

Spring 2026

**GOAL:**

Improve build up in the opponent's half

PLAYER ACTIONS

Pass or dribble forward, Create passing options

KEY QUALITIES

Take initiative, Be pro-active

MOMENT

Attacking

DURATION

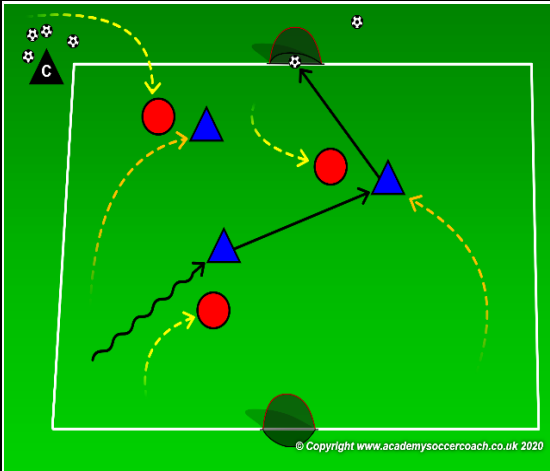
60 minutes

PLAYERS

8-12

**U8
4v4**

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

1st PLAY PHASE (Intentional Free Play)**DURATION: 18 min. - INTERVALS: 3 - ACTIVITY: 5 min. - REST: 1 min.****OBJECTIVE:** To pass or dribble past an opponent in order to create scoring chances**PLAYER ACTIONS:** Pass or dribble forward

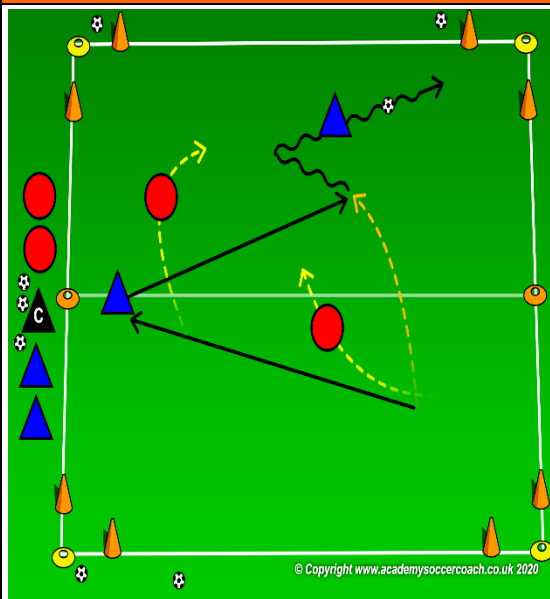
ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1, then 2v2 up to 3v3.

KEY WORDS: go to goal, find a goal scorer

GUIDED QUESTIONS: Once you have received the ball, what is the next action you want to take? If you can't score a goal who should you try to pass the ball to? How can you aim the ball to the goal?

ANSWERS: Play forward and to goal whenever possible. If all the openings in front of you are closed, see if you can pass to a teammate who can score. Turn your body to the goal, point the toe of your non-kicking foot to the goal & strike through the center of the ball.

NOTES: Once 1 field is at 2v2, consider starting the second game. Once both fields are at 2v2, add arriving players to either game.

CORE ACTIVITY: 2v2 to 4 Corner Goals**DURATION: 20 min. - INTERVALS: 5 - ACTIVITY: 2 min. - REST: 2 min.****OBJECTIVE:** To pass or dribble past an opponent in order to create scoring chances**PLAYER ACTIONS:** Pass or dribble forward, Create passing options

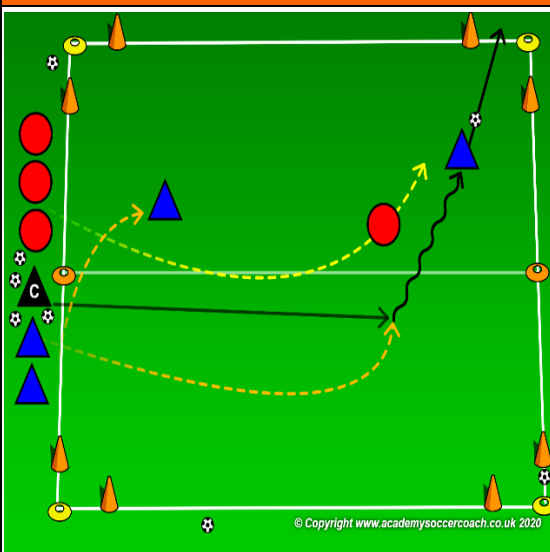
ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal in each corner; 4 goals. Play a 2v2 game with 2 teams on the sideline who switch after 2 minutes. Both teams will defend the 2 goals on one ½ of the field & attack the 2 goals in the opponent's ½. Place several soccer balls around the field for quicker restarts. **Rules:** Coach keeps track of time. After 2 minutes, both teams leave the field and the teams on the side enter. As soon as a player steps onto the field, the game begins.

KEY WORDS: Find the open goal, switch it

GUIDED QUESTIONS: What can you do if no one is near you? Where can you play the ball if the goal in front of you is too crowded? How can you aim the ball to the goal?

ANSWERS: Dribble the ball toward the closest goal & score. If the goal in front of you is too crowded, switch the ball with a big kick to the other goal. Turn your body to the goal, point the toe of your non-kicking foot to the goal & strike through the center of the ball.

Note: You may only need to use 1 of the fields for 8 players. If more players are in attendance, use the second field and divide the players so 2 games are played simultaneously. If you have less players, make 3 teams. Play 2 games and rest for 1.

LESS CHALLENGING: 2v1 to 4 Corner Goals**DURATION: 20 min. - INTERVALS: 20 - ACTIVITY: 30 sec. - REST: 30 sec.****OBJECTIVE:** To pass or dribble past an opponent in order to create scoring chances**PLAYER ACTIONS:** Pass or dribble forward, Create passing options

ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal in each corner; 4 goals. The coach starts at midfield with all the soccer balls. Divide the group into 2 teams; 1 team on the coach's right & the other on the left. Each team will have 2 goals to defend & 2 to score in. Prior to playing a ball onto the field, the coach will announce which team gets 2 players & which has 1. Once the ball is playing onto the field, both teams try to win the ball & score in either of the opponent's goals. **Rules:** Play starts as soon as a ball is played onto the field. Game is over when it is scored or leaves the field. Once the game is over, all players leave the playing area & the coach plays another ball onto the field for the next players to play.

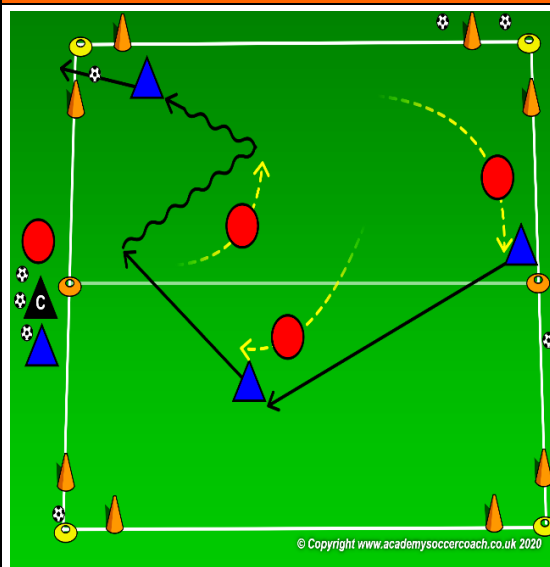
KEY WORDS: Find the open goal, switch it

GUIDED QUESTIONS: If your teammate has the ball, where can you go to help? Where can you play the ball if the goal in front of you is too crowded? How can you aim the ball to the goal?

ANSWERS: Move across the field to the other goal. If the goal in front of you is too crowded, switch the ball with a big kick to the other goal. Turn your body to the goal, point the toe of your non-kicking foot to the goal & strike through the center of the ball.

Note: Use multiple fields is needed. If games are not ending quickly, add a time limit to how long the teams have to score.

MORE CHALLENGING: 3v3 to 4 Goals



DURATION: 20 min. - INTERVALS: 5 - ACTIVITY: 3 min. - REST: 1 min.

OBJECTIVE: To pass or dribble past an opponent in order to create scoring chances

PLAYER ACTIONS: Pass or dribble forward, Create passing options

ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal in each corner; 4 goals. Play a 3v3 game. Rotate subs into the game as needed &, at a minimum, every 2 minutes. Both teams will defend the 2 goals on one ½ of the field & attack the 2 goals in the opponent's ½. Place several soccer balls around the field for quicker restarts. **Rules:** Coach keeps track of time. If the ball leaves the field, the team who didn't kick it out or score can retrieve any ball around the field & play continues.

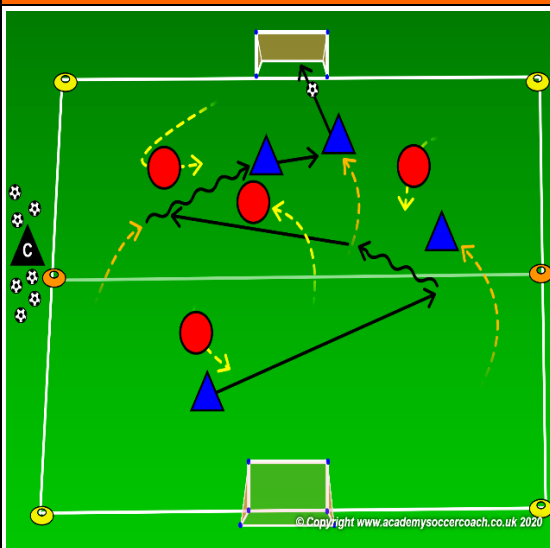
KEY WORDS: Find the open goal, switch it

GUIDED QUESTIONS: After you have played a ball into your teammate, where do you go next? Where can you play the ball if the goal in front of you is too crowded? How can you aim the ball to the goal?

ANSWERS: Stay close to help your teammate or move across the field to the other goal. If the goal in front of you is too crowded, switch the ball with a big kick to the other goal. Turn your body to the goal, point the toe of your non-kicking foot to the goal & strike through the center of the ball.

Note: You may only need to use 1 of the fields for 8 players. If more players are in attendance, use the second field and divide the players so 2 games are played simultaneously. If you have less players, play with smaller teams or uneven teams.

2nd. PLAY PHASE: The Game – 4v4



DURATION: 22 min - INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.

OBJECTIVE: To pass or dribble past an opponent then score goals.

PLAYER ACTIONS: Pass or dribble forward, Create passing options

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

KEY WORDS: help your teammate, switch it

GUIDED QUESTIONS: After you have played a ball into your teammate, where do you go next? Where can you play the ball if the goal in front of you is too crowded?

ANSWERS: Stay close to help your teammate or get wide to make room or drop back to help create passing options. If the opening to the goal in front of you is too crowded, switch the ball with a big kick to a different area of the field to see if your teammate can score.

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

FIVE ELEMENTS of TRAINING EXERCISE

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

TRAINING SESSION SELF-REFLECTION QUESTIONS

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