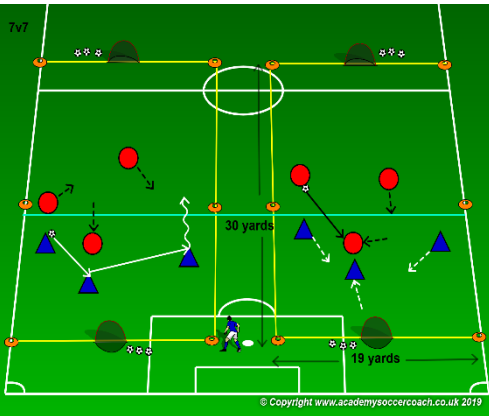
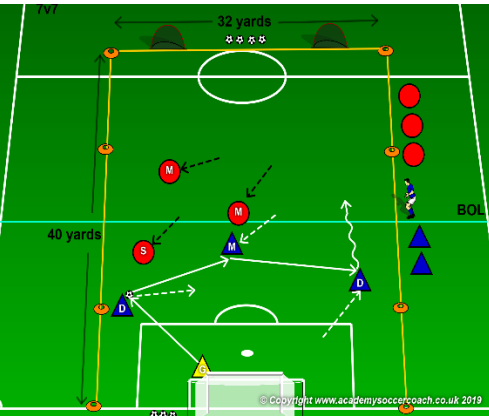
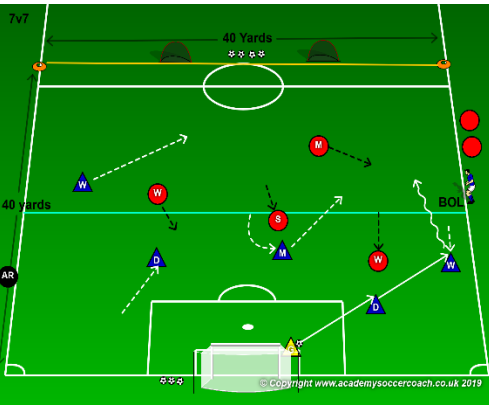


|                                                                                                                                                                  |                       |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                 |               |                |           |                  |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|---------------|----------------|-----------|------------------|--|
|   | <b>GOAL:</b>          |  | Improve the build up from our own half in order to move the ball into the opponent's half - 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                 |               |                |           | <b>AGE GROUP</b> |  |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> |  | Pass or dribble forward, Spread out and Create passing options                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                 |               |                |           | <b>9U-10U</b>    |  |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  |  | Read the game, Take initiative, Demonstrate Focus                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                 |               |                |           |                  |  |
|                                                                                                                                                                  | <b>MOMENT</b>         |  | <b>Attacking</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>DURATION</b> | <b>60 min</b> | <b>PLAYERS</b> | <b>12</b> | <b>7v7</b>       |  |
| <b>1st PLAY PHASE (Intentional Free Play): 3v3 to Goal</b>                                                                                                       |                       |  | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                 |               |                |           |                  |  |
|                                                                                  |                       |  | <p><b>OBJECTIVE:</b> Get the ball into the opponent's half.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward and Create passing options.</p> <p><b>ORGANIZATION:</b> In a 7v7 field set up two 20Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.</p> <p><b>KEY WORDS:</b> Pass, Dribble and Help.</p> <p><b>GUIDED QUESTIONS:</b> 1. What can you do if you have the ball in front of an opening? 2. Where do we help the player with the ball?</p> <p><b>ANSWERS:</b> 1. Dribble or Pass the ball forward - 2. To create a passing option by being in front, to the sides and behind the ball.</p> <p><b>Note:</b> First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.</p>                                                |                 |               |                |           |                  |  |
| <b>PRACTICE (Core Activity): 4v3 to Goal &amp; 2 Small Goals</b>                                                                                                 |                       |  | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                 |               |                |           |                  |  |
|                                                                                 |                       |  | <p><b>OBJECTIVE:</b> To create and find an opening to get the ball into the opponent's half.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out and Support the attack.</p> <p><b>ORGANIZATION:</b> In a 7v7 field set up a 32Wx40L field with a regular goal and two small goals. Play 4v3. The Blue team scores in one of the two small goals. The Red team scores in the regular goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Pass, Dribble and Get wide, Help.</p> <p><b>GUIDED QUESTIONS:</b> 1. How do we move the ball up and around the field? 2. How can we create openings? 3. What do you need to do if you do not have the ball?</p> <p><b>ANSWERS:</b> 1. Dribbling it or passing forward, backwards or sideways - 2. By spreading out - 3. Support the attack and create passing options.</p> <p><b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.</p> |                 |               |                |           |                  |  |
| <b>PRACTICE (Less Challenging): 3v2 to Goal &amp; End Zone</b>                                                                                                   |                       |  | <b>DURATION: 20 min --- INTERVALS: 5 --- ACTIVITY: 3 min --- REST: 1 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                 |               |                |           |                  |  |
|                                                                                |                       |  | <p><b>OBJECTIVE:</b> To create and find an opening to get the ball into the opponent's half.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out and Create passing options.</p> <p><b>ORGANIZATION:</b> In a 7v7 field set up a 32Wx40L field with a regular goal and two small goals. Play 4v2. The Blue team scores in one of the two small goals. The Red team scores in the regular goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Pass, Dribble, Get wide and Help.</p> <p><b>GUIDED QUESTIONS:</b> 1. How can you create or find an opening? 2. Where can you go to help your teammate with the ball? 3. Why do you go there?</p> <p><b>ANSWERS:</b> 1. By dribbling or passing the ball - 2. Spread out - 3. To create passing options.</p> <p><b>Note:</b> Switch to this activity if the Core is too difficult for the players.</p>                                                                                                   |                 |               |                |           |                  |  |
| <b>PRACTICE (More Challenging): 6v6 to Goal</b>                                                                                                                  |                       |  | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                 |               |                |           |                  |  |
|                                                                                |                       |  | <p><b>OBJECTIVE:</b> To create and find an opening to get the ball into the opponent's half.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out, Create passing options and Support the attack.</p> <p><b>ORGANIZATION:</b> In a 7v7 field set up a 32Wx40L field with a regular goal and two small goals. Play 6v4. The Blue team scores in one of the two small goals. The Red team scores in the regular goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Pass, Dribble, Get wide, and Help.</p> <p><b>GUIDED QUESTIONS:</b> 1. How do we move the ball up and around the field? 2. How can we create openings? 3. What do you need to do if you do not have the ball?</p> <p><b>ANSWERS:</b> 1. Dribbling it or passing forward, backwards or sideways - 2. By spreading out - 3. Support the attack and create passing options.</p> <p><b>Note:</b> Switch to this activity if the Core is too easy for the players.</p>                    |                 |               |                |           |                  |  |



**OBJECTIVE:** To create and find an opening to get the ball into the opponent's half.

**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Create passing options and Support the attack.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-2-3 formation and the Red team will play in a 1-1-3-1 formation.

**KEY WORDS:** Pass, Dribble, Get wide, and Help.

**GUIDED QUESTIONS:** 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role?

**ANSWERS:** 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options.

**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 the right balance between being successful and unsuccessful?)

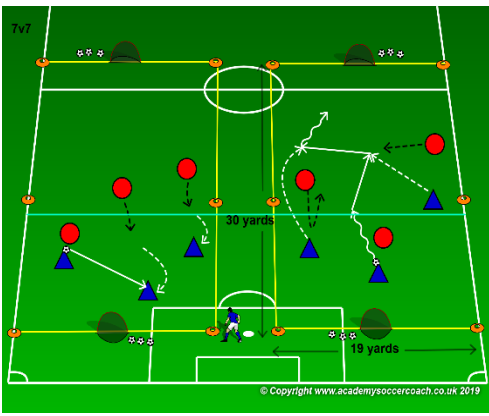
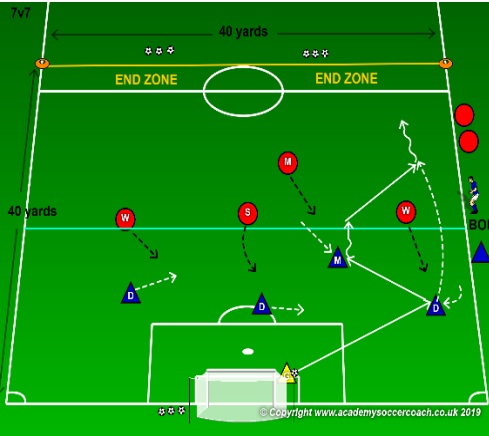
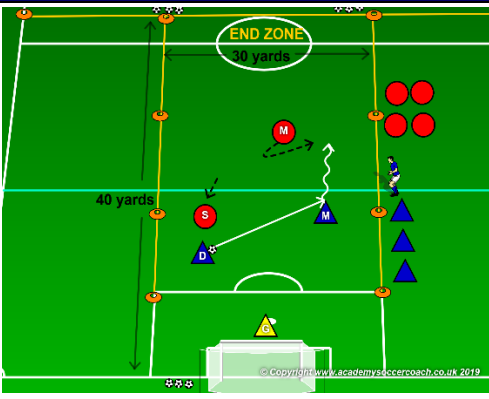
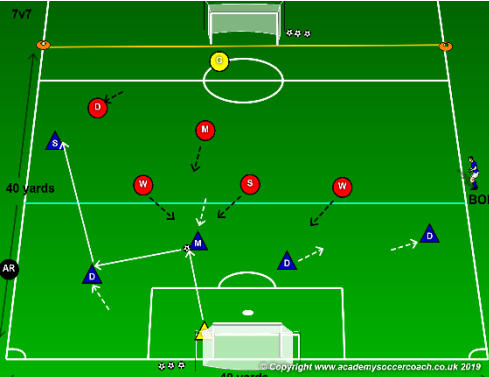
5. **Coaching:** Is there coaching based on the age and level of the players?

### 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?

|                                                                                                                                                                  |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                               |                 |               |                |           |                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------|---------------|----------------|-----------|------------------|
|   | <b>GOAL:</b>          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Improve the build up from our own half in order to move the ball into the opponent's half - 2 |                 |               |                |           | <b>AGE GROUP</b> |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Pass or dribble forward, Spread out and Create passing options                                |                 |               |                |           | <b>9U-10U</b>    |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Read the game, Demonstrate Focus, Optimal technical abilities                                 |                 |               |                |           |                  |
|                                                                                                                                                                  | <b>MOMENT</b>         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Attacking</b>                                                                              | <b>DURATION</b> | <b>60 min</b> | <b>PLAYERS</b> | <b>12</b> | <b>7v7</b>       |
| <b>1st PLAY PHASE (Intentional Free Play):</b>                                                                                                                   |                       | <b>3v3 to Goal</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>                  |                 |               |                |           |                  |
|                                                                                  |                       | <b>OBJECTIVE:</b> Build up from our own half to get into the opponent's half.<br><b>PLAYER ACTIONS:</b> Pass or dribble forward and Support the attack.<br><b>ORGANIZATION:</b> In a 7v7 field set up two 20Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.<br><b>KEY WORDS:</b> Pass, Dribble and Help/Support.<br><b>GUIDED QUESTIONS:</b> 1. What do you do when you see an opening? 2. Why do you provide help in front, to the sides and behind the ball?<br><b>ANSWERS:</b> 1. Dribble or Pass forward - 2. To create a passing option.<br><b>Note:</b> First break, the coach ask questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.                                                                                                          |                                                                                               |                 |               |                |           |                  |
| <b>PRACTICE (Core Activity):</b>                                                                                                                                 |                       | <b>5v4 to Goal and End Zone</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>                |                 |               |                |           |                  |
|                                                                                 |                       | <b>OBJECTIVE:</b> Move the ball and the team into the opponent's half.<br><b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out and Create passing options.<br><b>ORGANIZATION:</b> In a 7v7 field set up a 40Wx40L field with a regular goal and an end zone. The Blue attackers score by getting the ball in the end zone and connecting 3 passes. The Red team scores in the regular goal. Play with the build out line. Rotate players every round.<br><b>KEY WORDS:</b> Pass, Connect, Dribble, Get open and Help/Support.<br><b>GUIDED QUESTIONS:</b> 1. What do you do when the openings are closed? 2. What should you do to create an opening? 3. Why do you want to be in front, to the side or behind the player with the ball?<br><b>ANSWERS:</b> 1. Dribble or pass the ball to move the defenders - 2. Spread out - 3. To create passing options.<br><b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy. |                                                                                               |                 |               |                |           |                  |
| <b>PRACTICE (Less Challenging):</b>                                                                                                                              |                       | <b>3v2 to Goal &amp; End Zone</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>DURATION: 20 min --- INTERVALS: 5 --- ACTIVITY: 3 min --- REST: 1 min</b>                  |                 |               |                |           |                  |
|                                                                                |                       | <b>OBJECTIVE:</b> Move the ball and the team into the opponent's half.<br><b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out and Create passing options.<br><b>ORGANIZATION:</b> In a 7v7 field set up a 30Wx40L field with a regular goal and an end zone. The Blue attackers score by dribbling or passing into the end zone. The Red team scores in the regular goal. Play with the build out line. Rotate players every round.<br><b>KEY WORDS:</b> Pass, Connect, Dribble and Get open.<br><b>GUIDED QUESTIONS:</b> 1. How can you move the ball forward? 2. Where can you go to help your teammate with the ball? 3. Why do you go there?<br><b>ANSWERS:</b> 1. By dribbling or passing it through or around the defenders - 2. Spread out - 3. To create passing options.<br><b>Note:</b> Switch to this activity if the Core is too difficult for the players.                                                                                                                    |                                                                                               |                 |               |                |           |                  |
| <b>PRACTICE (More Challenging):</b>                                                                                                                              |                       | <b>6v6 to Goal</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>                |                 |               |                |           |                  |
|                                                                                |                       | <b>OBJECTIVE:</b> Move the ball and the team into the opponent's half.<br><b>PLAYER ACTIONS:</b> Pass or dribble forward, Create passing options and Create 2v1 or 1v1.<br><b>ORGANIZATION:</b> In a 7v7 field set up a 40Wx40L field with a regular goal at each end. Play 6v6. The Blue and Red teams score in the opponent's goal. Play with a build out line. All Laws of the game are in effect.<br><b>KEY WORDS:</b> Pass, Connect, Dribble, Get open and Help/Support.<br><b>GUIDED QUESTIONS:</b> 1. What will you do if the way forward is blocked by defenders? 2. How can we get around their defense? 3. What should you do if you are close to your teammate with the ball?<br><b>ANSWERS:</b> 1. We will spread out - 2. Create a 2v1 or 1v1 - 3. Create passing options.<br><b>Note:</b> Switch to this activity if the Core is too easy for the players.                                                                                                                          |                                                                                               |                 |               |                |           |                  |



**OBJECTIVE:** Build up from our own half to get into the opponent's half.

**PLAYER ACTIONS:** Pass or dribble forward, Spread out and Create Passing options.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.

**KEY WORDS:** Pass, Connect, Dribble, Get open and Help/Support.

**GUIDED QUESTIONS:** 1. What tells your team that you can build up? 2. Where should we go if defenders are blocking the way forward? 3. How do we get around the defense?

**ANSWERS:** 1. There is space to pass or dribble the ball forward - 2. We need to get wide to spread out and create openings - 3. Create passing options or a 1v1/2v1.

**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 the right balance between being successful and unsuccessful?)

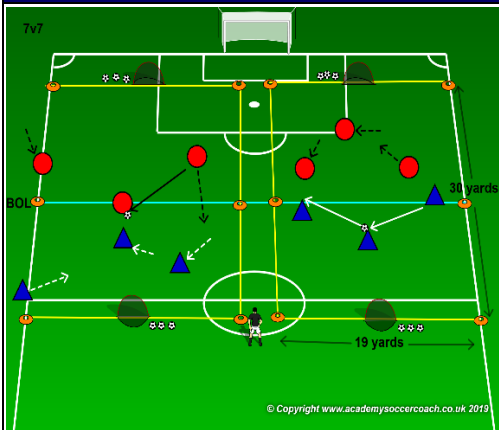
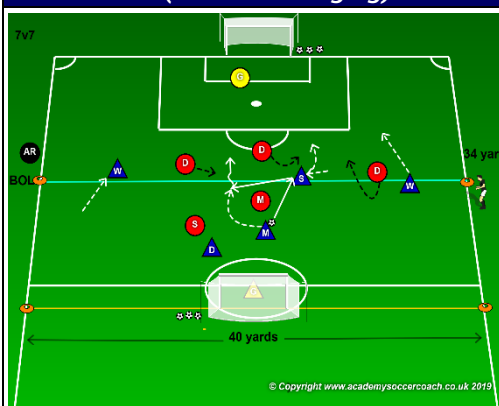
5. **Coaching:** Is there coaching based on the age and level of the players?

### 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?

|                                                                                    |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                    |                 |               |                |                  |            |
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|     | <b>GOAL:</b>          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Improve the build up in the opponent's half in order to create scoring chances - 1 |                 |               |                | <b>AGE GROUP</b> |            |
|                                                                                    | <b>PLAYER ACTIONS</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Pass or dribble forward, Spread out, Create passing options, Support the attack    |                 |               |                | <b>9U-10U</b>    |            |
|                                                                                    | <b>KEY QUALITIES</b>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Read the game, Demonstrate Focus, Optimal technical abilities                      |                 |               |                |                  |            |
|                                                                                    | <b>MOMENT</b>         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Attacking</b>                                                                   | <b>DURATION</b> | <b>60 min</b> | <b>PLAYERS</b> | <b>12</b>        | <b>7v7</b> |
| <b>1st PLAY PHASE (Intentional Free Play):</b>                                     |                       | <b>3v3 to Goal</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>       |                 |               |                |                  |            |
|    |                       | <p><b>OBJECTIVE:</b> To pass or dribble forward to find or create openings.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward and Support the attack.</p> <p><b>ORGANIZATION:</b> In a 7v7 field set up two 19Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.</p> <p><b>KEY WORDS:</b> Dribble, Pass and Help to connect.</p> <p><b>GUIDED QUESTIONS:</b> 1. What should you do when confronted by an opponent with no defenders behind?<br/>2. Where can we support the player with the ball? 3. Why do we pass forward?</p> <p><b>ANSWERS:</b> 1. You are in a 1v1 so Dribble the defender - 2. Behind, to the sides, or in front making a diagonal passing lane - 3. To connect through an opening with a teammate.</p> <p><b>Note</b> – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.</p>                                             |                                                                                    |                 |               |                |                  |            |
| <b>PRACTICE (Core Activity):</b>                                                   |                       | <b>4v5 to Goal and Targets</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>     |                 |               |                |                  |            |
|   |                       | <p><b>OBJECTIVE:</b> To pass and dribble the ball to find and create openings in order to create scoring chances.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out, and Create a 2v1 or 1v1.</p> <p><b>ORGANIZATION:</b> In a 7v7 field set up a 32Wx34L field with a regular goal and two target players as shown. The 4 Blue attackers score in the regular goal, Red team scores by passing to a target player in the zone. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Opening, Pass, Dribble, Get open and Help to combine.</p> <p><b>GUIDED QUESTIONS:</b> 1. How can we create openings between defenders? 2. What do we do if we find an opening? 3. Why do we stand away and to the side of the defender creating a diagonal passing lane?</p> <p><b>ANSWERS:</b> 1. By spreading out - 2. Pass forward, through or around the defensive lines or we can dribble forward - 3. To support the attack and create a 2v1.</p> <p><b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.</p> |                                                                                    |                 |               |                |                  |            |
| <b>PRACTICE (Less Challenging):</b>                                                |                       | <b>4v4 to Goal &amp; Targets</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>       |                 |               |                |                  |            |
|  |                       | <p><b>OBJECTIVE:</b> To move the ball forward and create scoring chances.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward, Support the attack, and Create a 2v1 or 1v1.</p> <p><b>ORGANIZATION:</b> In a 7v7 field set up a 32Wx34L field with a regular goal and two target players as shown. The 4 Blue attackers score in the regular goal, Red team scores by passing to a target player in the zone. Play with a build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Possess, Pass, Dribble, and Help to combine.</p> <p><b>GUIDED QUESTIONS:</b> 1. What can we do if we can't go forward with the ball? 2. When do we pass or dribble forward? 3. What do we need to do to help the player with the ball?</p> <p><b>ANSWERS:</b> 1. Possess it and pass it sideways or backwards - 2. Pass forward to connect with a teammate through an opening. Dribble forward when you have space or only one opponent in front to beat - 3. Support by creating a 2v1.</p> <p><b>Note:</b> Switch to this activity if the Core is too difficult for the players.</p>                                     |                                                                                    |                 |               |                |                  |            |
| <b>PRACTICE (More Challenging):</b>                                                |                       | <b>6v6 to Goal</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>     |                 |               |                |                  |            |
|  |                       | <p><b>OBJECTIVE:</b> To pass and dribble the ball to find and create openings in order to create scoring chances.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out, and Create a 2v1 or 1v1.</p> <p><b>ORGANIZATION:</b> In a 7v7 field set up a 40W x 34L field with regular goals at each end. Play 6v6. The Blue and Red score in the opponent's goal. Play with a build out line. All Laws of the game are in effect.</p> <p><b>KEY WORDS:</b> Opening, Pass, Dribble, Get open and Help to combine.</p> <p><b>GUIDED QUESTIONS:</b> 1. What can we do to create an opening? 2. When is a good time to split the defenders with a forward pass? 3. Why should we outnumber the defenders?</p> <p><b>ANSWERS:</b> 1. Spread out - 2. When we have an opening between two defenders and have a teammate behind them - 3. To create a 2v1 and combine around the defender.</p> <p><b>Note:</b> Switch to this activity if the Core is too easy for the players.</p>                                                                                                                                       |                                                                                    |                 |               |                |                  |            |



**OBJECTIVE:** To pass and dribble the ball to find and create openings in order to create scoring chances.

**PLAYER ACTIONS:** Pass or dribble forward, Spread out and Support the attack.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-1-3-1 formation and the Red team will play in a 1-3-1-1 formation.

**KEY WORDS:** Opening, Pass, Dribble, Get open and Help to combine.

**GUIDED QUESTIONS:** 1. What do we do if we can't go forward with the ball? 2. Why do we need to get wide? 3. Where do we need to support in order create a chance to combine.

**ANSWERS:** 1. We move the ball until we find an opening to go forward - 2. We spread out to create an opening - 3. Support by standing away and to the side of the defender creating a diagonal passing lane.

**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 the right balance between being successful and unsuccessful?)

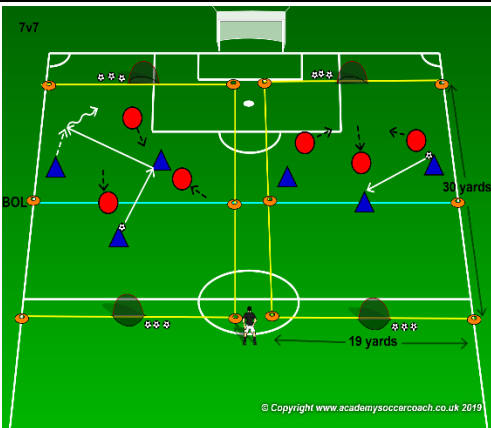
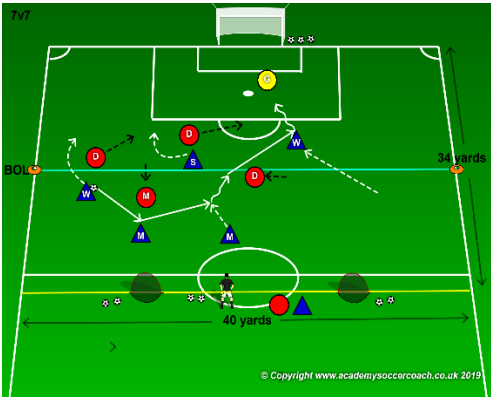
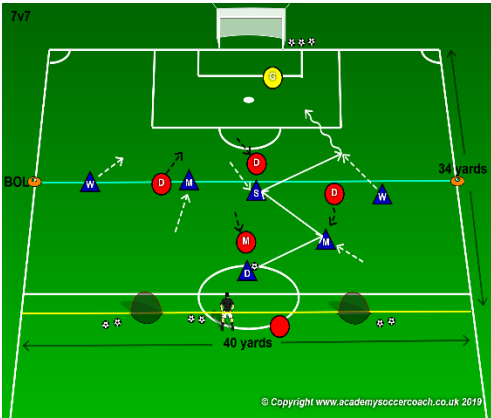
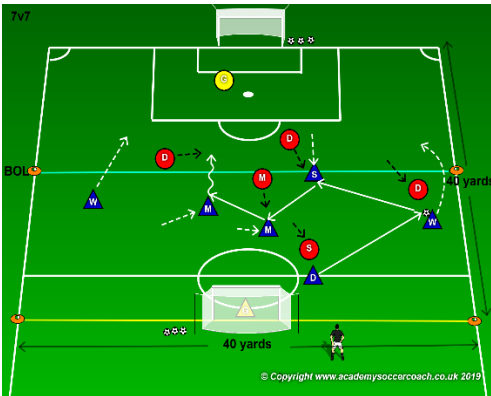
5. **Coaching:** Is there coaching based on the age and level of the players?

## Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

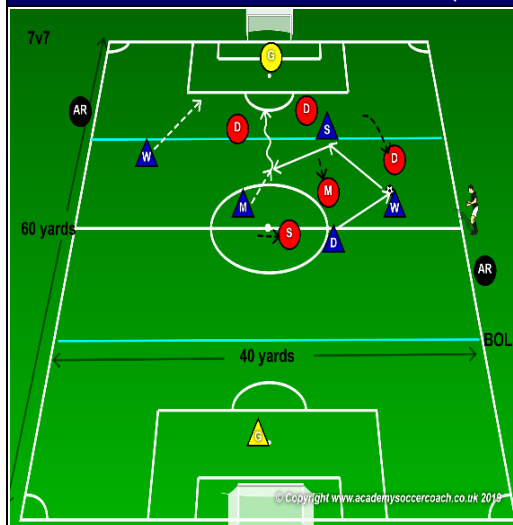
2. What did you do well?

3. What could you do better?

|                                                                                                                                                                  |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                 |               |                |           |                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|---------------|----------------|-----------|------------------|
|   | <b>GOAL:</b>          | Improve the build up in the opponent's half in order to create scoring chances - 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                 |               |                |           | <b>AGE GROUP</b> |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> | Pass or dribble forward, Spread out, Create passing options, Create a 2v1 or 1v1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                 |               |                |           | <b>9U-10U</b>    |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  | Read the game, Take initiative, Optimal technical abilities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                 |               |                |           |                  |
|                                                                                                                                                                  | <b>MOMENT</b>         | <b>Attacking</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>DURATION</b> | <b>60 min</b> | <b>PLAYERS</b> | <b>12</b> | <b>7v7</b>       |
| <b>1st PLAY PHASE (Intentional Free Play): 3v3 to Goal</b>                                                                                                       |                       | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                 |               |                |           |                  |
|                                                                                  |                       | <p><b>OBJECTIVE:</b> To move the ball forward and create scoring chances.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward and Create Passing options.</p> <p><b>ORGANIZATION:</b> In a 7v7 field set up two 19Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.</p> <p><b>KEY WORDS:</b> Pass, Dribble and Possess.</p> <p><b>GUIDED QUESTIONS:</b> 1. Where do you need to move the ball to and possess it? 2. When should you pass forward? Can we support the player with the ball? 3. What do you need to do to be a passing option?</p> <p><b>ANSWERS:</b> 1. To the opponent's half - 2. When can strike the ball through an opening to a teammate - 3 Be behind, to the sides, or in front making a diagonal passing lane.</p> <p><b>Note</b> – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.</p> |                 |               |                |           |                  |
| <b>PRACTICE (Core Activity): 5v5 to Goal &amp; Small Goals</b>                                                                                                   |                       | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                 |               |                |           |                  |
|                                                                                 |                       | <p><b>OBJECTIVE:</b> To possess and move the ball forward to create scoring chances.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out, and Create a 2v1 or 1v1.</p> <p><b>ORGANIZATION:</b> In the attacking half of a 7v7 field, set up a 40Wx34L field with a regular goal and two small goals as shown. The 5 Blue attackers score in the regular goal, Red team scores in either counter goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Opening, Pass, Dribble, Get wide and Combine.</p> <p><b>GUIDED QUESTIONS:</b> 1. What should we do when we get the ball to create openings? 2. How can we move the ball forward? 3. When is a good time to combine?</p> <p><b>ANSWERS:</b> 1. Spread out - 2. Passing it forward, through an opening or dribble it forward - 3. When we become a passing option creating a 2v1.</p> <p><b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.</p>                                                                |                 |               |                |           |                  |
| <b>PRACTICE (Less Challenging): 6v5 to Goal &amp; 2 Goals</b>                                                                                                    |                       | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                 |               |                |           |                  |
|                                                                                |                       | <p><b>OBJECTIVE:</b> To possess and move the ball forward to create scoring chances.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward, Support the attack, and Create a 2v1 or 1v1.</p> <p><b>ORGANIZATION:</b> In the attacking half of a 7v7 field, set up a 40Wx34L field with a regular goal and two small goals as shown. The 6 Blue attackers score in the regular goal, Red team scores in either counter goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Pass, Dribble, and Combine.</p> <p><b>GUIDED QUESTIONS:</b> 1. What should you do if you are in a 1v1 situation? 2. When do we pass forward? 3. What do we need to do to help the player with the ball?</p> <p><b>ANSWERS:</b> 1. Dribble the opponents - 2. Pass forward to connect with a teammate through an opening. - 3. Become a passing option by being behind, to the sides, or in front making a diagonal passing lane.</p> <p><b>Note:</b> Switch to this activity if the Core is too difficult for the players.</p>                                              |                 |               |                |           |                  |
| <b>PRACTICE (More Challenging): 6v6 to Goal</b>                                                                                                                  |                       | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                 |               |                |           |                  |
|                                                                                |                       | <p><b>OBJECTIVE:</b> To possess and move the ball forward to create scoring chances.</p> <p><b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out, and Create a 2v1 or 1v1.</p> <p><b>ORGANIZATION:</b> In the attacking half of a 7v7 field, set up a 40Wx34L field with a regular goal and two small goals as shown. The 5 Blue attackers score in the regular goal, Red team scores in either counter goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Possess, Pass, Dribble, Get wide, and Combine.</p> <p><b>GUIDED QUESTIONS:</b> 1. What should we do to move the defenders? 2. When do we possess the ball? 3. When is a good time to combine?</p> <p><b>ANSWERS:</b> 1. Spread out and move the ball - 2. When we do not have an opening, so we pass the ball backward or sideways - 3. When we become a passing option creating a 2v1.</p> <p><b>Note:</b> Switch to this activity if the Core is too easy for the players.</p>                                                                                                    |                 |               |                |           |                  |

## 2nd. **PLAY PHASE: The Game – 6v6 ( GK+5v5+GK)**

**DURATION:** 20 min --- **INTERVALS:** 2 --- **ACTIVITY:** 8 min --- **REST:** 2 min



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

**PLAYER ACTIONS:** Pass or dribble forward, Spread out and Support the attack.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-1-3-1 formation and the Red team will play in a 1-3-1-1 formation.

**KEY WORDS:** Possess, Pass, Dribble, Get open and Combine.

**GUIDED QUESTIONS:** 1. What can you do to find or create an opening? 2. Why do we need to get wide? 3. Where do we need to be to create an option to pass or combine?

**ANSWERS:** 1. Move the ball to possess it until we find an opening to go forward - 2. We spread out to create an opening - 3. Behind, to the sides, or in front making a diagonal passing lane.

**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 the right balance between being successful and unsuccessful?)

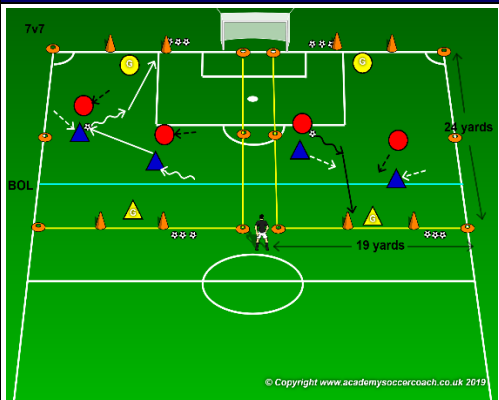
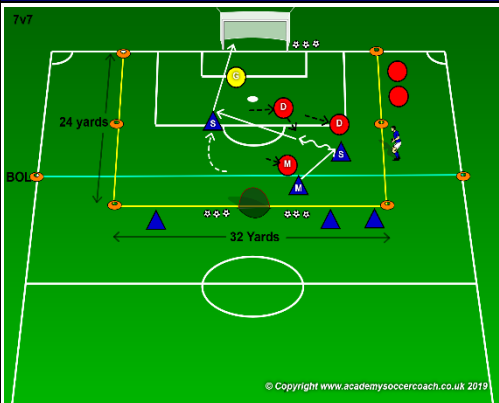
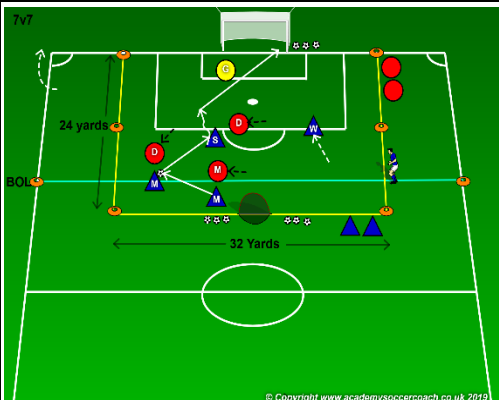
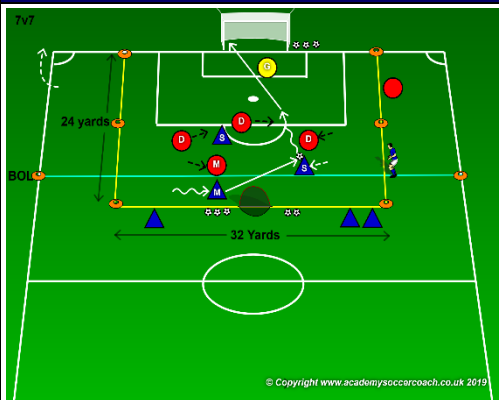
5. **Coaching:** Is there coaching based on the age and level of the players?

## 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?

|                                                                                                                                                                  |                       |  |                                                                                                                                                                                                                                                                                 |                 |               |                |           |                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|---------------|----------------|-----------|------------------------------------------------------------------------------|
|   | <b>GOAL:</b>          |  | Improve scoring goals - 1                                                                                                                                                                                                                                                       |                 |               |                |           | <b>AGE GROUP</b>                                                             |
|                                                                                                                                                                  | <b>PLAYER ACTIONS</b> |  | Shoot, Pass or Dribble forward, Create a 2v1 or 1v1                                                                                                                                                                                                                             |                 |               |                |           | <b>9U-10U</b>                                                                |
|                                                                                                                                                                  | <b>KEY QUALITIES</b>  |  | Make decisions, Take initiative, Optimal technical abilities                                                                                                                                                                                                                    |                 |               |                |           |                                                                              |
|                                                                                                                                                                  | <b>MOMENT</b>         |  | <b>Attacking</b>                                                                                                                                                                                                                                                                | <b>DURATION</b> | <b>60 min</b> | <b>PLAYERS</b> | <b>12</b> | <b>7v7</b>                                                                   |
| <b>1st PLAY PHASE (Intentional Free Play): 3v3 to Goal</b>                                                                                                       |                       |  |                                                                                                                                                                                                                                                                                 |                 |               |                |           | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b> |
|                                                                                  |                       |  | <b>OBJECTIVE:</b> To create scoring chances to score goals.                                                                                                                                                                                                                     |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>PLAYER ACTIONS:</b> Shoot, Pass or Dribble forward.                                                                                                                                                                                                                          |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>ORGANIZATION:</b> In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.                                            |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>KEY WORDS:</b> Shoot, Pass, Dribble, and Help.                                                                                                                                                                                                                               |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>GUIDED QUESTIONS:</b> 1. What should we do if we have an opening to goal? 2. How can we move the defenders to create an opening to goal? 3. When confronted by one defender what should we do?                                                                               |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>ANSWERS:</b> 1. Shoot - 2. Pass the ball – 3. Dribble past the defender.                                                                                                                                                                                                     |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>Note –</b> First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.                                                                           |                 |               |                |           |                                                                              |
| <b>PRACTICE (Core Activity): 3v4 to Goal &amp; a Small Goal</b>                                                                                                  |                       |  |                                                                                                                                                                                                                                                                                 |                 |               |                |           | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b> |
|                                                                                 |                       |  | <b>OBJECTIVE:</b> To create scoring chances to score goals.                                                                                                                                                                                                                     |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>PLAYER ACTIONS:</b> Shoot, Pass or dribble forward, Create a 2v1 or 1v1.                                                                                                                                                                                                     |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>ORGANIZATION:</b> In the attacking half of a 7v7 field, set up a 32Wx24L field with a regular goal and one small goal as shown. The 3 Blue attackers score in the regular goal, Red team scores in the small goal. Play with the build out line. Rotate players every round. |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>KEY WORDS:</b> Shoot, Pass, Dribble, and Help.                                                                                                                                                                                                                               |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>GUIDED QUESTIONS:</b> 1. What should we do if we have an opening to goal? 2. If the defenders block the way to goal, how can you create or find an opening? 3. When is a good time to help and combine?                                                                      |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>ANSWERS:</b> 1. Shoot - 2. Passing the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1.                                                                                                                            |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.                                                                                                                                                       |                 |               |                |           |                                                                              |
| <b>PRACTICE (Less Challenging): 4v4 to Goal &amp; Small Goal</b>                                                                                                 |                       |  |                                                                                                                                                                                                                                                                                 |                 |               |                |           | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b> |
|                                                                                |                       |  | <b>OBJECTIVE:</b> To create scoring chances to score goals.                                                                                                                                                                                                                     |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>PLAYER ACTIONS:</b> Pass or dribble forward, Support the attack, and Create a 2v1 or 1v1.                                                                                                                                                                                    |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>ORGANIZATION:</b> In the attacking half of a 7v7 field, set up a 32Wx24L field with a regular goal and one small goal as shown. The 4 Blue attackers score in the regular goal, Red team scores in the small goal. Play with the build out line. Rotate players every round. |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>KEY WORDS:</b> Shoot, Pass, Dribble, and Help.                                                                                                                                                                                                                               |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>GUIDED QUESTIONS:</b> 1. What should we do if we have an opening to goal? 2. How can we move the defenders to create an opening to goal? 3. When confronted by one defender what should we do? 4. How can we help the player with the ball?                                  |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>ANSWERS:</b> 1. Shoot - 2. Pass the ball - 3. Dribble past the defender - 4. Become a passing option,                                                                                                                                                                        |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>Note:</b> Switch to this activity if the Core is too difficult for the players.                                                                                                                                                                                              |                 |               |                |           |                                                                              |
| <b>PRACTICE (More Challenging): 3v5 to Goal &amp; Small Goal</b>                                                                                                 |                       |  |                                                                                                                                                                                                                                                                                 |                 |               |                |           | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b> |
|                                                                                |                       |  | <b>OBJECTIVE:</b> To create scoring chances to score goals.                                                                                                                                                                                                                     |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>PLAYER ACTIONS:</b> Pass or dribble forward, Spread out, and Create a 2v1 or 1v1.                                                                                                                                                                                            |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>ORGANIZATION:</b> In the attacking half of a 7v7 field, set up a 32Wx24L field with a regular goal and one small goal as shown. The 3 Blue attackers score in the regular goal, Red team scores in the small goal. Play with the build out line. Rotate players every round. |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>KEY WORDS:</b> Shoot, Pass, Dribble, and Help.                                                                                                                                                                                                                               |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>GUIDED QUESTIONS:</b> 1. What should we do if we have an opening to goal? 2. If the defenders block the way to goal, how can you create or find an opening? 3. When is a good time to help and combine?                                                                      |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>ANSWERS:</b> 1. Shoot - 2. Pass the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1.                                                                                                                               |                 |               |                |           |                                                                              |
|                                                                                                                                                                  |                       |  | <b>Note:</b> Switch to this activity if the Core is too easy for the players.                                                                                                                                                                                                   |                 |               |                |           |                                                                              |



**OBJECTIVE:** To create scoring chances to score goals.

**PLAYER ACTIONS:** Pass or dribble forward, Spread out and Support the attack.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-2-1-2 formation and the Red team will play in a 1-3-1-1 formation.

**KEY WORDS:** Shoot, Pass, Dribble, and Help.

**GUIDED QUESTIONS:** 1. What should we do if we have an opening to goal? 2. If your way to the goal is blocked by defenders, how can you create or find an opening? 3. When is a good time to help and combine?

**ANSWERS:** 1. Shoot - 2. Pass the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1.

**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 the right balance between being successful and unsuccessful?)

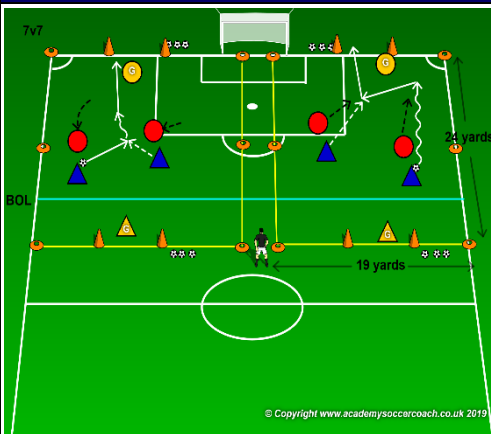
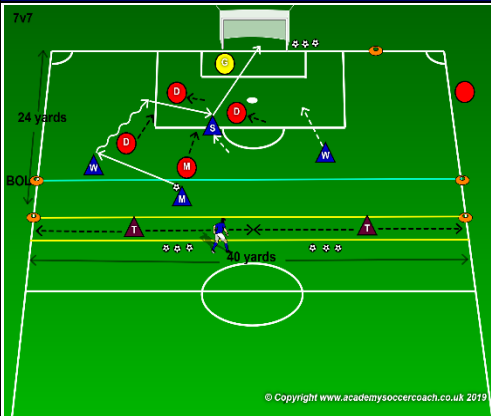
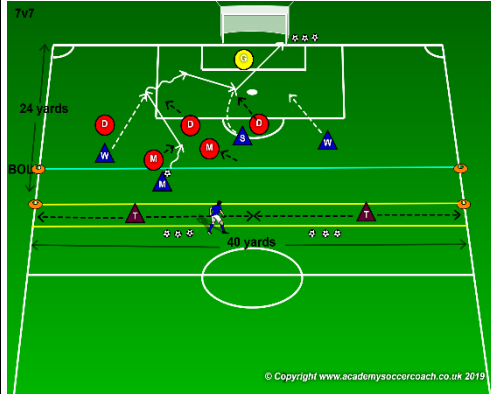
5. **Coaching:** Is there coaching based on the age and level of the players?

## 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?

|                                                                                    |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                            |                 |               |                |                  |            |
|------------------------------------------------------------------------------------|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------|---------------|----------------|------------------|------------|
|     | <b>GOAL:</b>          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Improve Scoring Goals - 2                                                  |                 |               |                | <b>AGE GROUP</b> |            |
|                                                                                    | <b>PLAYER ACTIONS</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Shoot, Pass or Dribble forward, Create passing option, Create a 2v1 or 1v1 |                 |               |                | <b>9U-10U</b>    |            |
|                                                                                    | <b>KEY QUALITIES</b>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Read the game, Be proactive, Optimal technical abilities                   |                 |               |                |                  |            |
|                                                                                    | <b>MOMENT</b>         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>Attacking</b>                                                           | <b>DURATION</b> | <b>60 min</b> | <b>PLAYERS</b> | <b>12</b>        | <b>7v7</b> |
| <b>1st PLAY PHASE (Intentional Free Play): 3v3 to Goal</b>                         |                       | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                            |                 |               |                |                  |            |
|    |                       | <p><b>OBJECTIVE:</b> To score goals.</p> <p><b>PLAYER ACTIONS:</b> Shoot, Pass or Dribble forward.</p> <p><b>ORGANIZATION:</b> In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.</p> <p><b>KEY WORDS:</b> Shoot, Pass, and Dribble.</p> <p><b>GUIDED QUESTIONS:</b> 1. When should we shoot? 2. What do we do if confronted by one defender? 3. How can we create or find an opening?</p> <p><b>ANSWERS:</b> 1. As soon as you created or found an opening - 2. If you are in 1v1, dribble the defender - 3. We pass the ball to move the defenders to create or find an opening.</p> <p><b>Note</b> – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.</p>                                                                                                                         |                                                                            |                 |               |                |                  |            |
| <b>PRACTICE (Core Activity): 4v5 to Goal &amp; Targets</b>                         |                       | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                            |                 |               |                |                  |            |
|   |                       | <p><b>OBJECTIVE:</b> To score goals.</p> <p><b>PLAYER ACTIONS:</b> Shoot, Pass or Dribble forward, Create a passing option and Create a 2v1 or 1v1.</p> <p><b>ORGANIZATION:</b> In the attacking half of a 7v7 field, set up a 40Wx24L field with a regular goal and two target players inside a two-yard zone. The 4 Blue attackers score in the regular goal, Red team scores by passing to either target player. Target player with the ball passes to the Blue team to restart it.. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Shoot, Pass, Dribble, and Combine.</p> <p><b>GUIDED QUESTIONS:</b> 1. If we have the ball and an opening to goal what should we do? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine?</p> <p><b>ANSWERS:</b> 1. Shoot - 2. When we have an opening and he/she is in a scoring position - 3. Create passing options.</p> <p><b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.</p> |                                                                            |                 |               |                |                  |            |
| <b>PRACTICE (Less Challenging): 4v4 to Goal &amp; Targets</b>                      |                       | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                            |                 |               |                |                  |            |
|  |                       | <p><b>OBJECTIVE:</b> To score goals.</p> <p><b>PLAYER ACTIONS:</b> Shoot, Pass or Dribble forward, Create a passing option and Create a 2v1 or 1v1.</p> <p><b>ORGANIZATION:</b> In the attacking half of a 7v7 field, set up a 40Wx34L field with a regular goal and two small goals as shown. The 6 Blue attackers score in the regular goal, Red team scores in either counter goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Shoot, Pass, and Dribble.</p> <p><b>GUIDED QUESTIONS:</b> 1. When should we shoot? 2. What do we do if confronted by one defender? 3. How can we create or find an opening?</p> <p><b>ANSWERS:</b> 1. As soon as you created or found an opening - 2. If you are in a 1v1, dribble the defender - 3. We pass the ball moving the defenders to create or find an opening.</p> <p><b>Note:</b> Switch to this activity if the Core is too difficult for the players.</p>                                                                                                                                         |                                                                            |                 |               |                |                  |            |
| <b>PRACTICE (More Challenging): 4v6 to Goal</b>                                    |                       | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                            |                 |               |                |                  |            |
|  |                       | <p><b>OBJECTIVE:</b> To score goals.</p> <p><b>PLAYER ACTIONS:</b> Shoot, Pass or Dribble forward, Create a passing option.</p> <p><b>ORGANIZATION:</b> In the attacking half of a 7v7 field, set up a 40Wx24L field with a regular goal and two target players inside a two-yard zone. The 4 Blue attackers score in the regular goal, Red team scores by passing to either target player. Target player with the ball passes to the Blue team to restart it.. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Shoot, Pass, Dribble, and Combine.</p> <p><b>GUIDED QUESTIONS:</b> 1. If we have the ball and an opening to goal what should we do? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine?</p> <p><b>ANSWERS:</b> 1. Shoot - 2. When we have an opening and he/she is in a scoring position - 3. Create passing options.</p> <p><b>Note:</b> Switch to this activity if the Core is too easy for the players.</p>                                                                     |                                                                            |                 |               |                |                  |            |



**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward, Create a passing option and Create a 2v1 or 1v1.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-1-3-1 formation and the Red team will play in a 1-3-1-1 formation.

**KEY WORDS:** Possess, Pass, Dribble, Get open and Combine.

**GUIDED QUESTIONS:** 1. What can you do to find or create an opening? 2. Why do we need to get wide? 3. Where do we need to be to create a passing option to pass or combine?

**ANSWERS:** 1. Move the ball to possess it until we find an opening to go forward - 2. We spread out to create an opening - 3. Behind, to the sides, or in front making a diagonal passing lane.

**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 the right balance between being successful and unsuccessful?)

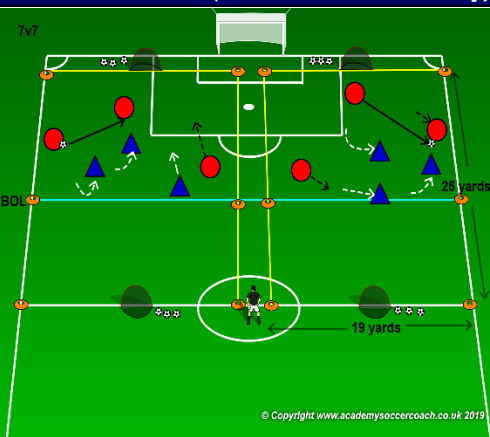
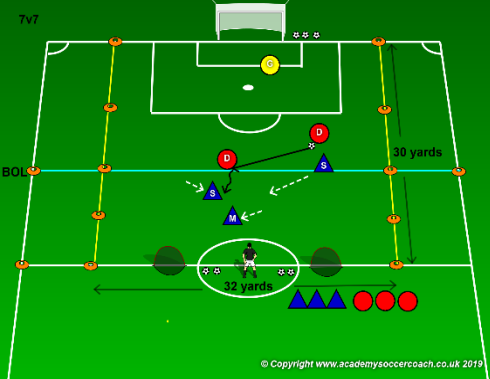
5. **Coaching:** Is there coaching based on the age and level of the players?

## 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?

|                                                                                                                                                                                      |                       |  |                                                                                                                                                                                                                                                                                                  |                 |               |                |                  |                                                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|---------------|----------------|------------------|------------------------------------------------------------------------------|
|                     | <b>GOAL:</b>          |  | Improve preventing the opponent from building up in their own half - 1                                                                                                                                                                                                                           |                 |               |                | <b>AGE GROUP</b> |                                                                              |
|                                                                                                                                                                                      | <b>PLAYER ACTIONS</b> |  | Protect the goal, Steal the ball, Pressure, Cover & Balance                                                                                                                                                                                                                                      |                 |               |                | <b>9U-10U</b>    |                                                                              |
|                                                                                                                                                                                      | <b>KEY QUALITIES</b>  |  | Make decisions, Focus, Optimal physical abilities                                                                                                                                                                                                                                                |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      | <b>MOMENT</b>         |  | <b>Defending</b>                                                                                                                                                                                                                                                                                 | <b>DURATION</b> | <b>60 min</b> | <b>PLAYERS</b> | <b>12</b>        | <b>7v7</b>                                                                   |
| <b>1st PLAY PHASE (Intentional Free Play): 3v3 to Goal</b>                                                                                                                           |                       |  |                                                                                                                                                                                                                                                                                                  |                 |               |                |                  | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b> |
|  <p>7v7</p> <p>19 yards</p> <p>25 yards</p> <p>© Copyright www.academyfootballcoach.co.uk 2019</p>   |                       |  | <b>OBJECTIVE:</b> To regain the ball in the opponent's half.                                                                                                                                                                                                                                     |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>PLAYER ACTIONS:</b> Protect the goal, Steal the ball, Pressure/Cover and Balance.                                                                                                                                                                                                             |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>ORGANIZATION:</b> In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.                                                             |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>KEY WORDS:</b> Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.                                                                                                                                                                                      |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>GUIDED QUESTIONS:</b> 1. Why should you block the way forward? 2. Who pressures the ball? 3. When is a good time to steal the ball?                                                                                                                                                           |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>ANSWERS:</b> 1. To protect the goal - 2. The defender closest to the ball - 3. When the defender is close enough to tackle it or poke it.                                                                                                                                                     |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>Note –</b> First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.                                                                                            |                 |               |                |                  |                                                                              |
| <b>PRACTICE (Core Activity): 3v4 to Goal &amp; Small Goal</b>                                                                                                                        |                       |  |                                                                                                                                                                                                                                                                                                  |                 |               |                |                  | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b> |
|  <p>7v7</p> <p>30 yards</p> <p>32 yards</p> <p>© Copyright www.academyfootballcoach.co.uk 2019</p>  |                       |  | <b>OBJECTIVE:</b> To regain the ball closer to the opponent's goal.                                                                                                                                                                                                                              |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>PLAYER ACTIONS:</b> Protect the goal, Steal the ball, Pressure/Cover and Balance.                                                                                                                                                                                                             |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>ORGANIZATION:</b> In the attacking half of a 7v7 field, set up a 32Wx30L field with a regular goal and two small goals as shown. The 3 Blue defenders score in the regular goal, Red team scores by passing into either small goal. Play with the build out line. Rotate players every round. |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>KEY WORDS:</b> Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.                                                                                                                                                                                      |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>GUIDED QUESTIONS:</b> 1. How can we prevent the opponent from playing forward? 2. What can the defender in front of the ball do? 3. Why should the other defenders provide coverage and balance?                                                                                              |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>ANSWERS:</b> 1. Get in front of the ball and protect the goal - 2. Pressure the attacker and try to steal the ball - 3. To close the openings and any other forward option.                                                                                                                   |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.                                                                                                                                                                        |                 |               |                |                  |                                                                              |
| <b>PRACTICE (Less Challenging): 3v3 to Goal &amp; Small Goal</b>                                                                                                                     |                       |  |                                                                                                                                                                                                                                                                                                  |                 |               |                |                  | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b> |
|  <p>7v7</p> <p>30 yards</p> <p>32 yards</p> <p>© Copyright www.academyfootballcoach.co.uk 2019</p> |                       |  | <b>OBJECTIVE:</b> To regain the ball closer to the opponent's goal.                                                                                                                                                                                                                              |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>PLAYER ACTIONS:</b> Protect the goal, Steal the ball, Pressure/Cover and Balance.                                                                                                                                                                                                             |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>ORGANIZATION:</b> In the attacking half of a 7v7 field, set up a 32Wx30L field with a regular goal and two small goals as shown. The 3 Blue defenders score in the regular goal, Red team scores by passing into either small goal. Play with the build out line. Rotate players every round. |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>KEY WORDS:</b> Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.                                                                                                                                                                                      |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>GUIDED QUESTIONS:</b> 1. Why should you block the way forward? 2. Who pressures the ball? 3. When is a good time to steal the ball? 4. Who provides cover?                                                                                                                                    |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>ANSWERS:</b> 1. To protect the goal - 2. The defender closest to the ball - 3. When I am close enough to tackle it or poke it - 4. Defender closest to the defender pressing the ball.                                                                                                        |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>Note:</b> Switch to this activity if the Core is too difficult for the players.                                                                                                                                                                                                               |                 |               |                |                  |                                                                              |
| <b>PRACTICE (More Challenging): 3v5 to Goal &amp; Small Goal</b>                                                                                                                     |                       |  |                                                                                                                                                                                                                                                                                                  |                 |               |                |                  | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b> |
|  <p>7v7</p> <p>30 yards</p> <p>32 yards</p> <p>© Copyright www.academyfootballcoach.co.uk 2019</p> |                       |  | <b>OBJECTIVE:</b> To regain the ball closer to the opponent's goal.                                                                                                                                                                                                                              |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>PLAYER ACTIONS:</b> Protect the goal, Steal the ball, Pressure/Cover and Balance.                                                                                                                                                                                                             |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>ORGANIZATION:</b> In the attacking half of a 7v7 field, set up a 32Wx30L field with a regular goal and two small goals as shown. The 3 Blue defenders score in the regular goal, Red team scores by passing into either small goal. Play with the build out line. Rotate players every round. |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>KEY WORDS:</b> Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.                                                                                                                                                                                      |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>GUIDED QUESTIONS:</b> 1. How can we prevent the opponent from playing forward? 2. What can we do once in front of the ball? 3. What should the other defenders do to help close the openings?                                                                                                 |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>ANSWERS:</b> 1. Get in front of the ball and protect the goal - 2. Pressure the attacker and try to steal the ball - 3. Provide cover and balance.                                                                                                                                            |                 |               |                |                  |                                                                              |
|                                                                                                                                                                                      |                       |  | <b>Note:</b> Switch to this activity if the Core is too easy for the players.                                                                                                                                                                                                                    |                 |               |                |                  |                                                                              |



**OBJECTIVE:** To regain the ball closer to the opponent's goal.

**PLAYER ACTIONS:** Protect the goal, Steal the ball, Pressure/Cover and Balance.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue and Red teams will play in a 1-2-1-2 formation.

**KEY WORDS:** Shut the opening, Angle, Speed, Distance of approach and Types of Tackle - Poke or Block.

**GUIDED QUESTIONS:** 1. How can we prevent the opponent from playing forward? 2. What can we do once in front of the ball? 3. What should the other defenders do to help close the openings?

**ANSWERS:** 1. Get in front of the ball and protect the goal - 2. Pressure the attacker and try to steal the ball - 3. Provide cover and balance if possible.

**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 the right balance between being successful and unsuccessful?)

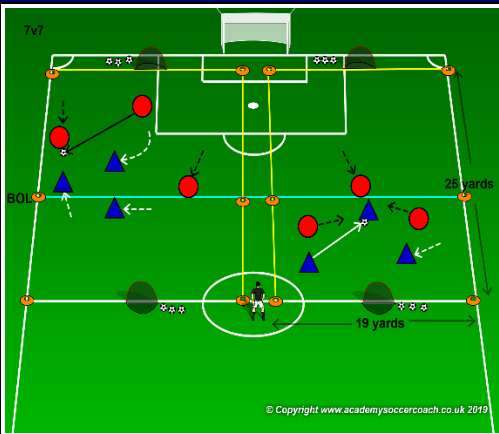
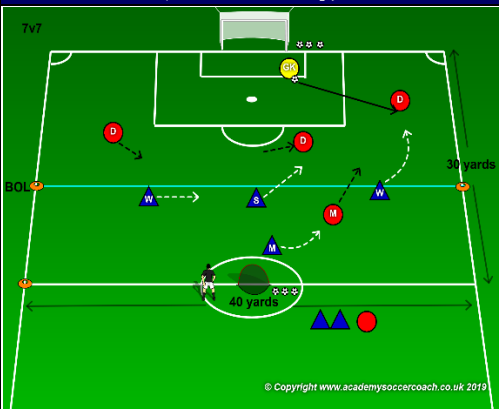
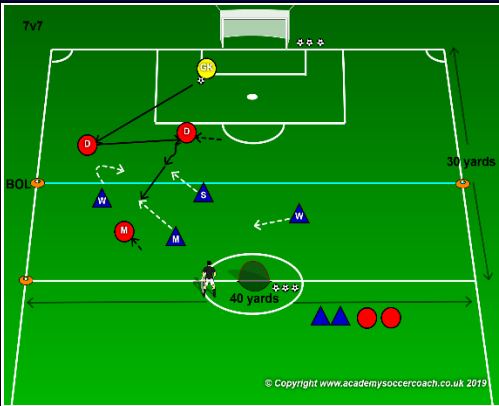
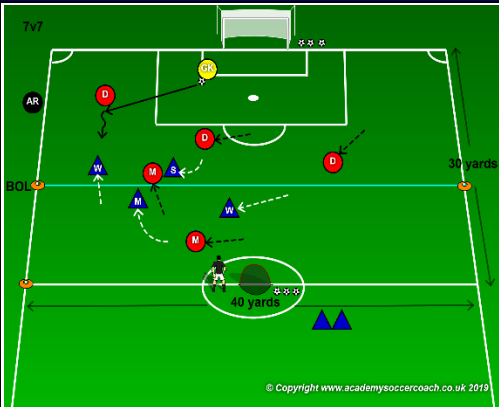
5. **Coaching:** Is there coaching based on the age and level of the players?

## 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?

|                                                                                    |                       |                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                 |               |                |                  |            |
|------------------------------------------------------------------------------------|-----------------------|--------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|---------------|----------------|------------------|------------|
|     | <b>GOAL:</b>          |                    | Improve preventing the opponent from building up in their own half - 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                 |               |                | <b>AGE GROUP</b> |            |
|                                                                                    | <b>PLAYER ACTIONS</b> |                    | Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                 |               |                | <b>9U-10U</b>    |            |
|                                                                                    | <b>KEY QUALITIES</b>  |                    | Read the game, Take initiative, Focus, Optimal physical abilities                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                 |               |                |                  |            |
|                                                                                    | <b>MOMENT</b>         |                    | <b>Defending</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>DURATION</b> | <b>60 min</b> | <b>PLAYERS</b> | <b>12</b>        | <b>7v7</b> |
| <b>1st PLAY PHASE (Intentional Free Play):</b>                                     |                       | <b>3v3 to Goal</b> | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                 |               |                |                  |            |
|    |                       |                    | <p><b>OBJECTIVE:</b> Disrupt the build up to regain the ball.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Make it compact, and Keep it compact.</p> <p><b>ORGANIZATION:</b> In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.</p> <p><b>KEY WORDS:</b> Block the opening, Work together, Hassle the opponent.</p> <p><b>GUIDED QUESTIONS:</b> 1. How do we prevent the opponent from moving the ball forward? 2. Why do we need to work together?</p> <p><b>ANSWERS:</b> 1. Get defender in front of the ball to protect the goal and block the way forward - 2. To make it and keep it compact to close the openings.</p> <p><b>Note</b> – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.</p>                                                                                                                                                                                |                 |               |                |                  |            |
| <b>PRACTICE (Core Activity): 4v5 to Goal &amp; Small Goal</b>                      |                       |                    | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                 |               |                |                  |            |
|   |                       |                    | <p><b>OBJECTIVE:</b> Disrupt the opponent's build up to regain the ball closer to their goal.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Make it and Keep it compact, Pressure, Cover and Balance.</p> <p><b>ORGANIZATION:</b> In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and a small goal as shown. The 4 Blue defenders score in the regular goal, Red team scores by passing into the small goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Block the opening, Work together, Hassle the opponent, Help to defend</p> <p><b>GUIDED QUESTIONS:</b> 1. What happens when a defender gets in front of the ball? 2. How can we close all the openings to go forward? 3. Where should we be when a defender is pressing the attacker with the ball?</p> <p><b>ANSWERS:</b> 1. Protects the goal, blocks the opening and prevents forward play - 2. By working together to make it and stay compact - 3. Behind the pressing defender providing cover and balance.</p> <p><b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.</p> |                 |               |                |                  |            |
| <b>PRACTICE (Less Challenging): 4v4 to Goal &amp; Small Goal</b>                   |                       |                    | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                 |               |                |                  |            |
|  |                       |                    | <p><b>OBJECTIVE:</b> To regain the ball closer to the opponent's goal.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Make it and Keep it compact, Pressure, Cover and Balance</p> <p><b>ORGANIZATION:</b> In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and a small goal as shown. The 4 Blue defenders score in the regular goal, Red team scores by passing into the small goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Shut the opening, Angle speed and distance of approach, Types of Tackle - Poke or Block.</p> <p><b>GUIDED QUESTIONS:</b> 1. How do we prevent the opponent from moving the ball forward? 2. Why do we need to work together? 3. Who presses the attacker with the ball, and what do the other defenders do?</p> <p><b>ANSWERS:</b> 1. Protect the goal, block the opening to prevent forward play - 2. To make it and keep it compact to close the openings.- 3. The closest defender presses, the others provide cover and balance.</p> <p><b>Note:</b> Switch to this activity if the Core is too difficult for the players.</p>                                            |                 |               |                |                  |            |
| <b>PRACTICE (More Challenging): 4v6 to Goal &amp; Small Goal</b>                   |                       |                    | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                 |               |                |                  |            |
|  |                       |                    | <p><b>OBJECTIVE:</b> To regain the ball closer to the opponent's goal.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Make it and Keep it compact, Pressure, Cover and Balance.</p> <p><b>ORGANIZATION:</b> In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and a small goal as shown. The 4 Blue defenders score in the regular goal, Red team scores by passing into the small goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Block the opening, Work together, Hassle the opponent, Help to defend</p> <p><b>GUIDED QUESTIONS:</b> 1. What happens when a defender gets in front of the ball? 2. How can we close all the openings to go forward? 3. Where should we be when a defender is pressing the attacker with the ball?</p> <p><b>ANSWERS:</b> 1. Protects the goal, blocks the opening and prevents forward play - 2. By working together to get and stay compact - 3. Behind the pressing defender providing cover and balance.</p> <p><b>Note:</b> Switch to this activity if the Core is too easy for the players.</p>                                                                        |                 |               |                |                  |            |



**OBJECTIVE:** To regain the ball closer to the opponent's goal.

**PLAYER ACTIONS:** Protect the goal, Make it and Keep it compact, Pressure, Cover and Balance.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-3-1-1 formation.

**KEY WORDS:** Block the opening, Work together, Hassle the opponent, Help to defend

**GUIDED QUESTIONS:** 1. What happens when a defender gets in front of the ball? 2. How can we close all the openings to go forward? 3. Where should we be when a defender is pressing the attacker with the ball?

**ANSWERS:** 1. Protects the goal, blocks the opening and prevents forward play - 2. By working together to make it compact and stay compact - 3. Behind the pressing defender providing cover and balance.

**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 the right balance between being successful and unsuccessful?)

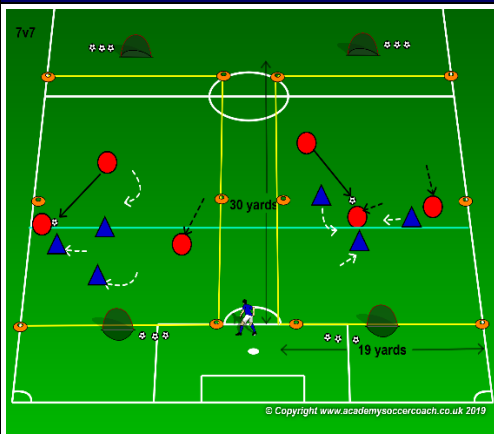
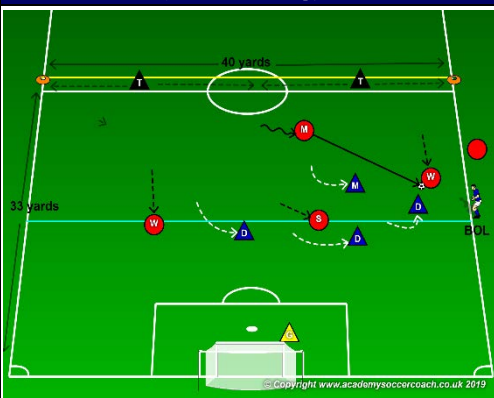
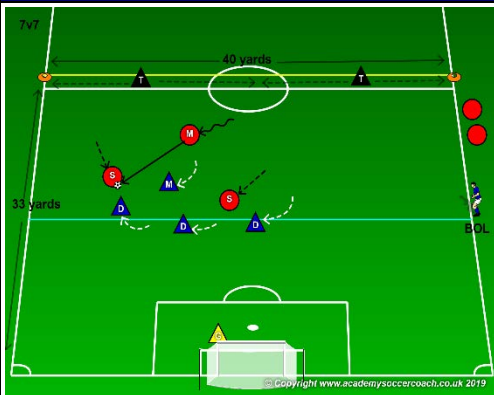
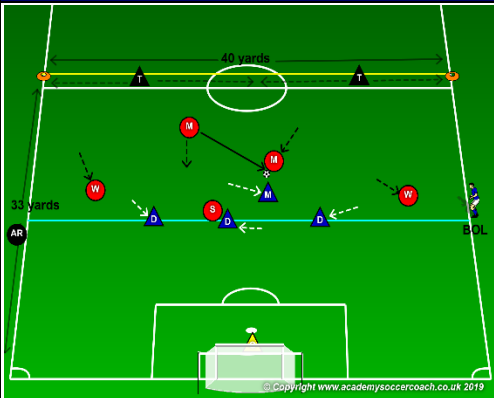
5. **Coaching:** Is there coaching based on the age and level of the players?

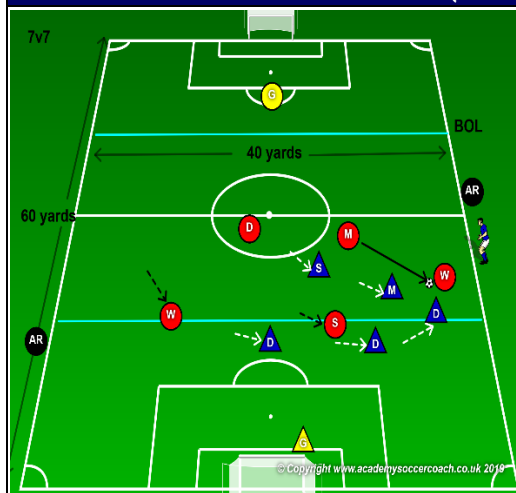
## Training Session Self-Reflection Questions

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?

|                                                                                    |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                               |                 |               |                |                  |            |
|------------------------------------------------------------------------------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|-----------------|---------------|----------------|------------------|------------|
|     | <b>GOAL:</b>          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Improve preventing the opponent from building up and creating scoring chances in our half - 1 |                 |               |                | <b>AGE GROUP</b> |            |
|                                                                                    | <b>PLAYER ACTIONS</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance                      |                 |               |                | <b>9U-10U</b>    |            |
|                                                                                    | <b>KEY QUALITIES</b>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Read the game, Be pro-active , Focus                                                          |                 |               |                |                  |            |
|                                                                                    | <b>MOMENT</b>         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Defending</b>                                                                              | <b>DURATION</b> | <b>60 min</b> | <b>PLAYERS</b> | <b>12</b>        | <b>7v7</b> |
| <b>1st PLAY PHASE (Intentional Free Play): 3v3 to Goal</b>                         |                       | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                               |                 |               |                |                  |            |
|    |                       | <p><b>OBJECTIVE:</b> Deny penetration to prevent scoring chances.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Make it and Keep it compact.</p> <p><b>ORGANIZATION:</b> In a 7v7 field set up two 19Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.</p> <p><b>KEY WORDS:</b> Block the way, Press, Close the openings.</p> <p><b>GUIDED QUESTIONS:</b> 1. How can we prevent the ball from moving forward? 2. Who should press the attacker with the ball? 3. What can we do to close the openings?</p> <p><b>ANSWERS:</b> 1. Block the way forward to protect the goal - 2. The defenders closest to the ball - 3. We need to make it and keep it compact to close the openings.</p> <p><b>Note</b> – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.</p>                                            |                                                                                               |                 |               |                |                  |            |
| <b>PRACTICE (Core Activity): 5v4 to Goal &amp; Target Players</b>                  |                       | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                               |                 |               |                |                  |            |
|   |                       | <p><b>OBJECTIVE:</b> Deny penetration to prevent scoring chances and regain the ball.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Make it and keep it compact, Pressure, cover and balance.</p> <p><b>ORGANIZATION:</b> In the defending half of a 7v7 field, set up a 40Wx33L field with a regular goal and two target players in a 3-yard zone. The 4 Blue defenders score by passing to either target player, Red team scores in the regular goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Block the way, Press, Close the openings.</p> <p><b>GUIDED QUESTIONS:</b> 1. Who presses the ball and blocks the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?</p> <p><b>ANSWERS:</b> 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive cover and balance.</p> <p><b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.</p> |                                                                                               |                 |               |                |                  |            |
| <b>PRACTICE (Less Challenging): 5v3 to Goal &amp; Target Players</b>               |                       | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                               |                 |               |                |                  |            |
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| <b>PRACTICE (More Challenging): 5v5 to Goal &amp; Target Players</b>               |                       | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                               |                 |               |                |                  |            |
|  |                       | <p><b>OBJECTIVE:</b> Deny penetration to prevent scoring chances and regain the ball.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Make it and keep it compact, Pressure, cover and balance.</p> <p><b>ORGANIZATION:</b> In the defending half of a 7v7 field, set up a 40Wx33L field with a regular goal and two target players in a 3-yard zone. The 4 Blue defenders score by passing to either target player, Red team scores in the regular goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Block The way, Press, Close the openings.</p> <p><b>GUIDED QUESTIONS:</b> 1. Who presses the ball and blocks the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?</p> <p><b>ANSWERS:</b> 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive cover and balance.</p> <p><b>Note:</b> Switch to this activity if the Core is too easy for the players.</p>                                             |                                                                                               |                 |               |                |                  |            |



**OBJECTIVE:** Deny penetration to prevent scoring chances and regain the ball.

**PLAYER ACTIONS:** Protect the goal, Make it and keep it compact, Pressure, cover and balance.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.

**KEY WORDS:** Block The way, Press, Close the openings.

**GUIDED QUESTIONS:** 1. Who presses the ball and blocks the way forward? 2. Why do we need to get compact and keep it compact? 3. What do the other defenders do to help the pressing defender?

**ANSWERS:** 1. The closest defender to the ball. - 2. To close any openings to goal - 3. They provide defensive cover and balance.

**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?

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4. **Challenging:** Are the players being challenged? (Is the right balance between being successful and unsuccessful?)

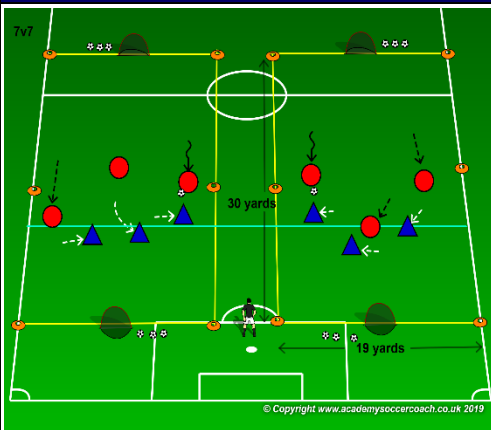
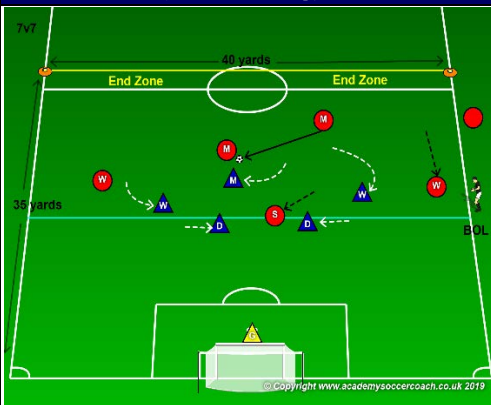
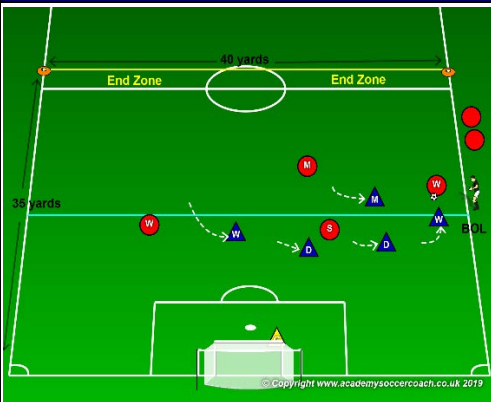
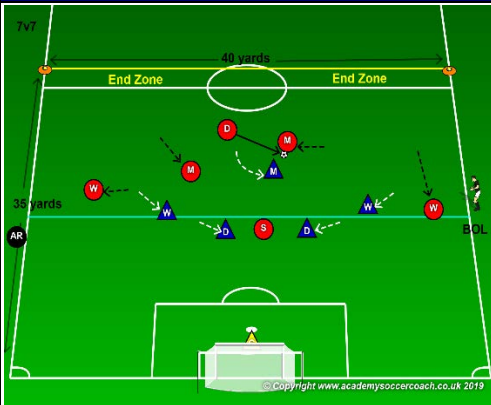
5. **Coaching:** Is there coaching based on the age and level of the players?

## Training Session Self-Reflection Questions

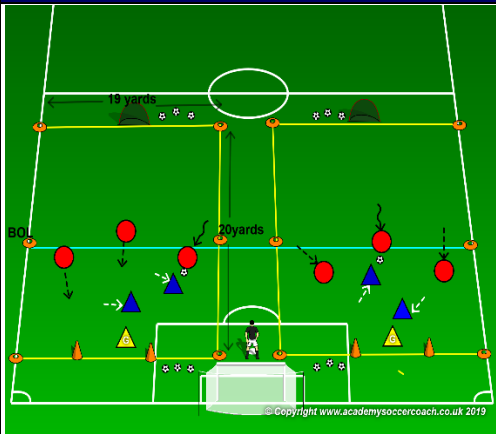
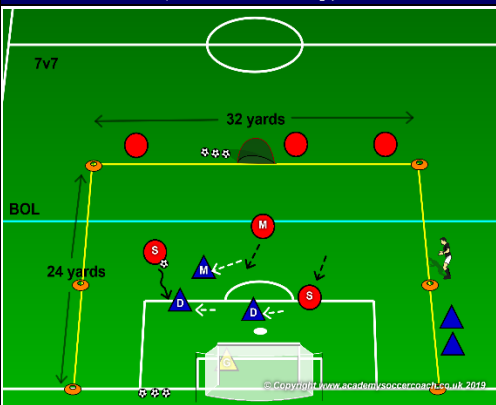
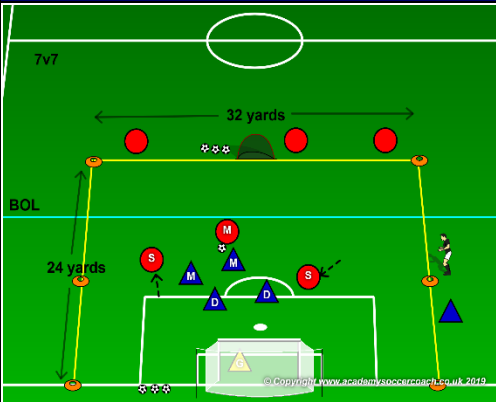
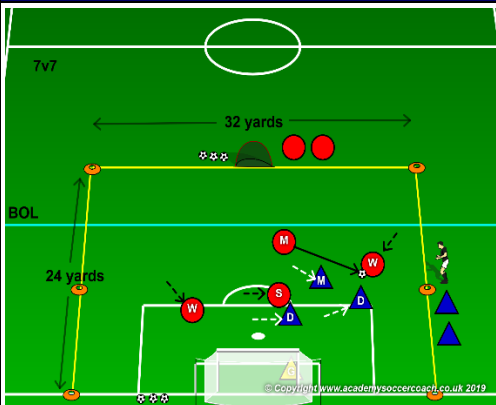
1. How did you do in achieving the goal of the training session?

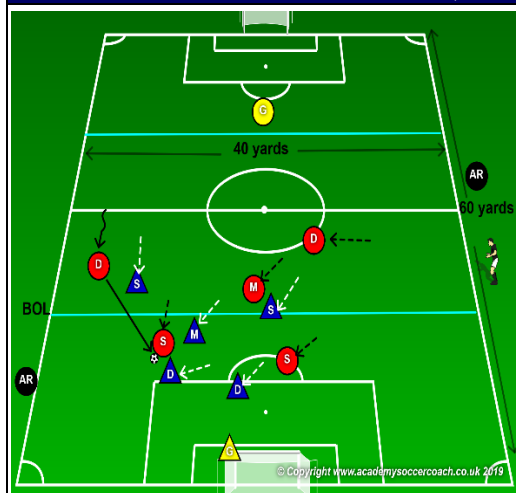
2. What did you do well?

3. What could you do better?

|                                                                                    |                                                                                                            |  |                                                                                                                                                                                                                                                                                                               |                                                                                |               |                  |           |                                                                              |  |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|---------------|------------------|-----------|------------------------------------------------------------------------------|--|
|     | <b>GOAL:</b> Improve preventing the opponent from building up and creating scoring chances in our half - 2 |  |                                                                                                                                                                                                                                                                                                               |                                                                                |               | <b>AGE GROUP</b> |           |                                                                              |  |
|                                                                                    | <b>PLAYER ACTIONS</b>                                                                                      |  | Protect the goal, Pressure, Cover & Balance, Outnumber the opponent                                                                                                                                                                                                                                           |                                                                                |               | <b>9U-10U</b>    |           |                                                                              |  |
|                                                                                    | <b>KEY QUALITIES</b>                                                                                       |  | Understand the game, Focus, Optimal technical and physical abilities                                                                                                                                                                                                                                          |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    | <b>MOMENT</b>                                                                                              |  | <b>Defending</b>                                                                                                                                                                                                                                                                                              | <b>DURATION</b>                                                                | <b>60 min</b> | <b>PLAYERS</b>   | <b>12</b> | <b>7v7</b>                                                                   |  |
| <b>1st PLAY PHASE (Intentional Free Play): 3v3 to Goal</b>                         |                                                                                                            |  |                                                                                                                                                                                                                                                                                                               |                                                                                |               |                  |           | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b> |  |
|    |                                                                                                            |  | <b>OBJECTIVE:</b> To regain the ball and deny the opposition from moving the ball forward.                                                                                                                                                                                                                    |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>PLAYER ACTIONS:</b> Protect the goal, Pressure, cover and balance.                                                                                                                                                                                                                                         |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>ORGANIZATION:</b> In a 7v7 field set up two 19Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.                                                                          |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>KEY WORDS:</b> Obstruct the way forward, Force away (backwards), Help defend.                                                                                                                                                                                                                              |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>GUIDED QUESTIONS:</b> 1. How do we obstruct the way to goal? 2. What do we want the obstructing defender to do? 3. How do the other defenders help?                                                                                                                                                        |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>ANSWERS:</b> 1. Get a defender in between the attacker with the ball and the goal to protect the goal - 2. Press the ball to force the attacker away from the goal - 3. They provide cover and balance..                                                                                                   |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>Note</b> – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.                                                                                                         |                                                                                |               |                  |           |                                                                              |  |
| <b>PRACTICE (Core Activity): 6v5 to Goal &amp; End Zone</b>                        |                                                                                                            |  |                                                                                                                                                                                                                                                                                                               | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b> |               |                  |           |                                                                              |  |
|   |                                                                                                            |  | <b>OBJECTIVE:</b> To regain the ball, deny the opposition to move the ball forward and prevent scoring chances.                                                                                                                                                                                               |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>PLAYER ACTIONS:</b> Protect the goal, Pressure, cover and balance, Outnumber the opponent.                                                                                                                                                                                                                 |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>ORGANIZATION:</b> In the defending half of a 7v7 field, set up a 40Wx30L field with a regular goal and a 5 yard End Zone. The 5 Blue defenders score by dribbling or passing to a teammate in the end zone, Red team scores in the regular goal. Play with the build out line. Rotate players every round. |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>KEY WORDS:</b> Obstruct the way forward, Force away (backwards), Help defend.                                                                                                                                                                                                                              |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>GUIDED QUESTIONS:</b> 1. Who steps up to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help defend? 4. When should we double team?                                                                                                                  |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>ANSWERS:</b> 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Provide defensive cover and balance - 4. When we outnumber the attacker at least 2v1.                                                                                              |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.                                                                                                                                                                                     |                                                                                |               |                  |           |                                                                              |  |
| <b>PRACTICE (Less Challenging): 5v3 to Goal &amp; End Zone</b>                     |                                                                                                            |  |                                                                                                                                                                                                                                                                                                               | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>   |               |                  |           |                                                                              |  |
|  |                                                                                                            |  | <b>OBJECTIVE:</b> To regain the ball, deny the opposition to move the ball forward and create scoring chances.                                                                                                                                                                                                |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>PLAYER ACTIONS:</b> Protect the goal, Pressure, Cover and Balance, Outnumber the opponent.                                                                                                                                                                                                                 |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>ORGANIZATION:</b> In the defending half of a 7v7 field, set up a 40Wx30L field with a regular goal and a 5 yard End Zone. The 4 Blue defenders score by dribbling or passing to a teammate in the end zone, Red team scores in the regular goal. Play with the build out line. Rotate players every round. |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>KEY WORDS:</b> Obstruct the way forward, Force away (backwards), Help defend.                                                                                                                                                                                                                              |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>GUIDED QUESTIONS:</b> 1. Who steps up to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help defend?                                                                                                                                                 |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>ANSWERS:</b> 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Move together and provide defensive cover and balance -                                                                                                                            |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>Note:</b> Switch to this activity if the Core is too difficult for the players.                                                                                                                                                                                                                            |                                                                                |               |                  |           |                                                                              |  |
| <b>PRACTICE (More Challenging): 6v6 to Goal &amp; End Zone</b>                     |                                                                                                            |  |                                                                                                                                                                                                                                                                                                               | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b> |               |                  |           |                                                                              |  |
|  |                                                                                                            |  | <b>OBJECTIVE:</b> To regain the ball, deny the opposition to move the ball forward and prevent scoring chances.                                                                                                                                                                                               |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>PLAYER ACTIONS:</b> Protect the goal, Pressure, Cover and Balance, Outnumber the opponent.                                                                                                                                                                                                                 |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>ORGANIZATION:</b> In the defending half of a 7v7 field, set up a 40Wx33L field with a regular goal and two target players in a 3-yard zone. The 4 Blue defenders score by passing to either target player, Red team scores in the regular goal. Play with the build out line. Rotate players every round.  |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>KEY WORDS:</b> Obstruct the way forward, Force away (backwards), Help defend.                                                                                                                                                                                                                              |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>GUIDED QUESTIONS:</b> 1. Who steps up to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help defend? 4. When should we double team?                                                                                                                  |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>ANSWERS:</b> 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Provide defensive cover and balance - 4. When we outnumber the attacker at least 2v1.                                                                                              |                                                                                |               |                  |           |                                                                              |  |
|                                                                                    |                                                                                                            |  | <b>Note:</b> Switch to this activity if the Core is too easy for the players.                                                                                                                                                                                                                                 |                                                                                |               |                  |           |                                                                              |  |

**2nd. PLAY PHASE: The Game – 6v6 ( GK+5v5+GK)****DURATION:** 20 min --- **INTERVALS:** 2 --- **ACTIVITY:** 8 min --- **REST:** 2 min**OBJECTIVE:** To regain the ball, deny the opposition to move the ball forward and prevent scoring chances.**PLAYER ACTIONS:** Protect the goal, Pressure, Cover and Balance, Outnumber the opponent.**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue will play in a 1-2-3 formation and the Red team will play in a 1-1-3-1 formation.**KEY WORDS:** Obstruct the way forward, Force away (backwards), Help defend.**GUIDED QUESTIONS:** 1. Who steps up to protect the goal? 2. When should the defender press the attacker with the ball? 3. What can we do to help defend? 4. When should we double team?**ANSWERS:** 1. The closest defender to the ball. - 2. When the attacker has a bad touch or is facing his own goal - 3. Move together and provide defensive cover and balance - 4. When we outnumber the attacker at least 2v1.**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 the right balance between being successful and unsuccessful?)**5. Coaching:** Is there 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?**

|                                                                                    |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                |                 |               |                |           |                  |
|------------------------------------------------------------------------------------|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------|---------------|----------------|-----------|------------------|
|     | <b>GOAL:</b>          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Improve preventing the opponent from scoring goals - 1                         |                 |               |                |           | <b>AGE GROUP</b> |
|                                                                                    | <b>PLAYER ACTIONS</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance       |                 |               |                |           | <b>9U-10U</b>    |
|                                                                                    | <b>KEY QUALITIES</b>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Read the game, Take initiative, Focus                                          |                 |               |                |           |                  |
|                                                                                    | <b>MOMENT</b>         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Defending</b>                                                               | <b>DURATION</b> | <b>60 min</b> | <b>PLAYERS</b> | <b>12</b> | <b>7v7</b>       |
| <b>1st PLAY PHASE (Intentional Free Play):</b>                                     |                       | <b>3v3 to Goal</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>   |                 |               |                |           |                  |
|    |                       | <p><b>OBJECTIVE:</b> Deny scoring chances.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Pressure and cover.</p> <p><b>ORGANIZATION:</b> In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 2v1, up to 3v3. One team has a goalkeeper the other does not. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.</p> <p><b>KEY WORDS:</b> Shield the goal, Help defend, Hassle the opponent.</p> <p><b>GUIDED QUESTIONS:</b> 1. Where should the defender be to shield the goal? 2. How can we help each other to defend? 3. Why do we want to hassle the player with the ball?</p> <p><b>ANSWERS:</b> 1. In between the ball and the goal blocking any shots or pass forward - 2. One defender pressures the player with the ball and the other provides cover - 3. To force the attacker away from goal.</p> <p><b>Note</b> – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.</p>                |                                                                                |                 |               |                |           |                  |
| <b>PRACTICE (Core Activity):</b>                                                   |                       | <b>4v3 to Goal &amp; Small Goal</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b> |                 |               |                |           |                  |
|   |                       | <p><b>OBJECTIVE:</b> Deny scoring chances and regain the ball.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Make it and keep it compact, Pressure and cover.</p> <p><b>ORGANIZATION:</b> In the defending half of a 7v7 field, set up a 32Wx24L field with a regular goal and a small goal as shown. The 3 Blue defenders score in the small goal, Red team scores in the regular goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Shield the goal, Compactness, Hassle the attacker and Help defend.</p> <p><b>GUIDED QUESTIONS:</b> 1. Why do need to shield the goal? 2. Why do we need to make it and keep it compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?</p> <p><b>ANSWERS:</b> 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.</p> <p><b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.</p> |                                                                                |                 |               |                |           |                  |
| <b>PRACTICE (Less Challenging):</b>                                                |                       | <b>5v3 to Goal &amp; Small Goal</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>   |                 |               |                |           |                  |
|  |                       | <p><b>OBJECTIVE:</b> Deny scoring chances and regain the ball.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Make it and keep it compact, Pressure and cover.</p> <p><b>ORGANIZATION:</b> In the defending half of a 7v7 field, set up a 32Wx24L field with a regular goal and a small goal as shown. The 4 Blue defenders score in the small goal, Red team scores in the regular goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Shield the goal, Compactness, Hassle the attacker and Help defend.</p> <p><b>GUIDED QUESTIONS:</b> 1. Why do we need to shield the goal? 2. Why do we need to make it and keep it compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?</p> <p><b>ANSWERS:</b> 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.</p> <p><b>Note:</b> Switch to this activity if the Core is too difficult for the players.</p>                                     |                                                                                |                 |               |                |           |                  |
| <b>PRACTICE (More Challenging):</b>                                                |                       | <b>4v4 to Goal &amp; Small Goal</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b> |                 |               |                |           |                  |
|  |                       | <p><b>OBJECTIVE:</b> Deny scoring chances and regain the ball.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Make it and keep it compact, Pressure and cover.</p> <p><b>ORGANIZATION:</b> In the defending half of a 7v7 field, set up a 32Wx24L field with a regular goal and a small goal as shown. The 3 Blue defenders score in the small goal, Red team scores in the regular goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Shield the goal, Compactness, Hassle the attacker and Help defend.</p> <p><b>GUIDED QUESTIONS:</b> 1. Why do we need to shield the goal? 2. Why do we need to make it and keep it compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?</p> <p><b>ANSWERS:</b> 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.</p> <p><b>Note:</b> Switch to this activity if the Core is too easy for the players.</p>                                          |                                                                                |                 |               |                |           |                  |



**OBJECTIVE:** Deny scoring chances and regain the ball.

**PLAYER ACTIONS:** Protect the goal, Make it and keep it compact, Pressure, cover and balance.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue will play in a 1-2-1-2 formation and the Red team will play in a 1-3-1-1 formation.

**KEY WORDS:** Shield the goal, Compactness, Hassle the attacker and Help defend.

**GUIDED QUESTIONS:** 1. Why do we need to shield the goal? 2. Why do we need to make it and keep it compact? 3. Who pressures the ball? 4. How do we help the defender in front of the ball?

**ANSWERS:** 1. To protect the goal, blocking any chances of a shot. - 2. To close any openings to goal - 3. The defender in front of the ball protecting the goal - 4. Provide defensive cover and balance if possible.

**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 the right balance between being successful and unsuccessful?)

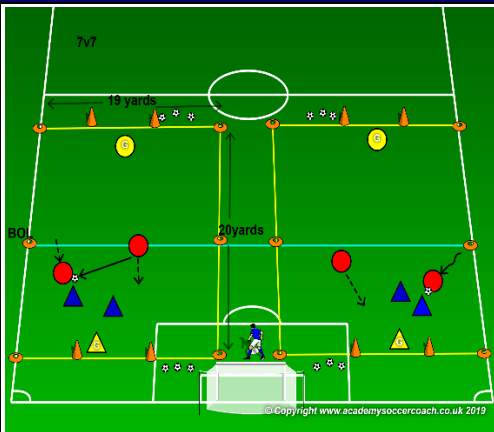
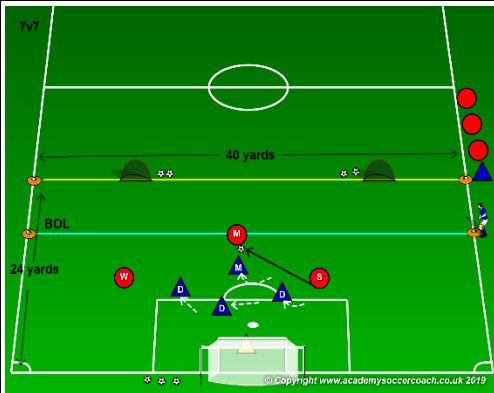
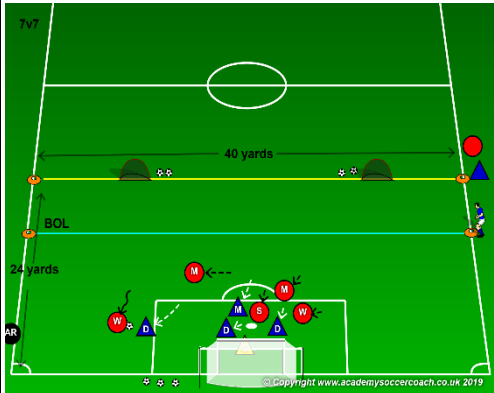
5. **Coaching:** Is there coaching based on the age and level of the players?

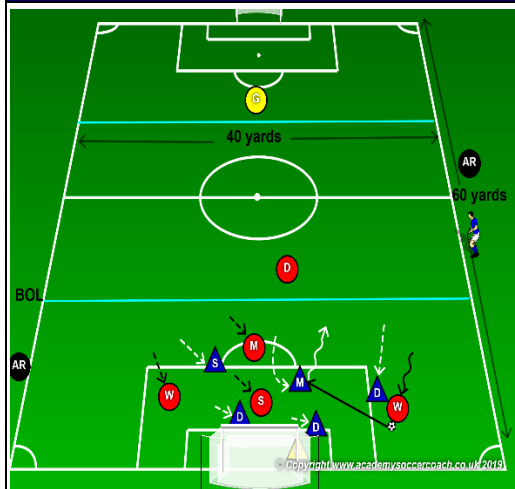
## Training Session Self-Reflection Questions

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?

|                                                                                    |                       |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                 |               |                |                  |            |
|------------------------------------------------------------------------------------|-----------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|---------------|----------------|------------------|------------|
|     | <b>GOAL:</b>          |  | Improve preventing the opponent from scoring goals - 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                 |               |                | <b>AGE GROUP</b> |            |
|                                                                                    | <b>PLAYER ACTIONS</b> |  | Protect the goal, Pressure, Cover & Balance, Outnumber the opponent                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |               |                | <b>9U-10U</b>    |            |
|                                                                                    | <b>KEY QUALITIES</b>  |  | Make decisions, Be proactive, Focus                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |               |                |                  |            |
|                                                                                    | <b>MOMENT</b>         |  | <b>Defending</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>DURATION</b> | <b>60 min</b> | <b>PLAYERS</b> | <b>12</b>        | <b>7v7</b> |
| <b>1st PLAY PHASE (Intentional Free Play): 3v3 to Goal</b>                         |                       |  | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                 |               |                |                  |            |
|    |                       |  | <p><b>OBJECTIVE:</b> Block scoring chances.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Pressure and cover.</p> <p><b>ORGANIZATION:</b> In a 7v7 field, set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.</p> <p><b>KEY WORDS:</b> Block the shot, Together.</p> <p><b>GUIDED QUESTIONS:</b> 1. Where should the defender be to block the shot? 2. How do we work together to prevent scoring chances?</p> <p><b>ANSWERS:</b> 1. In between the ball and the goal protecting the goal - 2. Moving together so the closest defender to the ball pressures it and the other provides cover.</p> <p><b>Note</b> – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.</p>                                                                                            |                 |               |                |                  |            |
| <b>PRACTICE (Core Activity): 5v4 to Goal &amp; 2 Small Goals</b>                   |                       |  | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                 |               |                |                  |            |
|   |                       |  | <p><b>OBJECTIVE:</b> Block scoring chances and regain the ball.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Pressure, Cover &amp; Balance, Outnumber the opponent.</p> <p><b>ORGANIZATION:</b> In the defending half of a 7v7 field, set up a 40Wx24L field with a regular goal and two small goals as shown. The 4 Blue defenders score in either of the two small goals, Red team scores in the regular goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Block the shot, Together, Double.</p> <p><b>GUIDED QUESTIONS:</b> 1. Who should step up to protect the goal and pressure the ball? 2. What should the other defenders do? 3. When is a good time to double team the attacker with the ball?</p> <p><b>ANSWERS:</b> 1. The closest defender to the attacker with the ball.. - 2. Provide cover and balance - 3. When we outnumber the attacker with the ball.</p> <p><b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.</p> |                 |               |                |                  |            |
| <b>PRACTICE (Less Challenging): 5v3 to Goal &amp; 2 Small Goals</b>                |                       |  | <b>DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                 |               |                |                  |            |
|  |                       |  | <p><b>OBJECTIVE:</b> Block scoring chances and regain the ball.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Pressure, Cover &amp; Balance, Outnumber the opponent.</p> <p><b>ORGANIZATION:</b> In the defending half of a 7v7 field, set up a 40Wx24L field with a regular goal and two small goals as shown. The 4 Blue defenders score in either of the two small goals, Red team scores in the regular goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Block the shot, Together, Double.</p> <p><b>GUIDED QUESTIONS:</b> 1. Who should step up to protect the goal and pressure the ball? 2. What should the other defenders do? 3. When is a good time to double team the attacker with the ball?</p> <p><b>ANSWERS:</b> 1. The closest defender to the attacker with the ball. - 2. Provide cover and balance - 3. When we outnumber the attacker with the ball.</p> <p><b>Note:</b> Switch to this activity if the Core is too difficult for the players.</p>                                         |                 |               |                |                  |            |
| <b>PRACTICE (More Challenging): 5v5 to Goal &amp; 2 Small Goals</b>                |                       |  | <b>DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                 |               |                |                  |            |
|  |                       |  | <p><b>OBJECTIVE:</b> Block scoring chances and regain the ball.</p> <p><b>PLAYER ACTIONS:</b> Protect the goal, Pressure, Cover &amp; Balance, Outnumber the opponent.</p> <p><b>ORGANIZATION:</b> In the defending half of a 7v7 field, set up a 40Wx24L field with a regular goal and two small goals as shown. The 4 Blue defenders score in either of the two small goals, Red team scores in the regular goal. Play with the build out line. Rotate players every round.</p> <p><b>KEY WORDS:</b> Block the shot, Together, Double.</p> <p><b>GUIDED QUESTIONS:</b> 1. Who should step up to protect the goal and pressure the ball? 2. What should the other defenders do? 3. When is a good time to double the attacker with the ball?</p> <p><b>ANSWERS:</b> 1. The closest defender to the attacker with the ball. - 2. Provide cover and balance - 3. When we outnumber the attacker with the ball.</p> <p><b>Note:</b> Switch to this activity if the Core is too easy for the players.</p>                                                   |                 |               |                |                  |            |



**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 the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there 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?