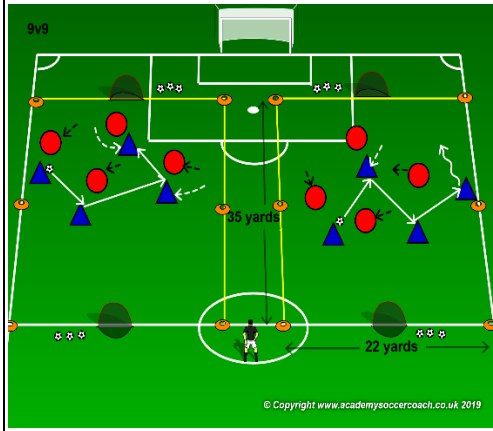
	GOAL:	Improve the build up in the opponent's half in order to create scoring chances 1				AGE GROUP
	PLAYER ACTIONS	Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1				11U-12U
	KEY QUALITIES	Read the game, Focus, Optimal technical abilities				
	MOMENT	Attacking	DURATION	60 min	PLAYERS	16

1st PLAY PHASE (Intentional Free Play): 4v4 to Goal **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5**



OBJECTIVE: To pass or dribble forward to find or create openings.

PLAYER ACTIONS: Pass or dribble forward and Support the attack.

ORGANIZATION: In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

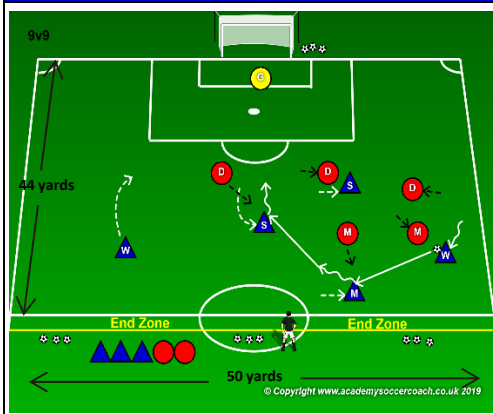
KEY WORDS: Dribble, Pass and Help to connect.

GUIDED QUESTIONS: 1. When should you dribble forward? 2. Where can we support the player with the ball? 3. Why do we pass forward?

ANSWERS: 1. When you are in a 1v1 or have space in front - 2. Behind, to the sides, or in front making a diagonal passing lane - 3. To connect through an opening with a teammate or to shoot at goal.

Note – 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.

PRACTICE (Core Activity): 5v6 to Goals & an End Zone **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



OBJECTIVE: To pass and dribble the ball to find and create openings in order to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, and Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of the 9v9 field set up a 50Wx44L field with a regular goal and an End Zone as shown. The 5 Blue attackers score in the regular goal, Red team scores by dribbling into the end zone or passing to a teammate entering the end zone. Rotate players every round.

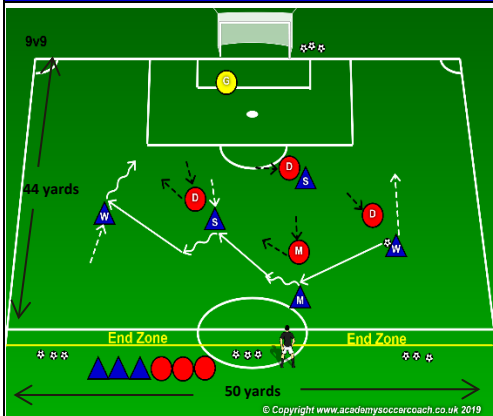
KEY WORDS: Opening, Pass, Dribble, Get open and Help to combine.

GUIDED QUESTIONS: 1. How can we create openings? 2. What do we do if we find an opening? 3. Why do we stand away and to the side of the defender creating a diagonal passing lane?

ANSWERS: 1. By spreading out - 2. Pass forward, through or around the defensive lines or we can dribble forward - 3. To support the attack and create a 2v1.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

PRACTICE (Less Challenging): 5v5 to Goals & an End Zone **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



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

PLAYER ACTIONS: Pass or dribble forward, Support the attack, and Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of the 9v9 field set up a 50Wx44L field with a regular goal and an End Zone as shown. The 5 Blue attackers score in the regular goal, Red team scores by dribbling into the end zone or passing to a teammate entering the end zone. Rotate players every round.

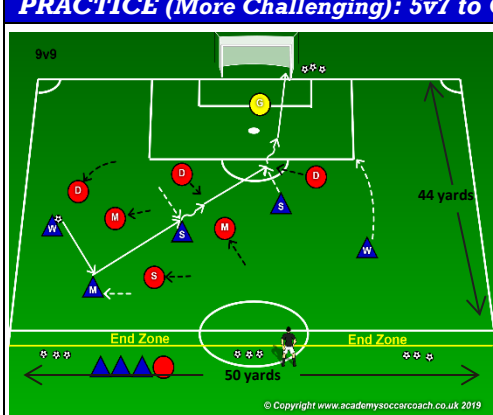
KEY WORDS: Possess, Pass, Dribble, and Help to combine.

GUIDED QUESTIONS: 1. What should we do if we can't go forward with the ball? 2. When do we pass or dribble forward? 3. What do we need to do to help the player with the ball?

ANSWERS: 1. Possess it and pass it sideways or backwards - 2. Pass forward to connect with a teammate through an opening. Dribble forward when you have space or only one opponent in front to beat - 3. Support to create a passing option and create a 2v1.

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

PRACTICE (More Challenging): 5v7 to Goal & an End Zone **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



OBJECTIVE: To pass and dribble the ball to find and create openings in order to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, and Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of the 9v9 field set up a 50Wx44L field with a regular goal and an End Zone as shown. The 5 Blue attackers score in the regular goal, Red team scores by dribbling into the end zone or passing to a teammate entering the end zone. Rotate players every round.

KEY WORDS: Opening, Pass, Dribble, Get open and Help to combine.

GUIDED QUESTIONS: 1. How can we create openings? 2. What do we do if we find an opening? 3. Why do we stand away and to the side of the defender creating a diagonal passing lane?

ANSWERS: 1. By spreading out - 2. Pass forward, through or around the defensive lines or we can dribble forward - 3. To support the attack and create a 2v1.

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



OBJECTIVE: To pass and dribble the ball to find and create openings in order to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, and Create a 2v1 or 1v1.

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

KEY WORDS: Opening, Pass, Dribble, Get open and Help to combine.

GUIDED QUESTIONS: 1. What do we do if we can't go forward with the ball? 2. Why do we need to get wide? 3. Where do we need to support in order create a chance to combine.

ANSWERS: 1. We move the ball until we find an opening to go forward - 2. We spread out to create an opening - 3. Support by standing away and to the side of the defender creating 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?