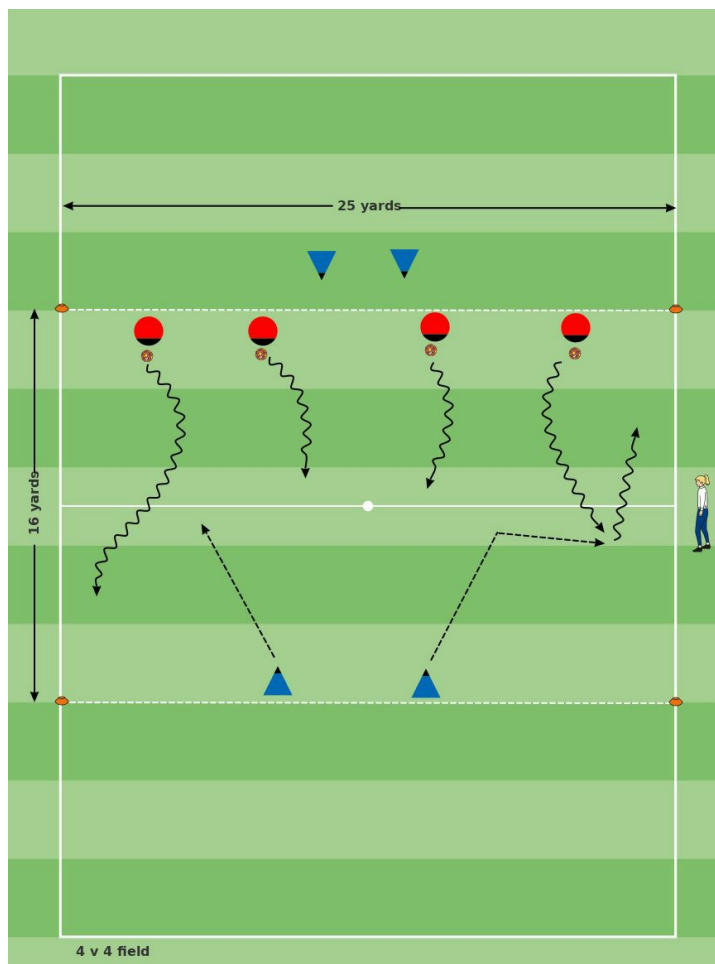
**DURATION:**  
20:0 min

### PRACTICE (More Challenging): 2 x 2 v 1 on Endlines

OBJECTIVE: To stop the opponent's attack and win the ball back.

PLAYER ACTIONS: Steal, Protect goal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



#### ORGANIZATION:

Same as Core Activity, except with two defenders going at one time.

#### KEY WORDS:

Pressure the ball, steal it!

#### GUIDED QUESTIONS:

1) With all these players running at you, how can you win a ball? 2) How do you steal the ball from an opponent who's dribbling? 3) When the attacker lets the ball get too far away and the ball is not protected. 4) What part of the foot should you use to tackle the ball?

#### ANSWERS:

1) Pick one attacker, block their path and steal the ball from them. 2) By tackling or knocking the ball away. 3) When the attacker lets the ball get too far away. When the ball is not protected. 4) Inside 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.



**MOMENT:**

Defending



**AGE:**

U7-U8 / 4v4



**PLAYERS:**

2 vs 1



**DURATION:**

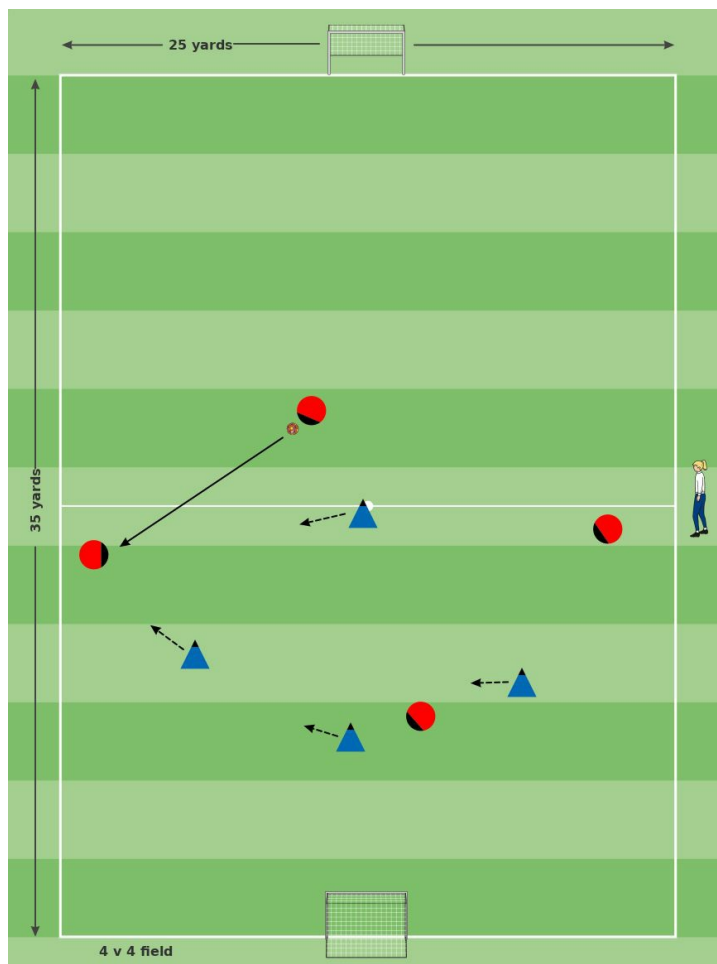
20:0 min

## 2ND PLAY PHASE: The Game

**OBJECTIVE:** To stop the opponent's attack, deny chances and win the ball back.

**PLAYER ACTIONS:** Steal, Protect goal

**KEY QUALITIES:** Read game/make decisions, Initiative, Focus



### 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:

Protect the goal, Pressure the ball, steal it!

### 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) How do you steal the ball from an opponent who's dribbling? 4) What's a good moment to steal the ball? 5) What part of the foot should you use to tackle the ball?

### ANSWERS:

1) In the middle. 2) The path to the middle. 3) By tackling or knocking the ball away. 4) When the attacker lets the ball get too far away. When the ball is not protected. 5) Inside of the foot.

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

**DURATION:**  
20:0 min

#### 4V4- Defending- Improve Preventing Building Up in Our Half (A)

GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Steal, Protect goal

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U7-U8 / 4v4 / 8 players

Defending

DURATION: 60 min



##### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. Coaching: Is there proper coaching, based on the age and level of the player?

##### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

#### 4V4- Defending- Improve Preventing Building Up in Our Half (B)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Get compact, Steal, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus

 8

 60 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): From 1 v 2 to 2 v 2

PRACTICE (Less Challenging): 1 v 2

PRACTICE (More Challenging): 2 v 2

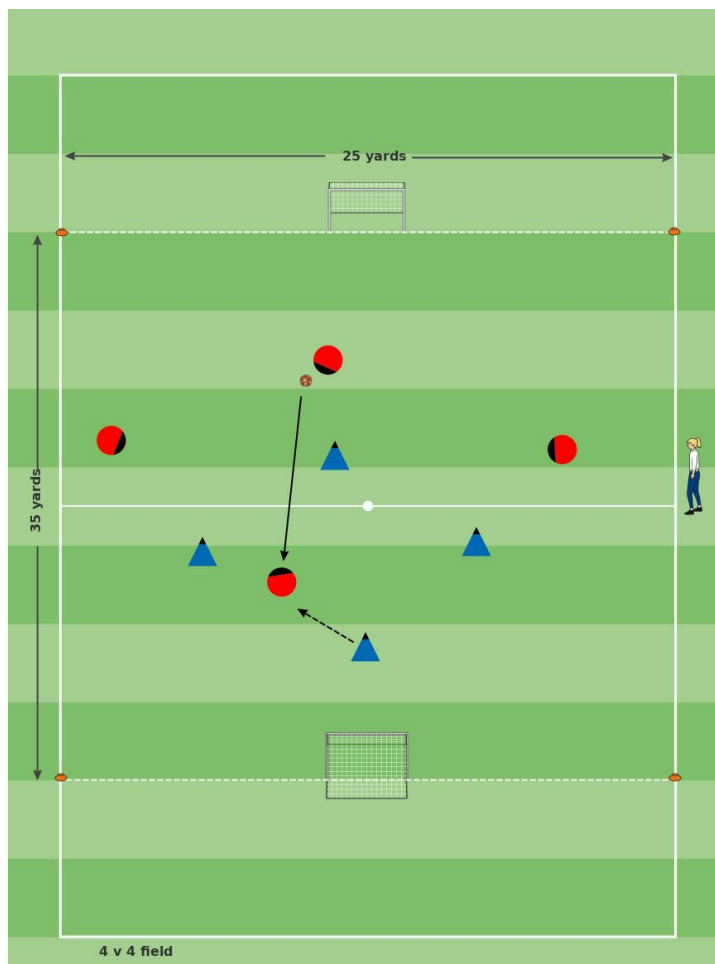
2ND PLAY PHASE: The Game

## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To stop the opponent's attack, deny chances and win the ball back.

PLAYER ACTIONS: Get compact, Steal, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Mark out a 35 x 25-yard field 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:

Get compact, stay compact, pressure the ball

### 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) And 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:

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

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

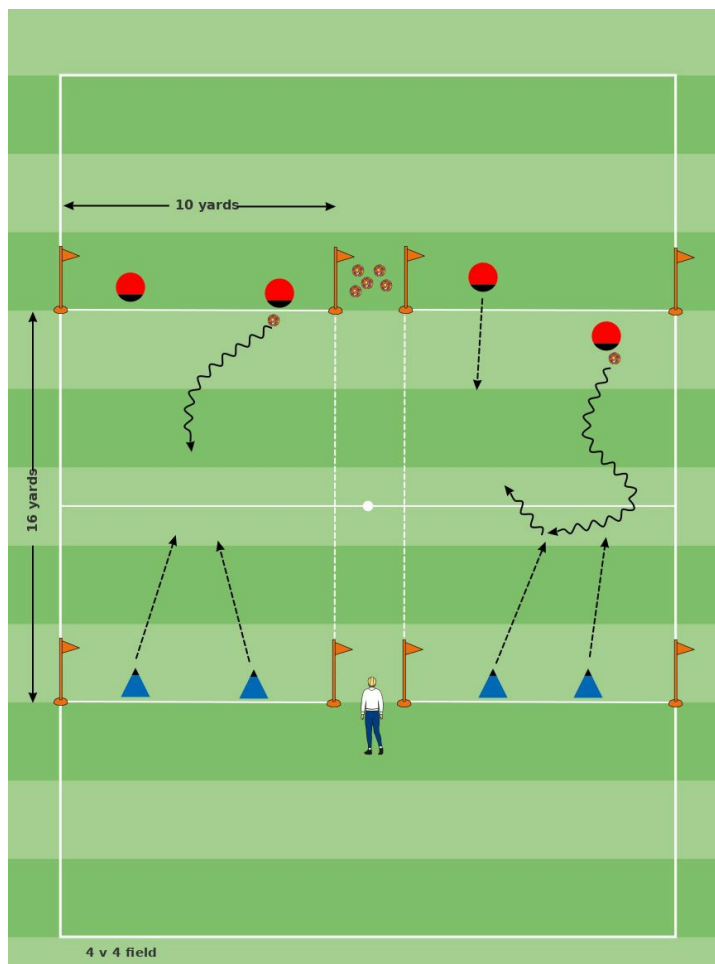
**DURATION:**  
20:0 min

## PRACTICE (Core Activity): From 1 v 2 to 2 v 2

OBJECTIVE: To stop the opponent's attack, win the ball back and score.

PLAYER ACTIONS: Get compact, Steal, Stay compact

KEY QUALITIES: Read game/make decisions, Focus, Initiative



### ORGANIZATION:

Mark out two 16 x 10-yard fields. On each field, two attackers (Red) and two defenders (Blue) line up behind the endlines. They start out playing 1 v 2. Red tries to dribble across Blue's endline. If the attack succeeds, the round is over. If the Blue defenders win the ball, the second Red attacker runs in, changing the 1 v 2 to a 2 v 2. After each round, players return to their original positions and start a new 1 v 2.

### KEY WORDS:

Get compact, stay compact, pressure the ball

### GUIDED QUESTIONS:

1) How can you keep the attacker from dribbling past you? 2) How can you help the other defender?

### ANSWERS:

1) By blocking the path forward. 2) By staying close together to protect the goal and communicating with each other to win the ball. 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.

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
2 vs 2

**DURATION:**  
20:0 min

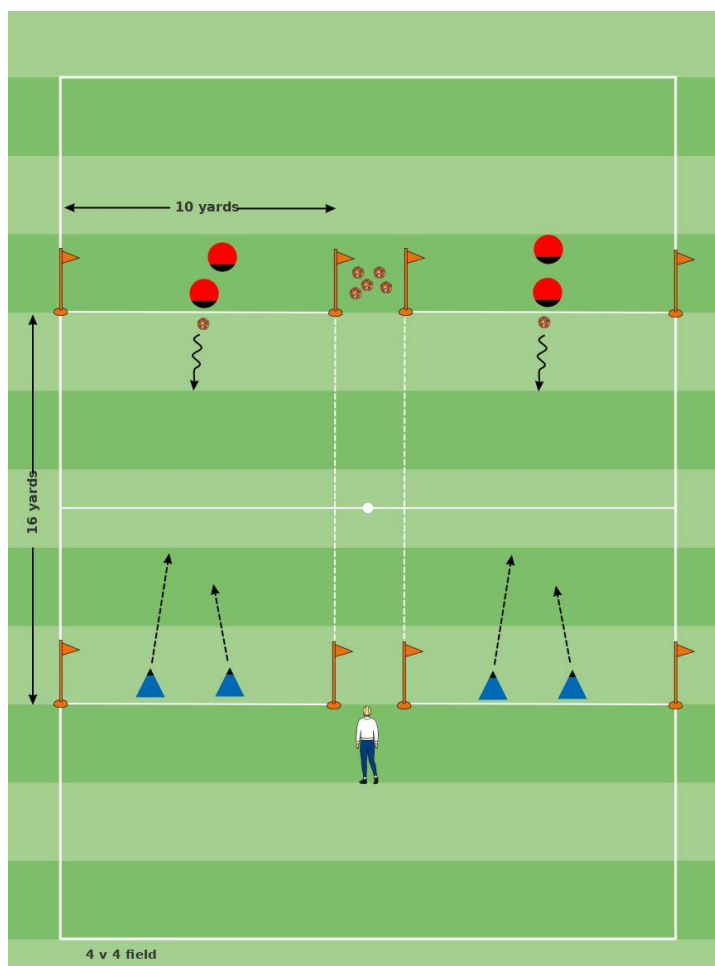


## PRACTICE (Less Challenging): 1 v 2

OBJECTIVE: To stop the opponent's attack, win the ball back and score.

PLAYER ACTIONS: Get compact, Steal, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Same as Core Activity, except players play 1 v 2.

### KEY WORDS:

Get compact, stay compact, pressure the ball

### GUIDED QUESTIONS:

1) How can you keep the attacker from dribbling past you? 2) How can you help the other defender?

### ANSWERS:

1) By blocking the path forward. 2) By staying close together to protect the goal and communicating with each other to win the ball.

### NOTES:

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



**MOMENT:**

Defending



**AGE:**

U7-U8 / 4v4



**PLAYERS:**

1 vs 2



**DURATION:**

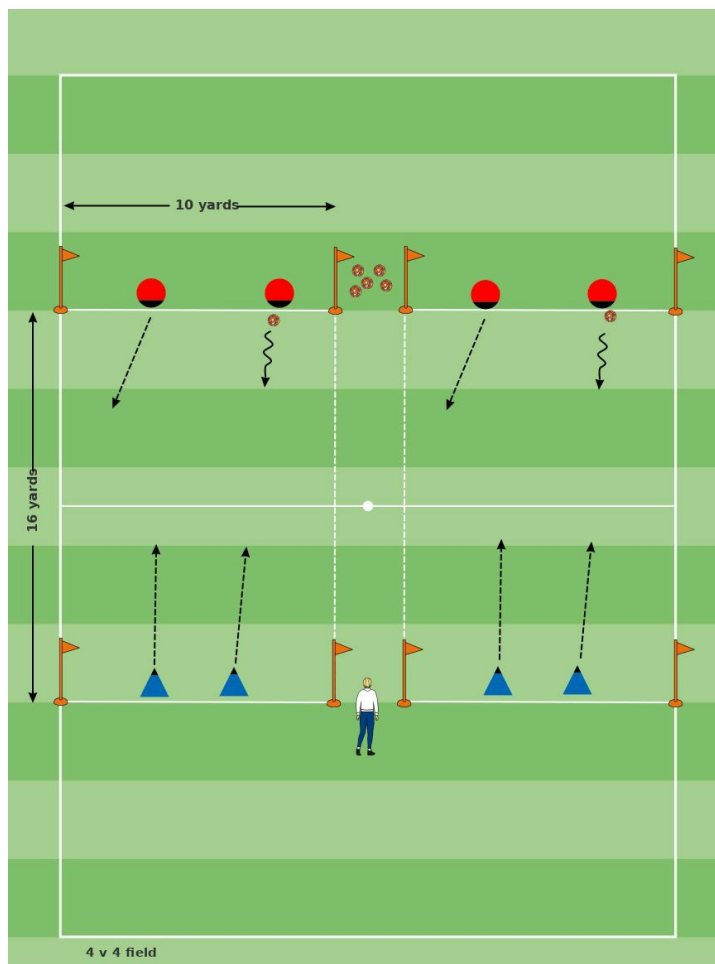
20:0 min

## PRACTICE (More Challenging): 2 v 2

OBJECTIVE: To stop the opponent's attack, win the ball back and score.

PLAYER ACTIONS: Get compact, Steal, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Same as Core Activity, except players play 2 v 2.

### KEY WORDS:

Get compact, stay compact, pressure the ball

### GUIDED QUESTIONS:

1) How can you keep the attackers from dribbling past you? 2) How can you help the other defender? 3) When the attackers are passing the ball, how do the two of you need to move?

### ANSWERS:

1) By blocking the path forward. 2) By staying close together to protect the goal and communicating with each other to win the ball. 3) Move together.

### 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.



**MOMENT:**

Defending



**AGE:**

U7-U8 / 4v4



**PLAYERS:**

2 vs 2



**DURATION:**

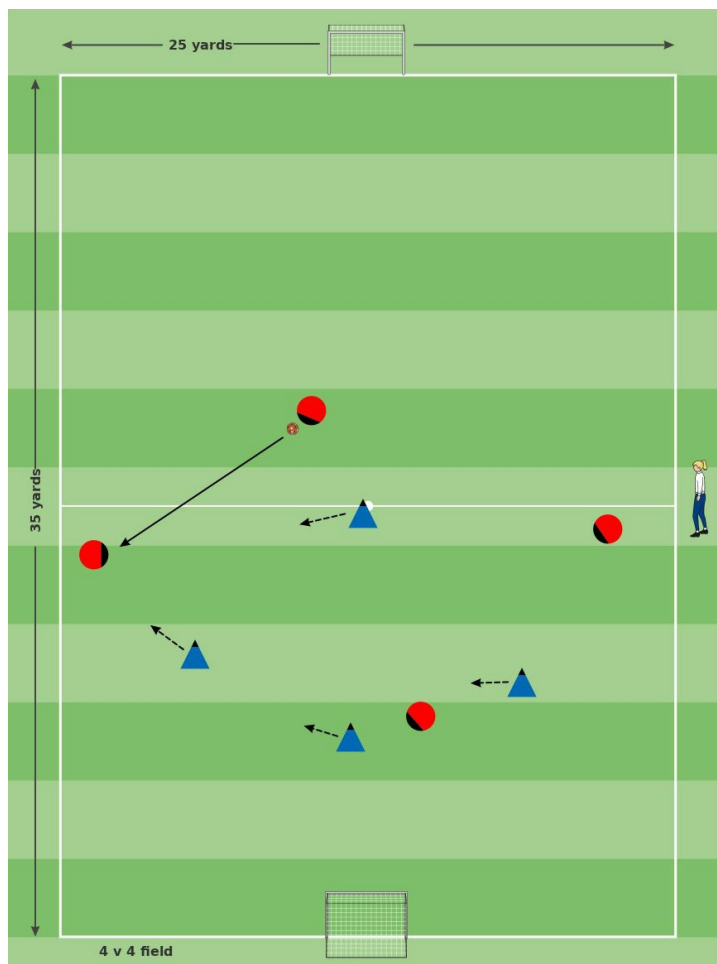
20:0 min

## 2ND PLAY PHASE: The Game

**OBJECTIVE:** To stop the opponent's attack, deny chances and win the ball back.

**PLAYER ACTIONS:** Get compact, Steal, Stay compact

**KEY QUALITIES:** Read game/make decisions, Initiative, Focus



### 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:

Get compact, stay compact, pressure the ball

### 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) And what if they manage to get in front of the goal anyway? 4) How can you help the other defenders? 5) When the attackers are passing the ball, how does the group need to move?

### ANSWERS:

1) In the middle. 2) The path to the middle. 3) Then we have to attack them and make sure they can't shoot. 4) By staying close together to protect the goal and communicating with each other to win the ball. 5) Move together.

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

**DURATION:**  
20:0 min

#### 4V4- Defending- Improve Preventing Building Up in Our Half (B)

GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Get compact, Steal, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U7-U8 / 4v4 / 8 players

Defending

DURATION: 60 min



##### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. Coaching: Is there proper coaching, based on the age and level of the player?

##### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

#### 4v4- Defending-Improve Preventing Scoring Goals (A)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



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GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Protect goal, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus

 8

 60 min

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**1ST PLAY PHASE: Intentional Free Play**

**PRACTICE (Core Activity): 1 v 1 on Small Goal**

**PRACTICE (Less Challenging): 1 v 1 on Small Goal**

**PRACTICE (More Challenging): 1 v 1 on Small Goal**

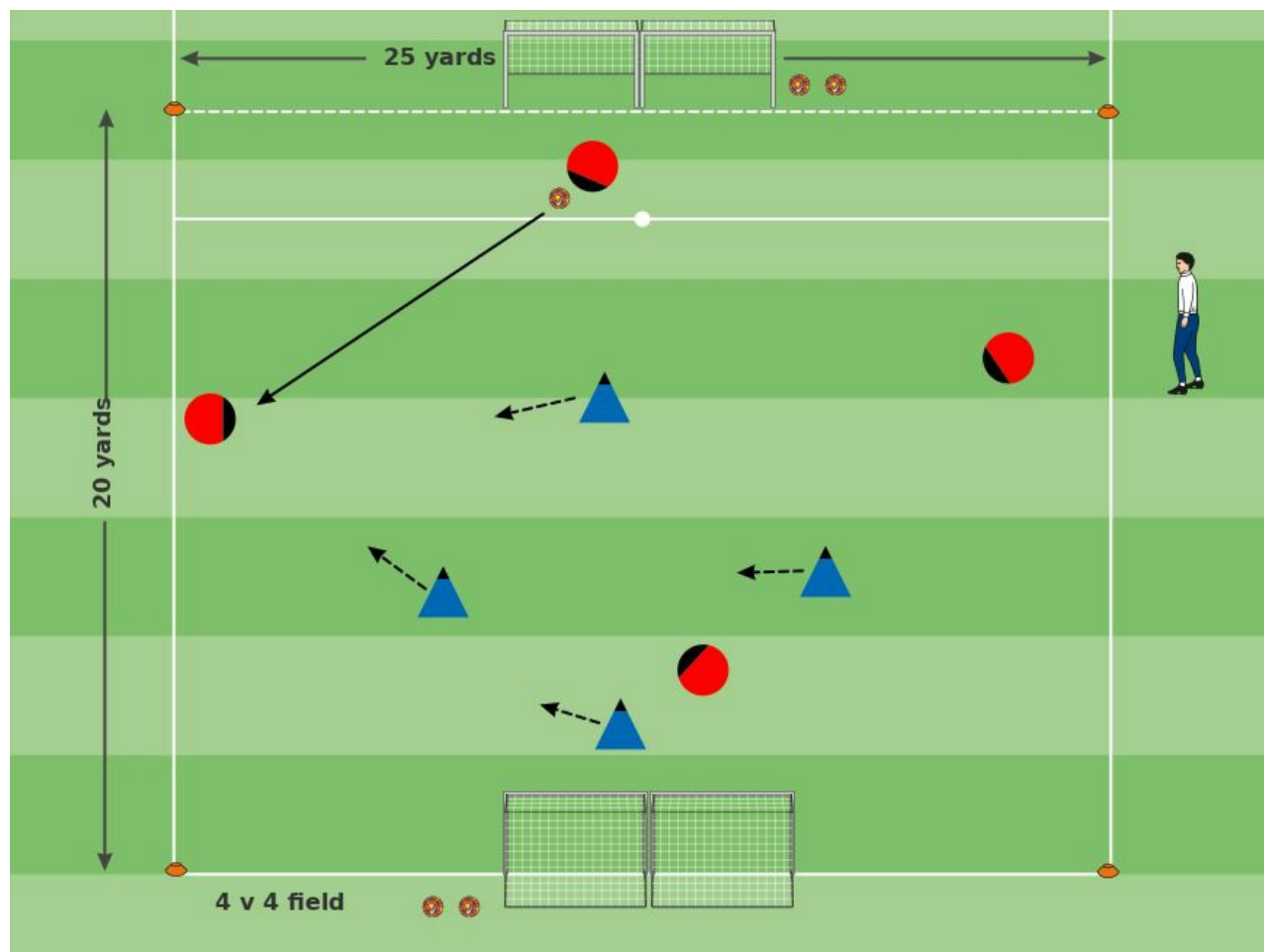
**2ND PLAY PHASE: The Game**

### 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring.

PLAYER ACTIONS: Protect goal, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



#### ORGANIZATION:

Mark out a 20 x 25-yard field. Place two small 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:

Defend the goal, stay compact

#### GUIDED QUESTIONS:

1) Take a look at the goals. What do you notice? 2) How can you keep the opponent from scoring on them even though they're big?

#### ANSWERS:

1) The goals are big. 2) We have to drop back as a group, block the path to the goal and keep them from shooting.

#### NOTES:

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



**MOMENT:**  
Defending



**AGE:**  
U7-U8 / 4v4



**PLAYERS:**  
4 vs 4



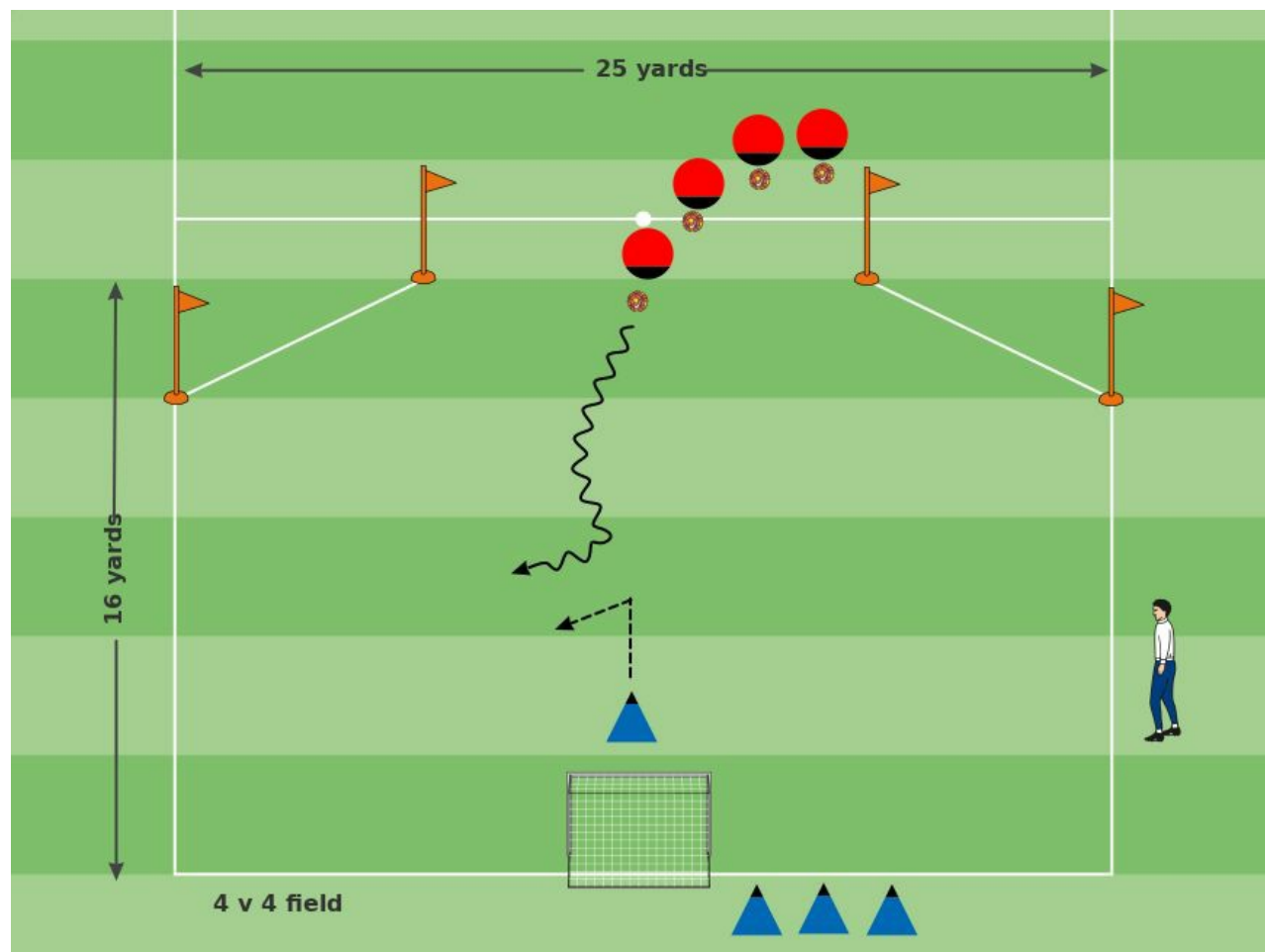
**DURATION:**  
20:0 min

## PRACTICE (Core Activity): 1 v 1 on Small Goal

OBJECTIVE: To prevent the opponent from scoring.

PLAYER ACTIONS: Protect goal, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Mark out two diagonal goal lines 16 yards from a small goal. Assign attackers (Red) and defenders (Blue) to starting positions as shown. The first attacker runs onto the field for the 1 v 1. The defender anticipates the attacker, blocks the path to the goal and looks for a chance to steal the ball. Play continues until a goal is scored. Afterward, the next attacker starts. Play for 20 minutes with two breaks.

### KEY WORDS:

Defend 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) Block the path to the goal, force the attacker outside and steal the ball. 2) When the attacker lets it get too far away. 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.

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
1 vs 1

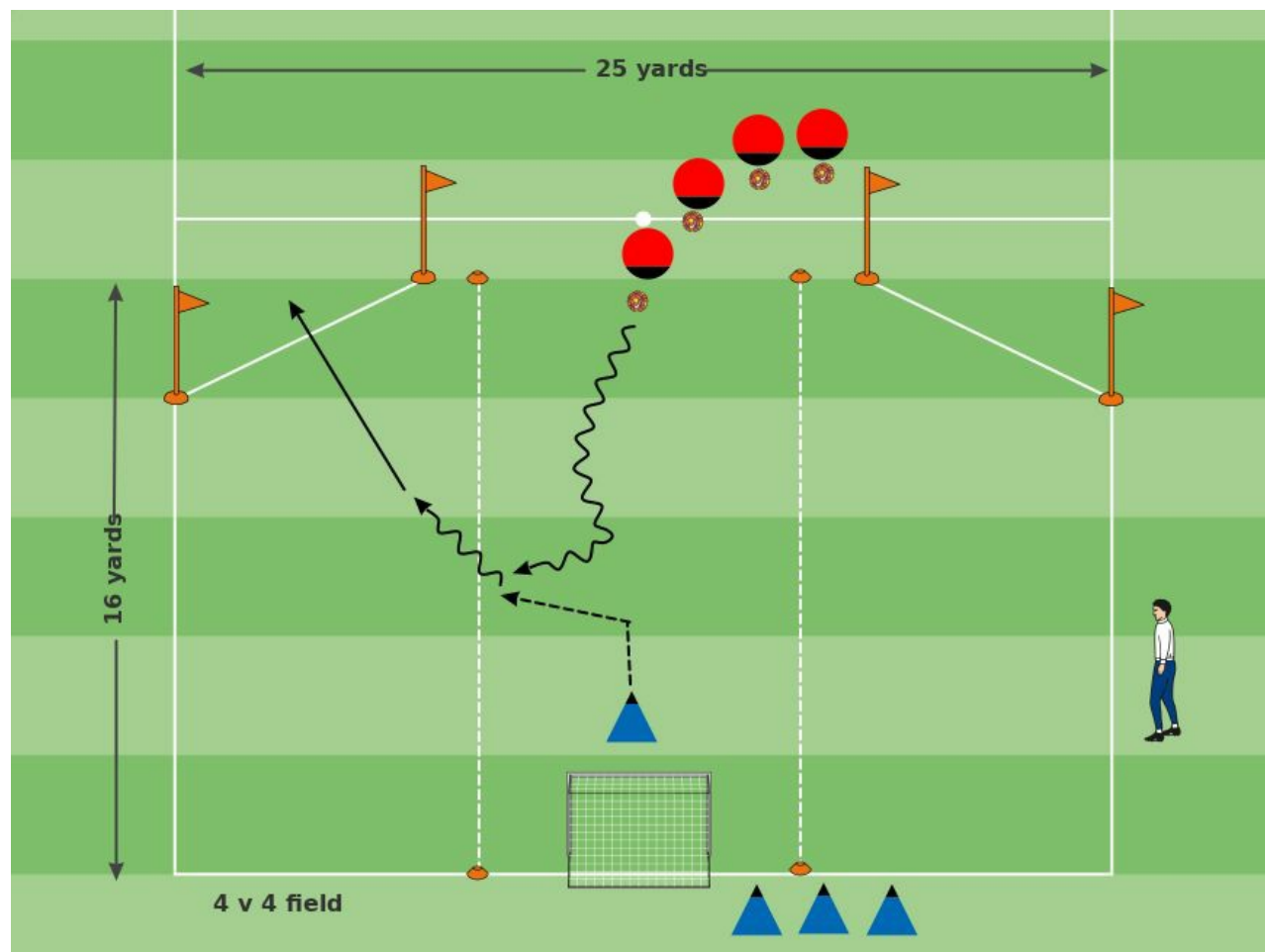
**DURATION:**  
20:0 min

**PRACTICE (Less Challenging): 1 v 1 on Small Goal**

**OBJECTIVE:** To prevent the opponent from scoring.

**PLAYER ACTIONS:** Protect goal, Stay compact

**KEY QUALITIES:** Read game/make decisions, Initiative, Focus



**ORGANIZATION:**

Same as Core Activity, except the attacker has to stay inside a 10-yard-wide lane marked down the middle of the field.

**KEY WORDS:**

Defend 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) Block the path to the goal, force the attacker outside and steal the ball. 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 Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase



**MOMENT:**

Defending



**AGE:**

U7-U8 / 4v4



**PLAYERS:**

1 vs 1



**DURATION:**

20:0 min

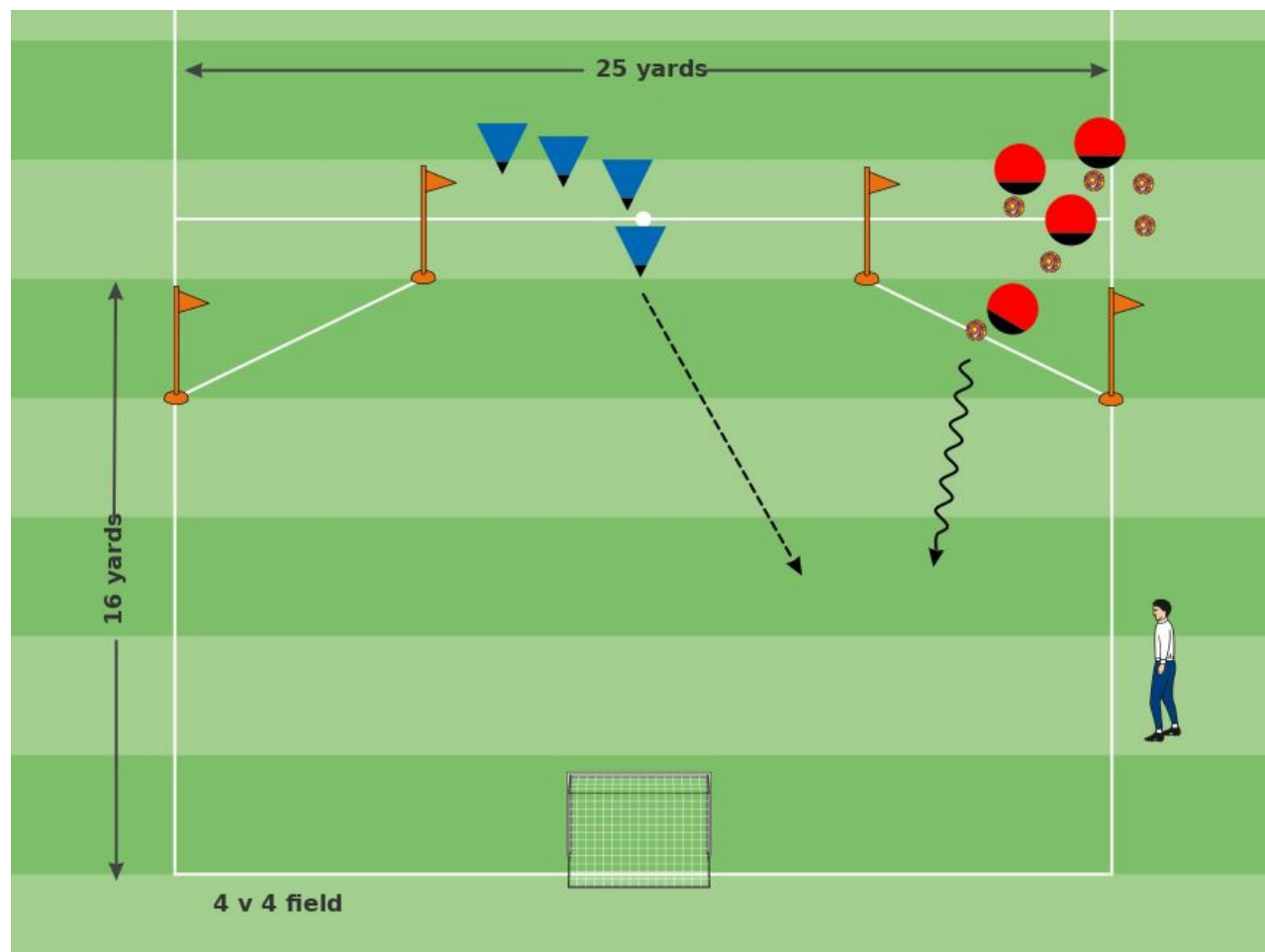


### PRACTICE (More Challenging): 1 v 1 on Small Goal

OBJECTIVE: To prevent the opponent from scoring.

PLAYER ACTIONS: Protect goal, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



#### ORGANIZATION:

Same as Core Activity, except the starting positions are different. The coach gives the signal for the 1 v 1 to begin.

#### KEY WORDS:

Defend 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) Block the path to the goal, force the attacker outside and steal the ball. 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.



**MOMENT:**  
Defending



**AGE:**  
U7-U8 / 4v4



**PLAYERS:**  
1 vs 1



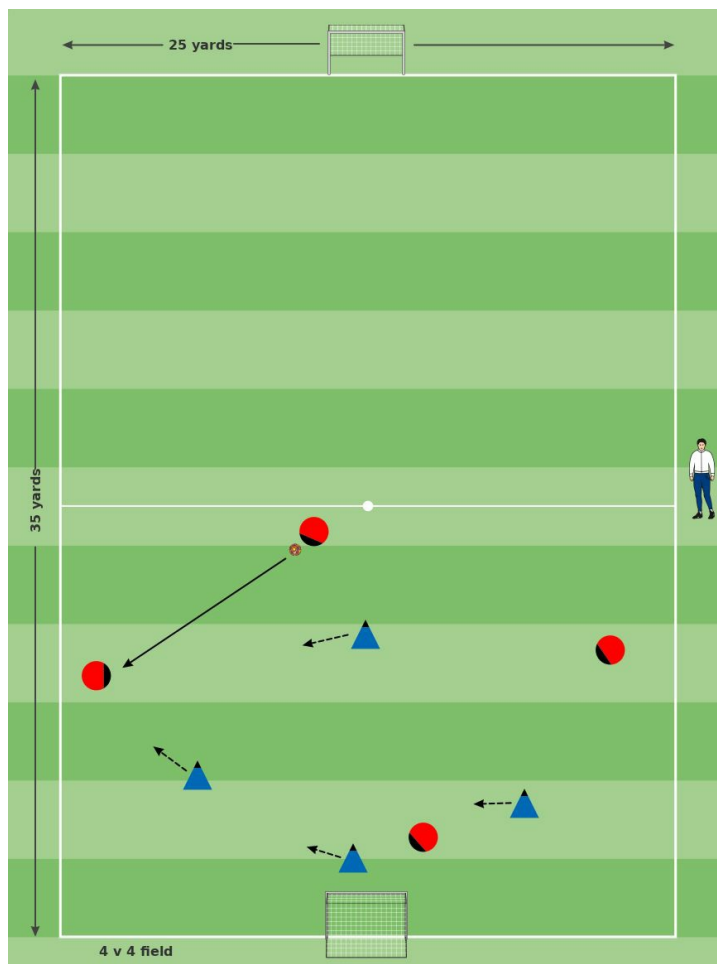
**DURATION:**  
20:0 min

## 2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring.

PLAYER ACTIONS: Protect goal, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### 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 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:

Defend the goal, stay compact

### GUIDED QUESTIONS:

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

### ANSWERS:

1) Drop back as a group, block the path to the goal and force the attacker outside. 2) When the attacker lets it get too far away.

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

**DURATION:**  
20:0 min

**4v4- Defending-Improve Preventing Scoring Goals (A)**  
GOAL: Improve preventing the opponent from scoring  
PLAYER ACTIONS: Protect goal, Stay compact  
KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U7-U8 / 4v4 / 8 players  
Defending  
DURATION: 60 min



#### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. Coaching: Is there proper coaching, based on the age and level of the player?

#### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

#### **4v4- Defending-Improve Preventing Scoring Goals (B)**

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



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GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Stay compact, Protect goal

KEY QUALITIES: Read game/make decisions, Initiative, Focus

 8

 60 min

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**1ST PLAY PHASE: Intentional Free Play**

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

**PRACTICE (Less Challenging): 2 v 2**

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

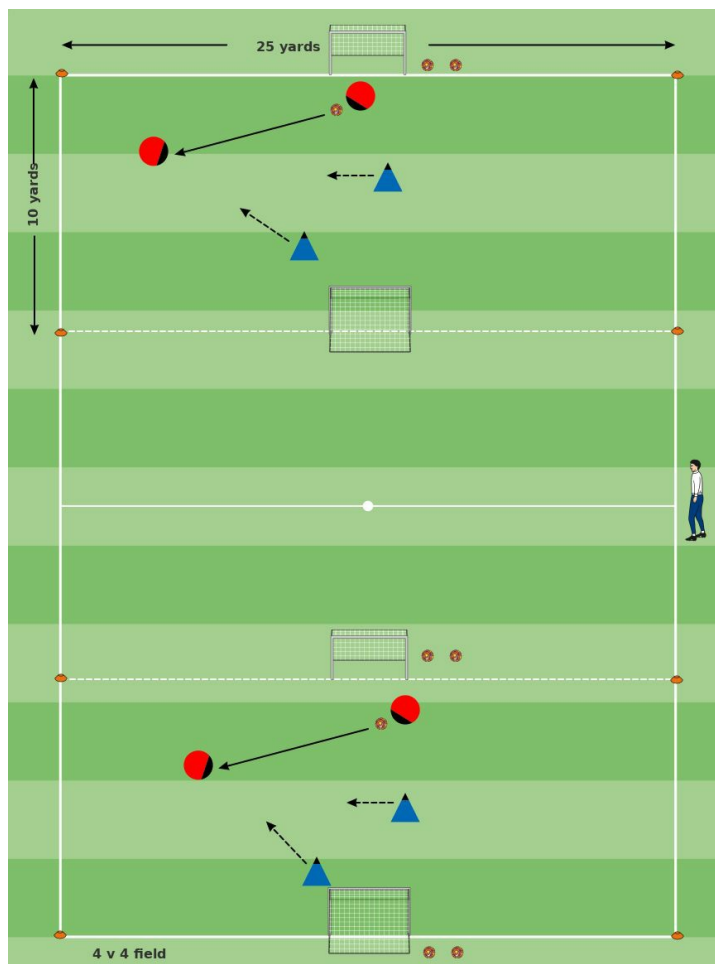
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring.

PLAYER ACTIONS: Get compact, Steal, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### 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.

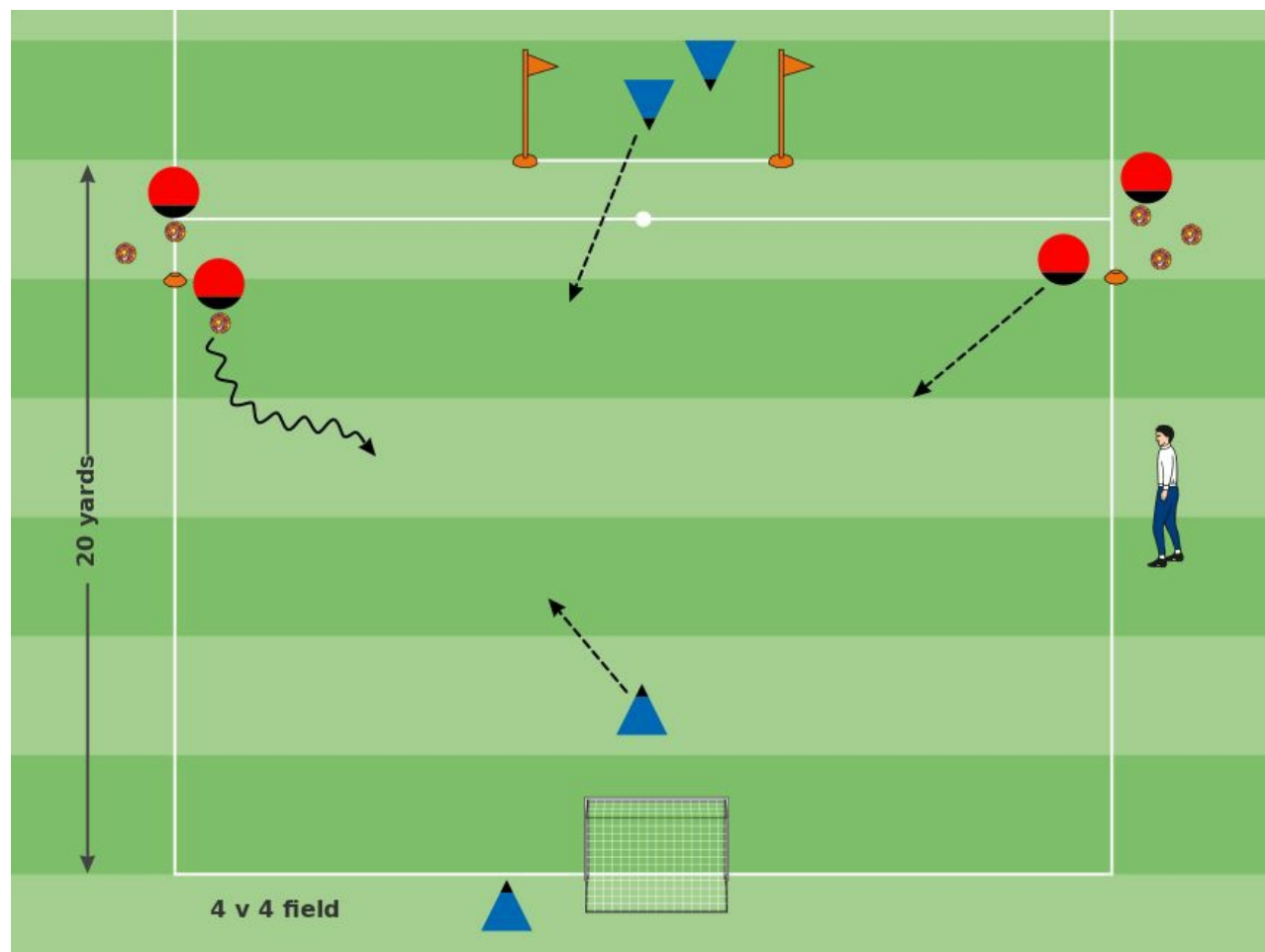
**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
2 vs 2

**DURATION:**  
20:0 min

**PRACTICE (Core Activity): 2 v 2 with Recovering Defender**  
OBJECTIVE: To prevent the opponent from scoring.  
PLAYER ACTIONS: Get compact, Protect goal, Stay compact  
KEY QUALITIES: Read game/make decisions, Initiative, Focus



#### 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 until a goal is scored. Afterward, the next group starts.

#### 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 Phase.

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
2 vs 2

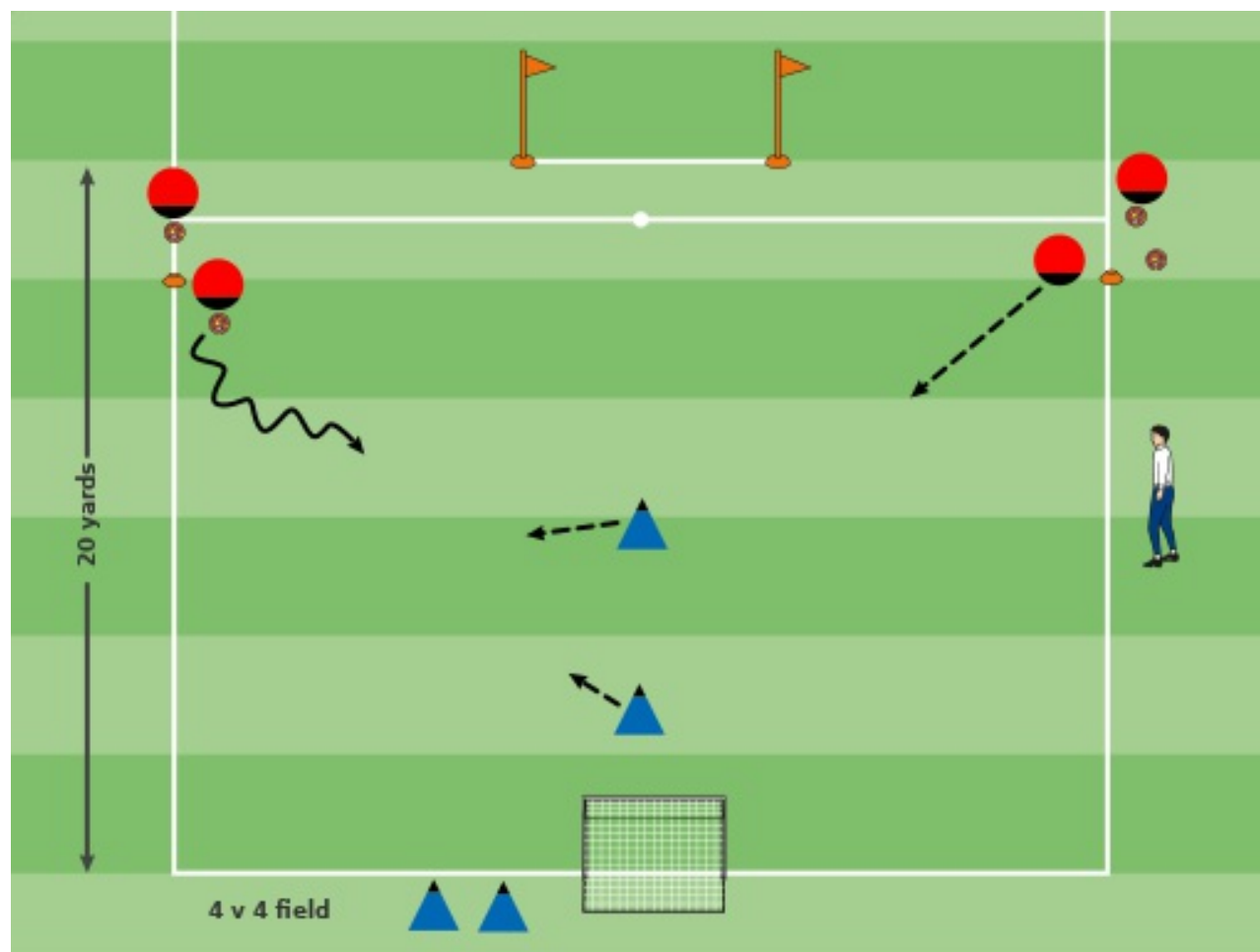
**DURATION:**  
20:0 min

**PRACTICE (Less Challenging): 2 v 2**

**OBJECTIVE:** To prevent the opponent from scoring.

**PLAYER ACTIONS:** Get compact, Protect goal, Stay compact

**KEY QUALITIES:** Read game/make decisions, Initiative, Focus



**ORGANIZATION:**

Same as Core Activity, except both defenders start out on the field (2 v 2).

**KEY WORDS:**

Get compact, stay compact, protect the goal

### GUIDED QUESTIONS:

1) How can you keep the attacker from scoring? 2) When is a good moment to steal the ball?

**ANSWERS:**

1) Block the path to the goal, force the attacker away from the goal and steal the ball. 2) When the attacker lets the ball get too far away.

**NOTES:**

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



**MOMENT:**

Defending



 **AGE:**

U7-U8 / 4v4



**PLAYERS:**

2 vs 2

 **DURATION:**

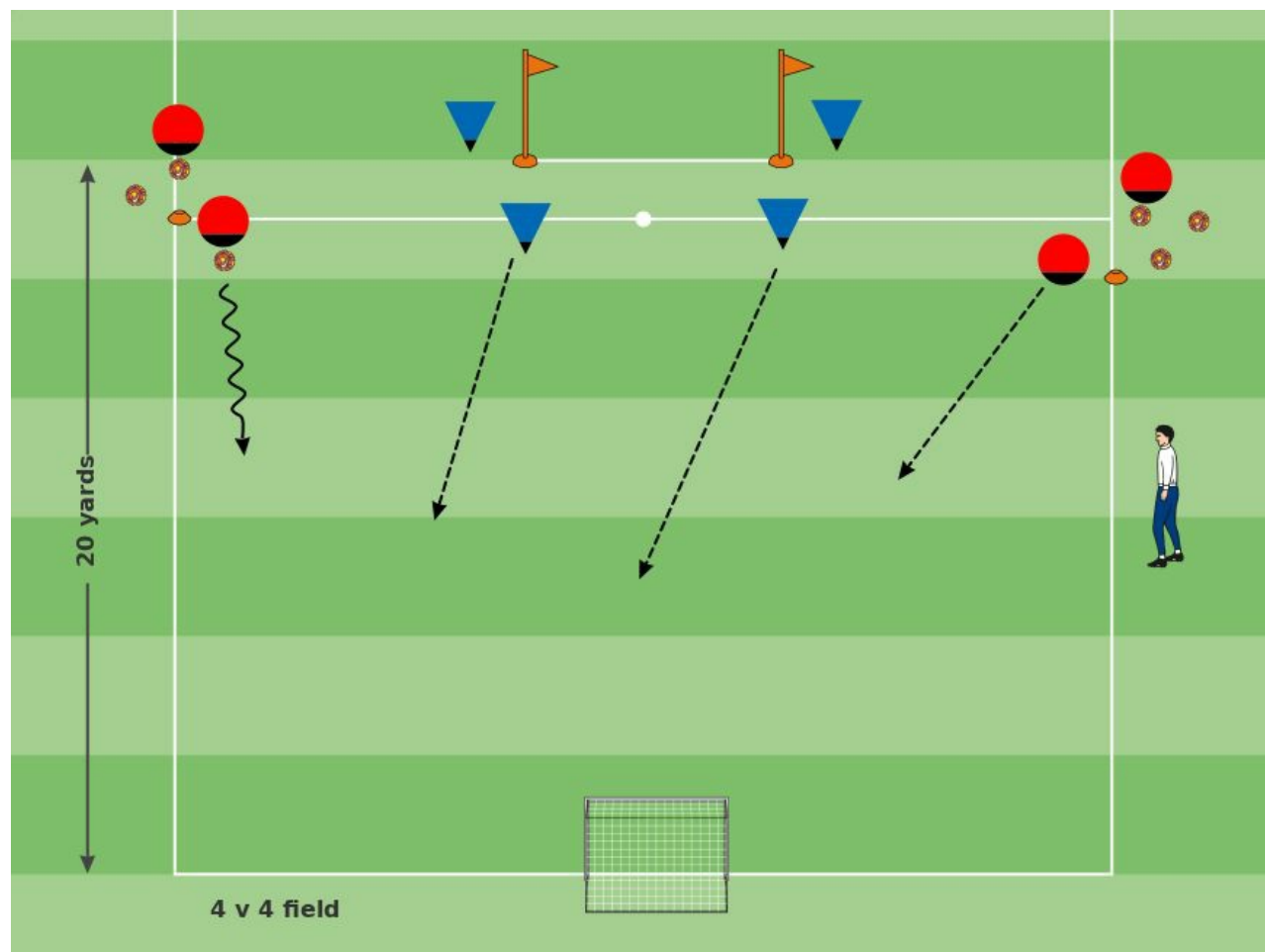
20:0 min

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

OBJECTIVE: To prevent the opponent from scoring.

PLAYER ACTIONS: Get compact, Protect goal, Stay compact

KEY QUALITIES: Read game/make decisions, Focus, Initiative



### 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.



**MOMENT:**  
Defending



**AGE:**  
U7-U8 / 4v4



**PLAYERS:**  
2 vs 2



**DURATION:**  
20:0 min

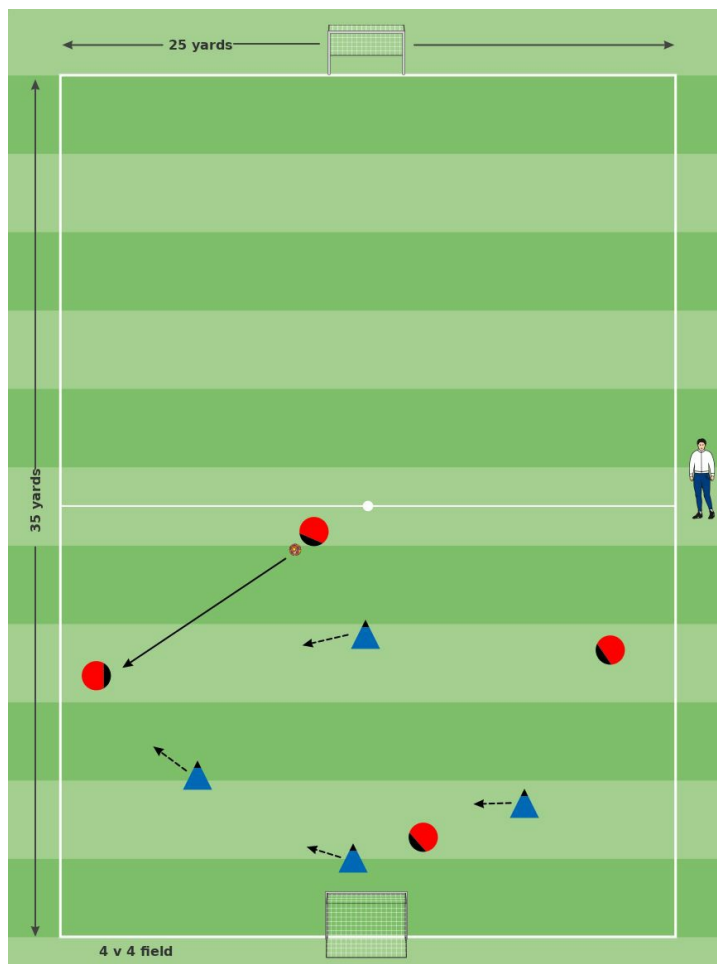


## 2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring.

PLAYER ACTIONS: Get compact, Protect goal, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### 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.

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

**DURATION:**  
20:0 min

#### 4v4- Defending-Improve Preventing Scoring Goals (B)

GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Stay compact, Protect goal

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U7-U8 / 4v4 / 8 players

Defending

DURATION: 60 min



##### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. Coaching: Is there proper coaching, based on the age and level of the player?

##### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

#### 4v4- Defending- Improve Preventing the Opponent from Building Up in their Own Half (A)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus

 8

 60 min

**1ST PLAY PHASE: Intentional Free Play**

**PRACTICE (Core Activity): 1 v 1 after Pass behind Attacker**

**PRACTICE (Less Challenging): 1 v 1 after Pass behind Attacker**

**PRACTICE (More Challenging): 1 v 1 from Sideline**

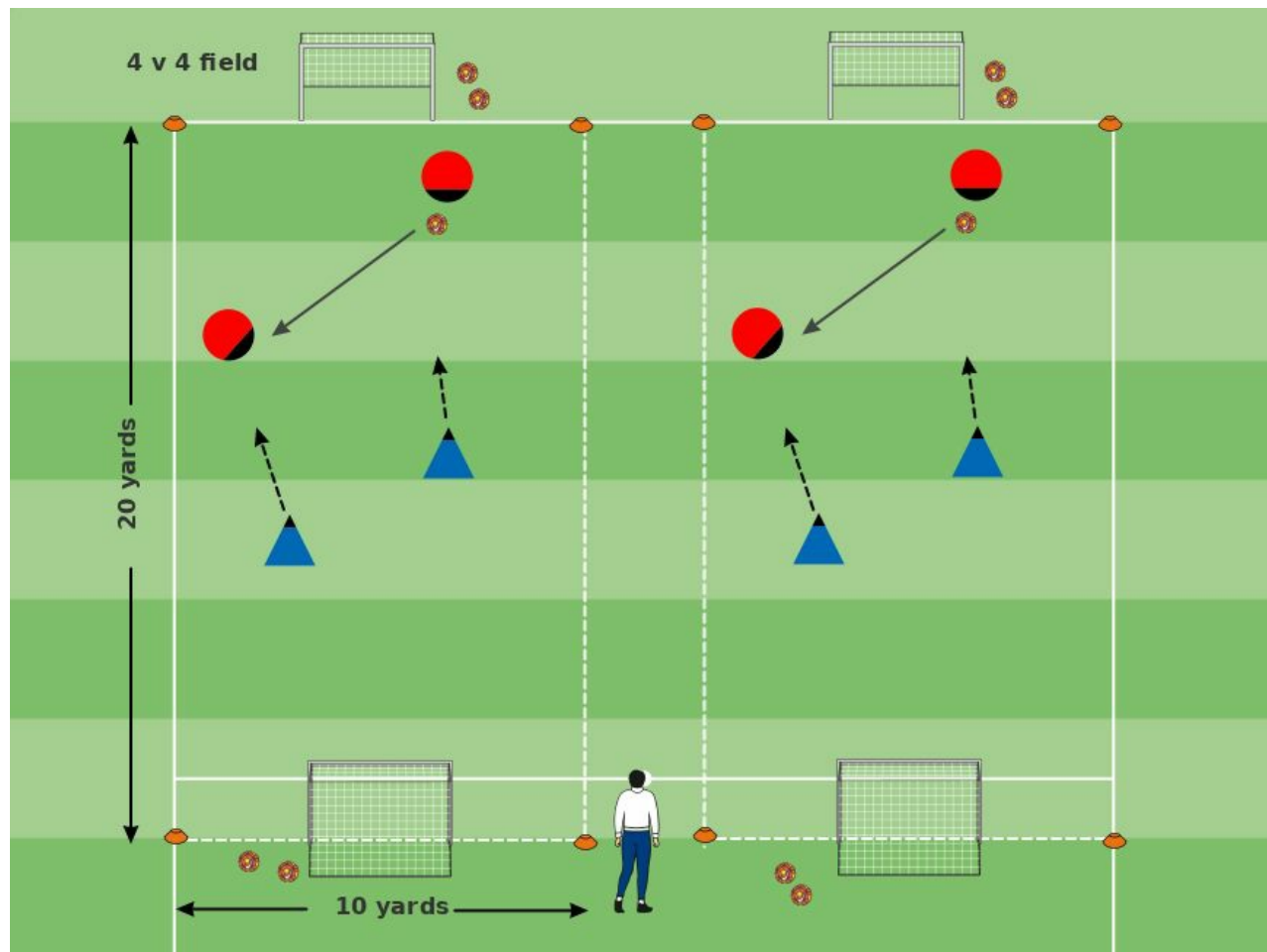
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Steal

KEY QUALITIES: Read game/make decisions, Focus, Initiative



### ORGANIZATION:

Mark out two narrow fields (20 x 10 yards), each with two mini 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:

Steal the ball

### GUIDED QUESTIONS:

1) What are you supposed to do if you lose the ball? 2) What else could you do? 3) What's the advantage of defending higher up the field?

### ANSWERS:

1) Drop back and protect our goal. 2) Stay forward and try to win the ball back right away. 3) The opponent never gets near our goal. And if we do win the ball back, we can immediately shoot.

### NOTES:

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

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
2 vs 2

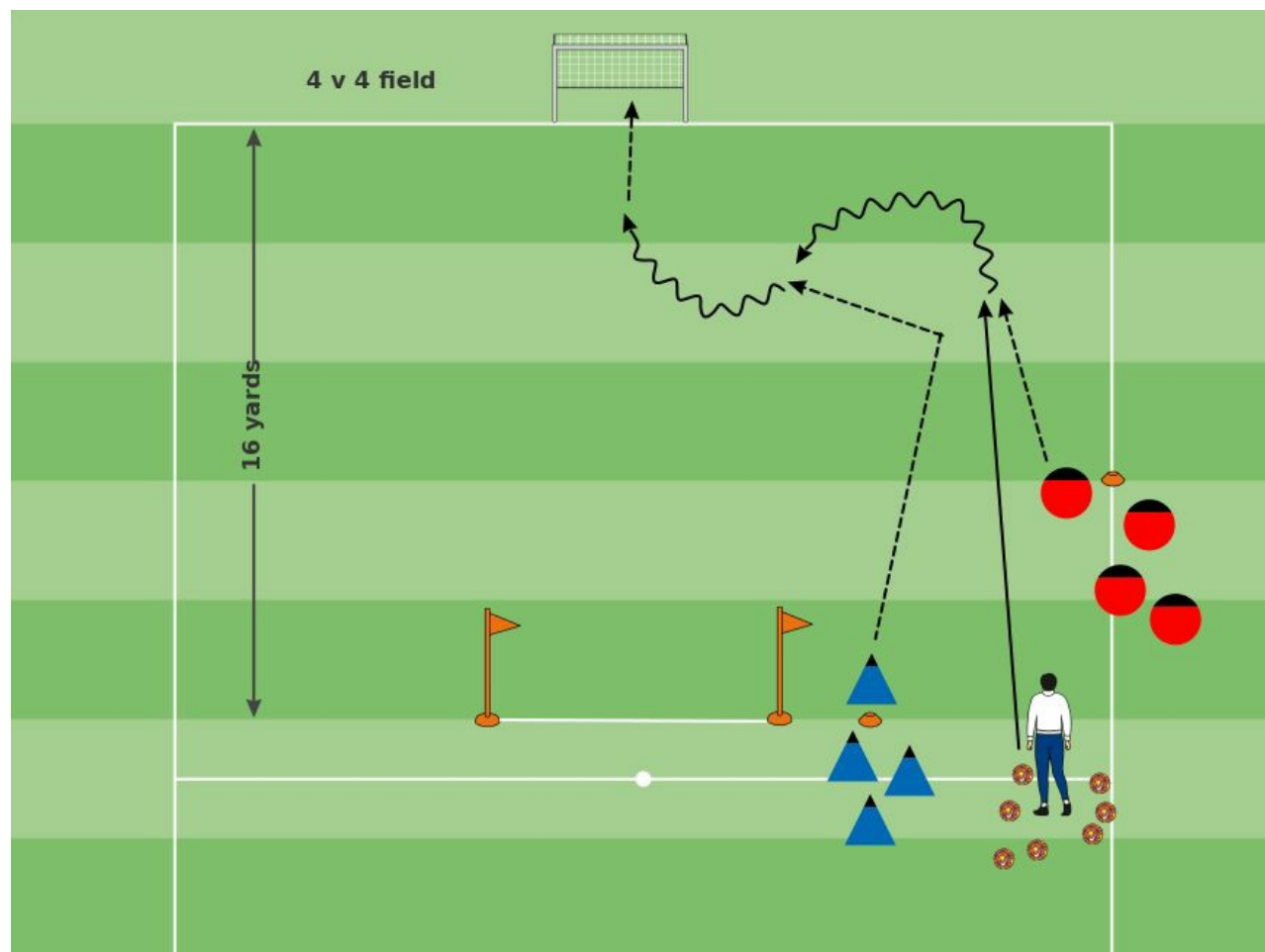
**DURATION:**  
20:0 min

**PRACTICE (Core Activity): 1 v 1 after Pass behind Attacker**

OBJECTIVE: To win the ball back.

PLAYER ACTIONS: Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus

**ORGANIZATION:**

Set up one small goal and one goal line 16 yards apart (25 yards wide). Choose four attackers (Red) and four defenders (Blue) to position them as shown. Play the ball behind the attackers so the 1st attacker and defender run in after it to play 1 v 1 until a goal is scored. Red scores on the goal line, Blue the small goal. At the breaks, switch the teams' roles and change the start to the opposite side of the field.

**KEY WORDS:**

Steal the ball

**GUIDED QUESTIONS:**

1) Defenders, what should you do when the ball is played in behind the attacker? 2) What don't you want the attacker to do? 3) Why?

**ANSWERS:**

1) Quickly run in after the ball and immediately put pressure on him/her. 2) Turn around and start dribbling toward you. 3) Because then the attacker can 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. Spend a total of 20 minutes in the Practice Phase.

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
1 vs 1

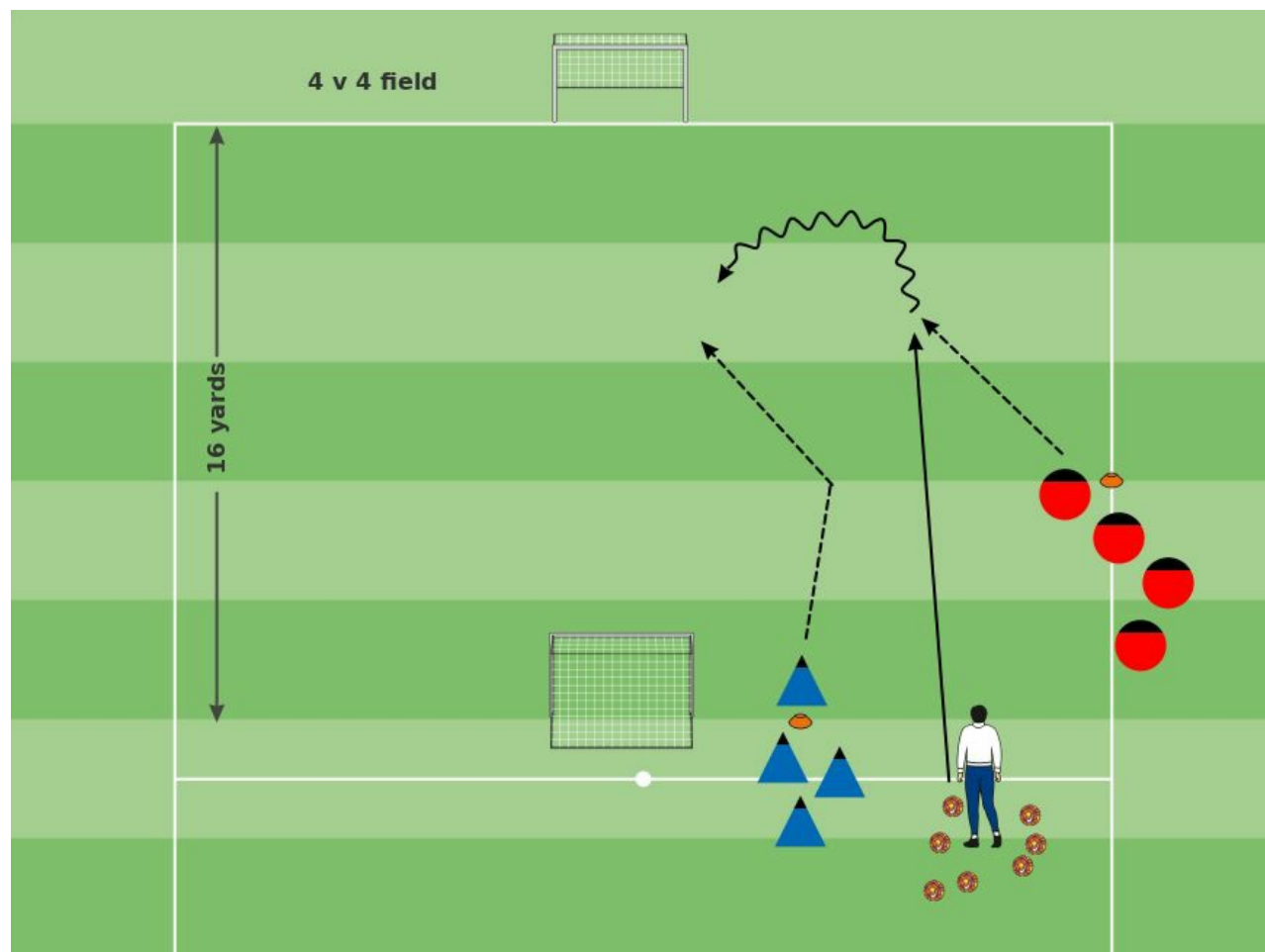
**DURATION:**  
20:0 min

**PRACTICE (Less Challenging): 1 v 1 after Pass behind Attacker**

**OBJECTIVE:** To win the ball back.

**PLAYER ACTIONS:** Steal

**KEY QUALITIES:** Read game/make decisions, Initiative, Focus



**ORGANIZATION:**

Same as core activity, except both players attack on small goals.

**KEY WORDS:**

Steal the ball

**GUIDED QUESTIONS:**

1) Defenders, what should you do when the ball is played in behind the attacker? 2) What don't you want the attacker to do? 3.) Why?

**ANSWERS:**

1) Quickly run in after the ball and immediately put pressure on the attacker. 2) Turn around and start dribbling toward you. 3) Because then the attacker can shoot.

**NOTES:**

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



**MOMENT:**

Defending



**AGE:**

U7-U8 / 4v4



**PLAYERS:**

1 vs 1



**DURATION:**

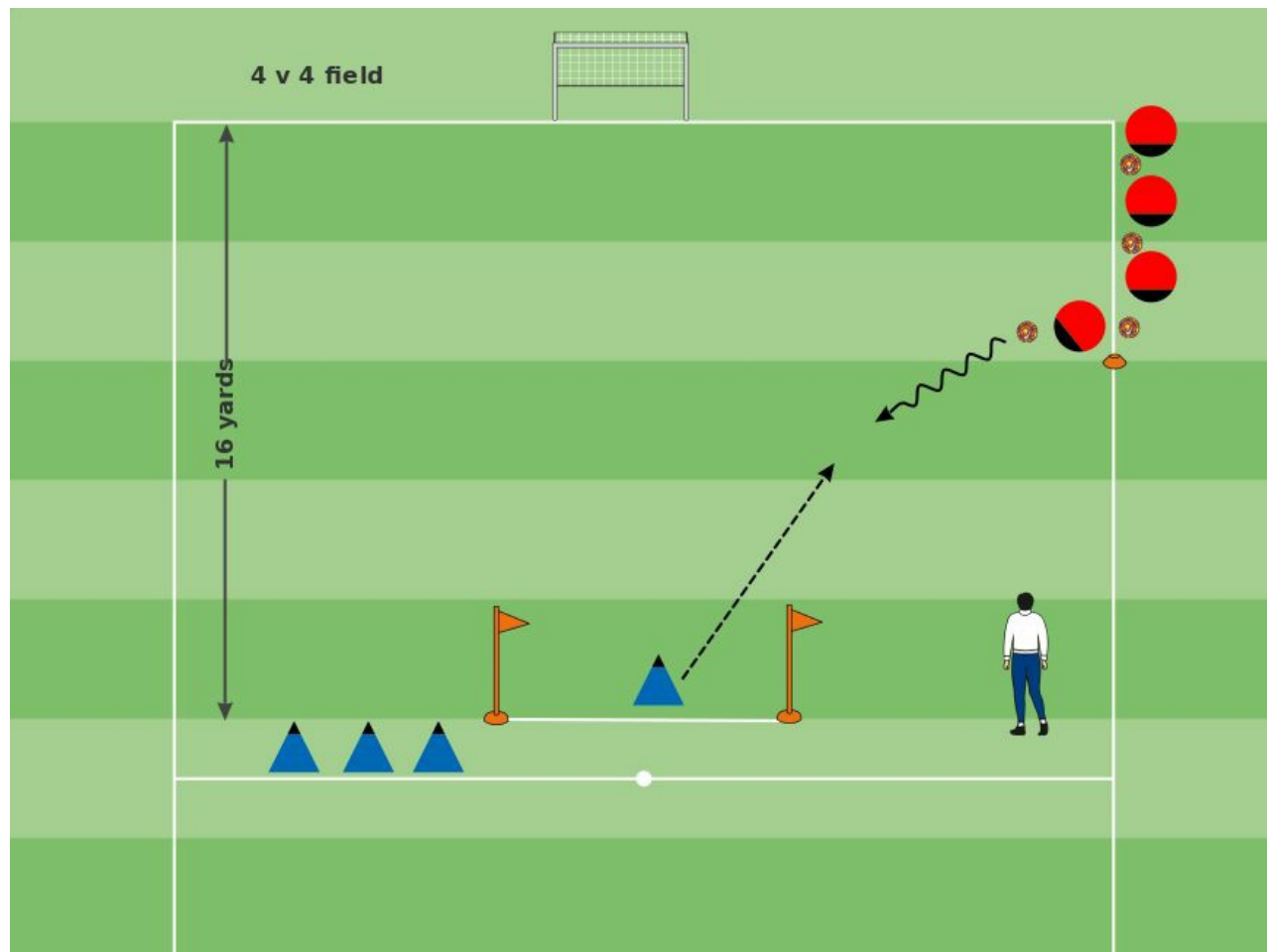
20:0 min

### PRACTICE (More Challenging): 1 v 1 from Sideline

OBJECTIVE: To stop the opponent's attack and win the ball back.

PLAYER ACTIONS: Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



#### ORGANIZATION:

Same as Core Activity, except the attackers dribble in from the sideline to start the 1 v 1. Be sure to rotate the teams and change the side of the field.

#### KEY WORDS:

Steal the ball

#### GUIDED QUESTIONS:

1) Defenders, how can you keep the attacker from scoring? 2) What don't you want the attacker to do? 3) So what do you need to do? 4.) And when should you try to steal the ball?

#### ANSWERS:

1) By running toward the attacker. 2) Get the ball past you. 3) Don't run at the attacker too fast - keep a little distance. 4) When his/her head is down, or he/she lets the ball get too far away or tries to dribble past.

#### 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.

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
1 vs 1

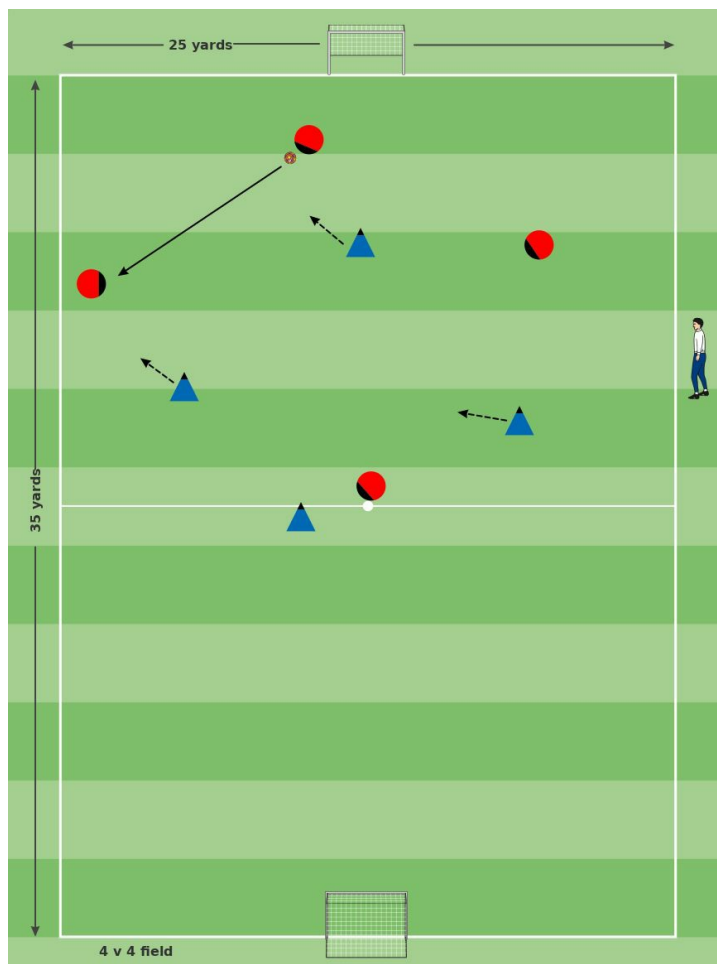
**DURATION:**  
20:0 min

## 2ND PLAY PHASE: The Game

**OBJECTIVE:** To prevent the opponent from building up, win the ball back and score.

**PLAYER ACTIONS:** Steal

**KEY QUALITIES:** Read game/make decisions, Initiative, Focus



**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 (PDI). Play for 20 minutes including one "halftime" (5 min.).

**KEY WORDS:**

Steal the ball

### GUIDED QUESTIONS:

1) What are your options after you lose the ball? 2) What have we been practicing today? 3) And what's the advantage of that?

## ANSWERS:

1) Drop back and protect our goal, or stay forward and try to win the ball back. 2) Staying forward and winning the ball back right away. 3) The opponent never gets near our goal. And if we do win the ball back, we can immediately shoot.



**MOMENT:**  
Defending



 **AGE:**  
U7-U8 / 4v4



**PLAYERS:**  
4 vs 4



 **DURATION:**  
20:0 min



#### 4v4- Defending- Improve Preventing the Opponent from Building Up in their Own Half (A)

GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U7-U8 / 4v4 / 8 players

Defending

DURATION: 60 min



##### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. Coaching: Is there proper coaching, based on the age and level of the player?

##### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

#### 4v4- Defending- Improve Preventing the Opponent from Building Up in their Own Half (B)

AGE: U7-U8 / 4v4 / 8 players

MOMENT:



GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus

 8

 60 min

**1ST PLAY PHASE: Intentional Free Play**

**PRACTICE (Core Activity): 3 v 3 on Goal Lines on Wings**

**PRACTICE (Less Challenging): 3 v 1 on Goal Line in Middle**

**PRACTICE (More Challenging): 3 + 1 v 3 on End Zone**

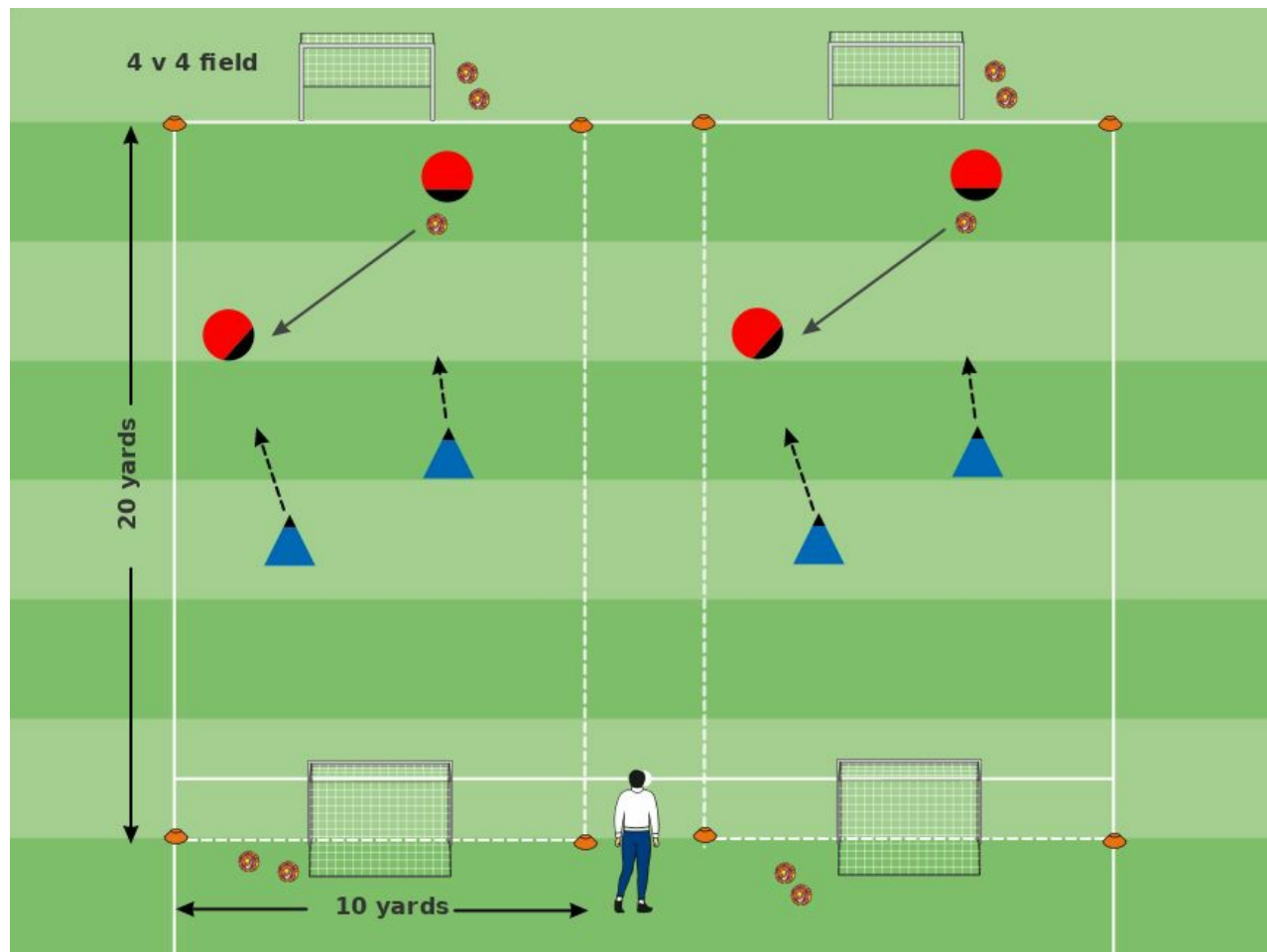
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Mark out two narrow fields (20 x 10 yards), each with two mini 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:

Steal the ball

### GUIDED QUESTIONS:

1) What are you supposed to do if you lose the ball? 2) What else could you do? 3) What's the advantage of defending higher up the field?

### ANSWERS:

1) Drop back and protect our goal. 2) Stay forward and try to win the ball back right away. 3) The opponent never gets near our goal. And if we do win the ball back, we can immediately shoot.

### NOTES:

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



**MOMENT:**

Defending



**AGE:**

U7-U8 / 4v4



**PLAYERS:**

2 vs 2



**DURATION:**

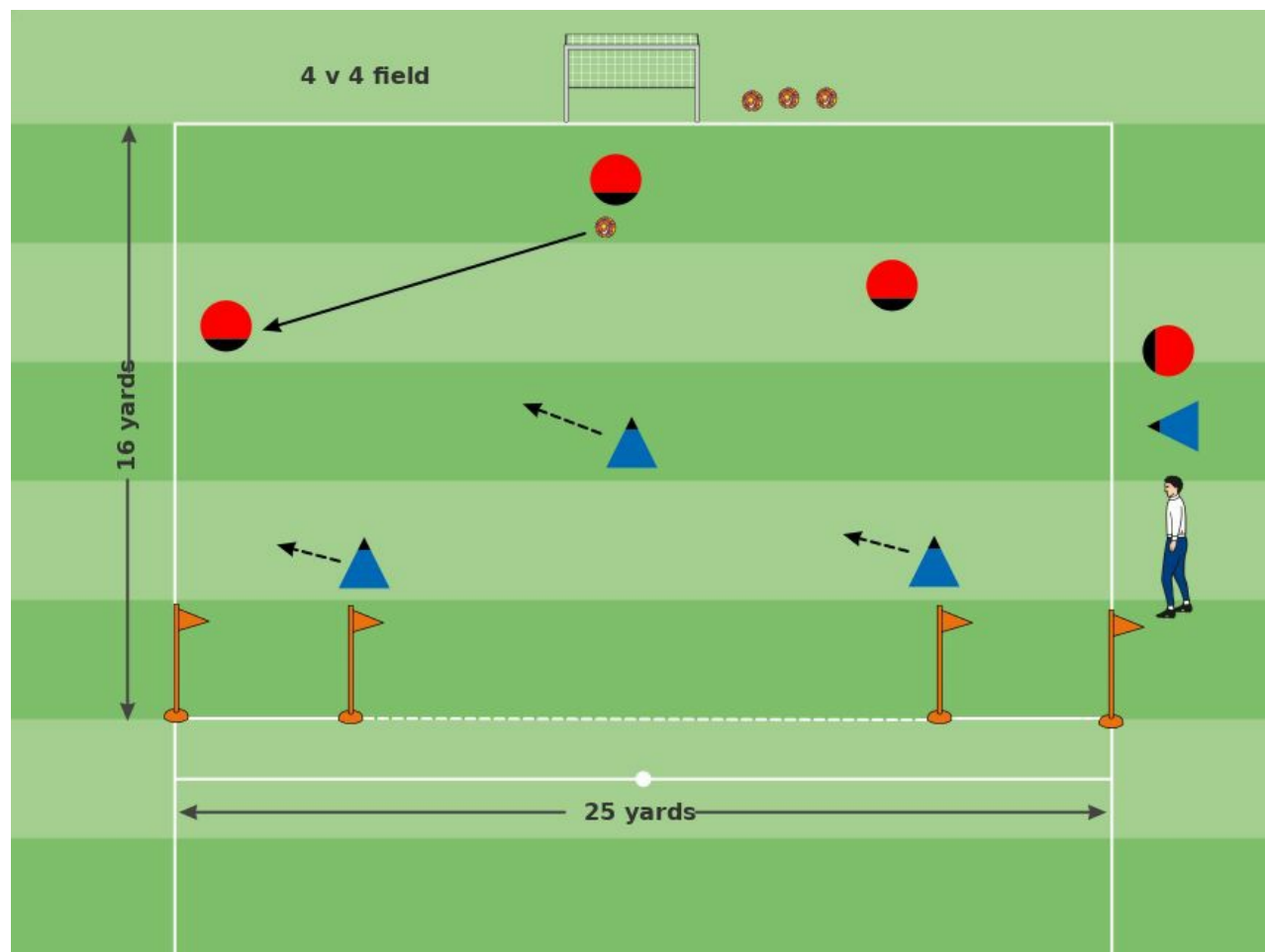
20:0 min

## PRACTICE (Core Activity): 3 v 3 on Goal Lines on Wings

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Focus, Initiative



### ORGANIZATION:

Mark out a 16 x 25-yard field with a small goal plus two goal lines on the wings. Divide players into two teams of four. Teams play 3 v 3. The attackers (Red) start out with the ball and try to score on the two goal lines. If a ball goes out or a goal is scored, they start a new attack from their endline. Each defender sits out two attacks and then rotates into the game. The attackers have eight balls to attack; after eight attacks, teams switch roles. Which team scores more goals? Play for 20 minutes with two breaks.

### KEY WORDS:

Move with the ball, Step in

### GUIDED QUESTIONS:

1) How can you keep the attackers from scoring? 2) When do you step to steal the ball? 3) What if they pass the ball onto the other wing?

### ANSWERS:

1) By pressuring the player with the ball to keeping him/her from shooting. 2) When his/her head is down or he/she takes a big touch. 3) Then we have to move together to protect the goal on that side.



**MOMENT:**

Defending



**AGE:**

U7-U8 / 4v4



**PLAYERS:**

3 vs 3



**DURATION:**

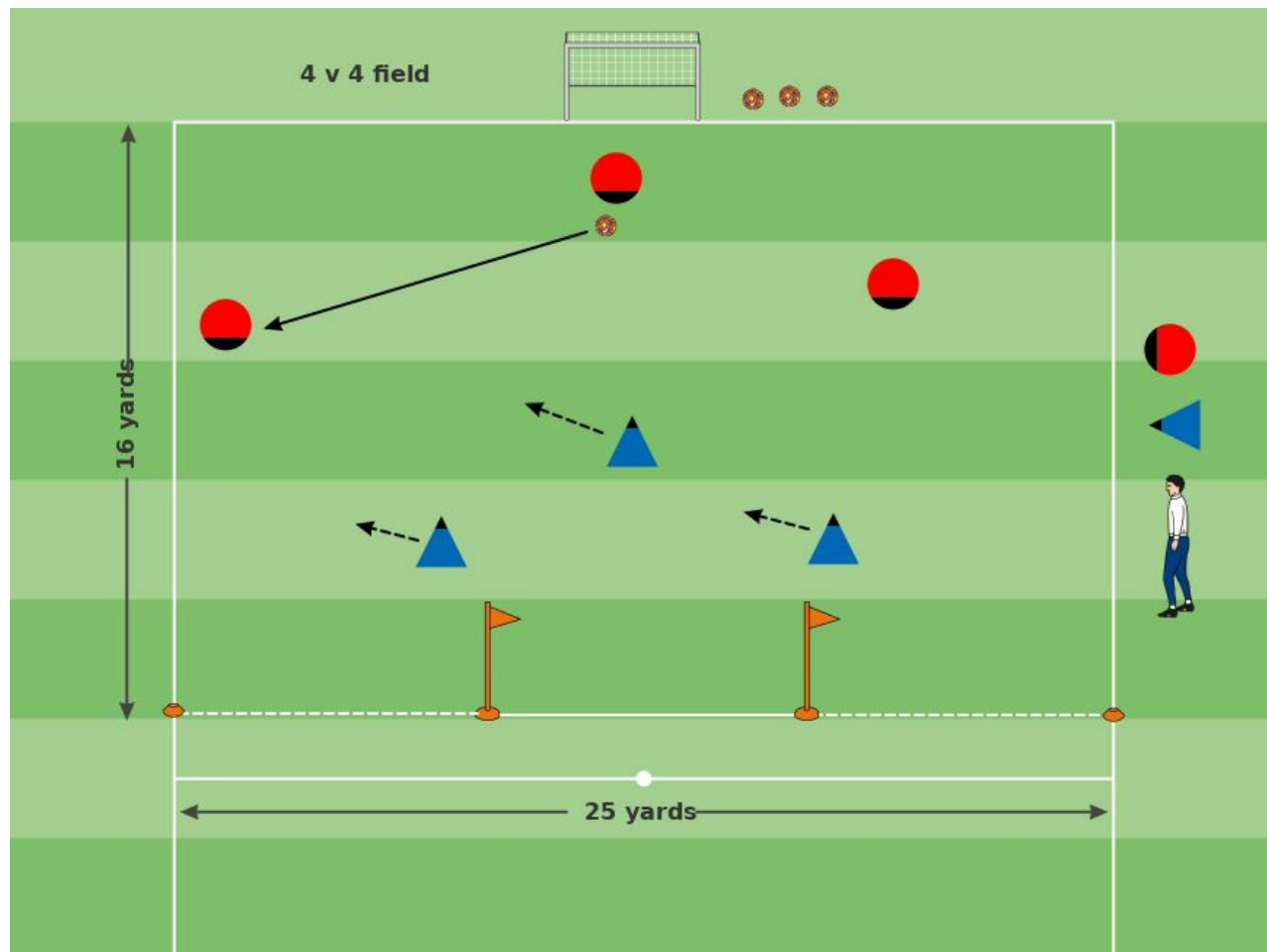
20:0 min

**PRACTICE (Less Challenging): 3 v 1 on Goal Line in Middle**

**OBJECTIVE:** To prevent the opponent from building up, win the ball back and score.

**PLAYER ACTIONS:** Stay compact, Steal

**KEY QUALITIES:** Read game/make decisions, Initiative, Focus



**ORGANIZATION:**

Same as core activity, except Blue defends a single goal line in the middle.

**KEY WORDS:**

Move with the ball, Step in

**GUIDED QUESTIONS:**

1) By pressuring the player with the ball to keeping him/her from shooting. 2) When his/her head is down or he/she takes a big touch. 3) Then we have to move together to protect the goal.

**ANSWERS:**

1) By pressuring the player with the ball to keeping him/her from shooting. 2) When his/her head is down or he/she takes a big touch. 3) Then we have to move together to protect the goal.

**NOTES:**

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

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
3 vs 1

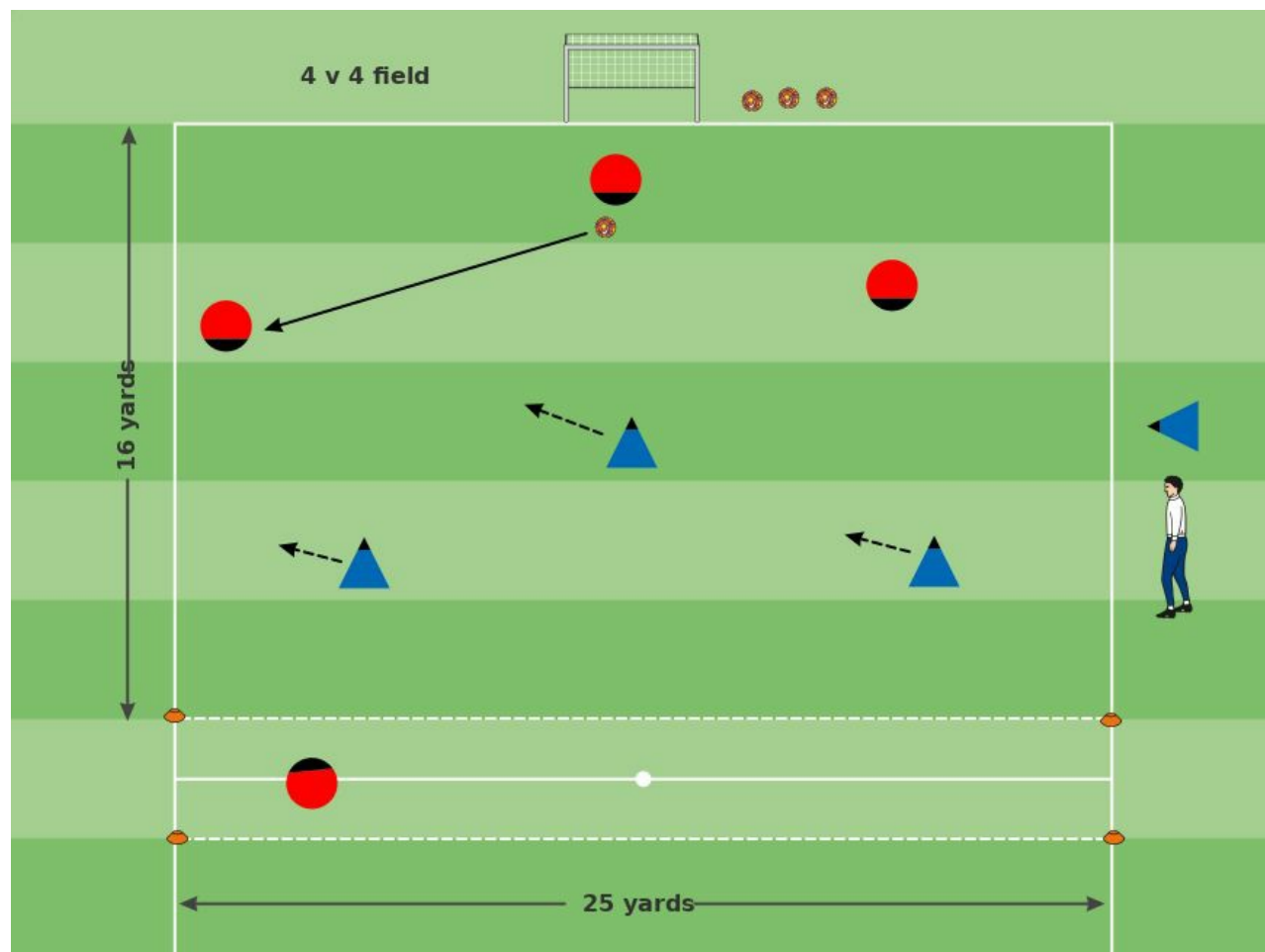
**DURATION:**  
20:0 min

### PRACTICE (More Challenging): 3 + 1 v 3 on End Zone

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



#### ORGANIZATION:

Same as Core Activity, except Blue defends the whole end zone with the target player in it. To score, the attackers must successfully dribble into or pass to the target player. Rotate players every 2 balls. After 8 attacks, teams switch roles.

#### KEY WORDS:

Move with the ball, Step in

#### GUIDED QUESTIONS:

1) How can you keep the attackers from scoring? 2) When do you step to steal the ball? 3) What if they pass the ball onto the other wing?

#### ANSWERS:

1) By pressuring the player with the ball to keeping him/her from shooting. 2) When his/her head is down or he/she takes a big touch. 3) Then we have to move together to protect the zone on that side.

#### 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

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 3

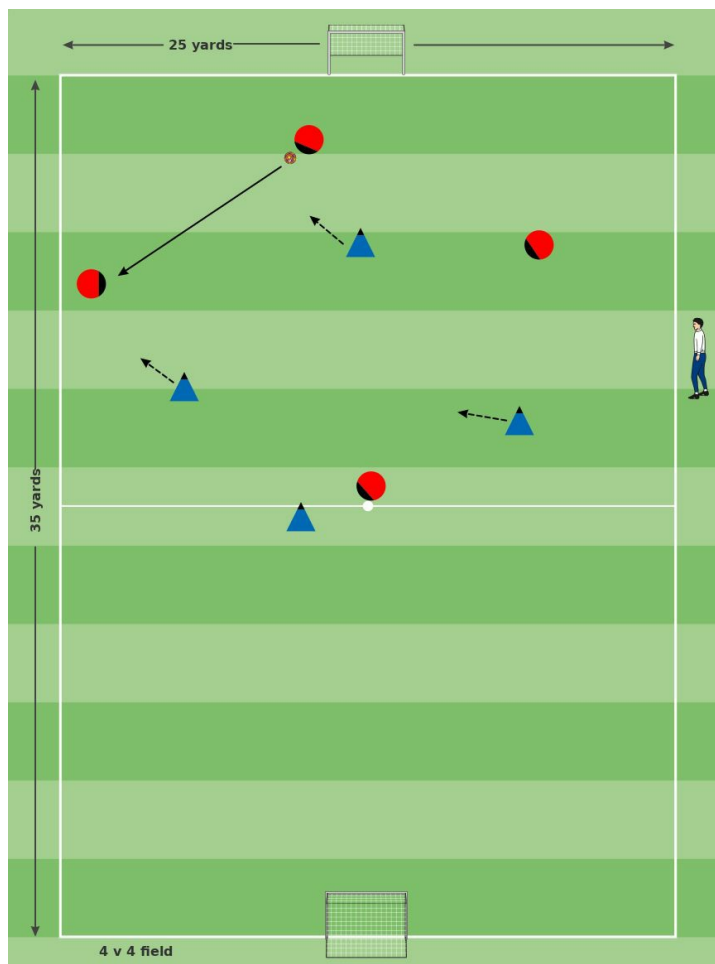
**DURATION:**  
20:0 min

## 2ND PLAY PHASE: The Game

**OBJECTIVE:** To prevent the opponent from building up, win the ball back and score.

**PLAYER ACTIONS:** Stay compact, Steal

**KEY QUALITIES:** Read game/make decisions, Initiative, Focus



### 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:

Move with the ball, Step in

### GUIDED QUESTIONS:

1) What are you supposed to do if you lose the ball? 2) What else could you do? 3) What's the advantage of defending higher up the field? 4) When do you step to steal the ball? 5) What if they pass the ball onto the other wing?

### ANSWERS:

1) Drop back and protect our goal. 2) Pressure the player with the ball to keeping him/her from shooting. 3) The opponent never gets near our goal. And if we do win the ball back, we can immediately shoot. 4) When his/her head is down or he/she takes a big touch. 5) Then we have to move together.

**MOMENT:**  
Defending

**AGE:**  
U7-U8 / 4v4

**PLAYERS:**  
4 vs 4

**DURATION:**  
20:0 min

#### 4v4- Defending- Improve Preventing the Opponent from Building Up in their Own Half (B)

GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U7-U8 / 4v4 / 8 players

Defending

DURATION: 60 min



##### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, when looking at the overall goal of the session?
4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. Coaching: Is there proper coaching, based on the age and level of the player?

##### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: