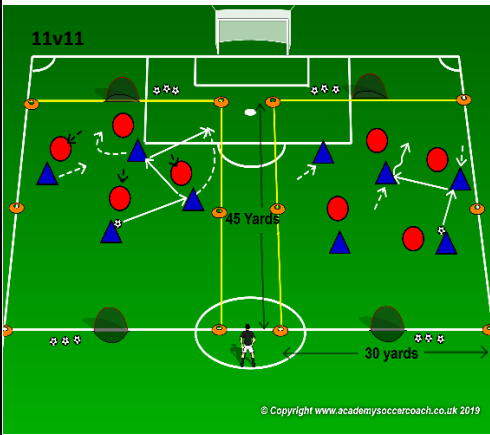
	GOAL:	Improve the build up in the opponent's half in order to create scoring chances - 1	AGE GROUP			
	PLAYER ACTIONS	Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1	13+			
	KEY QUALITIES	Read the game, Focus, Optimal technical abilities				
	MOMENT	Attacking	DURATION	60 min	PLAYERS	18

1st PLAY PHASE (Intentional Free Play): 5v5/4v4 Games **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min



OBJECTIVE: To pass or dribble the ball forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out and Create a 2v2 or 1v1.

ORGANIZATION: In the attacking half of the 11v11 field set up two 30Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

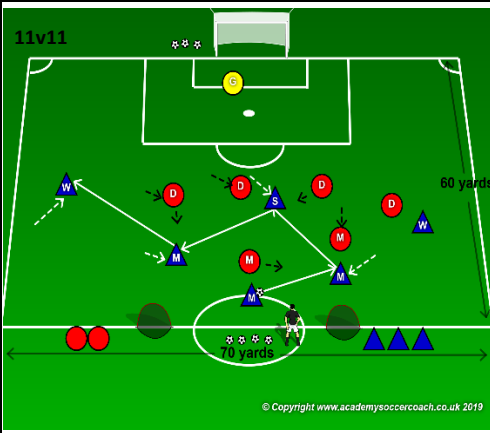
KEY WORDS: Dribble, Pass and Help to connect.

GUIDED QUESTIONS: 1. What do we need to do when we get possession of the ball? - 2. When is a good time to go forward with the ball? - 3. What is your role when you do not have the ball?

ANSWERS: 1. Spread out - 2. When we find or create an opening - 3. To support the attack and create a 2v1.

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): 6v7 to Goal & two Small Goals **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 min -- **REST:** 1 min



OBJECTIVE: To pass or dribble the ball forward to create scoring chances.

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

ORGANIZATION: In the attacking half of an 11v11 field set up a 70Wx60L field with a regular goal and two small goal as shown. The 6 Blue attackers score in the regular goal, Red team scores by passing into either small goal. Rotate players every round.

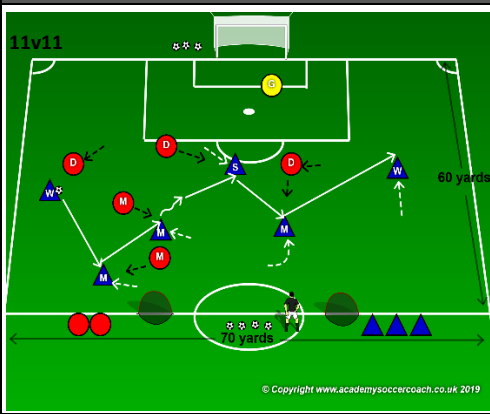
KEY WORDS: Opening, Pass, Dribble, Get open and Help to combine.

GUIDED QUESTIONS: 1. What do we need to do when we get possession of the ball? - 2. What do we need to do to penetrate the defenders lines? - 3. Where should we be to support the player with the ball? - 4. When is a good time to combine with your teammate?

ANSWERS: 1. Spread out - 2. We need to find or create an opening to either pass or dribble forward - 3. In front, to the sides or behind the player with the ball - 4. When we are in a 2v1 situation.

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): 6v6 to Goal & Small Goals **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 min -- **REST:** 1 min



OBJECTIVE: To pass or dribble the ball forward to create scoring chances.

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

ORGANIZATION: In the attacking half of the 11v11 field set up a 70Wx60L field with a regular goal and two small goal as shown. The 6 Blue attackers score in the regular goal, Red team scores by passing into either small goal. Rotate players every round.

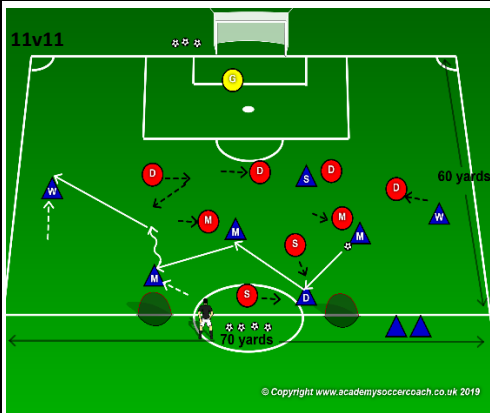
KEY WORDS: Opening, Pass, Dribble, Get open and Help to combine.

GUIDED QUESTIONS: 1. What do we need to do when we get possession of the ball? - 2. When is a good time to go forward with the ball? - 3. What is your role when you do not have the ball?

ANSWERS: 1. Spread out - 2. When we find or create an opening - 3. To support the attack and create a 2v1.

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

PRACTICE (More Challenging): 7v9 to Goal & Small Goals **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 min -- **REST:** 1 min



OBJECTIVE: To pass or dribble the ball forward to create scoring chances.

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

ORGANIZATION: In the attacking half of the 11v11 field set up a 70Wx60L field with a regular goal and two small goals as shown. The 6 Blue attackers score in the regular goal, Red team scores by passing into either small goal. Rotate players every round.

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

GUIDED QUESTIONS: 1. What do we need to do when we get possession of the ball? - 2. What do we need to do to penetrate the defenders lines? - 3. Where should we be to support the player with the ball? - 4. When is a good time to combine with your teammate?

ANSWERS: 1. Spread out - 2. We need to find or create an opening to either pass or dribble forward - 3. In front, to the sides or behind the player with the ball - 4. When we are in a 2v1 situation.

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



OBJECTIVE: To pass or dribble the ball forward to create scoring chances.

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

ORGANIZATION: In a 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-2-3-3 formation and the Red team will play in 1-4-3-1 formation.

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

GUIDED QUESTIONS: 1. How can we unbalance the defense? 2. How do we help the player with the ball? 3. When is a good time to combine? - 4. What can we do when we do not have an opening?

ANSWERS: 1. Spread and move the ball quickly. - 2. By supporting him/her creating passing options. - 3. When we have a 2v1. - 4. We possess the ball, pass it sideways or backward to move the defenders and create or find an opening.

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?