



U4 - Spring Season - Training Session Week 7 - Cooperative Play

Category: Tactical: Decision making practices
Difficulty: Beginner

Jane Matejck, Greensboro, United States of America
Individual-Young Member

Description

Objective: Players can demonstrate working with other teammates to achieve a common goal.

*Please read over training session before you begin, and make sure the field is ready for the players before they arrive.

Ouch, Hit the Coach (10 mins)

Ouch, Hit the Coach: Within the 20x30 yard grid, let the players know that the area between the cones is their island, and they must stay on the island.

The coach jogs around in the grid and players try to kick their balls and hit the coach. The coach should yell OUCH, each time a player hits them with their soccer ball. Start with the coach going slow, after each round, the coach can get faster and faster. Play for three rounds.

Tell the players, they can only hit the coach below the knee.



Rainbow Fish to the Rescue (10 mins)

Rainbow Fish to the Rescue - Organize in a 20 x 30 yard grid made from cones

Teach the players to be able to return to their base upon signal without colliding with the other players and that they must work together with others; how to save a member of the same family in a safe and respectful way.

Equipment:

Polyspots in 4 colors - blue, green, red and yellow that create a home for the fish in each corner of the area. These are the homes of the different colored fish. A hoop is the "bucket" of the Fisherman, the coach, and is placed in the middle of the ocean.

1. The players are little rainbow fish each in their own corner "their home" and they are divided into families (red fish, blue fish, green fish and yellow fish). The players can swim in the area between the "homes." And the players move about in general space.

2. When the coach calls out "STORM," and the players are to swim back to their home.

3. When the Storm is over, and the fish can swim again. This time however, when the coach calls out "STORM" he/she will also attempt to catch/tag a "fish" when the storm comes. If the coach catches a fish, they take fish to the "bucket in the middle." The player can only be saved by their own colored fish family.

4. Add ball once players grasp the game.



Hungry Hippos (10 mins)

Hungry Hippos - Within the 20x30 yard grid - Let the players know that the area between the cones is the island they must stay on.

Create corners for your players to start in. This is their hippo home. Place all the extra equipment (polyspots, cones, noodles, etc.) spread out in the middle of the grid (make sure the equipment is not too close to one in another, so the players do not collide).

On your command, say go hungry, hungry hippos. The players run into the middle and collect one piece of equipment at a time and bring it back to their hippo home. Keep playing until all the equipment has been eaten and all the players have won! Progress with starting without the ball, and then adding having the player keep control of their soccer ball as they run and pick up equipment.

Have the players hibernate and put the balls back into the middle, and play again!



Small Sided Game (10 mins)

Small Sided Games (3v3) - 20 x 30 yard area with a goal at each end of the field.

MAIN FOCUS - DIRECTION!

Introduce direction to each individual team. Each individual team will focus on the trying to get the soccer ball into given goal. If ball rolls out then the coach will throw a new ball in by saying "ball in."

*To help with direction, place the same colored bib on top of the goal that the team is trying to score on.

