

	<b>GOAL:</b>	Improve the build up in the opponent's half in order to create scoring chances - 1							
	<b>PLAYER ACTIONS</b>	Pass or dribble forward, create passing options, create 1v1's and 2v1's							
	<b>KEY QUALITIES</b>	Read the game, be proactive, focus							
	<b>AGE GROUP</b>	U9-U10 / 7v7 / 12 Players	<b>MOMENT</b>	Attacking	<b>DURATION</b>	60 min			
<b>1<sup>st</sup> PLAY PHASE</b>	1v1, 2v1, 2v2...3v3	<b>Duration:</b>	9 min	<b>Activity time:</b>	2.5 min	<b>Rest time:</b>	30 sec	<b>Intervals</b>	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit <a href="http://www.mayouthsoccer.org/coaches/play_practice_play/">http://www.mayouthsoccer.org/coaches/play_practice_play/</a> for full description									
<b>PRACTICE (Core Activity):</b>		<b>Duration:</b>	24 min	<b>Activity time:</b>	5 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	4
	<b>3V2 TO GOAL:</b> <b>OBJECTIVE:</b> To create 2v1's or 1v1 and pass or dribble forward.  <b>ORGANIZATION:</b> 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.  <b>KEY WORDS:</b> Pass, take opponents on, support (behind, sides or in front of the ball)  <b>GUIDED QUESTIONS:</b> 1.- How can you create an opening? 2.- What can you do if you see an opening? 3.- When should we combine? <b>ANSWERS:</b> 1.- Move the ball to move the opponent. 2.- Can pass or dribble through 3.- When we have a 2v1.  <b>NOTES:</b> Start with the <b>Core Activity</b> . If is too difficult, switch to the <b>Less Challenging Activity</b> . If it is too easy, switch to the <b>More Challenging Activity</b> .								
<b>PRACTICE (Less Challenging):</b>		<b>Duration:</b>	24 min	<b>Activity time:</b>	3 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	6
	<b>2V1 TO GOAL:</b> <b>OBJECTIVE:</b> To create 2v1's or 1v1 and pass or dribble forward.  <b>ORGANIZATION:</b> 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.  <b>KEY WORDS:</b> Pass, take opponents on, support (behind, sides or in front of the ball)  <b>GUIDED QUESTIONS:</b> 1.- When can you dribble forward? 2.- Why should you pass forward? 3.- Where will you support your teammate with the ball? <b>ANSWERS:</b> 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.  <b>NOTES:</b> Start with the <b>Core Activity</b> ; if it is too difficult for your players, then switch to the <b>Less Challenging Activity</b> .								
<b>PRACTICE (More Challenging):</b>		<b>Duration:</b>	24 Min	<b>Activity time:</b>	7 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	3
	<b>4V4 :TO GOAL AND TWO COUNTER GOALS</b> <b>OBJECTIVE:</b> To create 2v1's or 1v1 and pass or dribble forward.  <b>ORGANIZATION:</b> 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 on the midline. Switch two defenders and attackers every interval. <b>All FIFA Laws apply.</b> <b>KEY WORDS:</b> Pass, take opponents on, support (behind, sides or in front of the ball)  <b>GUIDED QUESTIONS:</b> 1.- When can you dribble forward? 2.- Why should you pass forward? 3.- Where will you support your teammate with the ball? <b>ANSWERS:</b> 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.  <b>NOTES:</b> Start with the <b>Core Activity</b> ; if it is too easy or your players, then switch to the <b>More Challenging Activity</b> .								
<b>2<sup>nd</sup> PLAY PHASE</b>	6v6(1-1-3-1v1-1-3-1)	<b>Duration:</b>	26 min	<b>Activity time:</b>	11 min	<b>Rest time:</b>	2 min	<b>Intervals</b>	2
Finish the session with a scrimmage using all FIFA rules, visit <a href="http://www.mayouthsoccer.org/coaches/play_practice_play/">http://www.mayouthsoccer.org/coaches/play_practice_play/</a> for full description.									
<b>FIVE ELEMENTS OF TRAINING ACTIVITY</b>					<b>TRAINING SESSION SELF REFLECTION QUESTIONS</b>				
<ol style="list-style-type: none"> <li><b>Organized:</b> Is the activity organized in the right way?</li> <li><b>Game like:</b> Is the activity game like?</li> <li><b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</li> <li><b>Challenging:</b> Are the players challenged? (Is there the right balance between being successful and unsuccessful?)</li> <li><b>Coaching:</b> Is there the right coaching based on the age/level of the players?</li> </ol>					<ol style="list-style-type: none"> <li>How did you do in achieving the goal of the training session?</li> <li>What did you do well?</li> <li>What could you do better?</li> </ol>				