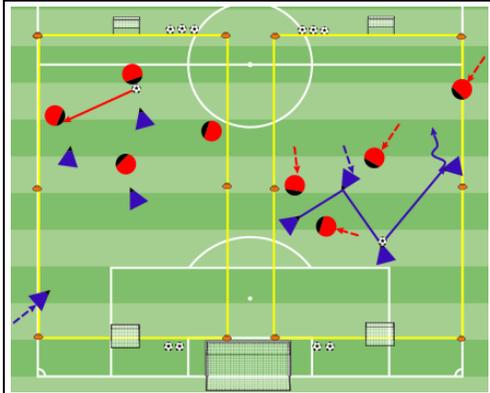


 	<b>GOAL:</b>	Improve the build up from our own half in order to move the ball into the opponent's half - 1				<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Spread out, Pass/dribble forward, Support the attack				<b>11U-12U</b>
	<b>KEY QUALITIES</b>	Make decisions, Be proactive, Focus, Optimal technical abilities				
	<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>

**1<sup>st</sup> PLAY PHASE (Intentional Free Play): 4v4 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 22Wx40L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

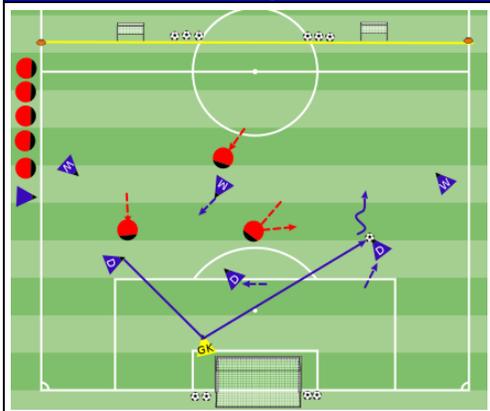
**KEY WORDS:** Get wide, Pass or Dribble, Help.

**GUIDED QUESTIONS:** 1. Why do you spread out? 2. What do you need to do to create or find openings? 3. When can you pass or dribble forward? 4. Why do you help the player with the ball?

**ANSWERS:** 1. To create openings. 2. You need to either pass or dribble the ball. 3. When you have an opening. 4. To provide him/her with support.

**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): 7v3 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 50Wx45L (half field) with a regular goals and three counter goals as shown on diagram. Select 6 Blue attackers, their goalkeeper, and 3 Red defenders. Blue team scores in either of the two counter goals. Red scores in the regular goal. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game).

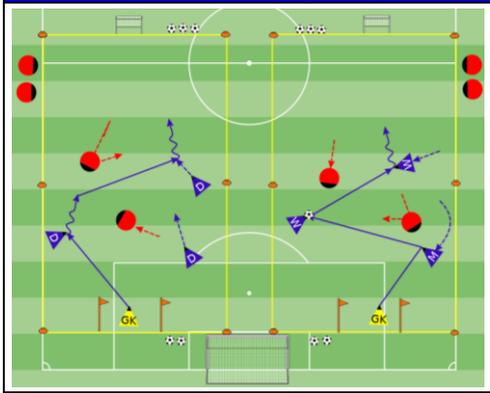
**KEY WORDS:** Get wide, Pass or Dribble, Help.

**GUIDED QUESTIONS:** 1. Why do you spread out? 2. What do you need to do to create of find openings? 3. When can you pass or dribble forward? 4. Why do you help the player with the ball?

**ANSWERS:** 1. To create openings. 2. You need to either pass or dribble the ball. 3. When you have an opening. 4. To provide him/her with support.

**Note -** Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

**PRACTICE (Less Challenging): 4v2 to Small 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 two or more 22Wx40L fields with a goal at each end. Play a 4v2 to score in the opponent's goal. Rotate players.

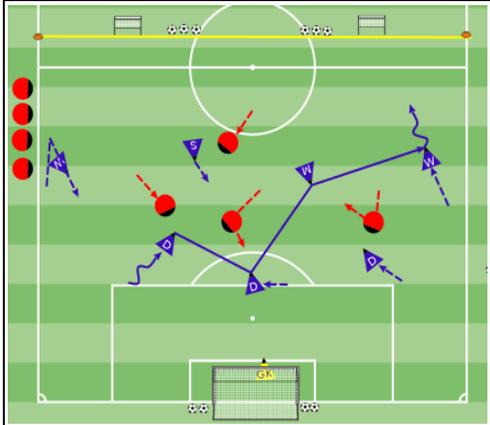
**KEY WORDS:** Get wide, Pass or Dribble, Help.

**GUIDED QUESTIONS:** 1. Why do you spread out? 2. What do you need to do to create or find openings? 3. When can you pass or dribble forward? 4. Why do you help the player with the ball?

**ANSWERS:** 1. To create openings. 2. You need to either pass or dribble the ball. 3. When you have an opening. 4. To provide him/her with support.

**Note -** Switch to this activity if the CORE is too difficult for the players.

**PRACTICE (More Challenging): 8v4 to Goal & 3 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.

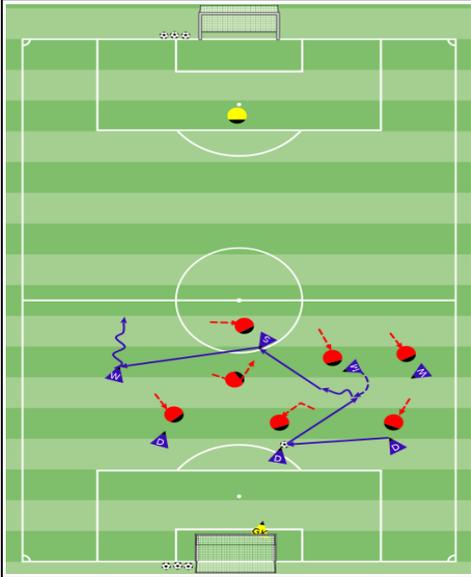
**ORGANIZATION:** Set up a 50Wx45L (half field) with a regular goal and three counter goals as shown on diagram. Select 7 Blue attackers, their goalkeeper, and 4 Red defenders. Blue team scores in either of the three counter goals. Red scores in the regular goal. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game).

**KEY WORDS:** Get wide, Pass or Dribble, Help.

**GUIDED QUESTIONS:** 1. Why do you spread out? 2. What do you need to do to create or find openings? 3. When can you pass or dribble forward? 4. Why do you help the player with the ball?

**ANSWERS:** 1. To create openings. 2. You need to either pass or dribble the ball. 3. When you have an opening. 4. To provide him/her with support.

**Note -** Switch to this activity if the CORE is not challenging enough.



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

**ORGANIZATION:** In a 50Wx80L field play 8v8. The Blue team will play in 1-3-3-1 formation and the red team will play in 1-3-1-3 formation.

**KEY WORDS:** Get wide, Pass or Dribble, Help.

**GUIDED QUESTIONS:** 1. Why do you spread out? 2. What do you need to do to create or find openings? 3. When can you pass or dribble forward? 4. Why do you help the player with the ball?

**ANSWERS:** 1. To create openings. 2. You need to either pass or dribble the ball. 3. When you have an opening. 4. To provide him/her with support.

**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?