

	<b>GOAL:</b>	Improve the build up from our own half in order to move the ball into the opponent's half -2				<b>U11-U12</b> <b>9v9</b>
	<b>PLAYER ACTIONS</b>	Pass or dribble forward, Spread out, Support the attack				
	<b>KEY QUALITIES</b>	Read the game, Take initiative, Optimal technical abilities				
	<b>MOMENT</b>	<b>ATTACKING</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>	

**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

<b>1st PLAY PHASE (Intentional Free Play)</b>	<b>DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min</b>
	<p><b>OBJECTIVE:</b> Pass or dribble to move the ball forward.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out, Support the attack.</p> <p><b>ORGANIZATION:</b> In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.</p> <p><b>SKILL ACQUISITION:</b> Passing, receiving and dribbling.</p> <p><b>KEY WORDS:</b> Disperse, Connect, Take it and Options.</p> <p><b>GUIDED QUESTIONS:</b> 1. What do we do when we disperse? 2. How do we connect forward with a teammate on the other side? 3. If we have an opening between two defenders how can we take the ball forward? 4. Why do we need to be an option for the player with the ball?</p> <p><b>ANSWERS:</b> 1. We spread out to create openings - 2. Passing the ball forward - 3. Dribble the ball forward through the opening - 4. To support the attack.</p> <p><b>Note:</b> 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.</p>

<b>CORE ACTIVITY: 5v4 to goal and two targets</b>	<b>DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min</b>
	<p><b>OBJECTIVE:</b> Pass or dribble to move the ball forward into the opponent's half.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out, Support the attack.</p> <p><b>ORGANIZATION:</b> In a 9v9 field, set up a 40Wx45L playing area with a regular goal and two target players. The 5 Blue players: 1 GK, 3 defenders and 1 midfielder against 4 Red players: 1 midfielder, 2 wingers and 1 striker. Blue team scores by passing to one of the target players. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.</p> <p><b>SKILL ACQUISITION:</b> Passing, receiving and dribbling.</p> <p><b>KEY WORDS:</b> Disperse, Connect, Take it and Options.</p> <p><b>GUIDED QUESTIONS:</b> 1. Where should we go to disperse? 2. When is a good time to connect around the defenders with a teammate? 3. What do we do to take the ball forward if we have space in front? 4. How can we become a passing option?</p> <p><b>ANSWERS:</b> 1. To spread out we go up to the boundaries - 2. When we do not have an opening we pass the ball around and away from the defenders - 3. We dribble the ball forward - 4. By being in front, to the sides and behind creating diagonal passing lanes.</p> <p><b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.</p>

<b>LESS CHALLENGING: 4v2 to goal and a target</b>	<b>DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min</b>
	<p><b>OBJECTIVE:</b> Pass or dribble to move the ball forward into the opponent's half.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out, Support the attack.</p> <p><b>ORGANIZATION:</b> In our half set up two 22Wx35L fields with a goal and a target player. Play 4v4. The Blue team: 1 GK and 4 attackers against the Red Team: 2 defenders. Blue team scores by passing to the target player. Red scores in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.</p> <p><b>SKILL ACQUISITION:</b> Passing, receiving and dribbling.</p> <p><b>KEY WORDS:</b> Disperse, Connect, Take it and Options.</p> <p><b>GUIDED QUESTIONS:</b> 1. What do we do when we disperse? 2. How do we connect forward with a teammate on the other side? 3. If we have an opening between two defenders how can we take the ball forward? 4. Why do we need to be an option for the player with the ball?</p> <p><b>ANSWERS:</b> 1. When we spread out we create an opening – 2. Passing the ball forward – 3. Dribble the ball forward through the opening – 4. To support the attack.</p> <p><b>Note:</b> Switch to this activity if the Core is too difficult for the players.</p>

**MORE CHALLENGING: 5v5 to goal and two targets**



**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**

**OBJECTIVE:** Pass or dribble to move the ball forward into the opponent's half.

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

**ORGANIZATION:** In a 9v9 field, set up a 40Wx45L playing area with a regular goal and two target players. The 5 Blue players: 1 GK, 3 defenders and 1 midfielder against 4 Red players: 1 midfielder, 2 wingers and 1 striker. Blue team scores by passing to one of the target players. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

**SKILL ACQUISITION:** Passing, receiving and dribbling.

**KEY WORDS:** Disperse, Connect, Take it and Options.

**GUIDED QUESTIONS:** 1. Where should we go to disperse? 2. When is a good time to connect around the defenders with a teammate? 3. What do we do to take the ball forward if we have space in front? 4. How can become a passing option?

**ANSWERS:** 1. To spread out we go up to the boundaries - 2. When we do not have an opening we pass the ball around and away from the defenders - 3. We dribble the ball forward - 4. By being in front, to the sides and behind creating diagonal passing lanes.

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

**2<sup>nd</sup> PLAY PHASE: The Game – 8V8**



**DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min**

**OBJECTIVE:** Pass or dribble to move the ball forward into the opponent's half.

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

**ORGANIZATION:** In a 9v9 field (50Wx80L) play 8v8. The Blue team will play 1-3-2-2 formation and the Red team will play 1-2-4-1 formation.

**SKILL ACQUISITION:** Passing, receiving and dribbling.

**KEY WORDS:** Disperse, Connect, Take it and Options.

**GUIDED QUESTIONS:** 1 Why should we disperse away from defenders? 2. Where should we be if we want the player with the ball to connect with us? 3. When is a good time to take the ball forward? 4. Why do we need to be behind, to the sides and in front of the ball to be an option?

**ANSWERS:** 1. To Create openings by spreading out - 2. We should be on the other side of the opening so the player with the ball can pass forward to me - 3. When we have an opening with space to dribble the ball forward - 4. To support the attack.

**Note:** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

Passing, receiving and dribbling

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1. <b>Organized:</b> Is the exercise organized in the right way?</p> <p>2. <b>Game like:</b> Is the exercise game like?</p> <p>3. <b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</p> <p>4. <b>Challenging:</b> Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>5. <b>Coaching:</b> Is there the proper coaching based on the age/level of the players?</p>	<p>1. How did you achieve your goals in the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>