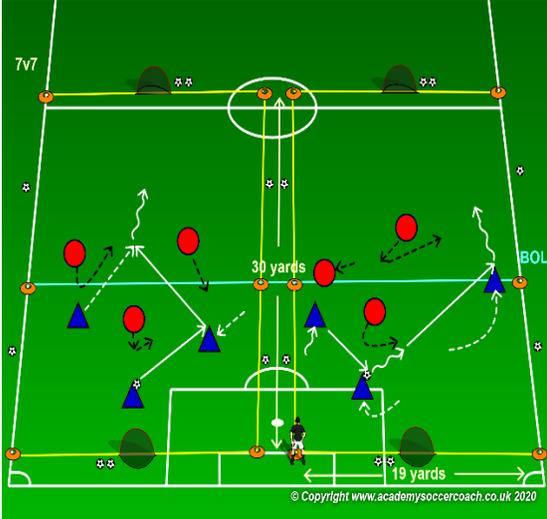
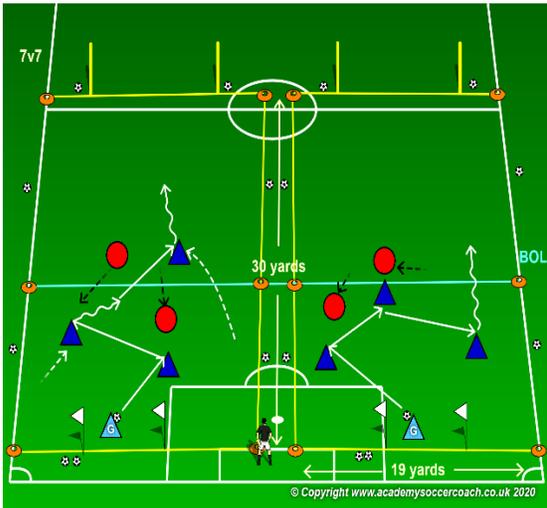


	<b>GOAL:</b>	Improve the build up from our own half in order to move the ball into the opponent's half - 2					<b>U9-U10</b> <b>7v7</b>
	<b>PLAYER ACTIONS</b>	Pass/dribble forward, Spread out, Support the attack					
	<b>KEY QUALITIES</b>	Read the game, Take initiative, Optimal technical abilities					
	<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>	<b>12</b>	

**SKILL ACQUISITION:** **Dribbling:** Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

<b>1st PLAY PHASE (Intentional Free Play)</b>	<b>DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 min</b>
	<p><b>OBJECTIVE:</b> To dribble or pass the ball forward.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out and Support the attack.</p> <p><b>ORGANIZATION:</b> In our own, half set up two or more 19Wx30L fields with a small goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2-minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.</p> <p><b>SKILL ACQUISITION:</b> Passing, receiving and dribbling.</p> <p><b>KEY WORDS:</b> Opening, Forward, Possess, Help.</p> <p><b>GUIDED QUESTIONS:</b> 1. What do we do to create openings? 2. How do we move the ball forward through an opening? 3. When is a good time to possess the ball? 4. Where should we be to help the player with the ball?</p> <p><b>ANSWERS:</b> 1. To create openings, we spread out - 2. We can pass it or dribble it forward - 3. When we can't find an opening, we will pass the ball sideways or backwards - 4. Supporting the attack to the right, to the left, back or in front of the ball.</p> <p><b>Note -</b> First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.</p>

<b>CORE ACTIVITY: 5v3 to goal &amp; 2 dribbling gates</b>	<b>DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min</b>
	<p><b>OBJECTIVE:</b> To pass or dribble the ball forward into the opponent's half.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out and Support the attack.</p> <p><b>ORGANIZATION:</b> In a 7v7 field, set up a 40Wx35L playing area with a regular goal and two 10 yard dribbling gates. The 5 Blue players: the GK, 3 defenders and 1 midfielder against 3 Red players: 2 strikers, 1 midfielder. Blue team scores by dribbling through either gate. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.</p> <p><b>SKILL ACQUISITION:</b> Passing, receiving and dribbling.</p> <p><b>KEY WORDS:</b> Opening, Forward, Possess, Help.</p> <p><b>GUIDED QUESTIONS:</b> 1. How do we create an opening? 2. What can the player with the ball do to move the ball forward? 3. Where should we pass the ball to possess it?</p> <p><b>ANSWERS:</b> 1. We spread out - 2. Pass the ball through the opening to a teammate or dribble the ball forward - 3. We can pass sideways or backwards.</p> <p><b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.</p>

<b>LESS CHALLENGING: 4v2 to goal &amp; a dribbling gate</b>	<b>DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min</b>
	<p><b>OBJECTIVE:</b> To pass or dribble the ball forward into the opponent's half.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out and Support the attack.</p> <p><b>ORGANIZATION:</b> In our own half set up two 19Wx30L fields with a goal and a 10 yard dribbling gate. Play 4v2. The Blue team: 1 goalkeeper and 3 players. Red Team: two players. Blue scores by dribbling through the gate and Red in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.</p> <p><b>SKILL ACQUISITION:</b> Passing, receiving and dribbling.</p> <p><b>KEY WORDS:</b> Wide, Opening, Forward, Possess, Help.</p> <p><b>GUIDED QUESTIONS:</b> 1. What do you do to create openings? 2. How do we move the ball forward through an opening? 3. When is a good time to possess the ball? 4. Where should we be to help the player with the ball?</p> <p><b>ANSWERS:</b> 1. To create openings, we spread out - 2. We can pass it or dribble it forward - 3. When we can't find an opening, we will pass the ball sideways or backwards - 4. Supporting the attack to the right, to the left, back or in front of the ball.</p> <p><b>Note:</b> Switch to this activity if the Core is too easy for the players.</p>

**MORE CHALLENGING: 5v4 to goal & 2 dribble gates**



**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**

**OBJECTIVE:** To pass or dribble the ball forward into the opponent's half.

**PLAYER ACTIONS:** Pass or dribble forward, Spread out and Support the attack.

**ORGANIZATION:** In a 7v7 field, set up a 40Wx35L playing area with a regular goal and two 10 yard dribbling gates and a gate guard. The 5 Blue players: the GK, 3 defenders and 1 midfielder against 4 Red players: 3 strikers, 1 midfielder. Blue team scores by dribbling through either gate. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

**SKILL ACQUISITION:** Passing, receiving and dribbling.

**KEY WORDS:** Wide, Opening, Forward, Possess, Help.

**GUIDED QUESTIONS:** 1. How do we move forward with the ball? 2. How can we create openings? 3. What do you need to do if you do not have the ball?

**ANSWERS:** 1. Dribbling it or passing forward - 2. By spreading out - 3. Support the attack and create passing options.

**2<sup>nd</sup> PLAY PHASE: The Game – 6V6**



**DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min**

**OBJECTIVE:** To pass or dribble the ball forward into the opponent's half.

**PLAYER ACTIONS:** Pass or dribble forward, Spread out and Support the attack.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.

**KEY WORDS:** Wide, Opening, Forward, Possess, Help.

**GUIDED QUESTIONS:** 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role?

**ANSWERS:** 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options.

**Note:** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

**FIVE ELEMENTS of TRAINING EXERCISE**

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

**TRAINING SESSION SELF-REFLECTION QUESTIONS**

1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?