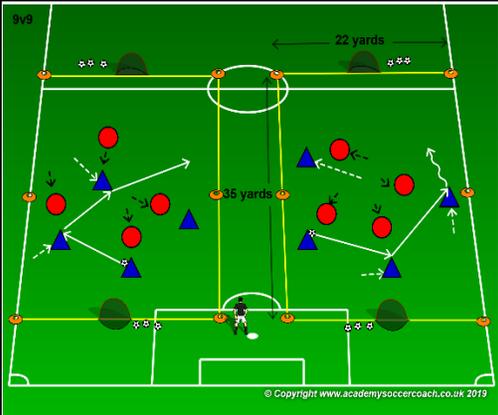




<b>GOAL:</b>	Improve the build up from our own half in order to move the ball into the opponent's half - 1			<b>AGE GROUP</b>  <b>11U-12U</b>		
<b>PLAYER ACTIONS</b>	Pass or dribble forward, Spread out, Create passing options					
<b>KEY QUALITIES</b>	Read the game, Take initiative, Demonstrate Focus					
<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>	<b>9v9</b>

**1st PLAY PHASE (Intentional Free Play): 4v4 to Goal** | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



**OBJECTIVE:** Move the ball forward.

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

**ORGANIZATION:** In the defending half of the 9v9 field set up two 20Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play 3 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, Get wide and Help.

**GUIDED QUESTIONS:** 1. How do we create openings? 2. When do we pass or dribble forward? 3. Where do we need to be to help the player with the ball?

**ANSWERS:** 1. By spreading out - 2. When you have an opening - 3. By being in front, to the sides, and behind the ball we help to create a passing option.

**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): 7v5 to Goal & 2 Targets** | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



**OBJECTIVE:** Create or find an opening to move the ball forward into the opponent's half.

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

**ORGANIZATION:** In the defending half of the 9v9 field, set up a 50Wx40L with a regular goal and a 4 yard zone for the 2 target players. The Blue team scores by passing to either target player. The Red team scores in the regular goal. Rotate players every round. Red team scores, the Blue team restarts the game with a goal kick.

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

**GUIDED QUESTIONS:** 1. Why do we need to get wide? 2. What should you do when you see an opening? 3. What do you need to do if you do not have the ball?

**ANSWERS:** 1. To create openings - 2. Dribble or pass the ball forward through the opening - 3. Help your teammate by creating 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): 7v4 to Goal & 3 Targets** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** Create or find an opening to move the ball forward into the opponent's half.

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

**ORGANIZATION:** In the defending half of the 9v9 field, set up a 50Wx40L with a regular goal and a 4 yard zone for the 2 target players. The Blue team scores by passing to either target player. The Red team scores in the regular goal. Rotate players every round. Red team scores, the Blue team restarts the game with a goal kick.

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

**GUIDED QUESTIONS:** 1. How do we create openings? 2. When do we pass or dribble forward? 3. Where do we help the player with the ball?

**ANSWERS:** 1. By spreading out - 2. When we have an opening - 3. By being in front, to the sides and behind the ball we help to create passing options.

**Note:** Switch to this activity if the Core is too difficult for the players.

**PRACTICE (More Challenging): 7v6 to Goal & 2 Targets** | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



**OBJECTIVE:** Create or find an opening to move the ball forward into the opponent's half.

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

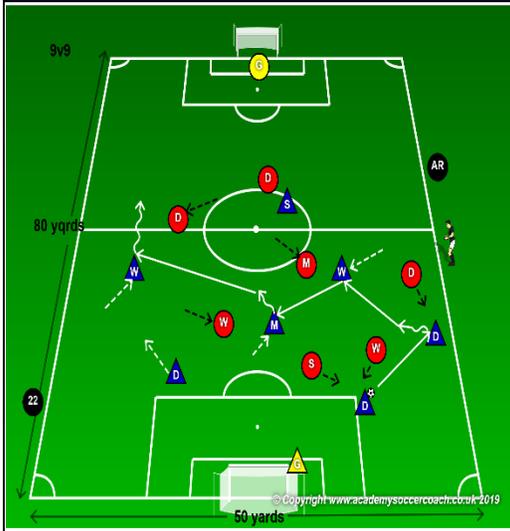
**ORGANIZATION:** In the defending half of the 9v9 field, set up a 50Wx40L with a regular goal and a 4 yard zone for the 2 target players. The Blue team scores by passing to either target player. The Red team scores in the regular goal. Rotate players every round. Red team scores, the Blue team restarts the game with a goal kick.

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

**GUIDED QUESTIONS:** 1. Why do we need to get wide? 2. What should you do when you see an opening? 3. What do you need to do if you do not have the ball?

**ANSWERS:** 1. To create openings - 2. Dribble or pass the ball forward through the opening - 3. Help your teammate by creating passing options.

**Note:** Switch to this activity if the Core is too easy for the players.



**OBJECTIVE:** Create or find an opening to move the ball forward into the opponent's half.

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

**ORGANIZATION:** In a 9v9 field (50Wx80L) play 8v8. The Blue and Red teams will both play in a 1-3-3-1 formation.

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

**GUIDED QUESTIONS:** 1. Why do we need to get wide? 2. What should you do when you see an opening? 3. What do you need to do if you do not have the ball?

**ANSWERS:** 1. To create openings - 2. Dribble or pass the ball forward through the opening - 3. Help your teammate by creating 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?