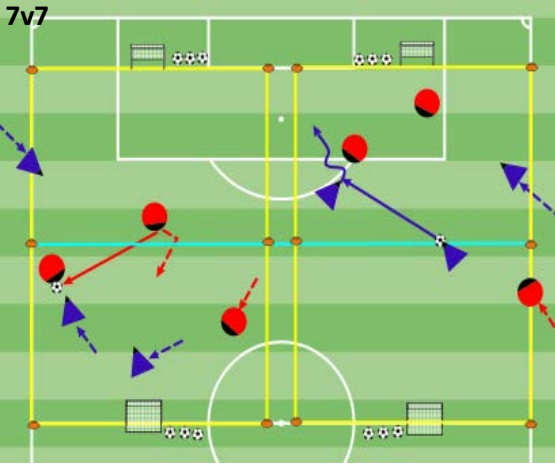


AGE GROUP	GOAL:	Improve the build up in the opponent's half in order to create scoring chances					
9U-10U	PLAYER	Spread out, Pass/dribble forward, Create 2v1 or 1v1, Change the attack					
	KEY QUALITIES	Understand the game, Take initiative, Focus, Optimal technical abilities					
7V7	MOMENT	Attacking	DURATION	60	PLAYERS	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 2v1 or 1v1, Change the attack

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.

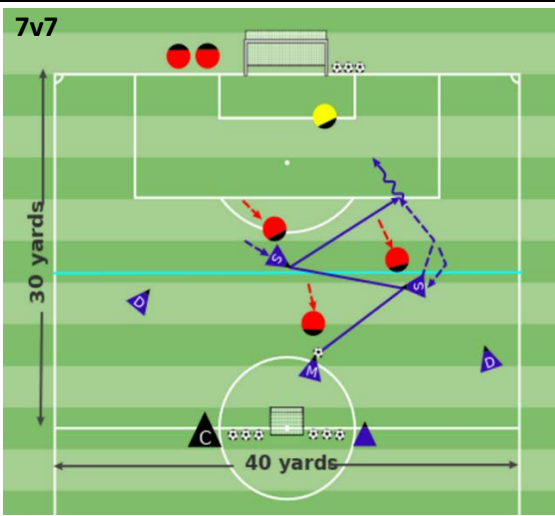
KEY WORDS: Possess, Pass, Dribble, and Opening.

GUIDED QUESTIONS: 1. Why do we need to possess the ball? 2. When do we pass or dribble forward? 3. Why should you spread out?

ANSWERS: 1. To keep the attack going and to find an opening. 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 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): 5v4 to Goal & counter goal | **DURATION: 20 min -- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



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

PLAYER ACTIONS: Spread out, Pass/dribble forward, Create 2v1 or 1v1, Change the attack

ORGANIZATION: Set up a 40Wx30L (half field) with 1 counter goal as shown in the diagram. Select 5 Blue attackers, 3 Red defenders and their goalkeeper. Blue team scores in the regular goal. Red scores in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

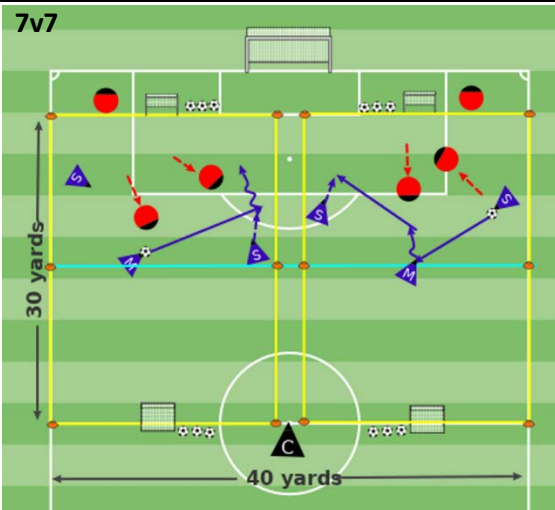
KEY WORDS: Possess or Connect, Take him/her on, Overload, Switch the attack.

GUIDED QUESTIONS: 1. Why do we possess the ball? 2. What is an overload? 3. What can we do in a 2v1? 4. Why should we switch the attack?

ANSWERS: 1. To create or find openings. 2. It is when we have more attackers than defenders, such as 2v1 or a 3v2. 3. We can connect with our teammate or take the opponent on. 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 small goals | **DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



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

PLAYER ACTIONS: Spread out, Pass/dribble forward, Create 2v1 or 1v1, Change the attack

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 attackers try to get the ball past the build out line and score in the opponent's goal. Rotate players.

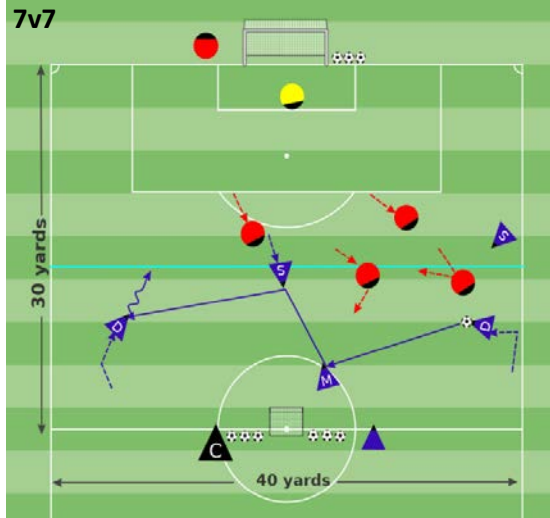
KEY WORDS: Possess, Pass, Dribble, and Opening.

GUIDED QUESTIONS: 1. Why do we need to possess the ball? 2. When do we pass or dribble forward? 3. Why should you spread out?

ANSWERS: 1. To keep the attack going and to find an opening. 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. To create an opening

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

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



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

PLAYER ACTIONS: Spread out, Pass/dribble forward, Create 2v1 or 1v1, Change the attack

ORGANIZATION: Set up a 40Wx30L (half field) with 1 counter goal as shown in the diagram. Select 5 Blue attackers, 4 Red defenders and their goalkeeper. Blue team scores in the regular goal. Red scores in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

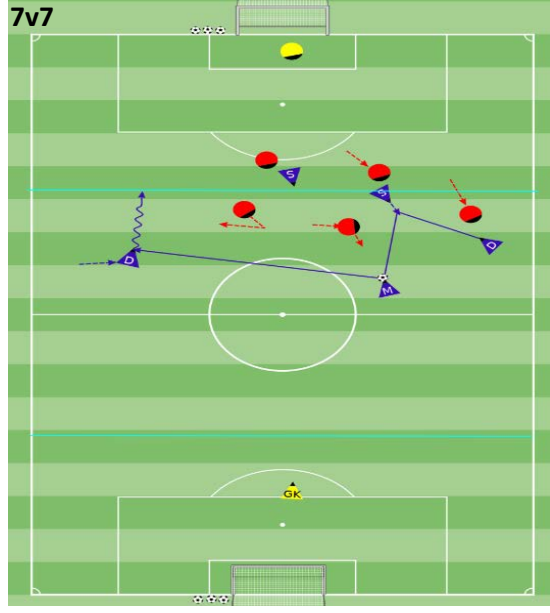
KEY WORDS: Possess or Connect, Take him/her on, Overload, Switch the attack.

GUIDED QUESTIONS: 1. Why do we possess the ball? 2. What is an overload? 3. What can we do in a 2v1? 4. Why should we switch the attack?

ANSWERS: 1. To create or find openings. 2. It is when we have more attackers than defenders, such as 2v1 or a 3v2. 3. We can connect with our teammate or take the opponent on. 4. To find an opening.

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

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

KEY WORDS: Possess or Connect, Take him/her on, Overload, Switch the attack.

GUIDED QUESTIONS: 1. Why do we possess the ball? 2. What is an overload? 3. What can we do in a 2v1? 4. Why should we switch the attack?

ANSWERS: 1. To create openings. 2. It is when we have more attackers than defenders, such as 2v1 or a 3v2. 3. We can connect with our teammate or take the opponent on. 4. To find an opening.

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

FIVE ELEMENTS of TRAINING EXERCISE

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?

TRAINING SESSION SELF-REFLECTION QUESTIONS

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