



Fall 4U- Session #6

	Game	Set-Up	Rules	Phases & Progressions (if appropriate)	Coaching Points/Purpose
Technical Warm-Up	Foxes and Chickens	-7x7 → 10x10 -All Players start with ball, to start -Coach is the fox, to start. -Coach tries to steal the ball from the players -5'	-As the coach steals the ball, that player becomes the fox -Player continue to become foxes as their ball is stolen	-Progress phase by adding more foxes as player so that everyone becomes a fox, at some point. -Work with players as needed to quickly steal the ball: get between the player and the ball, pull it back, shoulder tackling, etc... -All players score just prior to water break	-Skill from Chickens -Bravery from Foxes -Attackers looking to find the foxes, head turning -How fast can the fox take the ball away? -Who will be the toughest fox? -Who will be the bravest fox? -Fun!
Small-Side Game	Go Get It! (1v1s)	-4x10 channels (to goals for tall cones) -1 attacker trying to score against 1 defender -Defender trying to steal the ball and score the other way -5	-Players start on opposite ends of channels, in front of their goal/tall cone -One side attacks while the other defends/steals and tries to score in goal or touch the ball to the tall cone.	-Progress to quick exchanges: after a player scores, the scored-on player quickly restarts from their goal to dribble and score the other way. -Shift players around every minute or so to keep players engaged and match player skill levels. -All Players score just prior to water break	-Defender positioning to stay between ball and goal (goal side) -Being brave and stealing the ball -Can you steal it? -Can you score after stealing it? -Who ca get it and score quickest? -Fun!
Expanded SSG	Zombie Attack!	-Parents as Zombies, to start -Half Fields → Full Field -Equal # of Parents/Adults to Players -5'	-Similar to Battle/Dodgeball -Players start at Mid-line, Parents on End-Line -Players try to score and parents try to steal -Switch so that players try to steal from parents	-Parents can begin with soft pressure, gradually increasing pressure and speed of defending -Parents & Players: feel free to make their best Zombie noises. Coach, show them how! -Progress so that on the return from scoring, parents are not trying to score and players are the zombies, trying to steal the ball and score. -All players score just prior to water break.	-Quickly locating an attacker and working to defend, steal the ball, and score -Zombies be brave! -Who's the bravest zombie? -Which zombie can steal the ball and score quickest? -Fun!
Scrimmage	<ol style="list-style-type: none"> 1) Players vs Coach 2) Players vs Players 	-Full Field -Normal play and instruction throughout -5-10'	-Normal rules as much as possible: -Kick ins -Kick offs -Corners -Goal Kicks	-Coach should be able to begin to increase speed of play -Progress to Players vs Players as quickly as possible -Coach (or parents who know the rules), can play the role as referee (strong voice, strong calls, decrease coaching) to prep players for game-time reality -No Instructions from Parents!	-Continue to encourage brave, tough, quick Fox and Zombie play: -Who can steal the ball quickest? -What can you do after stealing the ball? -Can you do it quickly? -Who's kick did the ref call? -What did the Ref say? -Fun and Energetic!