

	GOAL:	Improve the build up in the opponent's half in order to create scoring chances - 2								
	PLAYER ACTIONS	Spread out, pass or dribble forward, support the attack, create 1v1's or 2v1's								
	KEY QUALITIES	Make decisions, be proactive, focus								
	AGE GROUP	U9-U10 / 7v7 / 12 Players	MOMENT	Attacking	DURATION	60 min				
1st PLAY PHASE	1v1, 2v1, 2v2...3v3	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3	
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description										
PRACTICE (Core Activity):		Duration:	24 min	Activity time:	5 min	Rest time:	1 min	Intervals	4	
		3V3 TO GOAL AND TWO COUNTER GOALS: OBJECTIVE: To pass or dribble forward in order to score goals. ORGANIZATION: Set up two 20Wx35L yard fields with a small goal at each end line. Play 3 Blue attackers against 2 Red defenders and a goalkeeper. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines. Rotate the goalkeeper every interval. KEY WORDS: Make the field bigger, pass, dribble, support (behind, sides or in front of the ball) GUIDED QUESTIONS: 1.- What would happen if you spread out? 2.- Why do you need to look up when you have the ball? 3.- Why do you need to help your teammate with the ball? ANSWERS: 1.- We make the defenders spread out and create openings for us. 2.- Because this way I can see where my teammates are and find an opening to pass or dribble forward. 3.- To Create a 2v1. NOTES: Start with the Core Activity . If is too difficult, switch to the Less Challenging Activity . If it is too easy, switch to the More Challenging Activity .								
PRACTICE (Less Challenging):		Duration:	24 min	Activity time:	3 min	Rest time:	1 min	Intervals	6	
		3V3 RECIEVE, DRIBBLE AND PASS TO FOUR GOALS: OBJECTIVE: To pass or dribble forward in order to score goals. ORGANIZATION: Set up two 20Wx35L yard fields with two small goals on each end line. Place 6 players in each field and divide them into 2 groups of 3 players, each group has a ball. Players will perform the following tasks: 1. Interval 1 and 2: How many passes can you make in 3 minutes? 2. Interval 3 and 4: How many passes and goals can you score in 3 minutes? (The teams can't score in the same goal until they have scored in a different one). 3. Intervals 5 and 6: How many passes can you make through and around the other teams to score a goal? KEY WORDS: Pass, take opponents on, support (behind, sides or in front of the ball) GUIDED QUESTIONS: 1.- What would happen if you spread out? 2.- Why do you need to look up when you have the ball? 3.- Why do you need to help your teammate with the ball? ANSWERS: 1.- We make the defenders spread out and create openings for us. 2.- Because this way I can see where my teammates are and find an opening to pass or dribble forward. 3.- To Create a 2v1. NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .								
PRACTICE (More Challenging):		Duration:	24 Min	Activity time:	7 min	Rest time:	1 min	Intervals	3	
		4V4 TO A REGULAR GOALS AND TWO COUNTER GOALS: OBJECTIVE: To pass or dribble forward in order to score goals. ORGANIZATION: Set up two 20Wx35L yard fields with a small goal at each end line. Play 3 Blue attackers against 2 Red defenders and a goalkeeper. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines. Rotate the goalkeeper every interval. KEY WORDS: Make the field bigger, pass, dribble, support (behind, sides or in front of the ball) GUIDED QUESTIONS: 1.- What would happen if you spread out? 2.- Why do you need to look up when you have the ball? 3.- Why do you need to help your team mate with the ball? ANSWERS: 1.- We make the defenders spread out and create openings for us. 2.- Because this way I can see where my teammates are and find an opening to pass or dribble forward. 3.- To Create a 2v1. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .								
2nd PLAY PHASE		6v6(1-1-3-1v1-1-3-1)	Duration:	26 min	Activity time:	11 min	Rest time:	2 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.										
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS					
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?					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?					