



GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 2			AGE GROUP 11U-12U		
PLAYER ACTIONS	Pass or dribble forward, Spread out, Support the attack					
KEY QUALITIES	Read the game, Take initiative, Demonstrate Focus					
MOMENT	Attacking	DURATION	60 min	PLAYERS	16	9v9

1st PLAY PHASE (Intentional Free Play): 4v4 to Goal | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



OBJECTIVE: Pass or dribble the ball forward.

PLAYER ACTIONS: Pass or dribble forward, Spread out.

ORGANIZATION: In the defending half of the 9v9 field set up two 20Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

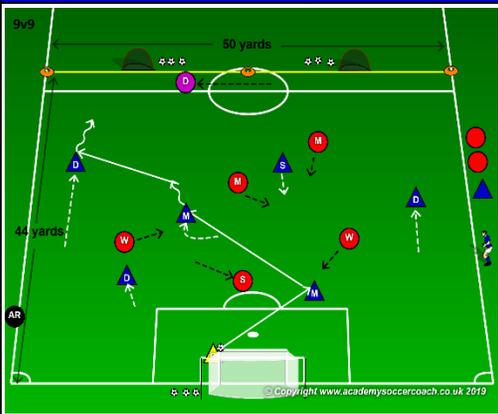
KEY WORDS: Pass, Dribble, Get open and Help.

GUIDED QUESTIONS: 1. When do we spread out? 2. How do you create an opening?
3. What should you do when you see an opening?

ANSWERS: 1. As soon as we get the ball we get open - 2. By passing or dribbling the ball - 3. Pass or dribble forward.

Note: First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

PRACTICE (Core Activity): 7v5 to Goal & 2 Small Goals | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



OBJECTIVE: Pass or dribble to create openings and get the ball into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In the defending half of the 9v9 field, set up a 50Wx40L field with a regular goal and a 4 yard zone for the 2 small goals and a defender. The Blue team scores by passing to either small goal. The Red team scores in the regular goal. Rotate players every round. Red team scores, the Blue team restart the game with a goal kick.

KEY WORDS: Pass, Dribble and Get open, Help.

GUIDED QUESTIONS: 1 What do we do to create an opening and move the defenders? 2. What do we need to do if the openings are closed? 3. Why do we get behind, to the sides or in front of the players with the ball?

ANSWERS: 1. By spreading out - 2. Pass or dribble the ball to move the defenders and create a new opening - 3. To support the attack creating diagonal passes lanes.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

PRACTICE (Less Challenging): 7v4 to Goal & 2 Goals | DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min



OBJECTIVE: Pass or dribble to create openings and get the ball into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out and Create passing options.

ORGANIZATION: In the defending half of the 9v9 field, set up a 50Wx40L field with a regular goal and a 4 yard zone for the 2 small goals and a defender. The Blue team scores by passing to either small goal. The Red team scores in the regular goal. Rotate players every round. Red team scores, the Blue team restarts the game with a goal kick.

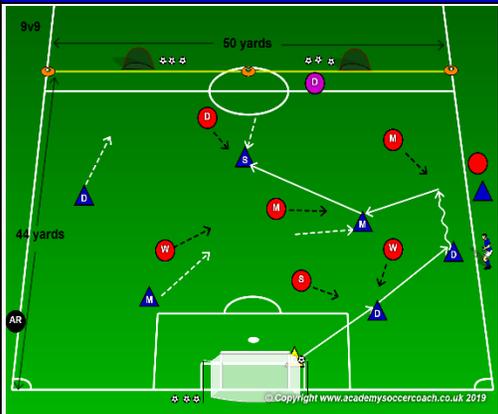
KEY WORDS: Pass, Dribble, Get wide and Help.

GUIDED QUESTIONS: 1. When do we spread out? 2. How do you create an opening?
3. What should you do when you see an opening? 4. Where should we be to help the player with the ball?

ANSWERS: 1. As soon as we get the ball we get open - 2. By passing or dribbling the ball - 3. Pass or dribble forward - 4. In front, to the sides and behind creating diagonal passing lanes.

Note: Switch to this activity if the Core is too difficult for the players.

PRACTICE (More Challenging): 7v6 to Goal & 2 Goals | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



OBJECTIVE: Pass or dribble to create openings and get the ball into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out and Create passing options.

ORGANIZATION: In the defending half of the 9v9 field, set up a 50Wx40L field with a regular goal and a 4 yard zone for the 2 small goals and a defender. The Blue team scores by passing to either small goal. The Red team scores in the regular goal. Rotate players every round. Red team scores, the Blue team restarts the game with a goal kick.

KEY WORDS: Pass, Dribble and Get wide, Help.

GUIDED QUESTIONS: 1 What do we do to create an opening and move the defenders? 2. What do we need to do if the openings are closed? 3. Why do we get behind, to the sides or in front of the player with the ball?

ANSWERS: 1. Spread out - 2. Pass or dribble the ball to move the defenders and create a new opening - 3. To support the attack creating diagonal passing lanes.

Note: Switch to this activity if the Core is too easy for the players.



OBJECTIVE: Pass or dribble to create openings and get the ball into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out and Create passing options.

ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue team will play in a 1-3-2-2 formation and the Red team will play in a 1-2-4-1 formation.

KEY WORDS: Pass, Dribble and Get wide, Help.

GUIDED QUESTIONS: 1 What can we do to create an opening and move the defenders? 2. What do we need to do if the openings are closed? 3. Why do we get behind, to the sides or in front of the player with the ball?

ANSWERS: 1. Spread out - 2. Pass or dribble the ball to move the defenders and create a new opening. 3. To support the attack creating diagonal passing lanes.

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 the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there 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?