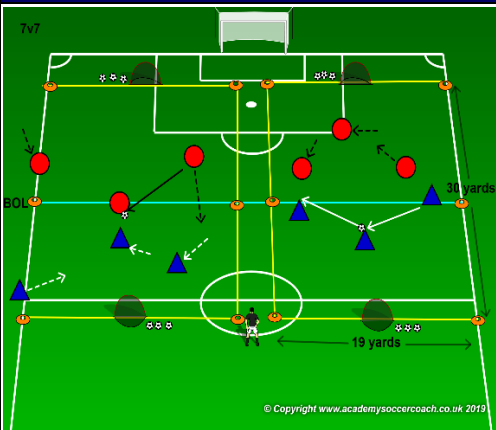
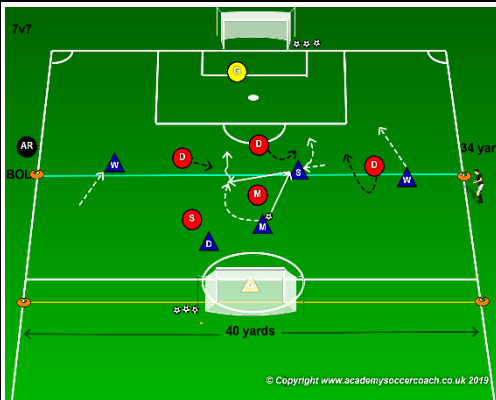


	GOAL:		Improve the build up in the opponent's half in order to create scoring chances - 1					AGE GROUP
	PLAYER ACTIONS		Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1					9U-10U
	KEY QUALITIES		Read the game, Demonstrate Focus, Optimal technical abilities					
	MOMENT		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: To pass or dribble forward to find or create openings. PLAYER ACTIONS: Pass or dribble forward and Support the attack. ORGANIZATION: 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. KEY WORDS: Dribble, Pass and Help to connect. GUIDED QUESTIONS: 1. What should you do when confronted by an opponent with no defenders behind? 2. Where can we support the player with the ball? 3. Why do we pass forward? ANSWERS: 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. Note – 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.					
PRACTICE (Core Activity): 4v5 to Goal and Targets			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min					
			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 Create a 2v1 or 1v1. ORGANIZATION: 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. KEY WORDS: Opening, Pass, Dribble, Get open and Help to combine. GUIDED QUESTIONS: 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? ANSWERS: 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. 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): 4v4 to Goal & Targets			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To move the ball forward and create scoring chances. PLAYER ACTIONS: Pass or dribble forward, Support the attack, and Create a 2v1 or 1v1. ORGANIZATION: 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. KEY WORDS: Possess, Pass, Dribble, and Help to combine. GUIDED QUESTIONS: 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? ANSWERS: 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. 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: 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 Create a 2v1 or 1v1. ORGANIZATION: 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. KEY WORDS: Opening, Pass, Dribble, Get open and Help to combine. GUIDED QUESTIONS: 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? ANSWERS: 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. Note: Switch to this activity if the Core is too easy for the players.					



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?