**PRACTICE (Core Activity):** 5v6 to Goals & 3 Mini Goals

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

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

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 50Wx44L field with a regular goal and two small goals. The 5 Blue attackers score in the regular goal, Red team scores in either counter goal. Rotate players every round.

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

**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? 4. What should we do if the openings are closed?

**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 - 4. Possess the ball and change the point of attack.

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

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**PRACTICE (More Challenging):** 6v8 to Goal & an End Zone

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

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

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 50Wx44L field with a regular goal and two small goals. The 5 Blue attackers score in the regular goal, Red team scores in either counter goal. Rotate players every round.

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

**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? 4. What should we do if the openings are closed?

**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 - 4. Possess the ball and change the point of attack.

**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 9v9 field (50Wx80L) play 8v8. The Blue team will play in a 1-2-4-1 formation and the Red team will play in a 1-3-3-1 formation.

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

**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? 4. What should we do if the openings are closed?

**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 - 4. Possess the ball and change the point of attack.

**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?

### 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?