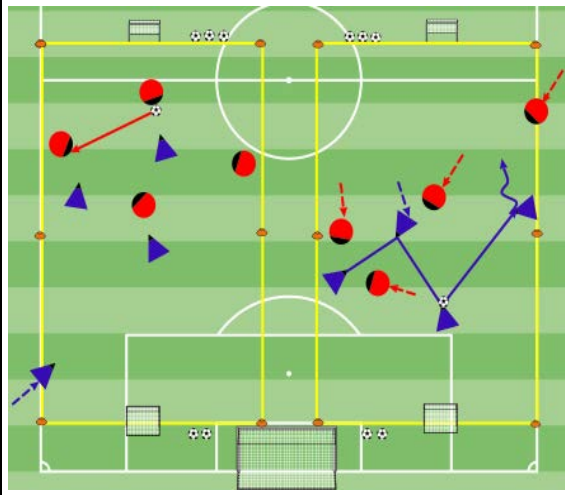


AGE GROUP	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half			
11U-12U	PLAYER	Spread out, Pass/dribble forward, Support the attack			
	KEY QUALITIES	Make decisions, Be proactive, Focus, Optimal technical abilities			
9v9	MOMENT	Attacking	DURATION	60 minutes	PLAYERS 16 Players



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): 4v4 to Goal **DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**



OBJECTIVE: To pass or dribble the ball forward

PLAYER ACTIONS: Spread out, Pass/dribble forward, Support the attack

ORGANIZATION: Set up two or more 22Wx40L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

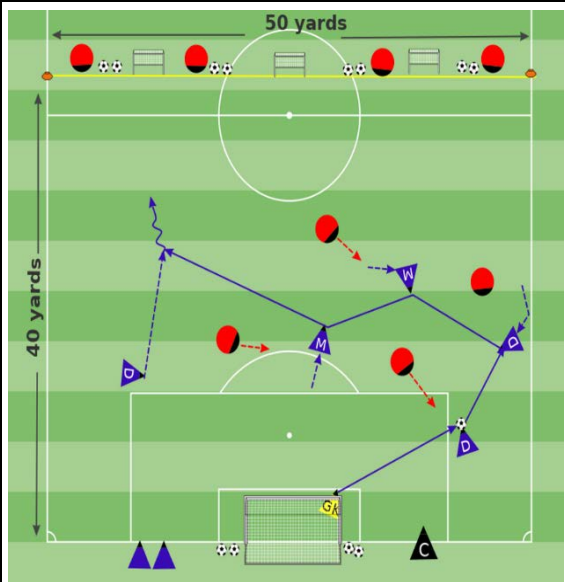
KEY WORDS: Opening, Connect, Take space, Help.

GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and or space in front.

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): 6v4 to Goal & 3 Counter 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, Support the attack

ORGANIZATION: Set up a 50Wx40L (half field) with a regular goal and three counter goals as shown on diagram. Select 5 Blue attackers, a goalkeeper and 4 Red defenders. Blue team scores in either of the three counter goals. Red scores in the regular goal. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game). Switch players every interval.

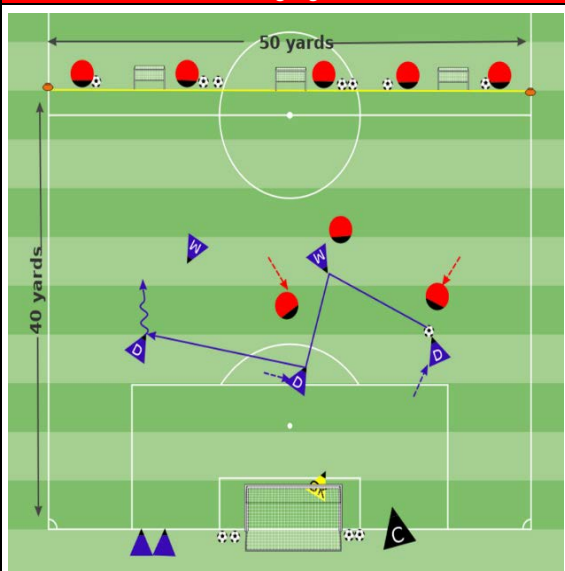
KEY WORDS: Opening, Connect, Take space, Help.

GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have an opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and or space in front.

Note - Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 6v3 to Goal & Counter 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, Support the attack

ORGANIZATION: Set up a 50Wx40L (half field) with a regular goal and three counter goals as shown on the diagram. Select 5 Blue attackers, a goalkeeper, and 3 Red defenders. Blue team scores in either of the three counter goals. Red scores in the regular goal. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game). Switch players every interval.

KEY WORDS: Opening, Connect, Take space, Help.

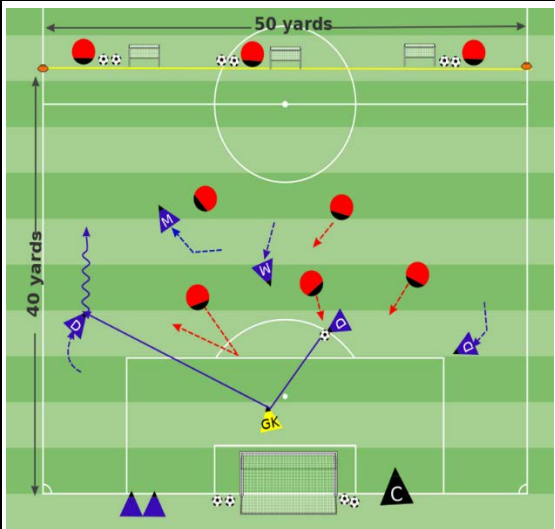
GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have an opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and/or space in front.

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

PRACTICE (More Challenging): 6v5 to Goal & Counter

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



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

PLAYER ACTIONS: Spread out, Pass/dribble forward, Support the attack

ORGANIZATION: Set up a 50Wx40L (half field) with a regular goal and three counter goals as shown on the diagram. Select 5 Blue attackers, a goalkeeper, and 5 Red defenders. Blue team scores in either of the three counter goals. Red scores in the regular goal. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game). Switch players every interval.

KEY WORDS: Opening, Connect, Take space, Help.

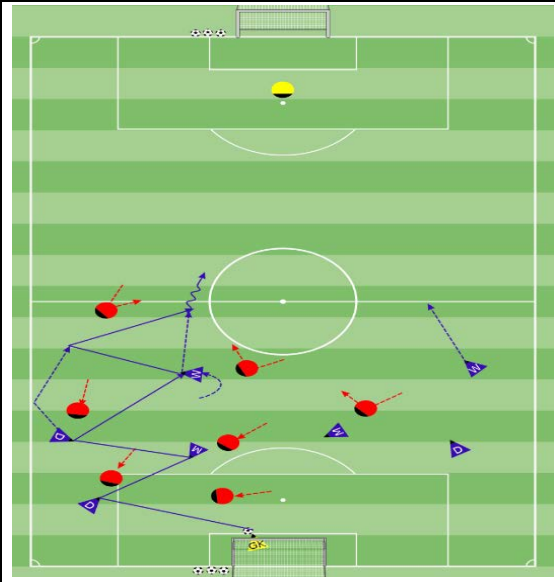
GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have an opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and/or space in front.

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

2nd. PLAY PHASE: The Game – 8v8 (GK+7v7+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, Support the attack

ORGANIZATION: In a 50Wx80L field play 8v8. The Blue team will play in 1-3-4 formation and the Red team will play in 1-3-3-1 formation.

KEY WORDS: Opening, Connect, Take space, Help.

GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

ANSWERS: 1. By spreading out. 2. When you have opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and or space in front.

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?