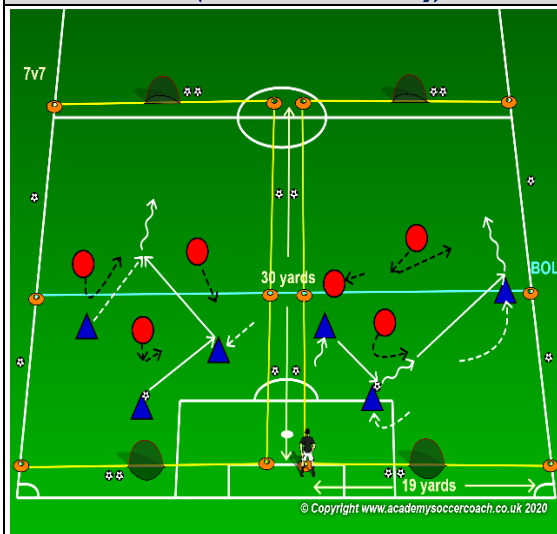


	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 2					U9-U10 7V7
	PLAYER ACTIONS	Pass/dribble forward, Spread out, Support the attack					
	KEY QUALITIES	Read the game, Take initiative, Optimal technical abilities					
	MOMENT	Attacking	DURATION	60 minutes	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: 2 min

OBJECTIVE: To dribble or pass the ball forward.

PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In our own, half set up two or more 19Wx30L 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: Passing, receiving and dribbling.

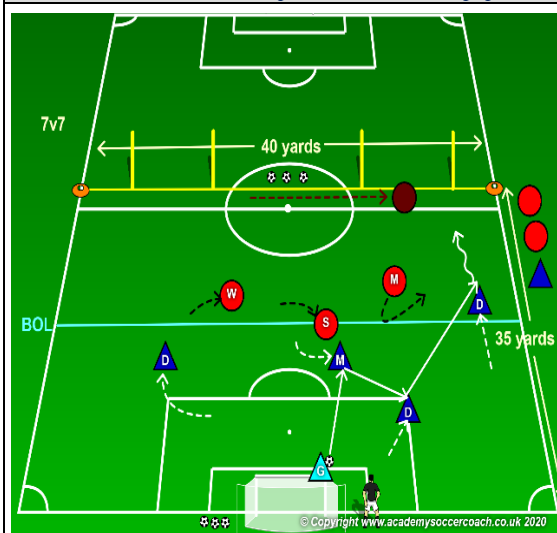
KEY WORDS: Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. What do we do to create openings? 2. How do we move the ball forward through an opening? 3. When is a good time to possess the ball? 4. Where should we be to help the player with the ball?

ANSWERS: 1. To create openings, we spread out - 2. We can pass it or dribble it forward - 3. When we can't find an opening, we will pass the ball sideways or backwards - 4. Supporting the attack to the right, to the left, back or in front of the ball.

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.

CORE ACTIVITY: 5v3 to goal & 2 dribbling gates



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: Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and two 10 yard dribbling gates. The 5 Blue players: the GK, 3 defenders and 1 midfielder against 3 Red players: 2 strikers, 1 midfielder. Blue team scores by dribbling through either gate. Red scores in the regular goal. 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. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

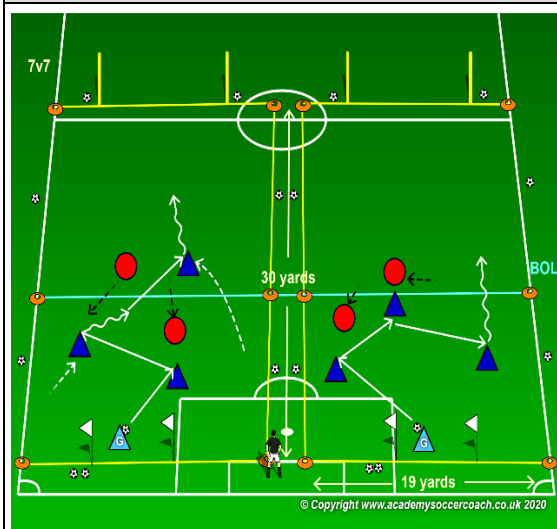
KEY WORDS: Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. How do we create an opening? 2. What can the player with the ball do to move the ball forward? 3. Where should we pass the ball to possess it?

ANSWERS: 1. We spread out - 2. Pass the ball through the opening to a teammate or dribble the ball forward - 3. We can pass sideways or backwards.

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

LESS CHALLENGING: 4v2 to goal & a dribbling gate



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: Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In our own half set up two 19Wx30L fields with a goal and a 10 yard dribbling gate. Play 4v2. The Blue team: 1 goalkeeper and 3 players. Red Team: two players. Blue scores by dribbling through the gate and Red in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

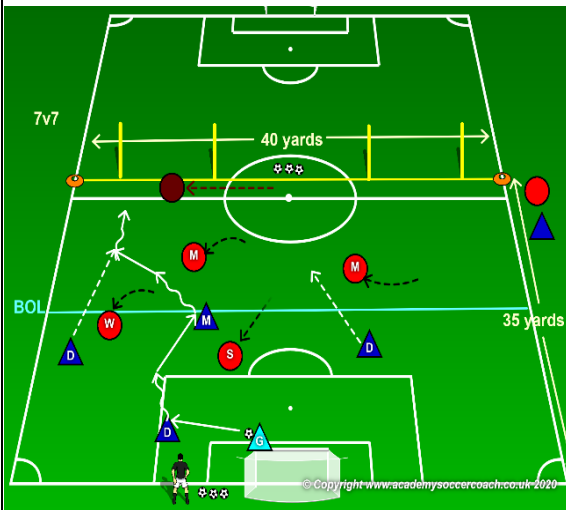
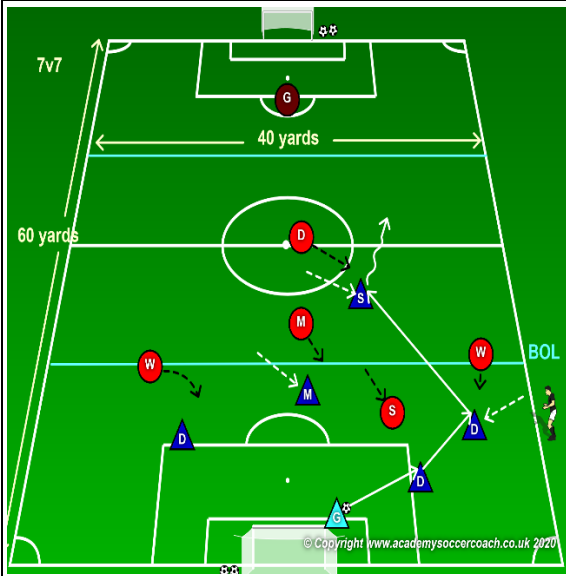
SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Wide, Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. What do you do to create openings? 2. How do we move the ball forward through an opening? 3. When is a good time to possess the ball? 4. Where should we be to help the player with the ball?

ANSWERS: 1. To create openings, we spread out - 2. We can pass it or dribble it forward - 3. When we can't find an opening, we will pass the ball sideways or backwards - 4. Supporting the attack to the right, to the left, back or in front of the ball.

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

MORE CHALLENGING: 5v4 to goal & 2 dribble gates**2nd PLAY PHASE: The Game – 6V6****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:** Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and two 10 yard dribbling gates and a gate guard. The 5 Blue players: the GK, 3 defenders and 1 midfielder against 4 Red players: 3 strikers, 1 midfielder. Blue team scores by dribbling through either gate. Red scores in the regular goal. 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. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.**KEY WORDS:** Wide, Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. How do we move forward with the ball? 2. How can we create openings? 3. What do you need to do if you do not have the ball?

ANSWERS: 1. Dribbling it or passing forward - 2. By spreading out - 3. Support the attack and create passing options.

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:** Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.

KEY WORDS: Wide, Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role?

ANSWERS: 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options.

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?**
- 3. What could you do better?**