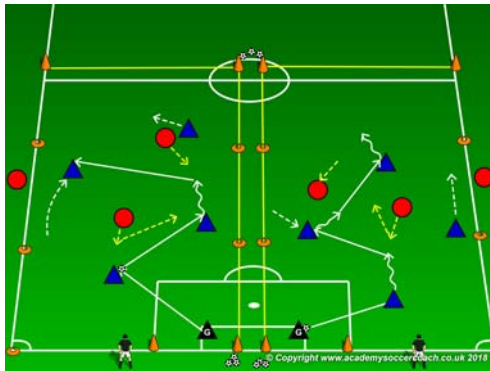


	<b>GOAL:</b>	Improve the build up from our own half in order to move the ball into the opponent's half - 2							
	<b>PLAYER ACTIONS</b>	Spread out, create passing options, pass or dribble forward							
	<b>KEY QUALITIES</b>	Reading the game, be proactive, technical execution and focus							
	<b>AGE GROUP</b>	U11-U12 / 9V9 / 16 Players	<b>MOMENT</b>	Attacking	<b>DURATION</b>	60 min			
<b>1<sup>st</sup> PLAY PHASE</b>	1v1, 2v1, 2v2...4v4	<b>Duration:</b>	9 min	<b>Activity time:</b>	2.5 min	<b>Rest time:</b>	30 sec	<b>Intervals</b>	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit <a href="http://www.mayouthsoccer.org/coaches/play_practice_play/">http://www.mayouthsoccer.org/coaches/play_practice_play/</a> for full description									
<b>PRACTICE (Core Activity):</b>		<b>Duration:</b>	24 min	<b>Activity time:</b>	5 min	<b>Rest time:</b>	1min	<b>Intervals</b>	4
		<b>5V3 TO GOAL AND AN END LINE:</b> <b>OBJECTIVE:</b> To move the ball forward into the opponent's half. <b>ORGANIZATION:</b> Set up two 25Wx45L yard fields with a cone goal on the south end line. The Blue team has a goalkeeper and 4 attackers, the Red team has 3 defenders. The game begins when the goalkeeper passes the ball to a Blue player. The Blue team scores by dribbling the ball past the endline. The Red team scores in the Blue team's goal. Every time the ball goes out the Red team restarts with a goal kick. <b>KEY WORDS:</b> Get wide, pass, dribble, support (behind, sides or in front of the ball).  <b>GUIDED QUESTIONS:</b> 1.- How do we create an opening? 2.- What should the other attackers be doing to support the player with the ball? 3.- What should we do if we see an opening? <b>ANSWERS:</b> 1.- By passing the ball we will move the opponents and create openings. 2.- Creating diagonal passing options behind, to the sides and in front of the ball 3.- Dribble forward or pass the ball to a teammate.  <b>NOTES:</b> Start with the <b>Core Activity</b> . If is too difficult switch to the <b>Less Challenging Activity</b> . If it is too easy switch to the <b>More Challenging Activity</b> .							
<b>PRACTICE (Less Challenging):</b>		<b>Duration:</b>	24 min	<b>Activity time:</b>	3 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	6
		<b>5V2 TO GOAL AND AN END LINE:</b> <b>OBJECTIVE:</b> To move the ball forward into the opponent's half. <b>ORGANIZATION:</b> Set up two 25Wx45L yard fields with a cone goal on the south end line. The Blue team has a goalkeeper and 4 attackers, the Red team has 2 defenders. The game begins when the goalkeeper passes the ball to a Blue player. The Blue team scores by dribbling the ball past the endline. The Red team scores in the Blue team's goal. Every time the ball goes out the Red team restarts with a goal kick. <b>KEY WORDS:</b> Get wide, pass, dribble, support (behind, sides or in front of the ball).  <b>GUIDED QUESTIONS:</b> 1.- How do we create an opening? 2.- What should the other attackers be doing to support the player with the ball? 3.- What should we do if we see an opening? <b>ANSWERS:</b> 1.- By passing the ball we will move the opponents and create openings. 2.- Creating diagonal passing options behind, to the sides and in front of the ball 3.- Dribble forward or pass the ball to a teammate.  <b>NOTES:</b> Start with the <b>Core Activity</b> ; if it is too difficult for your players, then switch to the <b>Less Challenging Activity</b> .							
<b>PRACTICE (More Challenging):</b>		<b>Duration:</b>	24 min	<b>Activity time:</b>	5 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	4
		<b>6V4 TO A REGULAR GOAL AND TWO COUNTER GOALS:</b> <b>OBJECTIVE:</b> To move the ball forward into the opponent's half. <b>ORGANIZATION:</b> Set up a 55Wx50L yard field with a regular goal and two counter goals. Select 7 Blue attackers and 4 Red defenders. Blue team tries to get the ball into the attacking half and score in either of the two counter goals. Red tries to win the ball and score in the regular goals. Rotate players every interval. <b>KEY WORDS:</b> Get wide, pass, dribble, support (behind, sides or in front of the ball).  <b>GUIDED QUESTIONS:</b> 1.- How do we create an opening? 2.- What should the other attackers be doing to support the player with the ball? 3.- What should we do if we see an opening? <b>ANSWERS:</b> 1.- By passing the ball we will move the opponents and create openings. 2.- Creating diagonal passing options behind, to the sides and in front of the ball 3.- Dribble forward or pass the ball to a teammate.  <b>NOTES:</b> Start with the <b>Core Activity</b> ; if it is too easy for your players, then switch to the <b>More Challenging Activity</b> .							
<b>2<sup>nd</sup> PLAY PHASE</b>	8v8(1-2-3-1v1-3-3-1)	<b>Duration:</b>	26 min	<b>Activity time:</b>	11 min	<b>Rest time:</b>	2 min	<b>Intervals</b>	2
Finish the session with a scrimmage using all FIFA rules, visit <a href="http://www.mayouthsoccer.org/coaches/play_practice_play/">http://www.mayouthsoccer.org/coaches/play_practice_play/</a> for full description.									
<b>FIVE ELEMENTS OF TRAINING ACTIVITY</b>					<b>TRAINING SESSION SELF REFLECTION QUESTIONS</b>				
<ol style="list-style-type: none"> <li><b>Organized:</b> Is the activity organized in the right way?</li> <li><b>Game like:</b> Is the activity game like?</li> <li><b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</li> <li><b>Challenging:</b> Are the players challenged? (Is there the right balance between being successful and unsuccessful?)</li> <li><b>Coaching:</b> Is there the right coaching based on the age/level of the players?</li> </ol>					<ol style="list-style-type: none"> <li>How did you do in achieving the goal of the training session?</li> <li>What did you do well?</li> <li>What could you do better?</li> </ol>				