OBJECTIVE: To possess the ball and pass or dribble it forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Create options, Create a 2v2 or 1v1.

ORGANIZATION: In the attacking half of an 11v11 field set up two 30Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribbling into the end zone or passing to the target player. Rotate players every round.

KEY WORDS: Possess, Penetrate, Combine and Change the field.

GUIDED QUESTIONS: 1. When do we need to possess the ball? 2. When do we need to possess the ball? 3. Which defender do we need to penetrate? 4. Where should we go if we have too many defenders in front of the ball?

ANSWERS: 1. When passing or dribbling the ball forward - 2. We possess the ball, we move it backwards and sideways to create an opening - 3. When we create passing option in a 2v1.

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.

OBJECTIVE: To possess the ball and pass or dribble it forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Create options, Create a 2v1/1v1.

ORGANIZATION: In the attacking half of an 11v11 field set up a 70Wx60L field with a regular goal and a 5 yard End Zone. The 6 Blue attackers score in the regular goal, Red team scores by dribbling into the End Zone. Rotate players every round.

KEY WORDS: Possess, Penetrate, Combine and Change the field.

GUIDED QUESTIONS: 1. When is a good time to penetrate with the ball? 2. What can we do to find an opening? 3. What can we do to find an opening? 4. When can we combine?

ANSWERS: 1. By passing or dribbling the ball forward - 2. When we find or create an opening - 3. We should switch the point of attack to the other side of the field.

Note: Switch to this less challenging activity if the Core is too difficult or to the More Challenging if it is too easy.

OBJECTIVE: To possess the ball and pass or dribble it forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Create options, Create a 2v1/1v1.

ORGANIZATION: In the attacking half of an 11v11 field set up two 30Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribbling into the end zone or passing to the target player. Rotate players every round.

KEY WORDS: Possess, Penetrate, Combine and Change the field.

GUIDED QUESTIONS: 1. When is a good time to penetrate with the ball? 2. What can we do to find an opening? 3. What is your role when you do not have the ball? 4. Where should we go if we have too many defenders in front of the ball?

ANSWERS: 1. When we find or create an opening - 2. To create passing options - 3. When do not have an opening to penetrate - 4. We should switch the point of attack to the other side of the field.

Note: Switch to this activity if the Core is too difficult for the players.
**2nd PLAY PHASE: The Game – 8v8 (GK+8v8+GK)**  
**DURATION:** 20 min  
**INTERVALS:** 2  
**ACTIVITY:** 8 min  
**REST:** 2 min

OBJECTIVE: To possess the ball and pass it or dribble it forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Create options, Create a 2v1/1v1 and Switch the point of attack.

ORGANIZATION: In an 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-3-2-3 formation and the Red team will play in 1-4-3-1 formation.

KEY WORDS: Possess, Penetrate, Combine and Change the field.

GUIDED QUESTIONS:  
1. What do we do if we have an opening?  
2. When do we need to possess the ball?  
3. When is a good time to combine?  
4. If defenders outnumber us, what should we do?

ANSWERS:  
1. We penetrate the opening by passing or dribbling forward.  
2. When we can’t find an opening  
3. When we have a 2v1  
4. We should switch the point of attack.

Note – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

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<th>Five Elements of a Training Activity</th>
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<td><strong>2. Game-like:</strong> Is the activity game-like?</td>
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<td><strong>3. Repetition:</strong> Is there repetition, when looking at the overall goal of the training session?</td>
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<td><strong>4. Challenging:</strong> Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</td>
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<td><strong>5. Coaching:</strong> Is there effective coaching based on the age and level of the players?</td>
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