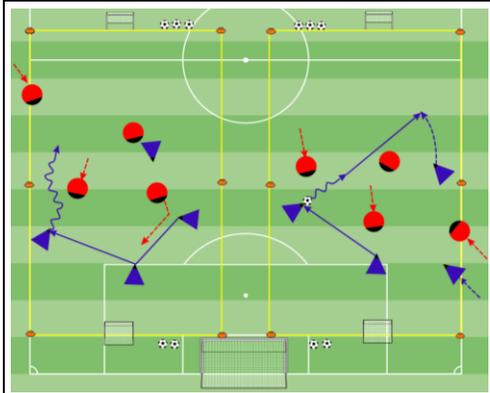


 	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 2				AGE GROUP
	PLAYER ACTIONS	Spread out, Pass/dribble forward, Create passing options				11U-12U
	KEY QUALITIES	Read the game, Take initiative, Focus, Optimal technical abilities				
	MOMENT	Attacking	DURATION	60 min	PLAYERS	16

1st PLAY PHASE (Intentional Free Play): 4v4 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 22Wx40L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

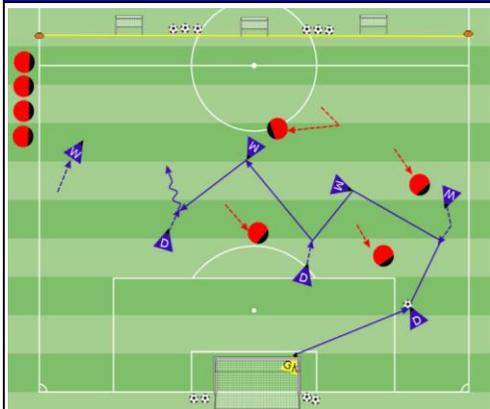
KEY WORDS: Opening, Connect, Take space, Help.

GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and or space in front.

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): 8v4 to Goal and 3 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 50Wx40L (half field) with a regular goal and three counter goals as shown on diagram. Select 8 Blue attackers, their goalkeeper, and 4 Red defenders. Blue team scores in either of the three counter goals. 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).

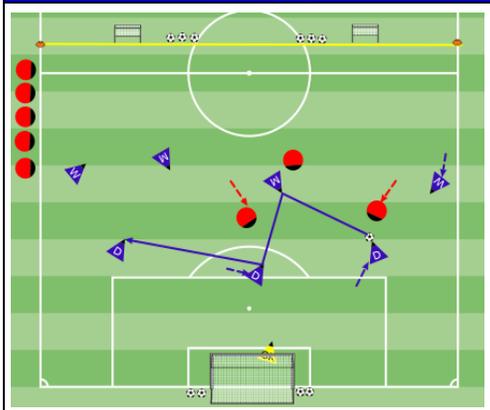
KEY WORDS: Opening, Connect, Take space, Help.

GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have an opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and or space in front.

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

PRACTICE (Less Challenging): 8v3 to Small 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 50Wx40L (half field) with a regular goal and three counter goals as shown on the diagram. Select 7 Blue attackers, their goalkeeper, and 3 Red defenders. Blue team scores in either of the three counter goals. 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).

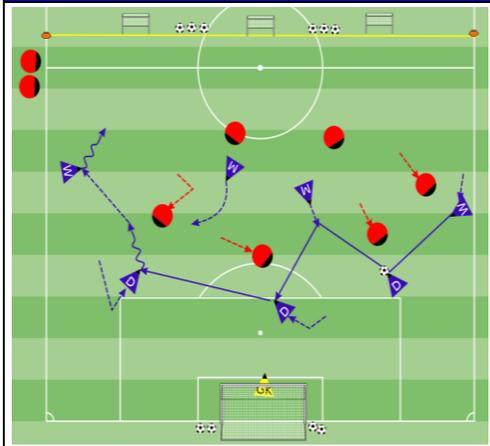
KEY WORDS: Opening, Connect, Take space, Help.

GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have an opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and/or space in front.

Note – Switch to this activity if the CORE is too difficult for the players.

PRACTICE (More Challenging): 8v6 to Goal & 3 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.

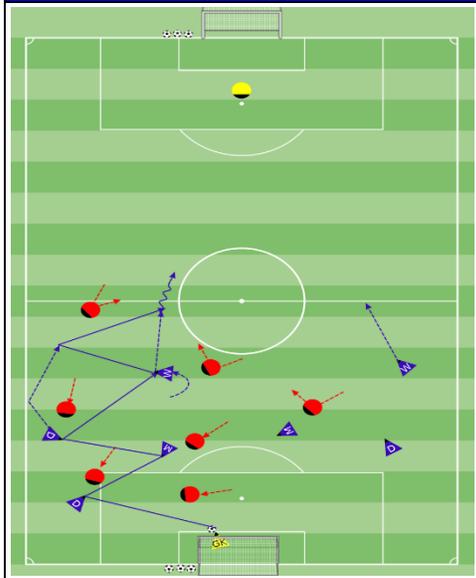
ORGANIZATION: Set up a 50Wx40L (half field) with a regular goal and three counter goals as shown in the diagram. Select 7 Blue attackers, their goalkeeper, and 6 Red defenders. Blue team scores in either of the three counter goals. Red scores in the regular goal. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game).

KEY WORDS: Opening, Connect, Take space, Help.

GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have an opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and or space in front.

Note – Switch to this activity if the CORE is not challenging enough.



OBJECTIVE: To pass or dribble the ball forward into the opponent's half.

ORGANIZATION: In a 50Wx80L field play 8v8. The Blue team will play in 1-3-4 formation and the Red team will play in 1-3-3-1 formation.

KEY WORDS: Opening, Connect, Take space, Help.

GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and or space in front.

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?