

 	GOAL:	Improve the build up in the opponent's half in order to create scoring chances - 2				
	PLAYER ACTIONS	Spread out, create passing actions, change the point of attack				
	KEY QUALITIES	Reading the game, be proactive, technical execution, focus				
	AGE GROUP	13+ / 11v11 / 18 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:	4.5 min	Rest time:	1.5 min	Intervals	4
----------------------------------	------------------	--------	-----------------------	---------	-------------------	---------	------------------	---



6v5 TO REGULAR GOAL AND TWO COUNTER GOALS:
OBJECTIVE: To move the ball forward down the flanks in order to create scoring chances.
ORGANIZATION: In a 80Wx60L yard field with a regular goals and two counter goals. Play 6v5 game. The Blue team scores in the regular goal and the Red team in either of the two counter goals. Any goal scored from a pass or a cross form a flank players is 100 points. Rotate players every interval.
KEY WORDS: Get open, pass or dribble, take opponents on, switch.
GUIDED QUESTIONS: 1.- How can you make the field bigger when you are in possession of the ball? 2.- How can you penetrate down the wings? 3.- When is a good time to change the point of attack?
ANSWERS: 1.- By spreading out (getting as wide as possible). 2.- By bridling the defender or combining around the defender attack 3.- After drawing the opponents to one side of the field then we can switch the attack to the other side.
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
-------------------------------------	------------------	--------	-----------------------	-------	-------------------	-------	------------------	---



4v3 TO TWO SMALL GOAL AND A COUNTER GOAL:
OBJECTIVE: To move the ball forward down the flanks in order to create scoring chances.
ORGANIZATION: Set up two 25Wx35L yard field with two small goals on the Red team's end line and one counter goal on the Blue team's end line. Play 4v3, the Blue team score in either of the two small goals and the red team in the counter goal.
KEY WORDS: Get open, pass or dribble, take opponents on, switch.
GUIDED QUESTIONS: 1.- How can you make the field bigger when you are in possession of the ball? 2.- How can you penetrate down the wings? 3.- When is a good time to change the point of attack?
ANSWERS: 1.- By spreading out (getting as wide as possible). 2.- By bridling the defender or combining around the defender attack 3.- After drawing the opponents to one side of the field then we can switch the attack to the other side.
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:	5 min	Rest time:	1 min	Intervals	4
-------------------------------------	------------------	--------	-----------------------	-------	-------------------	-------	------------------	---



7v7 TO GOAL:
OBJECTIVE: To move the ball forward down the flanks in order to create scoring chances.
ORGANIZATION: In a 80Wx60L yard field with a regular goal and two counter goals. Play 7v7, the Blue team scores in the regular goal and the Red team scores in either of the two counter goals. Any goal scored from a pass or a cross form a flank players is 100 points. Rotate players every interval. Rotate players every interval. All FIFA Laws apply.
KEY WORDS: Get open, pass or dribble, take opponents on, switch.
GUIDED QUESTIONS: 1.- How can you make the field bigger when you are in possession of the ball? 2.- How can you penetrate down the wings? 3.- When is a good time to change the point of attack?
ANSWERS: 1.- By spreading out (getting as wide as possible). 2.- By bridling the defender or combining around the defender attack 3.- After drawing the opponents to one side of the field then we can switch the attack to the other side.
NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.

2nd PLAY PHASE	9v9(1-3-2-3v1-3-2-3)	Duration:	27 min	Activity time:	11 min	Rest time:	2.5 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?