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| AGE GROUP | GOAL: | Improve the build up in the opponent's half in order to create scoring chances | | | | Fall 2019 |
| 13+ | PLAYER ACTIONS | Spread out, Pass/dribble forward, Create passing options, Create 2v1 or 1v1 | | | |   |
| | KEY QUALITIES | Read the game, Take initiative, Focus, Optimal technical abilities | | | | |
| 11v11 | MOMENT | Attacking | DURATION | 60 minutes | PLAYERS | 18 Players |

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch – **Shooting:** Surface of the foot and ball, standing foot and accuracy over power.

1st PLAY PHASE (intentional Free Play): 5v5 - 4v4 | **DURATION:** 20 min -- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min



OBJECTIVE: To pass or dribble the ball forward

PLAYER ACTIONS: Spread out, Pass/dribble forward, Create passing options, 2v1 or 1v1

ORGANIZATION: Set up two or more 30Wx45L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with two breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

KEY WORDS: Look up, Pass or Dribble, Opening.

GUIDED QUESTIONS: 1. How can we find an opening? 2. When can we pass or dribble forward? 3. Why should you spread out? 4. What can we do to outnumber the opponent?

ANSWERS: 1. By looking up. 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. To create an opening. 4. Create a 2v1 or a 3v2.

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): 6v7 to Goals & Dribbling Gates | **DURATION:** 20 min -- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To possess the ball, move it forward and create scoring chances.

PLAYER ACTIONS: Spread out, Pass/dribble forward, Create passing options, 2v1 or 1v1

ORGANIZATION: Set up a 70Wx60L (half field) with a regular goal and two 10 yards dribbling gates as shown in the diagram. Select 6 Blue attackers, and 6 Red defenders and their goalkeeper. Blue team scores in the regular goal. Red team scores by dribbling through either dribbling gate. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Look up, Pass or Dribble, Opening, Overload.

GUIDED QUESTIONS: 1. Why do you look up? 2. When is a good time to penetrate with the ball? 3. How do we create an opening? should you spread out? 4. What can we do to outnumber the opponent and combine around the defenders? 5. What do we do if we can't go forward.

ANSWERS: 1. To find an opening. 2. When we find an opening to pass or dribble forward. 3. We spread out. 4. Create a 2v1 or a 3v2. 5. We possess the ball by going backwards or sideways.

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

PRACTICE (Less Challenging): 6v7 to Goals & Dribbling Gates | **DURATION:** 20 min -- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To possess the ball, move it forward and create scoring chances.

PLAYER ACTIONS: Spread out, Pass/dribble forward, Create passing options, 2v1 or 1v1

ORGANIZATION: Set up a 70Wx60L (half field) with a regular goal a 20 yards central dribbling gate as shown in the diagram. Select 6 Blue attackers, and 6 Red defenders and their goalkeeper. Blue team scores in the regular goal. Red team scores by dribbling through either dribbling gate. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Look up, Pass or Dribble, Opening, Overload.

GUIDED QUESTIONS: 1. Why do you look up? 2. When is a good time to penetrate with the ball? 3. How do we create an opening? should you spread out? 4. What can we do to outnumber the opponent and combine around the defenders? 5. What do we do if we can't go forward.

ANSWERS: 1. To find an opening. 2. When we find an opening to pass or dribble forward. 3. We spread out. 4. Create a 2v1 or a 3v2. 5. We possess the ball by going backwards or sideways.

Note – Switch to this activity if the CORE is too difficult for the players

PRACTICE (More Challenging): 6v8 to Goals & Dribbling Gates

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To possess the ball, move it forward and create scoring chances.

PLAYER ACTIONS: Spread out, Pass/dribble forward, Create passing options, 2v1 or 1v1

ORGANIZATION: Set up a 70Wx60L (half field) with a regular goal and two 10 yards dribbling gates as shown in the diagram. Select 6 Blue attackers, and 6 Red defenders and their goalkeeper. Blue team scores in the regular goal. Red team scores by dribbling through either dribbling gate. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Look up, Pass or Dribble, Opening, Overload.

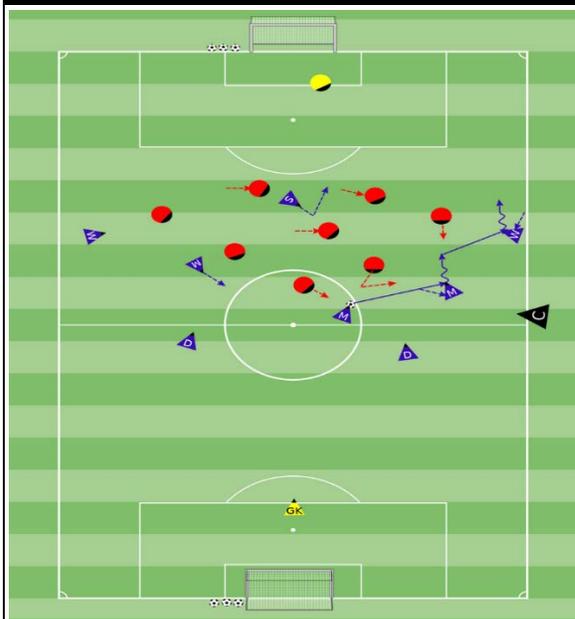
GUIDED QUESTIONS: 1. Why do you look up? 2. When is a good time to penetrate with the ball? 3. How do we create an opening? should you spread out? 4. What can we do to outnumber the opponent and combine around the defenders? 5. What do we do if we can't go forward.

ANSWERS: 1. To find an opening. 2. When we find an opening to pass or dribble forward. 3. We spread out. 4. Create a 2v1 or a 3v2. 5. We possess the ball by going backwards or sideways.

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

2nd. PLAY PHASE: The Game – 9v9 (GK+8v8+GK)

DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min



OBJECTIVE: To possess the ball, move it forward and create scoring chances.

PLAYER ACTIONS: Spread out, Pass/dribble forward, Create passing options, 2v1 or 1v1

ORGANIZATION: In a 70Wx120L field play 9v9. The Blue team will play in 1-2-3-3 formation and the Red team will play in 1-4-3-1 formation.

KEY WORDS: Look up, Pass or Dribble, Opening, Overload.

GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and or space in front.

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

FIVE ELEMENTS of TRAINING EXERCISE

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. **Organized:** Is the exercise organized in the right way?
2. **Game like:** Is the exercise game like?
3. **Repetitions:** Are there repetitions when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there the proper coaching based on the age/level of the players?

1. Did you achieve your goals of the training session?
2. What did you do well?
3. What could you do better?