

	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 1	AGE GROUP			
	PLAYER ACTIONS	Spread out, Pass or dribble forward, Support the attack	13+			
	KEY QUALITIES	Read the game, Take initiative, Focus, Optimal technical abilities				
	MOMENT	Attacking	DURATION	60 min	PLAYERS	18

1st PLAY PHASE (Intentional Free Play): 5v5/4v4 Games **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min



OBJECTIVE: To Move the ball forward.

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

ORGANIZATION: In the defending half of an 11v11 field set up two 30Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

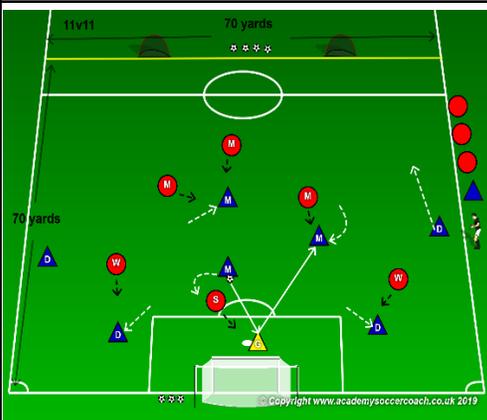
KEY WORDS: Pass, Dribble, Get wide and Help.

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. We support by being in front, to the sides, and behind the player with the ball to create passing options.

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): 8v6 to Goal & 2 Small Goals **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 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 Support the attack.

ORGANIZATION: In the defending half of the 11v11 field, set up a 70Wx70L with a regular goal and two small goals. The Blue team scores by passing into either small goal. 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. Support the attack by being in front, to the sides or behind the ball to create a passing option.

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): 8v5 to Goal & 2 Goals **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 5.5 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 Support the attack.

ORGANIZATION: In the defending half of the 11v11 field, set up a 70Wx70L with a regular goal and two small goals. The Blue team scores by passing into either small goal. 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. 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. We support by being in front, to the sides, and behind the player with the ball to create passing options.

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

PRACTICE (More Challenging): 8v7 to Goal & 2 Goals **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 5.5 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 Support the attack.

ORGANIZATION: In the defending half of the 11v11 field, set up a 70Wx70L with a regular goal and two small goals. The Blue team scores by passing into either small goal. 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. Support the attack by being in front, to the sides or behind the ball to create a passing option.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.



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 Support the attack.

ORGANIZATION: In an 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-4-3-1 formation and the Red team will play in 1-3-2-3 formation.

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

GUIDED QUESTIONS: 1. How can we unbalance the defense? 2. Why should our midfielder support the attack? 3. What do we need to do to get the ball into the opponent's half?

ANSWERS: 1. Spread out and vary your runs in the midfield - 2. To give the defenders passing options and to move the ball forward. - 3. We can pass it forward, we can dribble it forward but if we cannot go forward then possess the ball and be patient with it.

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 there the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there effective 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?