



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

<b>AGE GROUP</b>	<b>9U-10U</b>
	<b>7v7</b>

**1st PLAY PHASE (Intentional Free Play): 3v3 to Goal** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



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

**PLAYER ACTIONS:** Pass or dribble forward and Create Passing options.

**ORGANIZATION:** In a 7v7 field set up two 19Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

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

**GUIDED QUESTIONS:** 1. Where do you need to move the ball to and possess it? 2. When should you pass forward? 3. What do you need to do to be a passing option?

**ANSWERS:** 1. To the opponent's half - 2. When can strike the ball through an opening to a teammate - 3 Be behind, to the sides, or in front making a diagonal passing lane.

**Note –** First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

**PRACTICE (Core Activity): 5v5 to Goal & Small Goals** | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



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

**PLAYER ACTIONS:** Pass or dribble forward, Spread out, and Create a 2v1 or 1v1.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx34L field with a regular goal and two small goals as shown. The 5 Blue attackers score in the regular goal, Red team scores in either counter goal. Play with the build out line. Rotate players every round.

**KEY WORDS:** Opening, Pass, Dribble, Get wide and Combine.

**GUIDED QUESTIONS:** 1. What should we do when we get the ball to create openings? 2. How can we move the ball forward? 3. When is a good time to combine?

**ANSWERS:** 1. Spread out - 2. Passing it forward, through an opening or dribble it forward - 3. When we become a passing option creating a 2v1.

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

**PRACTICE (Less Challenging): 6v5 to Goal & 2 Goals** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



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

**PLAYER ACTIONS:** Pass or dribble forward, Support the attack, and Create a 2v1 or 1v1.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx34L field with a regular goal and two small goals as shown. The 6 Blue attackers score in the regular goal, Red team scores in either counter goal. Play with the build out line. Rotate players every round.

**KEY WORDS:** Pass, Dribble, and Combine.

**GUIDED QUESTIONS:** 1. What should you do if you are in a 1v1 situation? 2. When do we pass forward? 3. What do we need to do to help the player with the ball?

**ANSWERS:** 1. Dribble the opponents - 2. Pass forward to connect with a teammate through an opening. - 3. Become a passing option by being behind, to the sides, or in front making a diagonal passing lane.

**Note:** Switch to this activity if the Core is too difficult for the players.

**PRACTICE (More Challenging): 6v6 to Goal** | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



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

**PLAYER ACTIONS:** Pass or dribble forward, Spread out, and Create a 2v1 or 1v1.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx34L field with a regular goal and two small goals as shown. The 5 Blue attackers score in the regular goal, Red team scores in either counter goal. Play with the build out line. Rotate players every round.

**KEY WORDS:** Possess, Pass, Dribble, Get wide, and Combine.

**GUIDED QUESTIONS:** 1. What should we do to move the defenders? 2. When do we possess the ball? 3. When is a good time to combine?

**ANSWERS:** 1. Spread out and move the ball - 2. When we do not have an opening, so we pass the ball backward or sideways - 3. When we become a passing option creating a 2v1.

**Note:** Switch to this activity if the Core is too easy for the players.



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

**PLAYER ACTIONS:** Pass or dribble forward, Spread out and Support the attack.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-1-3-1 formation and the Red team will play in a 1-3-1-1 formation.

**KEY WORDS:** Possess, Pass, Dribble, Get open and Combine.

**GUIDED QUESTIONS:** 1. What can you do to find or create an opening? 2. Why do we need to get wide? 3. Where do we need to be to create an option to pass or combine?

**ANSWERS:** 1. Move the ball to possess it until we find an opening to go forward - 2. We spread out to create an opening - 3. Behind, to the sides, or in front making a diagonal passing lane.

**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 the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there 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?