

	GOAL:	Improve the build up in the opponent's half in order to create scoring chances - 1							
	PLAYER ACTIONS	Create 1v1 and 2v1, support the attack, pass or dribble forward							
	KEY QUALITIES	Be proactive, make decisions, technical execution							
	AGE GROUP	U9-U10 / 7v7 / 12 Players	MOMENT	Attacking	DURATION	60 min			
1st PLAY PHASE	1v1, 2v1, 2v2...4v4	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:	24 min	Activity time:	5 min	Rest time:	1 min	Intervals	4
		4V3 TO END ZONES: OBJECTIVE: To beat defenders by creating 1v1's, 2v1's and changing the point of attack. ORGANIZATION: Set up two 25Wx30L fields with a 5 yard end zone at each end. Play 4 Blue attackers against 3 Red defenders. Each team tries to score by either dribbling into the end zone or by timing a run into the end zone to receive a pass. The Blue team always starts with the ball after either team scores. KEY WORDS: Take opponents on, support (behind, sides or in front of the ball), switch. GUIDED QUESTIONS: 1.- How can you beat an opponent on a 2v1? 2.- When and why should you pass the ball backwards? 3.- How can you create openings to pass or dribble forward? ANSWERS: 1.- Dribble at the defender then pass to your teammate for a wall pass. 2.- Too many defenders in front and we want to keep possession of the ball. 3.- .By passing the ball sideways or backwards we make the defenders move creating new openings. NOTES: Start with the Core Activity . If is too difficult, switch to the Less Challenging Activity . If it is too easy, switch to the More Challenging Activity .							
PRACTICE (Less Challenging):		Duration:	24 min	Activity time:	3 min	Rest time:	1 min	Intervals	6
		4V2 TO END ZONES: OBJECTIVE: To create 2v1's or 1v1's and pass or dribble forward. ORGANIZATION: Set up two 25Wx30L fields with a 5 yard end zone at each end. Play 4 Blue attackers against 2 Red defenders. Each team tries to score by either dribbling into the end zone or by timing a run into the end zone to receive a pass. The Blue team always starts with the ball after either team scores. KEY WORDS: Take opponents on, support (behind, sides or in front of the ball), switch. GUIDED QUESTIONS: 1.- How can you beat an opponent on a 2v1? 2.- When and why should you pass the ball backwards? 3.- How can you create openings to pass or dribble forward? ANSWERS: 1.- Dribble at the defender then pass to your teammate for a wall pass. 2.- Too many defenders in front and we want to keep possession of the ball. 3.- .By passing the ball sideways or backwards we make the defenders move creating new openings. NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .							
PRACTICE (More Challenging):		Duration:	24 Min	Activity time:	7 min	Rest time:	1 min	Intervals	3
		6V4 TO END ZONES: OBJECTIVE: To create 2v1's or 1v1's and pass or dribble forward. ORGANIZATION: In a 55Wx30L field plus a 5 yard end zone at each end. Play 6 Blue attackers against 4 Red defenders. Each team tries to score by either dribbling into the end zone or by timing a run into the end zone to receive a pass. The Blue team always starts with the ball after either team scores. KEY WORDS: Take opponents on, support (behind, sides or in front of the ball), switch. GUIDED QUESTIONS: 1.- How can you beat an opponent on a 2v1? 2.- When and why should you pass the ball backwards? 3.- How can you create openings to pass or dribble forward? ANSWERS: 1.- Dribble at the defender then pass to your teammate for a wall pass. 2.- Too many defenders in front and we want to keep possession of the ball. 3.- .By passing the ball sideways or backwards we make the defenders move creating new openings. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .							
2nd PLAY PHASE	8v8(1-2-3-2v1-3-3-1)	Duration:	26 min	Activity time:	11 min	Rest time:	2 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? 				