

taking the ball back from opponents immediately after losing possession to get forward and score goals.

Organization: On a 25W x 35L field with a small goal at each end. Play 4v4. Time: Play a game for 30 min. 2 halves of 12 min. 3 min of rest per interval.

Rules: All 8U modified 4v4 rules apply.



back, go help to stop the ball, close the opening

Guided Questions: What shows you players understood the training session? How can you tell if players enjoy playing the game?

Answers: Players are stopping the ball from going forward (denying chances) & trying to win the ball back from opponents right after losing it. They want to keep playing the game, they want to get on the field and play.