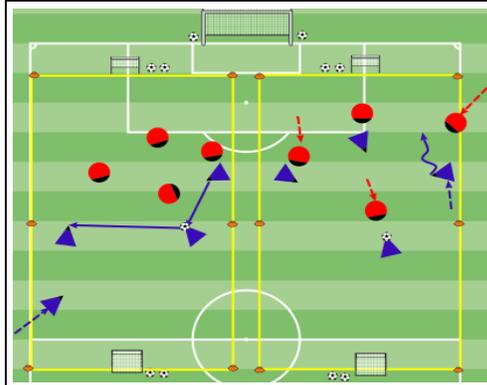


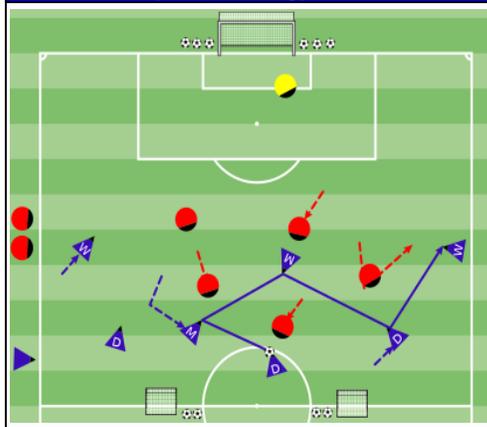
	GOAL:	Improve the build up in the opponent's half in order to create scoring chances - 2				AGE GROUP
	PLAYER ACTIONS	Spread out, Pass/dribble forward, Create 2v1 or 1v1, Change the point of attack				11U-12U
	KEY QUALITIES	Read the game, Take initiative, Focus, Optimal technical abilities				
	MOMENT	Attacking	DURATION	60 min	PLAYERS	16

1st PLAY PHASE (Intentional Free Play): 4v4 to Small Goals **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2**



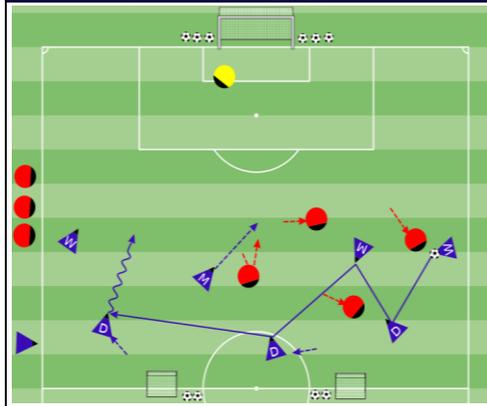
OBJECTIVE: To possess, pass or dribble the ball forward.
ORGANIZATION: Set up two or more 22Wx40L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.
KEY WORDS: Opening, Pass or dribble, Help.
GUIDED QUESTIONS: 1. What would you do to create an opening? 2. What do you do if you see an opening? 3. What can we do to help the players with the ball?
ANSWERS: 1. Get away from defenders. 2. Pass forward if you can connect with a teammate, Dribble forward when you have space. 3. Create a 2v1.
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): 7v5 to Goal & Two Counter Goals **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5**



OBJECTIVE: To possess the ball, move it forward and create scoring chances.
ORGANIZATION: Set up a 50Wx40L (half field) with a regular goals and two counter goals as shown in the diagram. Select 7 Blue attackers, and 5 Red defenders and their goalkeeper. Blue team scores in the regular goal. Red team scores in either of the two counter goals. Rotate players every interval. All Laws of the game in effect.
KEY WORDS: Opening, Pass or dribble, Help, Switch.
GUIDED QUESTIONS: 1. What would you do to create an opening? 2. What do you do if you see an opening? 3. What can we do to help the players with the ball? 4. When do you change the attack?
ANSWERS: 1. Get away from defenders. 2. Pass forward if you can connect with a teammate, dribble forward when you have space. 3. Create a 2v1. 4. When the opening is closed on one side.
Note - Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 7v4 to Goal & Two Counter Goals **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**

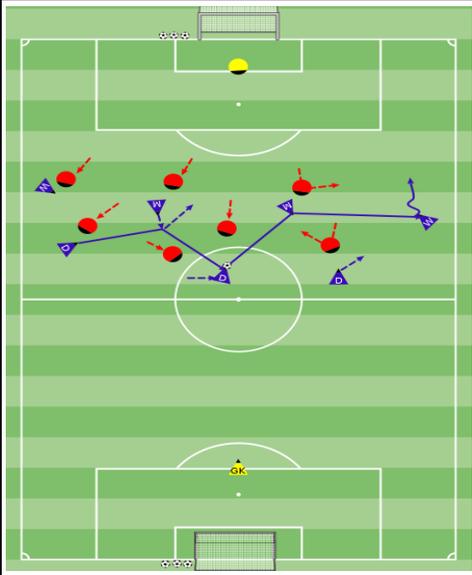


OBJECTIVE: To possess the ball, move it forward and create scoring chances.
ORGANIZATION: Set up a 50Wx40L (half field) with a regular goals and two counter goals as shown in the diagram. Select 7 Blue attackers, and 4 Red defenders and their goalkeeper. Blue team scores in the regular goal. Red team scores in either of the two counter goals. Rotate players every interval. All Laws of the game in effect.
KEY WORDS: Opening, Pass or dribble, Help, Switch.
GUIDED QUESTIONS: 1. What would you do to create an opening? 2. What do you do if you see an opening? 3. What can we do to help the players with the ball? 4. When do you change the attack?
ANSWERS: 1. Get away from defenders. 2. Pass forward if you can connect with a teammate, dribble forward when you have space. 3. Create a 2v1. 4. When the opening is closed on one side.
Note - Switch to this activity if the CORE is too difficult for the players.

PRACTICE (More Challenging): 7v7 to Goal & Two Counter Goals **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5**



OBJECTIVE: To possess the ball, move it forward and create scoring chances.
ORGANIZATION: Set up a 50Wx40L (half field) with a regular goals and two counter goals as shown in the diagram. Select 7 Blue attackers, and 6 Red defenders and their goalkeeper. Blue team scores in the regular goal. Red team scores in either of the two counter goals. Rotate players every interval. All Laws of the game in effect.
KEY WORDS: Opening, Pass or dribble, Help, Switch.
GUIDED QUESTIONS: 1. What would you do to create an opening? 2. What do you do if you see an opening? 3. What can we do to help the players with the ball? 4. When do you change the attack?
ANSWERS: 1. Get away from defenders. 2. Pass forward if you can connect with a teammate, dribble forward when you have space. 3. Create a 2v1. 4. When the opening is closed on one side.
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 50Wx80L field play 8v8. The Blue team will play in 1-3-4 formation and the Red team will play in 1-3-3-1 formation.

KEY WORDS: Opening, Pass or dribble, Help, Switch.

GUIDED QUESTIONS: 1. What would you do to create an opening? 2. What do you do if you see an opening? 3. What can we do to help the players with the ball? 4. When do you change the attack?

ANSWERS: 1. Get away from defenders. 2. Pass forward if you can connect with a teammate, dribble forward when you have space. 3. Create a 2v1. 4. When the opening is closed on one side.

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?