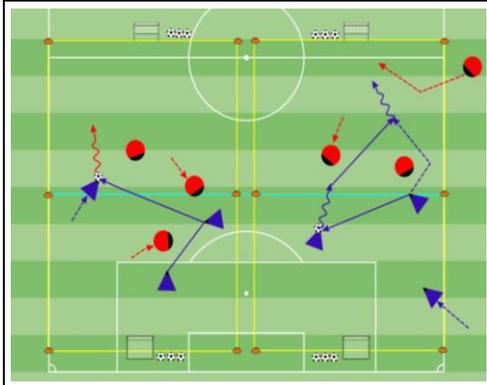


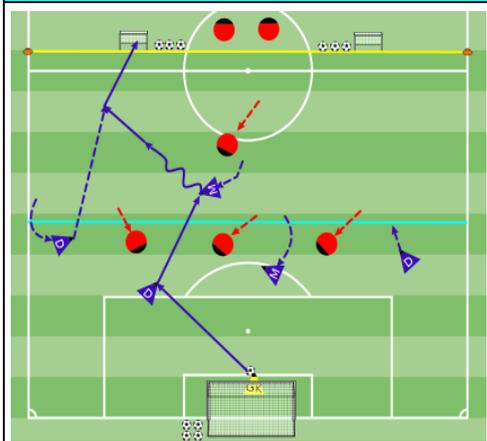
 	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 2				AGE GROUP
	PLAYER ACTIONS	Spread out, Pass/dribble forward, Support the attack, Change point of the attack				9U-10U
	KEY QUALITIES	Read the game, Be proactive, Focus, Optimal technical abilities				
	MOMENT	Attacking	DURATION	60 min	PLAYERS	12

1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min**



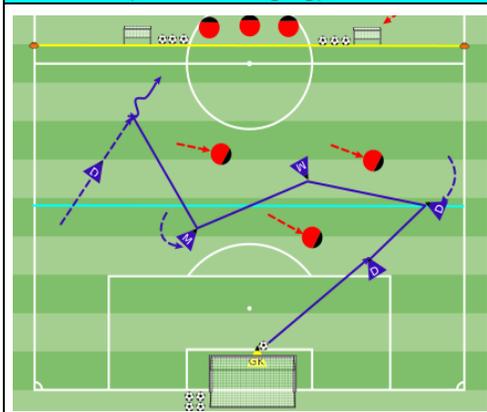
OBJECTIVE: To pass or dribble the ball forward.
ORGANIZATION: Set up two or more 18Wx35L fields with a goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.
KEY WORDS: Get wide, Connect, Dribble, Help.
GUIDED QUESTIONS: 1. How can we create openings? 2. If you have the ball and have space in front of you, what should you do? 3. Where should you be to help the player with the ball?
ANSWERS: 1. By spreading out we create openings. 2. Dribble the ball forward and take the space. 3. To the sides, behind or in front making a diagonal passing lane.
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): 6v4 to Goal and Two Counter Goals | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



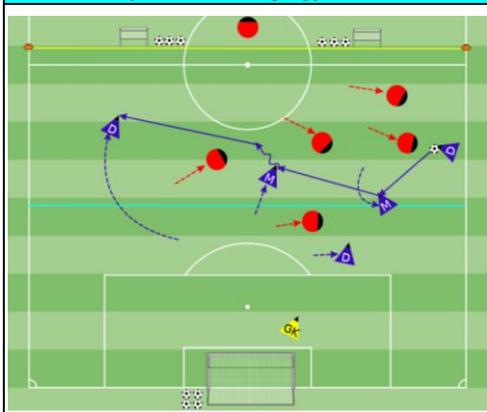
OBJECTIVE: To pass or dribble the ball forward into the opponents half.
ORGANIZATION: Set up a 40Wx30L (half field) with an extra 5 yard end zone with 2 counter goals as shown in the diagram. Select 5 Blue attackers, their goalkeeper and 4 Red defenders. Blue team scores in either of the two counter goals. Red scores in the regular goal. Play with a build out line. Rotate the sub players. All Laws of the game in effect. (If the Red team scores, the Blue team gets a goal-kick to restart the game).
KEY WORDS: Get wide, Connect, Dribble, Help, Switch.
GUIDED: 1. How can we create openings? 2. If you have the ball and have space in front of you what should you do? 3. Where should you be to help the player with the ball?
ANSWERS: 1. By spreading out we create openings. 2. Dribble the ball forward and take the space. 3. To the sides, behind or in front of the players with the ball making a diagonal passing lane.
Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 6v3 to Goal & Two Counter Goals | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**

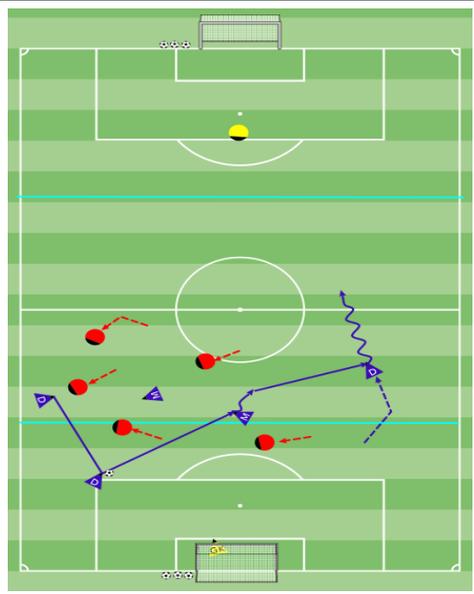


OBJECTIVE: To pass or dribble the ball forward into the opponent's half.
ORGANIZATION: Set up a 40Wx30L (half field) with an extra 5 yard end zone with 2 counter goals as shown in the diagram. Select 5 Blue attackers, their goalkeeper, and 3 Red defenders. Play with a build out line. Rotate sub players. All Laws of the game in effect. (If the Red team scores, the Blue team gets a goal-kick to restart the game).
KEY WORDS: Get wide, Connect, Dribble, Help, Switch.
GUIDED: 1. How can we create openings? 2. If you have the ball and have space in front of you what should you do? 3. Where should you be to help the player with the ball?
ANSWERS: 1. By spreading out we create openings. 2. Dribble the ball forward and take the space. 3. To the sides, behind or in front of the players with the ball making a diagonal passing lane.
Note – Switch to this activity if the CORE is too difficult for the players.

PRACTICE (More Challenging): 6v5 to Goal & Two Counter Goals | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



OBJECTIVE: To pass or dribble the ball forward into the opponents half.
ORGANIZATION: Set up a 40Wx30L (half field) with an extra 5 yard end zone with 2 counter goals as shown in the diagram. Select 5 Blue attackers, their goalkeeper, and 4 Red defenders. Blue team scores in either of the two counter goals. Red scores in the regular goals. Play with a build out line. All Laws of the game in effect. (If the Red team scores, the Blue team gets a goal-kick to restart the game).
KEY WORDS: Get wide, Connect, Dribble, Help, Switch.
GUIDED: 1. How can we create openings? 2. If you have the ball and have space in front of you, what should you do? 3. Where should you be to help the player with the ball?
ANSWERS: 1. By spreading out we create openings. 2. Dribble the ball forward and take the space. 3. To the sides, behind or in front of the players with the ball making a diagonal passing lane.
Note – Switch to this activity if the CORE is not challenging enough.



OBJECTIVE: To pass or dribble the ball forward into the opponents half

ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-2-3 formation and the Red team will play in 1-2-1-2 formation.

KEY WORDS: Get wide, Connect, Dribble, Help, Switch.

GUIDED: 1. How can we create openings? 2. If you have the ball and have space in front of you what should you do? 3. Where should you be to help the player with the ball?

ANSWERS: 1. By spreading out we create openings. 2. Dribble the ball forward and take the space. 3. To the sides, behind or in front of the players with the ball making a diagonal passing lane.

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?