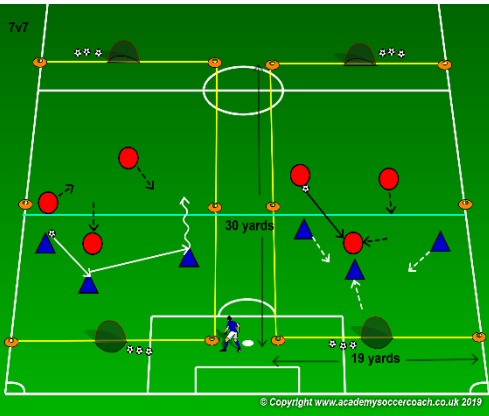
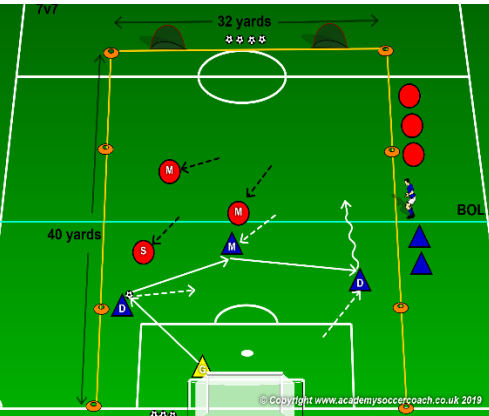
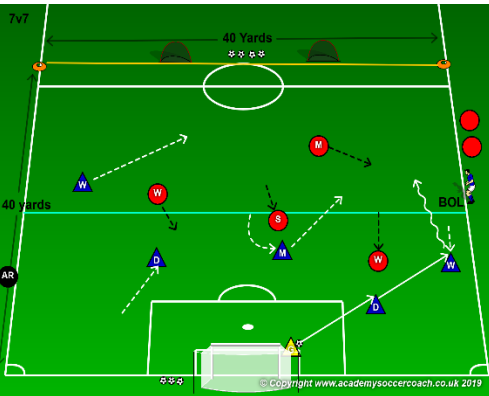


|                                                                                                                                                                  |                       |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                 |               |                |           |                  |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|---------------|----------------|-----------|------------------|--|
|   | <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?