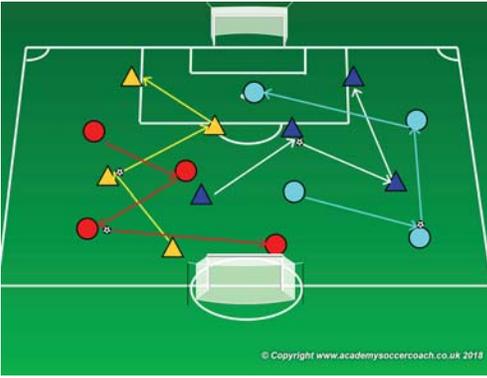
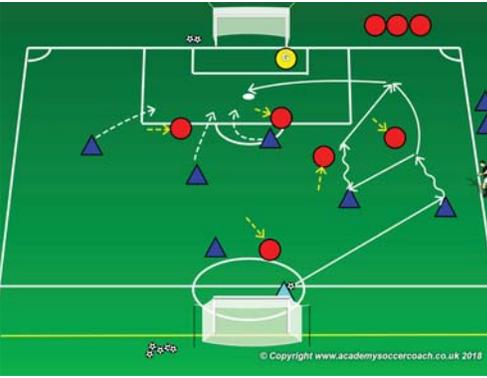


 	GOAL:	Improve the build up in the opponent's half in order to create scoring chances - 1							
	PLAYER ACTIONS	Support the attack, Create a 2v1 or 1v1, Change the pace/rhythm							
	KEY QUALITIES	Decision making, be proactive, focus							
	AGE GROUP	13+ / 11v11 / 18 Players	MOMENT	Attacking	DURATION	60 min			
1st PLAY PHASE	1v1, 2v1, 2v2...4v4	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	24 min	Activity time:	4.5 min	Rest time:	1.5 min	Intervals	4
		<p>6v6 TO REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To create passing options, pass or dribble forward.</p> <p>ORGANIZATION: In a 80Wx60L yard field with a regular goals and two counter goals. Play 6v5 game. The blue team scores in the regular goal and the Red team in either of the two counter goals on the half field line. Rotate players every interval.</p> <p>KEY WORDS: Keep possession, pass or dribble, combine, go to to goal.</p> <p>GUIDED QUESTIONS: 1.- How do you find or create openings? 2.- How do you force opponents to make errors? ANSWERS: 1.- By moving the ball to pull opponents out of positions. 2.- By creating 1v1 or 2v1 and then passing or dribbling forward.</p> <p>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.</p>							
PRACTICE (Less Challenging):		Duration:	24 min	Activity time:	3 min	Rest time:	1 min	Intervals	6
		<p>PASS, DRIBBLE AND SCORE TO END ZONES: OBJECTIVE: To create passing options, pass or dribble forward.</p> <p>ORGANIZATION: In a 80Wx60L yard field with two regular goals. Divide the team into groups of 4 players each. Each group will combine around and dribbling through the other groups and score in a goal. Continue to the other goal. Count the number of combinations and goals. Any mess up "zeros" your score to start again. Beat your score each interval.</p> <p>KEY WORDS: Keep possession, pass or dribble, go to to goal.</p> <p>GUIDED QUESTIONS: 1.- How do you find or create openings? 2.- How do you force opponents to make errors? ANSWERS: 1.- By moving the ball to pull opponents out of positions. 2.- By creating 1v1 or 2v1 and then passing or dribbling forward.</p> <p>NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.</p>							
PRACTICE (More Challenging):		Duration:	24 min	Activity time:	5 min	Rest time:	1 min	Intervals	4
		<p>7V6 TO GOAL: OBJECTIVE: To create passing options, pass or dribble forward.</p> <p>ORGANIZATION: In a 80Wx60L yard field with two regular goals. Play 7v6 to score in the opponent's goal. A Goal after a combination in a 2v1 play in 10 points. Rotate players every intervals. All FIFA Laws apply.</p> <p>KEY WORDS: Keep possession, pass or dribble, take opponents, go to to goal.</p> <p>GUIDED QUESTIONS: 1.- How do you find or create openings? 2.- How do you force opponents to make errors? ANSWERS: 1.- By moving the ball to pull opponents out of positions. 2.- By creating 1v1 or 2v1 and then passing or dribbling forward.</p> <p>NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.</p>							
2nd PLAY PHASE	9v9(1-3-2-3v1-3-2-3)	Duration:	27 min	Activity time:	11 min	Rest time:	2.5 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				