

 	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 1							
	PLAYER ACTIONS	Pass or dribble forward, create passing options, support the attack							
	KEY QUALITIES	Make decisions, focus, technical execution							
	AGE GROUP	U9-U10 / 7V7 / 12 Players	MOMENT	Attacking	DURATION	60 min			
1st PLAY PHASE	1v1, 2v1, 2v2...3v3	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):	Duration:		21 min	Activity time:	1.5 min	Rest time:	1.5min	Intervals	7
	<p>2v1 TO GOALS: OBJECTIVE: To move the ball forward into the opponent's half.</p> <p>ORGANIZATION: Set up to 20Wx35L yard fields with build out lines and two mini goals as shown in the diagram. Select 4 attackers and 2 defenders for each field. The first two attackers start the game with a goal kick from the GK box to the player outside the penalty box. The two attackers will try to move the ball past the build up line and score in the opponent's goal. As soon as the goal kick is taken, the defender comes in and tries to get the ball to score in the blue team's goal. If the ball goes out of bounds, the blue team restarts the game with a goal kick. Change defenders every interval.</p> <p>KEY WORDS: Pass, dribble, support (behind, sides or in front of the ball)</p> <p>GUIDED QUESTIONS: 1.- What options does the player with the ball have? 2.- Where should the other attacker be to support his/her teammate?</p> <p>ANSWERS: 1.- The player with the ball can dribble past the defender into open space or pass the ball to his attacking partner. 2.- He/she should be in an open space either to the sides or in front of the ball.</p> <p>NOTES: Start with the Core Activity. If is too difficult switch to the Less Challenging Activity. If it is too easy switch to More Challenging Activity.</p>								
PRACTICE (Less Challenging):	Duration:		21 min	Activity time:	3 min	Rest time:	30 sec	Intervals	6
	<p>FIND THE OPENING TO GET THROUGH: OBJECTIVE: To move the ball forward past the build up line.</p> <p>ORGANIZATION: Set up two 20Wx35L yard fields with build out lines and a 5 yard center zone. Place two blue attackers on each end line with a soccer ball and two red defenders inside a 5 yard central zone. 1.- At coaches command the blue players will try to dribble from their own end line, across the central zone to the other end line and back. The two defenders in the zone try to block and intercept the ball. 2.- After a while attacker will work with one ball and try to pass the ball though the central zone. Change the defenders every interval.</p> <p>KEY WORDS: Look up, Dribble forward, Pass.</p> <p>GUIDED QUESTIONS: 1.- When can the players dribble through the zone? 2.- What should my teammate do in order for me to pass to him/her?</p> <p>ANSWERS: 1.- When the players find an opening between the two defenders or the side line and a defender. 2.- Get in an open space.</p> <p>NOTES: Start with the Core Activity; if is too difficult for your players, then switch to the Less Challenging Activity.</p>								
PRACTICE (More Challenging):	Duration:		21 min	Activity time:	3 min	Rest time:	30 sec	Intervals	6
	<p>3v2 TO GOALS: OBJECTIVE: To move the ball forward into the opponent's half.</p> <p>ORGANIZATION: Set up two 20Wx35L yard fields with build out lines and two mini-goals as shown in the diagram. Place two blue players in the bottom half of the field and one red defender on the build up line. Place one defender and one attacker in the upper half. The 3 attackers start with a goal kick from the GK box and try to get the ball past the build up line and score in the opponent's goal. As soon as the goal kick is taken, the defenders come in and try to get the ball and score in the blue team's goal. Change defenders every two intervals (7min).</p> <p>KEY WORDS: Pass, dribble, support (behind, sides or in front of the ball)</p> <p>GUIDED QUESTIONS: 1.- What options does the attacker with the ball have? 2.- How do you support your teammate with the ball?</p> <p>ANSWERS: 1.- The attacker with the ball can dribble past the defender into open space or pass the ball to his/her attacking partner. 2.- By getting in an opened position where there aren't any defenders between the attacker with the ball and us.</p> <p>NOTES: Start with the Core Activity; if is too easy for your players, then switch to the More Challenging Activity.</p>								
2nd PLAY PHASE	6v6 (1-2-3 v 1-2-3)	Duration:	30 min	Activity time:	12 min	Rest time:	3 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				