Objectives: Players will play the game. Players w/out the ball work to get the ball back from the other team and go score goals.
Organization: Create 2-3 fields that are 15W x 20L w/a goal at each end. As players get to the field start to play $2 \mathrm{v} 2,3 \mathrm{v} 3$, up to 4 v 4 games. Time: 4 games of 2 mins, 30 sec rest, activity duration is 10 min .
Rules: Start w/a kick off. Out of bounds, pass or dribble ball in. Allow players to have free play.

## PLAY - SMALL SIDED GAMES



Key Words: Get the ball, go help (to get the ball), close the opening

Guided Questions: How can you tell players are participating? When should players try to get the ball back?

Answers: They are playing the game with very few distractions. Right after losing it.


Objective: Play the game with emphasis on taking the ball back from opponents immediately after losing possession to get forward and score goals.
Organization: On a $25 \mathrm{~W} \times 35 \mathrm{~L}$ field with a small goal at each end. Play 4 v 4 .
Time: The game is 30 min , with 2 intervals of 12 min with 3 min of rest per interval.

Rules: All 8U modified 4v4 rules apply.

Key Words: Pressure the ball, take or win the ball back, go help (get the ball), close the opening space to protect the goal (to prevent scoring)

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

