

	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 2							
	PLAYER ACTIONS	Spread out, pass or dribble forward, create passing options, switch the point of attack							
	KEY QUALITIES	Reading the game, be proactive, technical execution							
	AGE GROUP	U9-U10 / 7V7 / 12 Players	MOMENT	Attacking	DURATION	60 min			
1st PLAY PHASE	1v1, 2v1, 2v2...3v3	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	24 min	Activity time:	5 min	Rest time:	1min	Intervals	4
	<p>3v2 TO GOAL: OBJECTIVE: To move the ball forward into the opponent's half.</p> <p>ORGANIZATION: Set up two 20Wx35L yard fields with build out lines and two mini-goals as shown in the diagram. Play a 3v2 to score in the opponent's goal. The 3 Blue attackers always start with a goal kick and try to get the ball past the build out line and score in the opponent's goal. As soon as the goal kick is taken, the defenders come in and try to get the ball and score.</p> <p>KEY WORDS: Get wide, pass, dribble, support (behind, sides or in front of the ball)</p> <p>GUIDED QUESTIONS: 1.- Why should we get wide? 2.- Where should the other attackers be to support his/her teammate? 3.- What should we do if we have an opponent in front that does not let us pass the ball forward?</p> <p>ANSWERS: 1.- By spreading out we create openings to dribble or pass forward. 2.- Creating passing options in behind, to the sides and in front of the ball 3.- Pass the ball sideways or backwards.</p> <p>NOTES: Start with the Core Activity. If is too difficult switch to the Less Challenging Activity. If it is too easy switch to More Challenging Activity.</p>								
PRACTICE (Less Challenging):		Duration:	24 min	Activity time:	3 min	Rest time:	1 min	Intervals	6
	<p>RECEIVE, DRIBBLE OR PASS TO SCORE: OBJECTIVE: To connect passes in order to move the ball forward past the Build out line. into the opponent's half.</p> <p>ORGANIZATION: Set up two 20Wx35L yard fields with small goals on each end line. Place 6 players in each field and divide them into 3 groups of 2 players, each group has a ball. Players will perform the following tasks: 1. Interval 1 and 2: How many passes can you make in 3 minutes? 2. Interval 3 and 4: How many passes and goals can you score in 3 minutes? 3. Intervals 5 and 6: Can you improve by you 5?</p> <p>KEY WORDS: Look up, Dribble forward, Pass forward.</p> <p>GUIDED QUESTIONS: 1.- When can a player dribble forward? 2. Where should his/her teammate be to receive a pass?</p> <p>ANSWERS: 1.- When the player has open space in front or can dribble between two defenders. 2.- In open space between two defenders or the sideline and a defender to the side or in front of the ball.</p> <p>NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.</p>								
PRACTICE (More Challenging):		Duration:	24 min	Activity time:	6.5 min	Rest time:	1.5 min	Intervals	3
	<p>6V3+1 TO A REGULAR GOAL AND TWO COUNTERT GOALS WITH AN END ZONE GUARD: OBJECTIVE: To move the ball forward into the opponent's half.</p> <p>ORGANIZATION: Set up a 40Wx35L yard field with an extra 5 yard end zone with 2 counter goals as shown in the diagram. Select 6 Blue attackers and 3 Red defenders plus an end zone guard. Blue team tries to get the ball into the attacking half and score in either of the two counter goals. Red tries to win the ball and score in the regular goals.</p> <p>KEY WORDS: Get wide, pass, dribble, support (behind, sides or in front of the ball)</p> <p>GUIDED QUESTIONS: 1.- Why should we get wide? 2.- Where should the other attackers be to support his/her teammate? 3.- What should we do if we have an opponent in front that does not let us pass or dribble forward?</p> <p>ANSWERS: 1.- By spreading out we create openings to dribble or pass forward. 2.- Creating passing options behind, to the sides and in front of the ball 3.- Pass the ball sideways or backwards.</p> <p>NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.</p>								
2nd PLAY PHASE	6v6 (1-2-3 v 1-2-3)	Duration:	26 min	Activity time:	11 min	Rest time:	2 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				