**GOAL:** Improve the build up in the opponent's half in order to create scoring chances - 2

**PLAYER ACTIONS:** Spread out, Pass/dribble forward, Support the attack, Create 2v1 or 1v1

**KEY QUALITIES:** Make Decisions, Be pro active, Focus, Optimal technical abilities

### 1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals

**DURATION:** 20 min --- **INTERVALS:** 3 --- **ACTIVITY:** 4.5 min --- **REST:** 2 min

**OBJECTIVE:** To possess, pass or dribble the ball forward.

**ORGANIZATION:** Set up two or more 18Wx25L fields with a goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

**KEY WORDS:** Pass or Possess, Take him/her on, Help.

**GUIDED QUESTIONS:** 1. How can we support the player with the ball? 2. When should we dribble an opponent? 3. What should we do when we can't go forward with the ball?

**ANSWERS:** 1. Getting behind, to the sides or in front, making a diagonal passing lane. 2. When we are confronted by an opponent and no defenders behind. 3. We should possess it to find/create an opening.

**Note** - First break: Coach asks questions, players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

### PRACTICE (Core Activity): 5v4 to Goal and One Target Player

**DURATION:** 20 min --- **INTERVALS:** 3 --- **ACTIVITY:** 5 min --- **REST:** 1.5 min

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

**ORGANIZATION:** Set up a 40Wx30L (half field) with a regular goal and target player as shown in the diagram. Select 5 Blue attackers, and 3 Red defenders and their goalkeeper. Blue team scores in the regular goals. Red scores by passing to the target player inside the 3 yard zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

**KEY WORDS:** Pass or Possess, Take him/her on, Help, Switch the attack.

**GUIDED QUESTIONS:** 1. When do we possess? 2. How can we support to create a 2v1? 3. When should we dribble an opponent? 4. Why should we switch the attack?

**ANSWERS:** 1. We possess when we can’t find an opening. 2. By standing away and to the side of the defender in a diagonal passing lane. 3. When we are on a 1v1 near the goal. 4. To find an opening.

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

### PRACTICE (Less Challenging): 3v2 to a Small Goal & Target

**DURATION:** 20 min --- **INTERVALS:** 4 --- **ACTIVITY:** 4 min --- **REST:** 1 min

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

**ORGANIZATION:** Set up two or more 18Wx25L fields with a goal at each end. Play a 3v2 to score in the opponent's goal. The 3 Blue players attack the small goal, Red scores by passing to the target player inside the 3 yard zone. Rotate players.

**KEY WORDS:** Pass or Possess, Take him/her on, Help.

**GUIDED QUESTIONS:** 1. How can we support the player with the ball? 2. When should we dribble an opponent? 3. What should we do when can’t go forward with the ball?

**ANSWERS:** 1. Getting behind, to the sides or in front, making a diagonal passing lane. 2. When we are confronted by an opponent and no defenders behind. 3. We should possess it to find/create an opening.

**Note** – Switch to this activity if the CORE is too difficult for the players.

### PRACTICE (More Challenging): 5v5 to Goal & Target Player

**DURATION:** 20 min --- **INTERVALS:** 3 --- **ACTIVITY:** 5 min --- **REST:** 1.5 min

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

**ORGANIZATION:** Set up a 40Wx30L (half field) with a regular goal and target player as shown in the diagram. Select 5 Blue attackers, and 3 Red defenders and their goalkeeper. Blue team scores in the regular goals. Red scores by passing to the target player inside the 3 yard zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

**KEY WORDS:** Pass or Possess, Take him/her on, Help, Switch the attack.

**GUIDED QUESTIONS:** 1. When do we possess? 2. How can we support to create a 2v1? 3. When should we dribble an opponent? 4. Why should we switch the attack?

**ANSWERS:** 1. We possess when we can’t find an opening. 2. By standing away and to the side of the defender in a diagonal passing lane. 3. When we are on a 1v1 near the goal. 4. To find an opening.

**Note** – Switch to this activity if the CORE is not challenging enough.
OBJECTIVE: To possess the ball, move it forward and create scoring chances.

ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-1-3-1 formation and the Red team will play in 1-3-2 formation.

KEY WORDS: Pass or Possess, Take him/her on, Help, Switch the attack.

GUIDED QUESTIONS: 1. When do we possess? 2. How can we support to create a 2v1? 3. When should we dribble an opponent? 4. Why should we switch the attack?

ANSWERS: 1. We possess when we can’t find an opening. 2. By standing away and to the side of the defender in a diagonal passing lane. 3. When we are on a 1v1 near the goal. 4. To find an opening.

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?