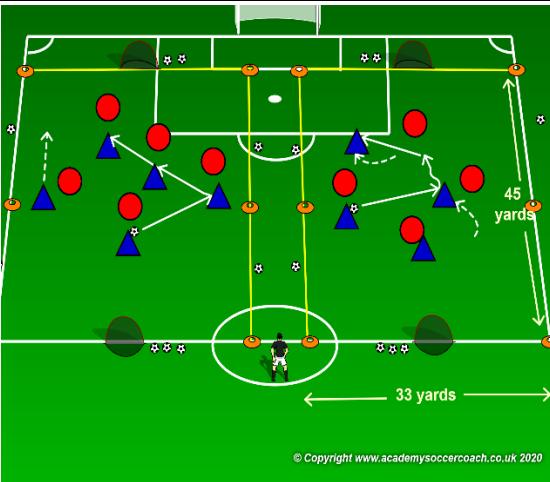




Fall 2020	<b>GOAL:</b>	Improve the build up in the opponent's half in order to create scoring chances 1				13+ 11V11	
	<b>PLAYER ACTIONS</b>	Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1					
	<b>KEY QUALITIES</b>	Read the game, Focus, Optimal technical abilities					
	<b>MOMENT</b>	<b>ATTACKING</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>	<b>18</b>	

**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 possess the ball and move it forward to create scoring chances.

**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

**ORGANIZATION:** In our own half set up two or more 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

**SKILL ACQUISITION:** Passing, receiving and dribbling.

**KEY WORDS:** Get wide, Possess, Penetrate, Combine.

**GUIDED QUESTIONS:** 1. How do we get wide? 2. How can we penetrate forward? 3. If we can't move the ball forward what should we do? 4. When is a good time to combine?

**ANSWERS:** 1. By spreading out – 2. We can pass the ball or dribble it forward – 3. Possess the ball – 4. When we have created 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: 6v7 to goals and two targets



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

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

**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

**ORGANIZATION:** In a 11v11 field, set up a 70Wx70L playing area with a regular goal and two target players. The 6 Blue players: 3 midfielders 2 wingers and 1 striker against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by passing to one of the target players. 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:** Passing, receiving and dribbling.

**KEY WORDS:** Get wide, Possess, Penetrate, Combine.

**GUIDED QUESTIONS:** 1. What do we do when we get wide? 2. When should we possess the ball? 3. What can we do to penetrate an opening with a teammate on the other side? 4. When do we penetrate an opening on the dribble? 5. Where should we be to combine with the attacker with the ball?

**ANSWERS:** 1. We spread out to create openings - 2. When we can't go forward with the ball - 3. Pass the ball forward - 4. When we have space in front or an opening between two defenders - 5. We should be creating a 2v1 and a diagonal passing lane.

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

#### LESS CHALLENGING: 4v4 to goal and a target



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

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

**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

**ORGANIZATION:** In a 11v11 field, set up two 30Wx45L fields with a goal and two dribbling gates. The 5 Blue players will try to score by dribbling through one of the two gates. The 3 Red players will score in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

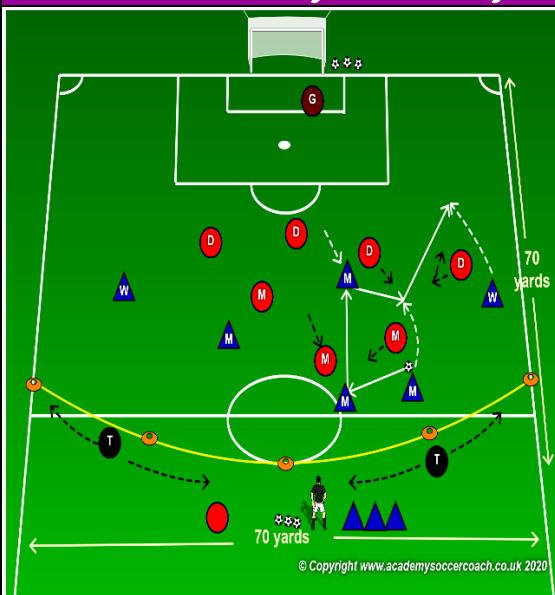
**SKILL ACQUISITION:** Passing, receiving and dribbling.

**KEY WORDS:** Get wide, Possess, Penetrate, Combine.

**GUIDED QUESTIONS:** 1. How do we get wide? 2. How can we penetrate forward? 3. If we can't move the ball forward what should we do? 4. When is a good time to combine?

**ANSWERS:** 1. By spreading out – 2. We can pass the ball or dribble it forward – 3. Possess the ball – 4. When we have created a 2v1.

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

**MORE CHALLENGING: 6v8 to goal and two targets****DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min****OBJECTIVE:** To possess the ball and move it forward to create scoring chances.**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.**ORGANIZATION:** In a 11v11 field, set up a 70Wx70L playing area with a regular goal and two target players. The 6 Blue players: 3 midfielders 2 wingers and 1 striker against 8 Red players: 1 GK, 4 defenders and 3 midfielders. Blue team scores in the regular goal. Red scores by passing to one of the target players. 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:** Passing, receiving and dribbling.**KEY WORDS:** Get wide, Possess, Penetrate, Combine.**GUIDED QUESTIONS:** 1. What do we do when we get wide? 2. When should we possess the ball? 3. What can we do to penetrate an opening with a teammate on the other side? 4. When do we penetrate an opening on the dribble? 5. Where should we be to combine with the attacker with the ball?**ANSWERS:** 1. We spread out to create openings - 2. When we can't go forward with the ball - 3. Pass the ball forward - 4. When we have space in front or an opening between two defenders - 5. We should be creating a 2v1 and a diagonal passing lane.**Note:** Switch to this activity if the Core is too easy for the players.**2nd PLAY PHASE: The Game – 9v9****DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min****OBJECTIVE:** To possess the ball and move it forward to create scoring chances.**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.**ORGANIZATION:** In a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-4-3-1 formation and the Red teams will play 1-2-3-3 formation.**SKILL ACQUISITION:** Passing, receiving and dribbling.**KEY WORDS:** Get wide, Possess, Penetrate, Combine.**GUIDED QUESTIONS:** 1. Why do we get wide? 2. What can we do when we possess the ball? 3. When is a good time to penetrate? 4. Where should we be to combine around a defender?**ANSWERS:** 1. We spread out to create openings - 2. We can move the ball until we find or create an opening - 3. When we have an opening with a teammate on the other side we pass forward; if we have a space or are in a 1v1 situation, we dribble forward - 4. Creating a 2v1 to the side of the defender creating a diagonal passing lane.**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?