GOAL: Improve the techniques of dribbling
PLAYER ACTIONS: Shoot & Pass or Dribble Forward
KEY QUALITIES: Take initiative, be pro-active

<table>
<thead>
<tr>
<th>AGES GROUP</th>
<th>DURATION</th>
<th>MOMENT</th>
<th>DURATION</th>
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<tr>
<td>U6 / 4v4</td>
<td>60 MIN</td>
<td>1st Play Phase (intentional Free Play)</td>
<td>12 min.</td>
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As players arrive, play Small Sided Games (1v1 - 4v4)

PRACTICE (Activity 1):

Steal the Treasure:
- Organization: In a 15Wx20L grid, place a 4x4 square in every corner. Divide the players equally between the corners. Each player has a soccer ball except for 2 set of 2 players. If tagged by a monster, they lose their points and have to begin scoring again. Monsters must stay connected.

Guided Questions:
1. What can you do if a monster is guarding a cave?
2. How can you run to avoid them?

Answers:
- Run to a cave with your soccer ball to avoid them.
- Chose a different cave and get back into the action as fast as you can.

PRACTICE (Activity 2):

Two-Headed Monster Invasion:
- Organization: In a 15Wx20L grid, place a 4x4 square in every corner (cave). Divide the players equally between the 4 corners & each player has a soccer ball except for 2 set of 2 players. These players join hands (Two-Headed Monsters). The players try to get to as many caves as possible. The Monsters try to tag them.

Guided Questions:
1. What can you do if a monster is chasing you?
2. Where can you go if a monster is guarding a cave?

Answers:
- Run to a cave with your soccer ball to avoid them.
- Chose a different cave and get back into the action as fast as you can.

PRACTICE (Activity 3):

Field of Doom:
- Organization: In a 15Wx20L grid, place a 4x4 square in every corner. Select 2 players to start without a soccer ball. Players with a ball try to score from box to box while avoiding players without a soccer ball to score points. Players without a ball try to steal any ball and start scoring by getting into boxes.

Guided Questions:
1. Help the players recognize these moments through guided questions. For example, when is it a good time to run to the next box? See if the players can answer.

Answers:
- When the monsters are not ready or not looking, get to the next box as fast as you can.

2nd Play Phase: The Game – 4v4
- Duration: 24 min. | Activity Time: 10 min. | Rest Time: 2 min. | Intervals: 2 |

FIVE ELEMENTS of TRAINING ACTIVITY

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

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. How did you do in achieving the goal of the training session?
2. What did you do well?
3. What could you do better?