**AGE GROUP** | **GOAL:** Improve the build up in the opponent’s half in order to create scoring chances
---|---
9U-10U | Spread out, Pass/dribble forward, Create 2v1 or 1v1, Change the attack
**KEY QUALITIES** | Understand the game, Take initiative, Focus, Optimal technical abilities
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**Fall 2019**
---|---
**PLAYER** | Spread out, Pass/dribble forward, Create 2v1 or 1v1, Change the attack
**DURATION** | 60
**PLAYERS** | 12
---|---
**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

<table>
<thead>
<tr>
<th><strong>MOMENT</strong></th>
<th><strong>Attacking</strong></th>
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<tbody>
<tr>
<td><strong>DURATION:</strong></td>
<td>20 min -- <strong>INTERVALS:</strong> 3 -- <strong>ACTIVITY:</strong> 4 min -- <strong>REST:</strong> 1 min</td>
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1st PLAY PHASE (intentional Free Play): 3v3 to Goal

OBJECTIVE: To pass or dribble the ball forward

PLAYER ACTIONS: Spread out, Pass/dribble forward, Create 2v1 or 1v1, Change the attack

ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

KEY WORDS: Possess, Pass, Dribble, and Opening.

GUIDED QUESTIONS: 1. Why do we need to possess the ball? 2. When do we pass or dribble forward? 3. Why should you spread out?

ANSWERS: 1. To keep the attack going and to find an opening. 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. To create an opening.

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): 5v4 to Goal & counter goal

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

PLAYER ACTIONS: Spread out, Pass/dribble forward, Create 2v1 or 1v1, Change the attack

ORGANIZATION: Set up a 40Wx30L (half field) with 1 counter goal as shown in the diagram. Select 5 Blue attackers, 3 Red defenders and their goalkeeper. Blue team scores in the regular goal. Red scores in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Possess or Connect, Take him/her on, Overload, Switch the attack.

GUIDED QUESTIONS: 1. Why do we possess the ball? 2. What is an overload? 3. What can we do in a 2v1? 4. Why should we switch the attack?

ANSWERS: 1. To create or find openings. 2. It is when we have more attackers than defenders, such as 2v1 or a 3v2. 3. We can connect with our teammate or take the opponent on. 4. To find an opening.

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

PRACTICE (Less Challenging): 3v2 to small goals

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

PLAYER ACTIONS: Spread out, Pass/dribble forward, Create 2v1 or 1v1, Change the attack

ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play a 3v2 to score in the opponent’s goal. The 3 Blue attackers try to get the ball past the build out line and score in the opponent’s goal. Rotate players.

KEY WORDS: Possess, Pass, Dribble, and Opening.

GUIDED QUESTIONS: 1. Why do we need to possess the ball? 2. When do we pass or dribble forward? 3. Why should you spread out?

ANSWERS: 1. To keep the attack going and to find an opening. 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. To create an opening

Note – Switch to this activity if the CORE is too difficult for the players.
**FIVE ELEMENTS of TRAINING EXERCISE**

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?

**TRAINING SESSION SELF-REFLECTION QUESTIONS**

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