

	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 1							
	PLAYER ACTIONS	Pass or dribble forward, create passing options, spread out							
	KEY QUALITIES	Make decisions, take initiative, focus							
	AGE GROUP	U11-U12 / 9V9 / 16 Players	MOMENT	Attacking	DURATION	60 min			
1st PLAY PHASE	1v1, 2v1, 2v2...4v4	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	21 min	Activity time:	2 min	Rest time:	1 min	Intervals	7
		3v2 TO THE END LINE: OBJECTIVE: To move the ball forward by dribbling or passing into the opponent's half. ORGANIZATION: Set up three 17Wx25L yard fields. Select 2 Red defenders and 3 Blue attackers to play on each field. Both teams play to score by dribbling and stopping the ball past the end line. Rotate defenders and attackers every two intervals. KEY WORDS: Pass, dribble, support (behind, sides or in front of the ball). GUIDED QUESTIONS: 1.- If you have the ball, what should you do? 2.- Why do we need to spread out? 3.- Where should the other attackers be to support his/her teammate? ANSWERS: 1.- Dribble forward if there is space in front or an opening between two defenders and pass forward to a teammate when we can get the ball through an opening. 2.- To create openings. 3.- He/she should be in an open space either to the sides or in front of the ball. NOTES: Start with the Core Activity . If is too difficult switch to the Less Challenging Activity . If it is too easy switch to the More Challenging Activity .							
PRACTICE (Less Challenging):		Duration:	21 min	Activity time:	1.5 min	Rest time:	1.5 min	Intervals	7
		2v1 TO THE END LINE: OBJECTIVE: To move the ball forward past the build up line. ORGANIZATION: Set up three 17Wx25L yard fields. Select 1 Red defender and 2 Blue attackers to play on each field. Both teams play to score by dribbling and stopping the ball past the end line. Rotate defenders and attackers every interval KEY WORDS: Pass, dribble, support (behind, sides or in front of the ball). GUIDED QUESTIONS: 1.- If you have the ball, what should you do? 2.- Why do we need to spread out? 3.- Where should the other attackers be to support his/her teammate? ANSWERS: 1.- Dribble forward if there is space in front or an opening and pass forward to a teammate when we can get the ball through an opening. 2.- To create openings. 3.- He/she should be in an open space either to the sides or in front of the ball. NOTES: Start with the Core Activity ; if is too difficult for your players, then switch to the Less Challenging Activity .							
PRACTICE (More Challenging):		Duration:	21 min	Activity time:	3 min	Rest time:	30 sec	Intervals	6
		3v3 TO THE END LINE: OBJECTIVE: To move the ball forward into the opponent's half. ORGANIZATION: Set up two 20Wx25L yard fields Place 3 Red defenders and 3 Blue attackers in each field. Both teams play to score by dribbling and stopping the ball past the end line. KEY WORDS: Pass, dribble, support (behind, sides or in front of the ball). GUIDED QUESTIONS: 1.- If you have the ball, what should you do? 2.- Why do we need to spread out? 3.- Where should the other attackers be to support his/her teammate? ANSWERS: 1.- Dribble forward if there is space in front or an opening between two defenders and pass forward to a teammate when we can get the ball through an opening. 2.- To create openings. 3.- He/she should be in an open space either to the sides or in front of the ball. NOTES: Start with the Core Activity ; if is too easy for your players, then switch to the More Challenging Activity .							
2nd PLAY PHASE	8v8(1-2-3-1v1-2-3-1)	Duration:	30 min	Activity time:	12 min	Rest time:	3 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				