5. Coaching:
4. Challenging:
3. Repetitions:
2. Game like:
1. Organized:

Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.

1st PLAY PHASE
1v1, 2v1, 2v2...4v4

<table>
<thead>
<tr>
<th>Duration</th>
<th>Activity time</th>
<th>Rest time</th>
<th>Intervals</th>
</tr>
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<tbody>
<tr>
<td>9 min</td>
<td>2.5 min</td>
<td>30 sec</td>
<td>3</td>
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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):

**Objective:** To disrupt the buildup in the opponent's half and win the ball back to score.

**Organization:** In a 80Wx68L field with a regular goal on the end line and three counter goals past midfield. Play a 6v6, the Blue team scores in the regular goals and the Red team scores in either of the three counter goals. Rotate players every interval.

**Guided Questions:** 1. Why should you try to win the ball as soon as the server passes the ball in? 2. How do you prevent the Red team from going forward? 3. Why do we need to form a compact block?

**Answers:** 1. To prevent them to build up, regains the ball and go to goal. 2. Pressing the player with the ball and work together to steal the ball. 3. To take away any chance for them to play the ball forward and force them to play backwards or sideways.

**Notes:** Start with the Core Activity. If it is too difficult, switch to the Less Challenging Activity. If it is too easy, switch to the More Challenging Activity.

PRACTICE (Less Challenging):

3v3 TO GOAL AND END ZONE

**Objective:** To disrupt the buildup in the opponent's half and win the ball back to score.

**Organization:** Set up two 25Wx35L yard fields with a small goal at each end line. Play 4v4 game to score in the opponent's goal. If the defending team regains the ball in the attacking half and score, the goal is worth 100 points. Any other goal is 1 point. Rotate players every interval.

**Guided Questions:** 1. Why should you try to win the ball as soon as the server passes the ball in? 2. How do you prevent the Red team from going forward? 3. Why do we need to form a compact block?

**Answers:** 1. To prevent them to build up, regains the ball and go to goal. 2. Pressing the player with the ball and work together to steal the ball. 3. To take away any chance for them to play the ball forward and force them to play backwards or sideways.

**Notes:** Start with the Core Activity. If it is too difficult for your players, then switch to the Less Challenging Activity.

PRACTICE (More Challenging):

7v8 TO GOAL AND THREE COUNTER GOALS

**Objective:** To disrupt the buildup in the opponent's half and win the ball back to score.

**Organization:** In a 80Wx68L field with a regular goal on the end line and three counter goals past midfield. Play a 6v6, the Blue team scores in the regular goals and the Red team scores in either of the three counter goals. Rotate players every interval.

**Guided Questions:** 1. Why should you try to win the ball as soon as the server passes the ball in? 2. How do you prevent the Red team from going forward? 3. Why do we need to form a compact block?

**Answers:** 1. To prevent them to build up, regains the ball and go to goal. 2. Pressing the player with the ball and work together to steal the ball. 3. To take away any chance for them to play the ball forward and force them to play backwards or sideways.

**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(1-3-2-3v1-4-2-2)

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<th>Duration</th>
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<th>Rest time</th>
<th>Intervals</th>
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<tbody>
<tr>
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<td>11 min</td>
<td>2 min</td>
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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**

- 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?

**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?