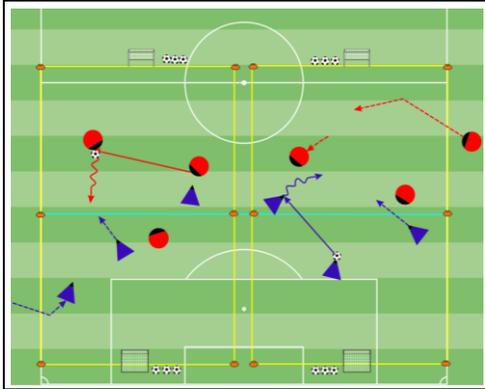


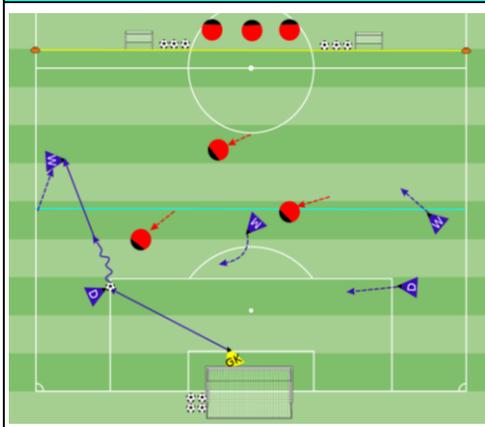
 	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 1				AGE GROUP
	PLAYER ACTIONS	Spread out, Pass/dribble forward, Create passing options, Change the attack				9U-10U
	KEY QUALITIES	Read the game, Take initiative, Focus, Optimal technical abilities				
	MOMENT	Attacking	DURATION	60 min	PLAYERS	12

1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min**



OBJECTIVE: To pass or dribble the ball forward
ORGANIZATION: Set up two or more 18Wx35L fields with a 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.
KEY WORDS: Pass, Dribble, Get open.
GUIDED QUESTIONS: 1. When should you dribble the ball forward? 2. When should pass forward? 3. Why should you get open?
ANSWERS: 1. When you have an opening or space in front. 2. When you have an opening to pass through to a teammate. 3. To create an opening.
Note - First break: Coach asks questions, players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

PRACTICE (Core Activity): 6v3 to Goal and Two Counter Goals **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



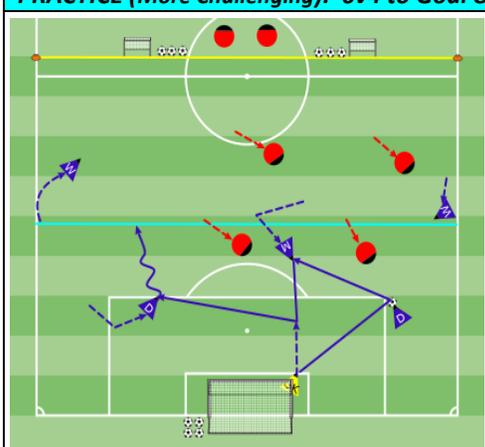
OBJECTIVE: To pass or dribble the ball forward into the opponent's half.
ORGANIZATION: Set up a 40Wx30L (half field) with an extra 5 yard end zone with 2 counter goals as shown in the diagram. Select 5 Blue attackers, their goalkeeper, and 3 Red defenders. Blue team scores in either of the two counter goals. Red scores in the regular goals. 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).
KEY WORDS: Get open, Pass, Dribble, Help, Switch the attack.
GUIDED QUESTIONS: 1. Why do we need to get open? 2. When do we pass or dribble forward? 3. How can we help the player with the ball? 4. When should we switch the attack?
ANSWERS: 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes. 4. When we have too many opponents in front of us.

PRACTICE (Less Challenging): 3v2 to Small Goals **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**

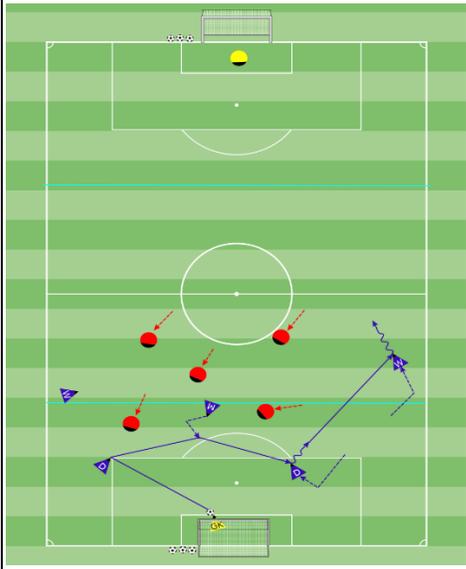


OBJECTIVE: To pass or dribble the ball forward into the opponents half.
ORGANIZATION: Set up two or more 18Wx35L fields with a goal at each end. Play a 3v2 to score in the opponent's goal. The 3 Blue attackers try to get the ball past the build out line and score in the opponent's goal. Rotate players.
KEY WORDS: Get open, Pass, Dribble, Help.
GUIDED QUESTIONS: 1. Why do we need to get open? 2. When do we pass or dribble forward? 3. How can we help the player with the ball?
ANSWERS: 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes.
Note - Switch to this activity if the CORE is too difficult for the players.

PRACTICE (More Challenging): 6v4 to Goal & Two Counter Goals **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To pass or dribble the ball forward into the opponents half.
ORGANIZATION: Set up a 40Wx30L (half field) with an extra 5 yard end zone with 2 counter goals as shown in the diagram. Select 5 Blue attackers, their goalkeeper, and 4 Red defenders. Blue team scores in either of the two counter goals. Red scores in the regular goals. 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).
KEY WORDS: Get open, Pass, Dribble, Help, Switch the attack.
GUIDED QUESTIONS: 1. Why do we need to get open? 2. When do we pass or dribble forward? 3. How can we help the player with the ball? 4. When should we switch the attack?
ANSWERS: 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes. 4. When we have too many opponents in front of us.
Note - Switch to this activity if the CORE is not challenging enough.



OBJECTIVE: To pass or dribble the ball forward into the opponents half.

ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-2-3 formation and the red team will play in 1-2-1-2 formation.

KEY WORDS: Get open, Pass, Dribble, Help, Switch the attack.

GUIDED QUESTIONS: 1. Why do we need to get open? 2. When do we pass or dribble forward? 3. How can we help the player with the ball? 4. When should we switch the attack?

ANSWERS: 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes. 4. When we have too many opponents in front of us.

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

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there effective coaching based on the age and level of the players?

Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?