### GOAL
 Improve the build up on the opponent’s half to create chances

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Team Tactical Principles</th>
<th>Pass/Dribble forward, Spread out, Support &amp; Change the point of attack</th>
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</thead>
<tbody>
<tr>
<td>10-U</td>
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### Objective:
To score goals. To get players into a game as soon as they arrive to practice.

### Organization:
Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play 1v1, 2v1, 2v3, up to 4v4.

### Time:
3 games of 2.5 minutes, 30 second rest: for a total of 9 minutes

### Rules:
Out of bounds - Pass or dribble the ball in.

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### Key Words:
Go to goal, Provide assistance (Behind, sides and in front of the ball), Be available to receive a pass.

### Guided Questions:
- How fast did the players get to play?
- How are the players working together to get the ball forward?

### Answer:
As they arrive they started to play. The players are passing forward, backwards and sideways to find an opening to go forward.

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### PRACTICE - CORE ACTIVITY

#### Less Challenging Activity

<table>
<thead>
<tr>
<th>Organization:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Play 3v2’s</td>
</tr>
<tr>
<td>- Two 20Wx30L fields with small goals</td>
</tr>
<tr>
<td>- Sub the Blue and Red players every interval.</td>
</tr>
<tr>
<td><strong>Rules:</strong> Out of bounds - Pass or dribble the ball in.</td>
</tr>
</tbody>
</table>

| Activity Duration | 21 min |
| Active Rest | 3 min |

**Objective:**
To unbalance and disorganize the opponent creating or finding an opening to pass or dribble forward and create scoring chances.

**Organization:**
- Play 5v5 in a 40Wx35L field with a regular goal and two counter goals.

**Scoring:** Blue scores in the regular goal, Red in the counter goals.
- Sub Blue and Red players every interval.

**Rules:** All FIFA Laws apply. After a goal Blue passes the ball in from the end line, Red gets a goal kick. Build out line is in effect.

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### More Challenging Activity

<table>
<thead>
<tr>
<th>Organization:</th>
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<tbody>
<tr>
<td>- Play 6v6</td>
</tr>
<tr>
<td>- 40Wx35L field with two regular goals.</td>
</tr>
<tr>
<td><strong>Rules:</strong> All FIFA rules apply.</td>
</tr>
<tr>
<td>- After a goal: Red starts with a goal kick - Blue starts with a pass in.</td>
</tr>
</tbody>
</table>

| # of Intervals | 6 |
| Active Rest | 30sec |

**Objective:**
To unbalance and disorganize the opponent by passing and dribbling in the opponent's half in order to create scoring chances.

**Organization:**
- In a 40Wx60L field with regular goals make two equal teams.

**Time:** 2 halves of 13 minutes, 2 minutes rest for a total of 30 minutes.

**Rules:** All FIFA Rules Apply.

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### Key Words:
Penetrate, Move the ball to move the opponent, Quickly get Behind, Forward and to the Sides of the ball, Be available to receive a pass.

**Guided Questions**
- When and why we need to pass backwards?
- Why do we want to get the ball to the other flank side?

**Answer:**
Too many defenders in front, and we want to keep possession of the ball. To find an opening get the ball forward through the opening.

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### PLAY - LET THEM PLAY

**Objective:**
To unbalance and disorganize the opponent by passing and dribbling in the opponent's half in order to create scoring chances.

**Organization:**
- In a 40Wx60L field with regular goals make two equal teams.

**Time:** 2 halves of 13 minutes, 2 minutes rest for a total of 30 minutes.

**Rules:** All FIFA Rules Apply.

**Key Words:**
Penetrate, Move the ball to move the opponent, Quickly get Behind, Forward and to the Sides of the ball, Be available to receive a pass.

**Guided Questions**
- How do we know that players understand when to go forward with a pass?

**Answers:**
The players successfully recognized when to pass forward through an opening to a receiver in between the defender’s lines.