**GOAL: Building up on Own Half in Order to Create Scoring Chances 1**

**Key Qualities:**
Pass/Dribble Forward, Spread out, Create options and Support the attack

**Make decisions, Take initiative, Focus**

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<th>Age Group</th>
<th>Team Tactical Principles</th>
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<td>12-U</td>
<td>PLAY - LET THEM PLAY</td>
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**Objective:**
To possess the ball to disorganize the opponent in order to pass and dribble forward to score goals.

**Organization:**
- Organize two equal teams with the players you have at practice up to 9v9 in a 50Wx75L field with two regular goals.
- Time: 2 halves of 13 minutes, 2 minutes rest for a total of 30 minutes.
- Rules: All FIFA Rules Apply.

**Key Words:** Make diagonal passes, Move the ball to move the opponent, Get Behind, Forward and to the Sides of the ball, Be available to receive a pass.

**Guided Questions:**
- What actions let you know that players learned in training today?
- When should the players pass backwards?
- Why do we want to move the ball and the opponents?

**Answers:**
- Players pass diagonally forward, backwards and side ways to probe the defense to find an opening to move the ball forward.

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**PLAY - SMALL SIDED GAMES**

**Objective:**
To play a game as the players arrive with the purpose to move the ball forward to score goals.

**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: 4 games of 2 minutes with a 30 second rest for a total of 10 minutes.
- Rules: Out of bounds - Pass or dribble the ball in

**Less Challenging Activity**

**Organization:**
- Play 3v2 in a 20Wx30L field with a small goal at each end.
- Substitute players every two intervals.
- Rules: Out of bounds/goal the blue team restarts with the ball.

**Activity Duration**
24 min
**# of Intervals**
6
**Active Rest**
1 min

**More Challenging Activity**

**Organization:**
- Play 6v6 in a 50Wx45L field with two regular goals.
- Substitute every two intervals.
- Rules: All FIFA Laws apply.

**Key Words:** Go to goal, Be available to receive a pass.

**Guided Questions:**
- Why does the coach connect with every player as soon as they arrive to training?
- How are the players engaged?

**Answer:** Because it establishes a good line of communication to be more effective when coaching them. They are playing, trying to move, pass and dribble forward to score goals.

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**PRACTICE - CORE ACTIVITY**

**Objective:**
To possess the ball to disorganize the opponent in order to pass and dribble forward to create scoring opportunities.

**Organization:**
- Play 5v4 in a half field (50Wx37L) with a regular goal and two counter goals at each end line.
- Scoring: Blue in the counter goals, Red in the regular goal.
- Change the the blue and red players every two intervals.
- Rules: All FIFA Laws Apply. After a goal Blue gets a goal kick, Red passes the ball in from the midline.

**Activity Duration**
24 min
**Time Active**
3 min
**Active Rest**
1 min

**Key Words:** Make diagonal passes, Move the ball to move the opponent, Get Behind, Forward and to the Sides of the ball, Be available to receive a pass.

**Guided Questions:**
- When should the players pass backwards?
- Why do we want to move the ball and the opponents?

**Answers:**
The player with the ball has defenders in front and can't penetrate but has a supporting player behind him/her. To create openings in their defense and pass or dribble forward.