**PRACTICE (Core Activity): 7v6 to Goal & Target Player**

**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. By passing or dribbling the ball?
5. They should be to the sides or behind the ball to create passing options.
6. When all the openings on one side are closed.

**ANSWERS:**
1. We need to spread out - Create a passing option for the player with the ball.
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.

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**PRACTICE (More Challenging): 7v6 to Target + Guards**

**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 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 or dribbling the ball - 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

<table>
<thead>
<tr>
<th>Element</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>1. Organized</td>
<td>Is the activity organized in the right way?</td>
</tr>
<tr>
<td>2. Game-like</td>
<td>Is the activity game-like?</td>
</tr>
<tr>
<td>3. Repetition</td>
<td>Is there repetition, when looking at the overall goal of the training session?</td>
</tr>
<tr>
<td>4. Challenging</td>
<td>Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</td>
</tr>
<tr>
<td>5. Coaching</td>
<td>Is there effective coaching based on the age and level of the players?</td>
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</tbody>
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### 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?