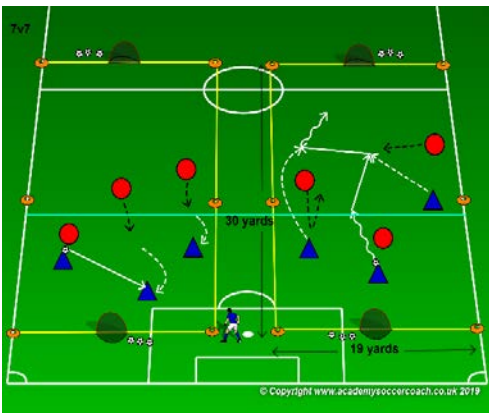
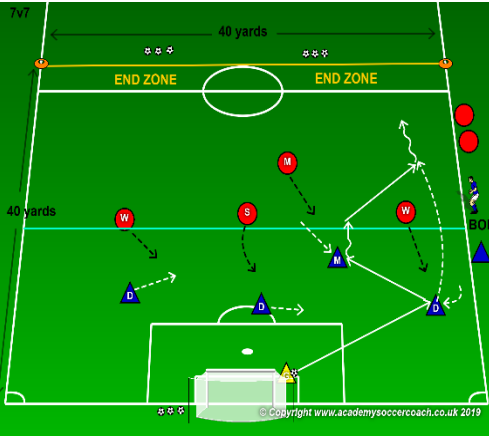
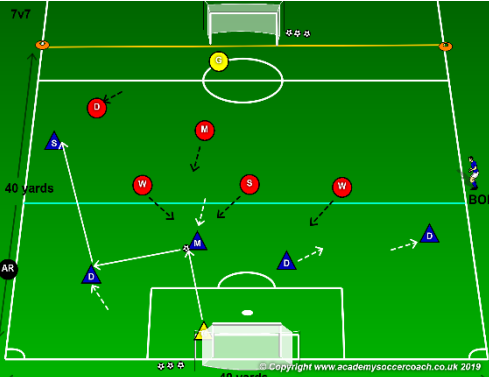


 	GOAL:		Improve the build up from our own half in order to move the ball into the opponent's half - 2					AGE GROUP
	PLAYER ACTIONS		Pass or dribble forward, Spread out and Create passing options					9U-10U
	KEY QUALITIES		Read the game, Demonstrate Focus, Optimal technical abilities					
	MOMENT		Attacking	DURATION	60 min	PLAYERS	12	7v7
1st PLAY PHASE (Intentional Free Play):		3v3 to Goal	DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
		OBJECTIVE: Move the ball into the opponent's half. PLAYER ACTIONS: Pass or dribble forward and Support the attack. ORGANIZATION: 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. KEY WORDS: Pass, Dribble and Help/Support. GUIDED QUESTIONS: 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? ANSWERS: 1. Dribble or Pass forward - 2. To create a passing option. Note: 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.						
PRACTICE (Core Activity):		5v4 to Goal and End Zone	DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min					
		OBJECTIVE: Move the ball and the team into the opponent's half. PLAYER ACTIONS: Pass or dribble forward, Spread out and Create passing options. ORGANIZATION: 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. KEY WORDS: Pass, Connect, Dribble, Get open and Help/Support. GUIDED QUESTIONS: 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? ANSWERS: 1. Dribble or pass the ball to move the defenders - 2. Spread out - 3. To create passing options. Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.						
PRACTICE (Less Challenging):		3v2 to Goal & End Zone	DURATION: 20 min --- INTERVALS: 5 --- ACTIVITY: 3 min --- REST: 1 min					
		OBJECTIVE: Move the ball and the team into the opponent's half. PLAYER ACTIONS: Pass or dribble forward, Spread out and Create passing options. ORGANIZATION: 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. KEY WORDS: Pass, Connect, Dribble and Get open. GUIDED QUESTIONS: 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? ANSWERS: 1. By dribbling or passing it through or around the defenders - 2. Spread out - 3. To create passing options. Note: Switch to this activity if the Core is too difficult for the players.						
PRACTICE (More Challenging):		6v6 to Goal	DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min					
		OBJECTIVE: Move the ball and the team into the opponent's half. PLAYER ACTIONS: Pass or dribble forward, Create passing options and Create 2v1 or 1v1. ORGANIZATION: 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. KEY WORDS: Pass, Connect, Dribble, Get open and Help/Support. GUIDED QUESTIONS: 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? ANSWERS: 1. We will spread out - 2. Create a 2v1 or 1v1 - 3. Create passing options. Note: Switch to this activity if the Core is too easy for the players.						



OBJECTIVE: Move the ball and the team 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?