GOAL: Improve the build up in the opponent's half in order to create scoring chances - 1

PLAYER ACTIONS: Pass or dribble forward, create passing options, create 1v1’s and 2v1’s

KEY QUALITIES: Read the game, be proactive, focus

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>U9-U10 / 7v7 / 12 Players</th>
<th>MOMENT</th>
<th>ATTACKING</th>
<th>DURATION</th>
<th>INTERVALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st PLAY PHASE</td>
<td>1v1, 2v1, 2v2…3v3</td>
<td>Duration: 9 min</td>
<td>Activity time: 2.5 min</td>
<td>Rest time: 30 sec</td>
<td>60 min</td>
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</tbody>
</table>

As players arrive, play Small Sided Games (1v1 -4v4) please visit [http://www.mayouthsoccer.org/coaches/play_practice_play/](http://www.mayouthsoccer.org/coaches/play_practice_play/) for full description.

PRACTICE (Core Activity):

3v2 TO GOAL:

OBJECTIVE: To create 2v1’s or 1v1 and pass or dribble forward.

ORGANIZATION: Set up two 20Wx30L yard fields with a small goal at each end line. Play 3 Blue attackers against 2 Red defenders to score in the opponents goal. Rotate defenders every interval. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines.

KEY WORDS: Pass, take opponents on, support (behind, sides or in front of the ball)

GUIDED QUESTIONS: 1. How can you create an opening? 2. What can you do if you see an opening? 3. When should we combine?

ANSWERS: 1. Move the ball to move the opponent. 2. Can pass or dribble through 3. When we have a 2v1.

NOTES: Start with the Core Activity. If is too difficult, switch to the Less Challenging Activity. If it is too easy, switch to the More Challenging Activity.

PRACTICE (Less Challenging):

2v1 TO GOAL:

OBJECTIVE: To create 2v1’s or 1v1 and pass or dribble forward.

ORGANIZATION: Set up three 14Wx30L yard fields with a small goal at each end line. Play 2 Blue attackers against 1 Red defender to score in the opponents goal. Rotate defenders every interval. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines.

KEY WORDS: Pass, take opponents on, support (behind, sides or in front of the ball)

GUIDED QUESTIONS: 1. When can you dribble forward? 2. Why should you pass forward? 3. Where will you support your teammate with the ball?

ANSWERS: 1. When you have space in front or when you have an opening between the defender and the side line. 2. Because my teammate is forward and close to the opponent's goal 3. Away from the defender, behind, to the sides or in front of the ball.

NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.

PRACTICE (More Challenging):

4v4 TO GOAL AND TWO COUNTER GOALS

OBJECTIVE: To create 2v1’s or 1v1 and pass or dribble forward.

ORGANIZATION: In a 45Wx35L yard field with a regular goal and two small goals at the midline. The 4 Blue players attack the regular goal and the 3 Red players score in either of the two counter goals at the midline. Switch two defenders and attackers every interval. All FIFA Laws apply.

KEY WORDS: Pass, take opponents on, support (behind, sides or in front of the ball)

GUIDED QUESTIONS: 1. When can you dribble forward? 2. Why should you pass forward? 3. Where will you support your teammate with the ball?

ANSWERS: 1. When you have space in front or when you have an opening between the defender and the side line. 2. Because my teammate is forward and close to the opponent's goal 3. Away from the defender, behind, to the sides or in front of the ball.

NOTES: Start with the Core Activity; if it is too easy or your players, then switch to the More Challenging Activity.

2nd PLAY PHASE

6v6(1-1-3-1v1-1-3-1) Duration: 26 min Activity time: 11 min Rest time: 2 min INTERVALS 2


FIVE ELEMENTS OF TRAINING ACTIVITY

1. Organized: Is the activity organized in the right way?
2. Game like: Is the activity game like?
3. Repetitions: Are there repetitions when looking at the overall goal of the session?
4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?)
5. Coaching: Is there the right coaching based on the age/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?