

	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 2	AGE GROUP			
	PLAYER ACTIONS	Spread out, Pass or dribble forward, Create passing options, Switch the attack	13+			
	KEY QUALITIES	Make decisions, Take initiative, Optimal technical abilities				
MOMENT	Attacking	DURATION	60 min	PLAYERS	18	11v11

1st PLAY PHASE (Intentional Free Play): 5v5/4v4 Games DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min



OBJECTIVE: To find or create an opening to move the ball forward.

PLAYER ACTIONS: Pass or dribble forward, Create a passing option.

ORGANIZATION: In the defending half of an 11v11 field set up two 30Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

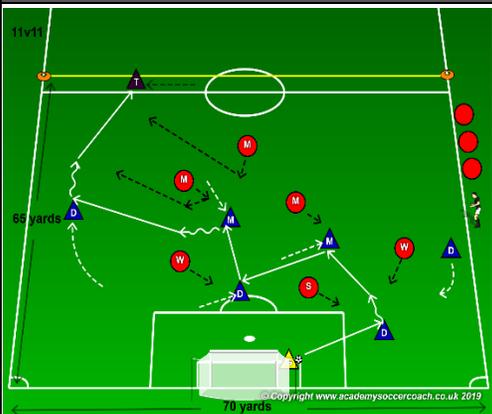
KEY WORDS: Possess, Dribble and Connect.

GUIDED QUESTIONS: 1. When do we possess the ball? 2. How can we create an opening? 3. What do the players without the ball need to do?

ANSWERS: 1. We possess the ball when can't go forward through an opening - 2. By passing or dribbling the ball - 3. Create a passing option for the player with the ball.

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): 7v6 to Goal & Target Player DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5.5 min -- REST: 1 min



OBJECTIVE: Possess the ball to find or create an opening to get the ball into the opponent's half.

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

ORGANIZATION: In the defending half of an 11v11 field, set up a 70Wx60L with a regular goal and a 5 yard zone with a target player. The Blue team scores by passing to the target player. The Red team scores in the regular goal. Rotate players every round. When the Red team scores, the Blue team restarts the game with a goal kick.

KEY WORDS: Expand, Possess, Dribble, Connect and Change fields.

GUIDED QUESTIONS: 1. What do we do to create an opening? 2. How do we keep possession of the ball? 3. Where should the players without the ball be to keep possession? 4. When should we switch the attack?

ANSWERS: 1. We need to spread out - 2. By passing sideways or backwards - 3. They should be to the sides or behind the ball to create passing options. 4. When all the openings on one side are closed.

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): 7v6 to Goal & 2 Targets DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 5.5 min -- REST: 1 min



OBJECTIVE: Possess the ball to find or create an opening to get the ball into the opponent's half.

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

ORGANIZATION: In the defending half of an 11v11 field, set up a 70Wx60L with a regular goal and a 5 yard zone with two target players. The Blue team scores by passing to either target player. The Red team scores in the regular goal. Rotate players every round. When the Red team scores, the Blue team restarts the game with a goal kick.

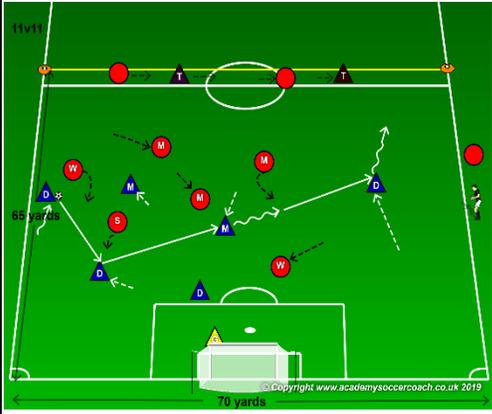
KEY WORDS: Expand, Possess, Dribble, Connect and Change fields.

GUIDED QUESTIONS: 1. When do we do possess the ball? 2. How can we create an opening? 3. What do the players without the ball need to do? 4. What do you do when you create or find an opening?

ANSWERS: 1. We possess the ball when can't go forward through an opening - 2. By passing or dribbling the ball - 3. Create passing options - 4. You will connect with a teammate or dribble forward.

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

PRACTICE (More Challenging): 7v6 to Goal-Targets+Guards DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 5.5 min -- REST: 1 min



OBJECTIVE: Possess the ball to find or create an opening to get the ball into the opponent's half.

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

ORGANIZATION: In the defending half of an 11v11 field, set up a 70Wx60L with a regular goal a 5 yard zone with a 2 target players and 2 guards. The Blue team scores by passing to either target player. The Red team scores in the regular goal. Rotate players every round. When the Red team scores, the Blue team restarts the game with a goal kick.

KEY WORDS: Expand, Possess, Dribble, Connect and Change fields.

GUIDED QUESTIONS: 1. What do we do to create an opening? 2. How do we keep possession of the ball? 3. Where should the players without the ball be to keep possession? 4. When should we switch the attack?

ANSWERS: 1. We need to expand or spread out - 2. By passing sideways or backwards. - 3. They should be in front, to the sides or behind the ball to create passing options. 4. When all the openings on one side are closed.

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



OBJECTIVE: Possess the ball to find or create an opening to get the ball into the opponent's half.

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

ORGANIZATION: In an 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-4-2-2 formation and the Red team will play in 1-2-3-3 formation.

KEY WORDS: Expand, Possess, Dribble, Connect and Change fields.

GUIDED QUESTIONS: 1. What do we need to do create an opening? 2. What should midfielders do to help the defender with the ball? 3. Why should we possess the ball? 4. Why do we need to change the point of attack?

ANSWERS: 1. Spread out and pass the ball to move the defenders - 2. They should move to create passing options and openings to move the ball forward - 3. To keep the ball and try to create an opening to go forward with the ball - 4. To move the ball forward in the other side of the field.

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 there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective 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?