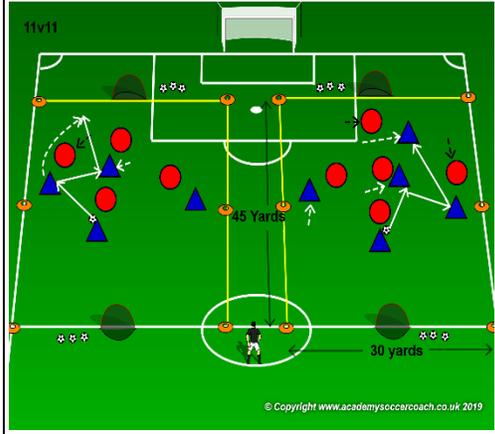


 	GOAL:	Improve the build up in the opponent's half in order to create scoring chances - 2				AGE GROUP
	PLAYER ACTIONS	Pass or dribble forward, Create passing options, Create 2v1/1v1, Switch the attack				13+
	KEY QUALITIES	Understand the game, Be pro-active, Optimal technical abilities				
	MOMENT	Attacking	DURATION	60 min	PLAYERS	18

1st PLAY PHASE (Intentional Free Play): 5v5/4v4 Games **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min



OBJECTIVE: To possess the ball and 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 dribble-ins when the ball goes out of bounds.

KEY WORDS: Possess, Penetrate, and Combine.

GUIDED QUESTIONS: 1. If we have an opening, how can we penetrate the defensive lines? - 2. What can we do to find an opening? 3. When can we combine?

ANSWERS: 1. By 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.

PRACTICE (Core Activity): 7v8 to Goal & End Zone **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 min -- **REST:** 1 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 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. What do we need to do to penetrate the defenders lines? 2. How can we create chances to combine? 3. When do we need to possess the ball? 4. Where should we go if we have too many defenders in front of the ball?

ANSWERS: 1. We create an opening to pass or dribble the ball forward - 2. Create a 2v1 - 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 the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

PRACTICE (Less Challenging): 7v8 to Goal & Small Goals **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 min -- **REST:** 1 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 the attacking half of an 11v11 field set up a 70Wx65L field with a regular goal and two small goals about 10 yards apart. The 6 Blue attackers score in the regular goal, Red team scores by 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 should you do if there is only one defender in front of you? 3. What is your role when you do not have the ball?

ANSWERS: 1. When we find or create an opening - 2. We should take her/him on - 3. To create passing options and a 2v1 possible combine.

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

PRACTICE (More Challenging): 7v8 to Goal & 3 Small Goals **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 min -- **REST:** 1 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 the attacking half of an 11v11 field set up a 70Wx65L field with a regular goal and three small goals. The 6 Blue attackers score in the regular goal, Red team scores by 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. What do we need to do to penetrate the defenders lines? 2. How can we create chances to combine? 3. When do we need to possess the ball? 4. Where should we go if we have too many defenders in front of the ball?

ANSWERS: 1. We create an opening to pass or dribble the ball forward - 2. Create a 2v1 - 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 easy 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.

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?