
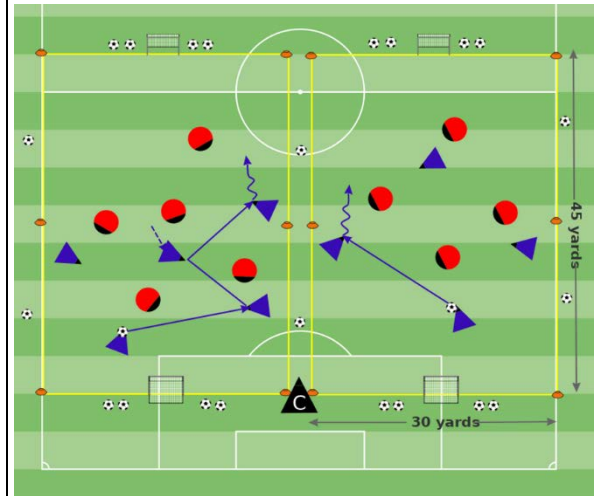


<b>AGE GROUP</b>	<b>GOAL:</b>	Improve the build up from our own half in order to move the ball into the opponent's half				
13+	<b>PLAYER ACTIONS</b>	Spread out, Pass/dribble forward, Support the attack				
	<b>KEY QUALITIES</b>	Make decisions, Be proactive, Focus, Optimal technical abilities				
11v11	<b>MOMENT</b>	Attacking	<b>DURATION</b>	60 minutes	<b>PLAYERS</b>	18 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): 5v5 – 4v4 | 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 30Wx45L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with two breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

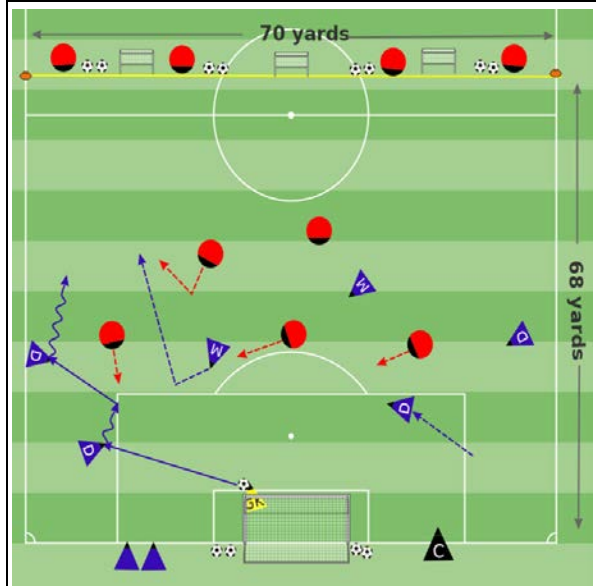
**KEY WORDS:** Opening, Connect, Take space, Help.

**GUIDED QUESTIONS:** 1. What do we need to do to create an opening or space? 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. 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): 7v5 to Goals & 3 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, Support the attack

**ORGANIZATION:** Set up a 70Wx68LL (half field) with a regular goal and three counter goals as shown on diagram. Select 6 Blue attackers, their 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.

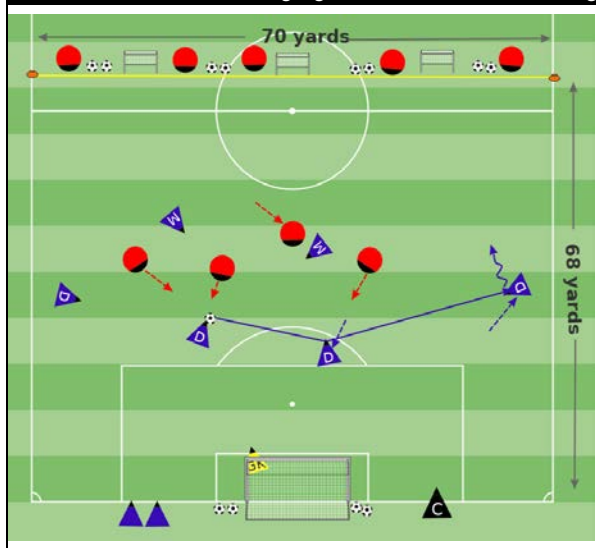
**KEY WORDS:** Opening, Connect, Take space, Help.

**GUIDED QUESTIONS:** 1. When do need to create openings? 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. As soon as we get possession of the ball we will spread out to create an opening 2. When you have an opening to pass through. 3. Support him/her by being to the right, left and in front of the ball 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): 7v4 to Goals & 3 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, Support the attack

**ORGANIZATION:** Set up a 70Wx68L (half field) with a regular goal and three counter goals as shown on the diagram. Select 6 Blue attackers, their 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.

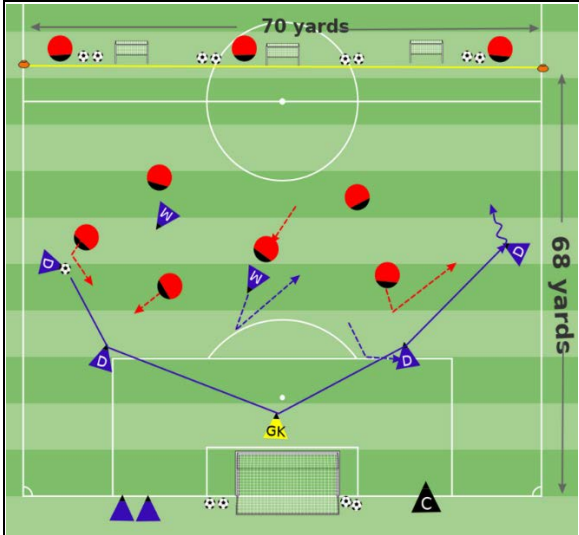
**GUIDED QUESTIONS:** 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?

**ANSWERS:** 1. By spreading out. 2. When you have an opening to pass through. 3. Support him/her by being to the right, left and in front of the ball 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): 7v6 to Goals & 3 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, Support the attack

**ORGANIZATION:** Set up a 70Wx68L (half field) with a regular goal and three counter goals as shown on the diagram. Select 6 Blue attackers a blue goalkeeper and 6 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.

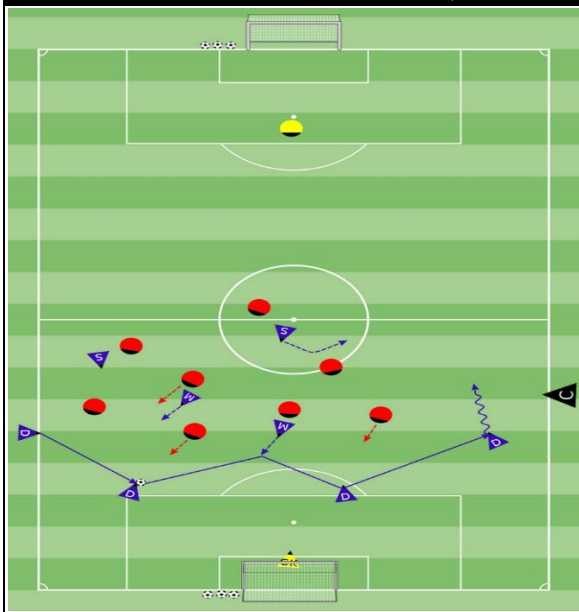
**KEY WORDS:** Opening, Connect, Take space, Help.

**GUIDED QUESTIONS:** 1. What do we do when we get possession of the ball? 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. 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.

**2<sup>nd</sup>. PLAY PHASE: The Game – 9v9 ( GK+8v8+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 70Wx120L field play 9v9. The Blue team will play in 1-4-2 formation and the Red team will play in 1-3-2-3 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?