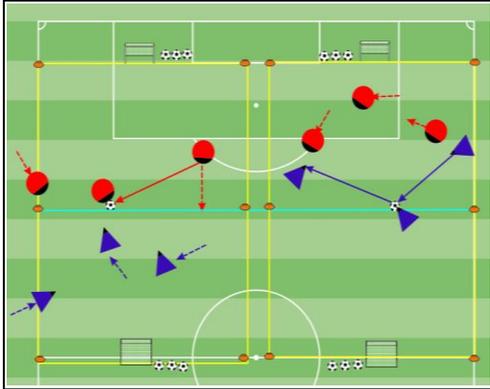


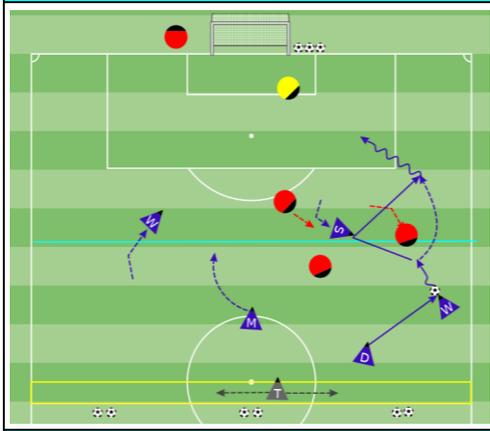
 	GOAL:	Improve the build up in the opponent's half in order to create scoring chances - 2				AGE GROUP
	PLAYER ACTIONS	Spread out, Pass/dribble forward, Support the attack, Create 2v1 or 1v1				9U-10U
	KEY QUALITIES	Make Decisions, Be proactive, Focus, Optimal technical abilities				
	MOMENT	Attacking	DURATION	60 min	PLAYERS	12

1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min**



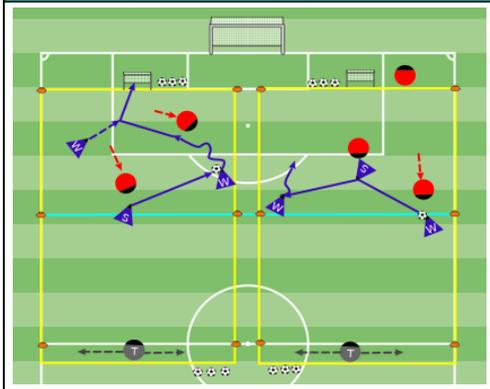
OBJECTIVE: To possess, pass or dribble the ball forward.
ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.
KEY WORDS: Pass or Possess, Take him/her on, Help.
GUIDED QUESTIONS: 1. How can we support the player with the ball? 2. When should we dribble an opponent? 3. What should we do when we can't go forward with the ball?
ANSWERS: 1. Getting behind, to the sides or in front, making a diagonal passing lane. 2. When we are confronted by an opponent and no defenders behind. 3. We should possess it to find/create an opening.
Note - First break: Coach asks questions, players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

PRACTICE (Core Activity): 5v4 to Goal and One Target Player **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



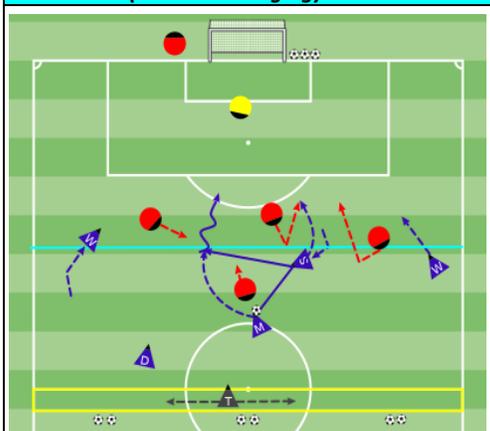
OBJECTIVE: To possess the ball, move it forward and create scoring chances.
ORGANIZATION: Set up a 40Wx30L (half field) with a regular goal and target player as shown in the diagram. Select 5 Blue attackers, and 3 Red defenders and their goalkeeper. Blue team scores in the regular goals. Red scores by passing to the target player inside the 3 yard zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect.
KEY WORDS: Pass or Possess, Take him/her on, Help, Switch the attack.
GUIDED QUESTIONS: 1. When do we possess? 2. How can we support to create a 2v1? 3. When should we dribble an opponent? 4. Why should we switch the attack?
ANSWERS: 1. We possess when we can't find an opening. 2. By standing away and to the side of the defender in a diagonal passing lane. 3. When we are on a 1v1 near the goal. 4. To find an opening.
Note - Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 3v2 to a Small Goal & Target **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**

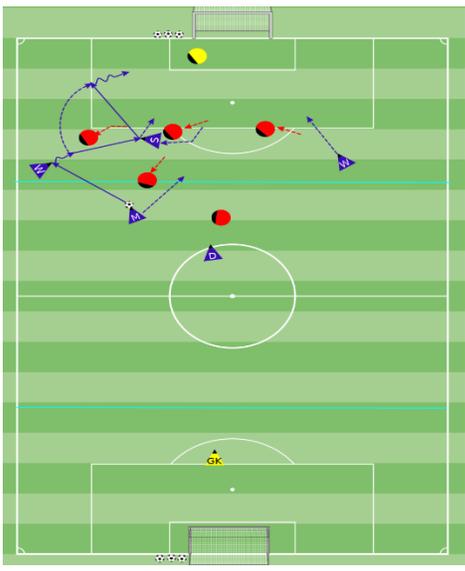


OBJECTIVE: To possess the ball, move it forward and create scoring chances.
ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play a 3v2 to score in the opponent's goal. The 3 Blue players attack the small goal, Red scores by passing to the target player inside the 3 yard zone. Rotate players.
KEY WORDS: Pass or Possess, Take him/her on, Help.
GUIDED QUESTIONS: 1. How can we support the player with the ball? 2. When should we dribble an opponent? 3. What should we do when can't go forward with the ball?
ANSWERS: 1. Getting behind, to the sides or in front, making a diagonal passing lane. 2. When we are confronted by an opponent and no defenders behind. 3. We should possess it to find/create an opening.
Note - Switch to this activity if the CORE is too difficult for the players.

PRACTICE (More Challenging): 5v5 to Goal & Target Player **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



OBJECTIVE: To possess the ball, move it forward and create scoring chances.
ORGANIZATION: Set up a 40Wx30L (half field) with a regular goal and target player as shown in the diagram. Select 5 Blue attackers, and 3 Red defenders and their goalkeeper. Blue team scores in the regular goals. Red scores by passing to the target player inside the 3 yard zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect.
KEY WORDS: Pass or Possess, Take him/her on, Help, Switch the attack.
GUIDED QUESTIONS: 1. When do we possess? 2. How can we support to create a 2v1? 3. When should we dribble an opponent? 4. Why should we switch the attack?
ANSWERS: 1. We possess when we can't find an opening. 2. By standing away and to the side of the defender in a diagonal passing lane. 3. When we are on a 1v1 near the goal. 4. To find an opening.
Note - Switch to this activity if the CORE is not challenging enough.



OBJECTIVE: To possess the ball, move it forward and create scoring chances.

ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-1-3-1 formation and the Red team will play in 1-3-2 formation.

KEY WORDS: Pass or Possess, Take him/her on, Help, Switch the attack.

GUIDED QUESTIONS: 1. When do we possess? 2. How can we support to create a 2v1? 3. When should we dribble an opponent? 4. Why should we switch the attack?

ANSWERS: 1. We possess when we can't find an opening. 2. By standing away and to the side of the defender in a diagonal passing lane. 3. When we are on a 1v1 near the goal. 4. To find an opening.

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?

