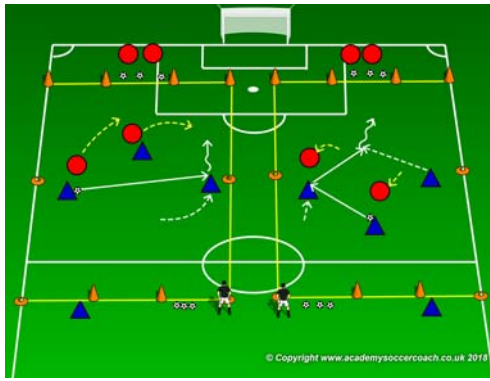
	GOAL:	Improve the build up in the opponent's half in order to create scoring chances - 2							
	PLAYER ACTIONS	Change the point of attack, spread out, create passing options							
	KEY QUALITIES	Take initiative, read the game, focus, technical execution							
	AGE GROUP	U11-U12 / 9v9 / 16 Players	MOMENT	Attacking	DURATION	60 min			
1st PLAY PHASE	1v1, 2v1, 2v2...4v4	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
		<p>6V4 TO 6 GOALS: OBJECTIVE: To possess the ball, combine to beat defenders and change the point of attack to create scoring chances.</p> <p>ORGANIZATION: Set up two 55Wx40L with three cone goals on each end line. Teams play to score in any of the opponent's three goals. The 6 Blue attackers must score by dribbling or passing on the ground through Red team's goals. The 4 Red players score by passing on the ground through any of the Blue team's goals. After a goal, the Blue team starts a new attack. Rotate players every interval.</p> <p>KEY WORDS: Use space, switch, support (behind, sides or in front of the ball), pass or dribble.</p> <p>GUIDED QUESTIONS: 1.- How can we possess the soccer ball? 2.- What are the cues to possess the ball, pass or dribble it forward? 3.- Why should we change the point of attack?</p> <p>ANSWERS: 1.- By dribbling it away from pressure or passing it to a teammate. 2.- Possess the ball when the defenders are compacted in front of you. Pass or dribble it forward when we find or create an opening. 3.- To get the ball through the opening.</p> <p>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.</p>							
PRACTICE (Less Challenging):		Duration:	24 min	Activity time:	3 min	Rest time:	1 min	Intervals	6
		<p>3V2 TO TWO SMALL GOALS AND A COUNTER GOAL: OBJECTIVE: To possess the ball, combine to beat defenders and change the point of attack to create scoring chances.</p> <p>ORGANIZATION: Set up two 25Wx40L fields with 2 goals on the Red team's end line and one goal on the Blue team's end line. The 3 Blue attackers must score by dribbling or passing on the ground through either of the Red team's goals. The 2 Red players score by passing on the ground through the Blue team's goal. After a goal, the Blue team starts a new attack. Rotate players every interval.</p> <p>KEY WORDS: Use space, switch, support (behind, sides or in front of the ball), pass or dribble.</p> <p>GUIDED QUESTIONS: 1.- How can we possess the soccer ball? 2.- What are the cues to possess the ball, pass or dribble it forward? 3.- Why do we want to change the point of attack?</p> <p>ANSWERS: 1.- By dribbling it away from pressure or passing it to a teammate. 2.- Possess the ball when the defenders are compacted in front of you. Pass or dribble it forward when we find or create an opening. 3.- To get the ball through the opening.</p> <p>NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.</p>							
PRACTICE (More Challenging):		Duration:	24 Min	Activity time:	7 min	Rest time:	1 min	Intervals	3
		<p>7V7 TO A REGULAR GOAL AND THREE COUNTER GOALS: OBJECTIVE: To possess the ball, combine to beat defenders and change the point of attack to create scoring chances.</p> <p>ORGANIZATION: Set up a 55Wx50L yard field with one regular goal and three counter goals. The Blue team must score in the regular goal, the Red team scores by dribbling or passing on the ground through any of the Blue team's goals. After a goal, the Blue team starts a new attack. Rotate players every interval.</p> <p>KEY WORDS: Use space, switch, support (behind, sides or in front of the ball), pass or dribble.</p> <p>GUIDED QUESTIONS: 1.- How can we possess the soccer ball? 2.- What are the cues to possess the ball, pass or dribble it forward? 3.- Why should we change the point of attack?</p> <p>ANSWERS: 1.- By dribbling it away from pressure or passing it to a teammate. 2.- Possess the ball when the defenders are compacted in front of you. Pass or dribble it forward when we find or create an opening. 3.- To get the ball through the opening.</p> <p>NOTES: Start with the Core Activity; if it is too easy or your players, then switch to the More Challenging Activity.</p>							
2nd PLAY PHASE	8v8(1-2-3-2v1-3-3-1)	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				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				