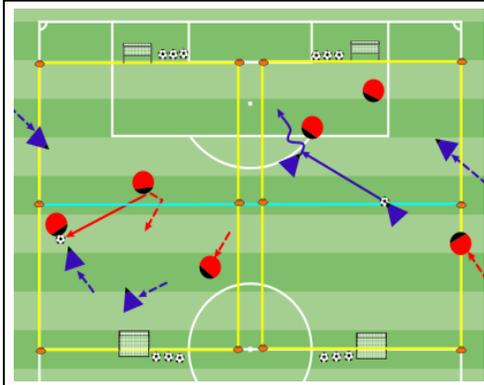


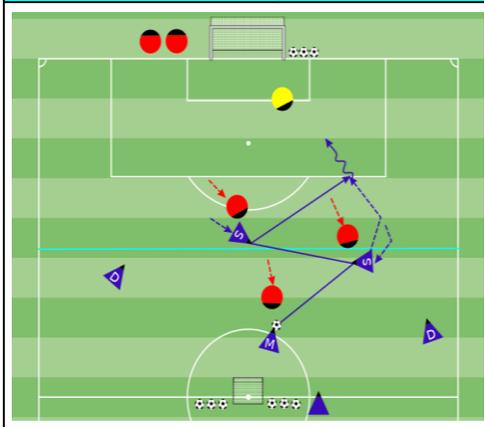
 	GOAL:	Improve the build up in the opponent's half in order to create scoring chances - 1				AGE GROUP
	PLAYER ACTIONS	Spread out, Pass/dribble forward, Create 2v1 or 1v1, Change the attack				9U-10U
	KEY QUALITIES	Understand the game, Take initiative, Focus, Optimal technical abilities				
	MOMENT	Attacking	DURATION	60 min	PLAYERS	12

1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min**



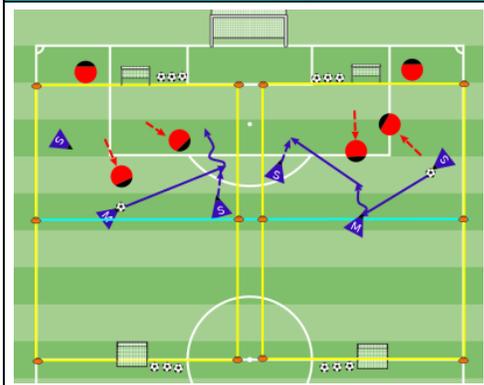
OBJECTIVE: To possess, pass or dribble the ball forward.
ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.
KEY WORDS: Possess, Pass, Dribble, and Opening.
GUIDED QUESTIONS: 1. Why do we need to possess the ball? 2. 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 - 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 **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



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 **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**

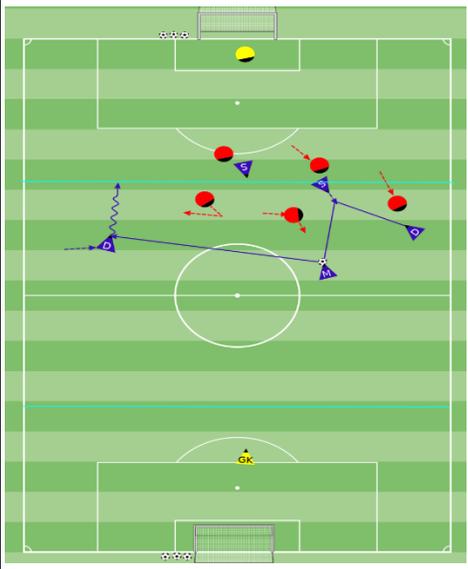


OBJECTIVE: To possess the ball, move it forward and create scoring chances.
ORGANIZATION: Set up two or more 18Wx35L fields with a goal at each end. Play a 3v2 to score in the opponent's goal. The 3 Blue attackers try to get the ball past the build out line and score in the opponent's goal. Rotate players.
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 **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



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.

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?