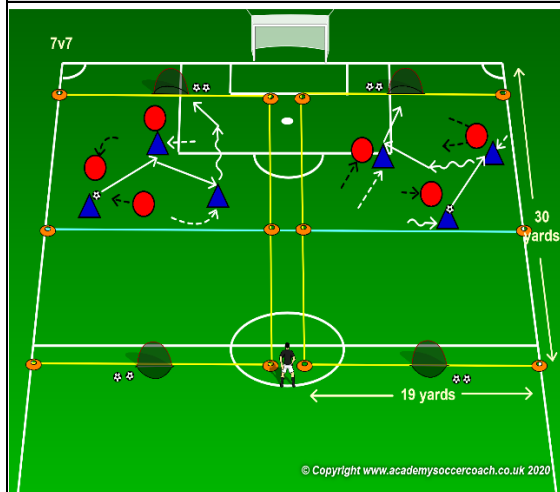


	GOAL:	Improve the build up in the opponent's half in order to create scoring chances - 2					U9-U10 7V7
	PLAYER ACTIONS	Pass or dribble forward, Spread out, Create passing options, Create a 2v1 or 1v1					
	KEY QUALITIES	Read the game, Be Proactive, Optimal technical abilities					
	MOMENT	Attacking	DURATION	60 minutes	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)

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



OBJECTIVE: To pass or dribble forward.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Create passing options and 2v1 or 1v1

ORGANIZATION: In our own half set up two or more 19Wx35L fields with a small 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.

SKILL ACQUISITION: Dribbling, Passing and Receiving.

KEY WORDS: Connect, Dribble, Possess and Combine.

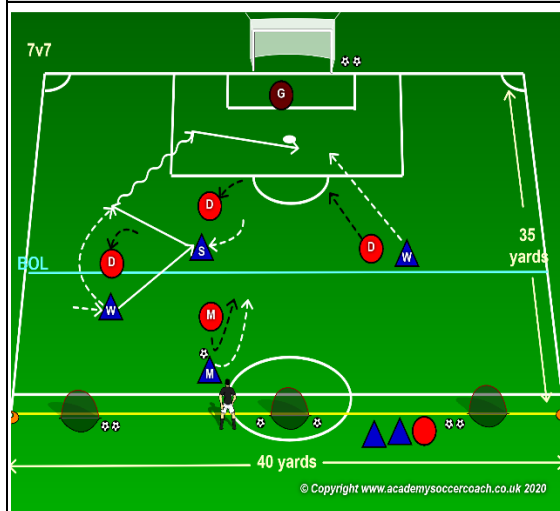
GUIDED QUESTIONS: 1. If we have an opening between two defenders what do we do to connect with a teammate? 2. What can we do if we keep possession of the ball? 3. When is a good time to combine with a teammate?

ANSWERS: 1. We should pass forward - 2. Can move the ball to find and create an opening to dribble or pass forward - 3. When we create a 2v1.

Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 4v5 to goal & 3 small goals

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



OBJECTIVE: To pass or dribble forward.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Create passing options and 2v1 or 1v1

ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and 3 counter goals. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 5 Red players: 1 GK, 3 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by passing in any of the three counter goals. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Dribbling, Passing and Receiving.

KEY WORDS: Connect, Dribble, Possess and Combine.

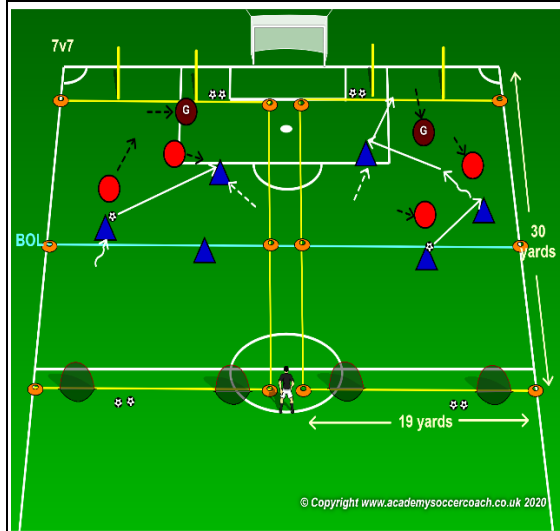
GUIDED QUESTIONS: 1. How can we create openings in the field? 2. What can we do to connect forward with a teammate? 3. When should we dribble the ball? 4. Where should we be to help the attacker with the ball to possess the ball or combine?

ANSWERS: 1. We can spread out - 2. Pass the ball forward through an opening - 3. When we have space or a 1v1. - 4. We should be creating passing options and 2v1's.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 3v3 to goal - 2 small goals

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To pass or dribble forward.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Create passing options and 2v1 or 1v1

ORGANIZATION: In the opponent's half set up two 19Wx25L fields with a goal and an end zone gate. Play 3v3. The Blue team: 3 attackers against the Red Team: GK and two defenders. Blue scores in the goal and Red scores by passing in any of the two counter goals. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Dribbling, Passing and Receiving.

KEY WORDS: Connect, Dribble, Possess and Combine.

GUIDED QUESTIONS: 1. If we have an opening between two defenders what do we do to connect with a teammate? 2. What can we do if we keep possession of the ball? 3. When is a good time to combine with a teammate?

ANSWERS: 1. We should pass forward - 2. Can move the ball to find and create an opening to dribble or pass forward - 3. When we create a 2v1.

Note: Switch to this activity if the Core is too difficult for the players.

MORE CHALLENGING: 4v6 to goal & 3 small goals**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min****OBJECTIVE:** To pass or dribble forward.**PLAYER ACTIONS:** Pass/dribble forward, Spread out, Create passing options and 2v1 or 1v1

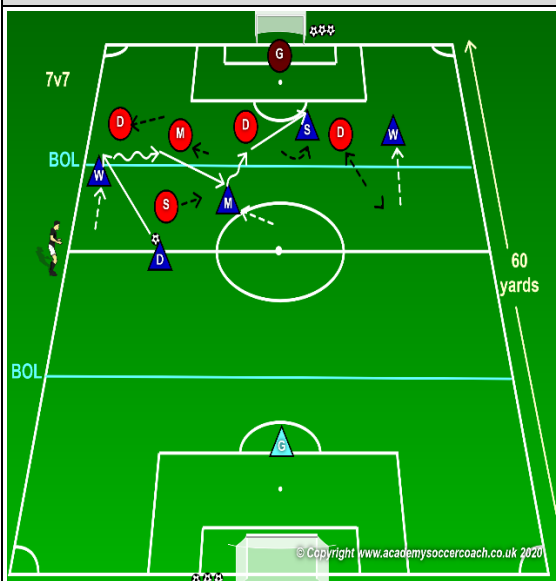
ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and 3 counter goals. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 6 Red players: 1 GK, 3 defenders, 1 midfielder and 1 striker. Blue team scores in the regular goal. Red scores by passing in any of the three counter goals. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Dribbling, Passing and Receiving.**KEY WORDS:** Connect, Dribble, Possess and Combine.

GUIDED QUESTIONS: 1. How do we create an opening? 2. What do we do when we possess the ball? 3. When do we pass or dribble forward?

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

Note: Switch to this activity if the Core is too easy for the players.

2nd. PLAY PHASE: The Game – 6V6**DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min****OBJECTIVE:** To pass or dribble forward.**PLAYER ACTIONS:** Pass/dribble forward, Spread out, Create passing options and 2v1 or 1v1

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 1-3-1-1 formation.

SKILL ACQUISITION: Dribbling, Passing and Receiving.**KEY WORDS:** Connect, Dribble, Possess and Combine.

GUIDED QUESTIONS: 1. What do we need to do to create openings? 2. Why do we possess the ball? 3. When is a good time to combine?

ANSWERS: 1. Spread out - 2. To move the ball, find an opening and pass the ball to connect with a teammate forward or dribble forward - 3. When we are providing the attacker with the ball a passing option and we created a 2v1.

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. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 1. What could you do better?**