

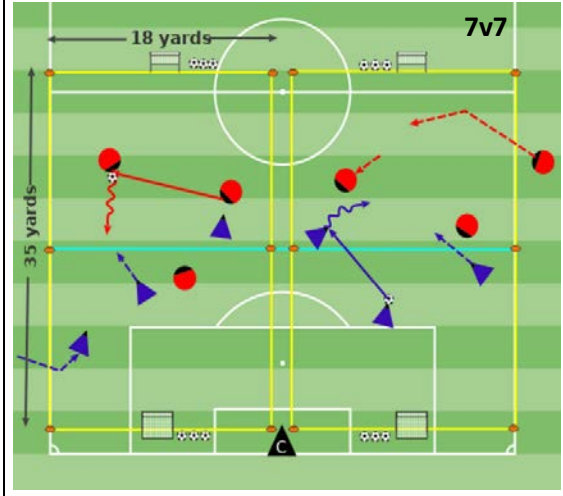


<b>AGE GROUP</b>	<b>GOAL:</b>	Improve the build up from our own half in order to move the ball into the opponent's half				 
9U-10U	<b>PLAYER</b>	Spread out, Pass/dribble forward, Create passing options, Change the attack				
	<b>KEY QUALITIES</b>	Read the game, Take initiative, Focus, Optimal technical abilities				
<b>7V7</b>	<b>MOMENT</b>	Attacking	<b>DURATION</b>	60	<b>PLAYERS</b>	12

**SKILL ACQUISITION: Dribbling:** Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

**1st PLAY PHASE (intentional Free Play): 3v3 to Goal | DURATION: 20 min -- INTERVALS: 3 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To pass or dribble the ball forward

**PLAYER ACTIONS:** Spread out, Pass/dribble forward, Create passing options and Change the point of attack

**ORGANIZATION:** Set up two or more 18Wx35L 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.

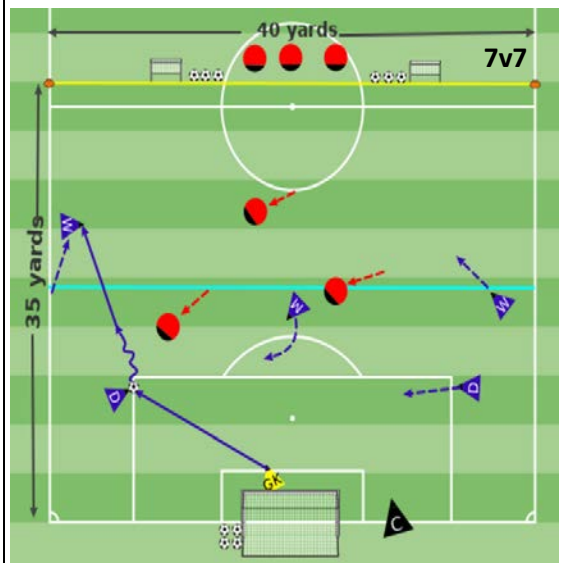
**KEY WORDS:** Pass, Dribble, Get open.

**GUIDED QUESTIONS:** 1. When should you dribble the ball forward? 2. When should pass forward? 3. Why should you get open?

**ANSWERS:** 1. When you have an opening or space in front. 2. When you have an opening to pass through to a teammate. 3. To 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): 6v3 to Goals & Counters Goals | DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To pass or dribble the ball forward into the opponent's half.

**PLAYER ACTIONS:** Spread out, Pass/dribble forward, Create passing options and Change the point of attack

**ORGANIZATION:** Set up a 40Wx35L (half field) with an extra 5-yard end zone with 2 counter goals as shown in the diagram. Select 5 Blue attackers, a goalkeeper and 3 Red defenders. Blue team scores in either of the two counter goals. Red scores in the regular goals. Play with a build out line. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game).

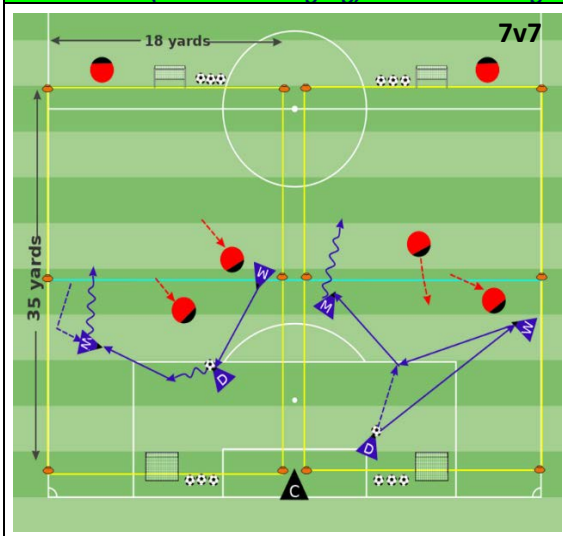
**KEY WORDS:** Get open, Pass, Dribble, Help, Switch the attack.

**GUIDED QUESTIONS:** 1. Why do we need to spread out? 2. When do we pass or dribble forward? 3. How can we help the player with the ball? 4. When should we switch the attack?

**ANSWERS:** 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes. 4. When we have too many opponents in front of us.

**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 small goals | DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To pass or dribble the ball forward into the opponent's half.

**PLAYER ACTIONS:** Spread out, Pass/dribble forward, Create passing options and Change the point of attack

**ORGANIZATION:** Set up two or more 18Wx30L fields with a goal at each end. Play a 3v2 to score in the opponent's goal. The 3 Blue attackers try to get the ball past the build out line and score in the opponent's goal. Rotate players.

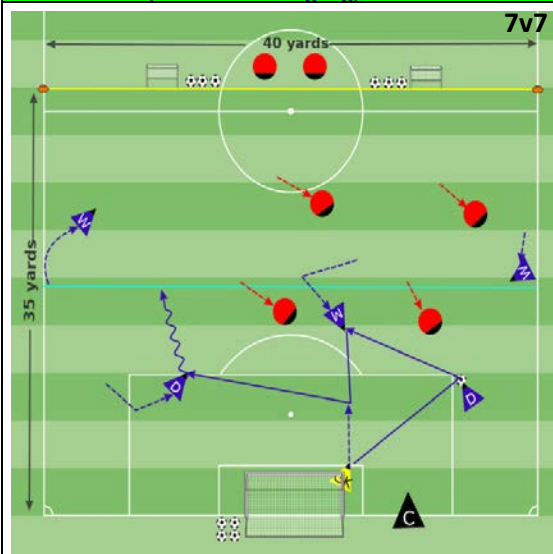
**KEY WORDS:** Get open, Pass, Dribble, Help.

**GUIDED QUESTIONS:** 1. Why do we need to spread out? 2. When do we pass or dribble forward? 3. How can we help the player with the ball?

**ANSWERS:** 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes.

**Note -** Switch to this activity if the CORE is too difficult for the players.

**PRACTICE (More Challenging): 6v4 to Goal & counter goals** | **DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min**



**OBJECTIVE:** To pass or dribble the ball forward into the opponent's half.

**PLAYER ACTIONS:** Spread out, Pass/dribble forward, Create passing options and Change the point of attack

**ORGANIZATION:** Set up a 40Wx35L (half field) with an extra 5 yard end zone with 2 counter goals as shown in the diagram. Select 5 Blue attackers, a goalkeeper, and 4 Red defenders. Blue team scores in either of the two counter goals. Red scores in the regular goals. Play with a build out line. All Laws of the game in effect (if the Red team scores, the Blue team gets a goal-kick to restart the game).

**KEY WORDS:** Get open, Pass, Dribble, Help, Switch the attack.

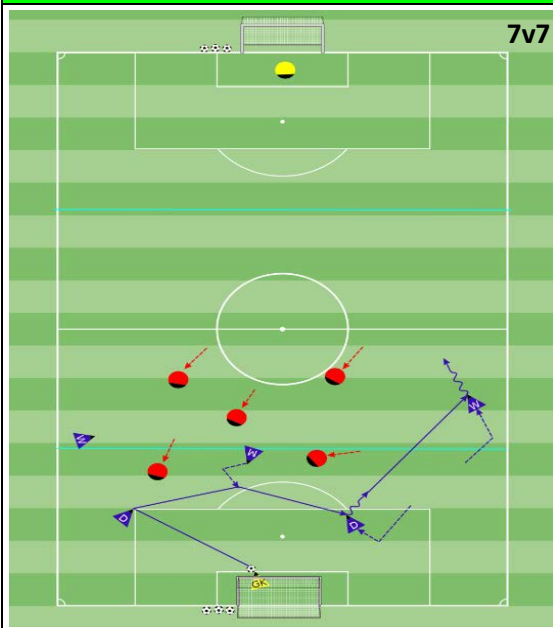
**GUIDED QUESTIONS:** 1. Why do we need to spread out? 2. When do we pass or dribble forward? 3. How can we help the player with the ball? 4. When should we switch the attack?

**ANSWERS:** 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes. 4. When we have too many opponents in front of us.

**Note –** Switch to this activity if the CORE is not challenging enough.

**2nd. PLAY PHASE: The Game – 6v6 ( GK+5v5+GK)**

**DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min**



**OBJECTIVE:** To pass or dribble the ball forward into the opponent's half.

**PLAYER ACTIONS:** Spread out, Pass/dribble forward, Create passing options and Change the point of attack

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

**KEY WORDS:** Get open, Pass, Dribble, Help, Switch the attack.

**GUIDED QUESTIONS:** 1. Why do we need to spread out? 2. When do we pass or dribble forward? 3. How can we help the player with the ball? 4. When should we switch the attack?

**ANSWERS:** 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes. 4. When we have too many opponents in front of us.

**Note –** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

**FIVE ELEMENTS of TRAINING EXERCISE**

**TRAINING SESSION SELF-REFLECTION QUESTIONS**

1. **Organized:** Is the exercise organized in the right way?
2. **Game like:** Is the exercise game like?
3. **Repetitions:** Are there repetitions when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there the proper coaching based on the age/level of the players?

1. Did you achieve your goals of the training session?
2. What did you do well?
3. What could you do better?

