**1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals**

**OBJECTIVE:** To possess, pass or dribble the ball forward.

**ORGANIZATION:** Set up two or more 18Wx25L fields with a goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

**KEY WORDS:** Possess, Pass, Dribble, and Opening.

**GUIDED QUESTIONS:**
1. Why do we need to possess the ball?
2. Why should you spread out?
3. When do we pass or dribble forward?
4. Why do we need to possess the ball?

**ANSWERS:**
1. To keep the attack going and to find an opening.
2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space.
3. To create an opening.

**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): 5v4 to Goal and One Counter Goal**

**OBJECTIVE:** To possess the ball, move it forward and create scoring chances.

**ORGANIZATION:** Set up a 40Wx30L (half field) with 1 counter goal as shown in the diagram. Select 5 Blue attackers, and 3 Red defenders and their goalkeeper. Blue team scores in the regular goals. Red scores in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

**KEY WORDS:** Possess or Connect, Take him/her on, Overload, Switch the attack.

**GUIDED QUESTIONS:**
1. Why do we possess the ball?
2. What is an overload?
3. What can we do in a 2v1?
4. Why should we switch the attack?

**ANSWERS:**
1. To create or find openings.
2. It is when we have more attackers than defenders, such as 2v1 or a 3v2.
3. We can connect with our teammate or take the opponent on.
4. To find an opening.

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

**PRACTICE (Less Challenging): 3v2 to Small Goals**

**OBJECTIVE:** To possess the ball, move it forward and create scoring chances.

**ORGANIZATION:** Set up two or more 18Wx35L fields with a goal at each end. Play a 3v2 to score in the opponent's goal. The 3 Blue attackers try to get the ball past the build out line and score in the opponent's goal. Rotate players.

**KEY WORDS:** Possess, Pass, Dribble, and Opening.

**GUIDED QUESTIONS:**
1. Why do we need to possess the ball?
2. When do we pass or dribble forward?
3. Why should you spread out?

**ANSWERS:**
1. To keep the attack going and to find an opening.
2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space.
3. To create an opening.

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

**PRACTICE (More Challenging): 5v5 to Goal & One Counter Goal**

**OBJECTIVE:** To possess the ball, move it forward and create scoring chances.

**ORGANIZATION:** Set up a 40Wx30L (half field) with 1 counter goal as shown in the diagram. Select 5 Blue attackers, and 4 Red defenders and their goalkeeper. Blue team scores in the regular goals. Red scores in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

**KEY WORDS:** Possess or Connect, Take him/her on, Overload, Switch the attack.

**GUIDED QUESTIONS:**
1. Why do we possess the ball?
2. What is an overload?
3. What can we do in a 2v1?
4. Why should we switch the attack?

**ANSWERS:**
1. To create or find openings.
2. It is when we have more attackers than defenders, such as 2v1 or a 3v2.
3. We can connect with our teammate or take the opponent on.
4. To find an opening.

**Note** – Switch to this activity if the CORE is not challenging enough.
**OBJECTIVE:** To possess the ball, move it forward and create scoring chances.

**ORGANIZATION:** In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-3-2 formation and the red team will play in 1-2-3 formation.

**KEY WORDS:** Possess or Connect, Take him/her on, Overload, Switch the attack.

**GUIDED QUESTIONS:**
1. Why do we possess the ball?
2. What is an overload?
3. What can we do in a 2v1?
4. Why should we switch the attack?

**ANSWERS:**
1. To create openings.
2. It is when we have more attackers than defenders, such as 2v1 or a 3v2.
3. We can connect with our teammate or take the opponent on.
4. To find an opening.

**Note** – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

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**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?

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**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?