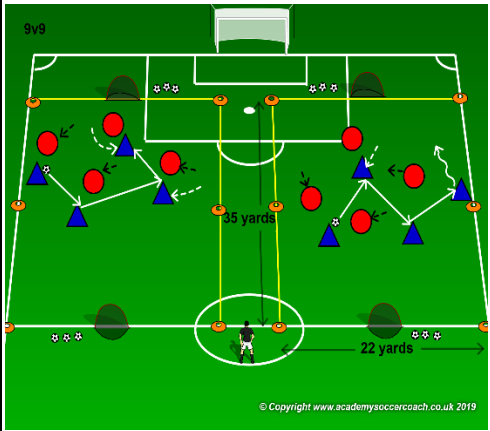
	GOAL:	Improve the build up in the opponent's half in order to create scoring chances 2				AGE GROUP
	PLAYER ACTIONS	Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack				11U-12U
	KEY QUALITIES	Read the game, Focus, Optimal technical abilities				
	MOMENT	Attacking	DURATION	60 min	PLAYERS	16

1st PLAY PHASE (Intentional Free Play): 4v4 to Goal | DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min



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

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

ORGANIZATION: In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

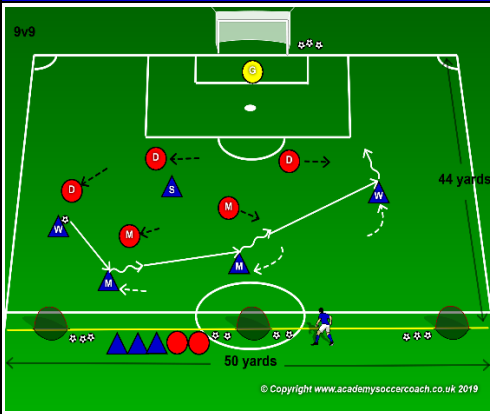
KEY WORDS: Pass, Dribble, Possess and Combine.

GUIDED QUESTIONS: 1. What portion of the field do we need the ball to be in to create scoring chances? 2. When should you pass forward? 3. Where do you need to be to provide a passing option?

ANSWERS: 1. The opponent's half - 2. When we can strike the ball through an opening to a teammate - 3. Behind, to the sides, or in front of the player with the ball making diagonal passing lanes.

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): 5v6 to Goals & 3 Mini 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, Create a 2v1 or 1v1 and Change the point of 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.

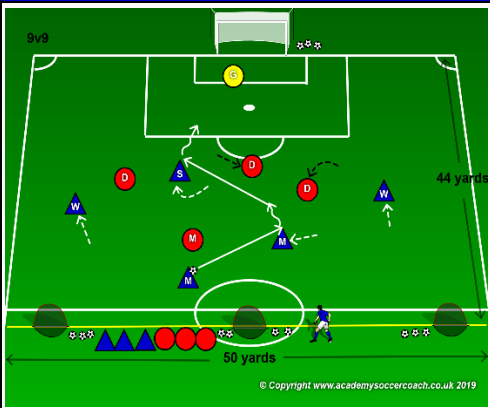
KEY WORDS: Opening, Pass, Dribble, Get wide, Combine and Switch.

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.

PRACTICE (Less Challenging): 5v5 to Goals & an End Zone | 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 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.

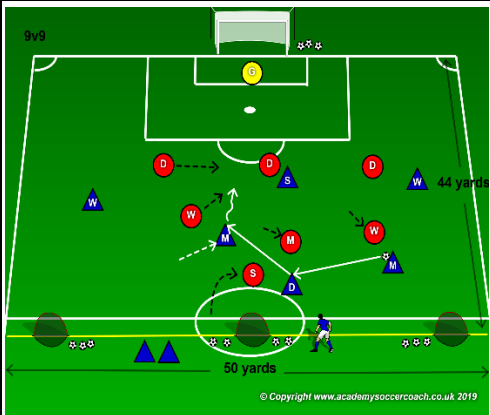
KEY WORDS: Pass, Dribble, Get wide and Combine.

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

ANSWERS: 1. Dribble forward around the opponent - 2. Pass forward to connect with a teammate. - 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): 6v8 to Goal & an End Zone | 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, Create a 2v1 or 1v1 and Change the point of 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.

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?