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|--|----------------|--|----------|------------|---------|----|----------------|
| | GOAL: | Improve the build up in the opponent's half in order to create scoring chances 1 | | | | | U11-U12 9V9 |
| | PLAYER ACTIONS | Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1 | | | | | |
| | KEY QUALITIES | Read the game, Focus, Optimal technical abilities | | | | | |
| | MOMENT | ATTACKING | DURATION | 60 minutes | PLAYERS | 16 | |

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 and move the ball forward.

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

ORGANIZATION: In a 9v9 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, 2v2, up to 3v3. 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: 5v6 to goal - two counter goals

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



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

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

ORGANIZATION: In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and a small goal as shown. The 5 Blue players: 2 midfielders, 2 wingers and 1 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, and 2 midfielders will try to score in one of the two counter goals. 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 create 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. Where should we be to combine with the attacker with the ball?

ANSWERS: 1. By spreading out we create an opening to play through - 2. When we can't go forward with the ball - 3. Pass the ball forward - 4. 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 - a small goal

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



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

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

ORGANIZATION: In the opponent's half set up two 22Wx35L fields with a goal and a small goal. The Blue team: 4 attackers against the Red Team: GK and 3 defenders. Blue team scores in the regular goal. Red scores in the small goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.

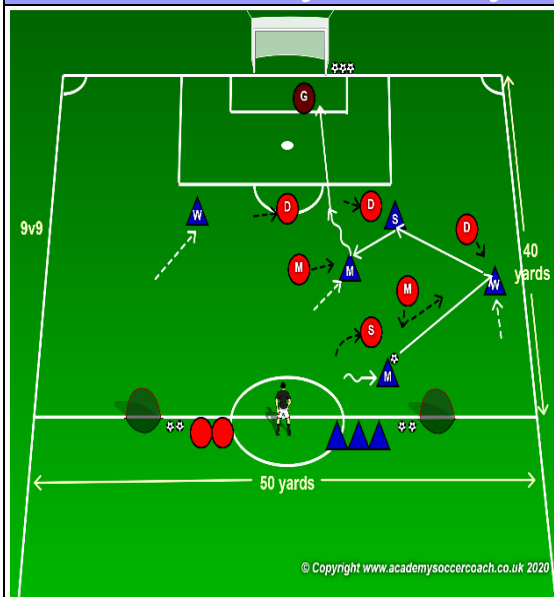
KEY WORDS: Get wide, Possess, Penetrate, Combine.

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

MORE CHALLENGING: 5v7 to goal – 2 counter goals



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

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

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

ORGANIZATION: In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and a small goal as shown. The 5 Blue players: 2 midfielders, 2 wingers and 1 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, 2 midfielders and 1 striker will try to score in one of the two counter goals. 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 create when we get wide? 2. When do we penetrate on the dribble? 3. How can we penetrate an opening with a teammate on the other side? 4. Where should we be to combine with the attacker with the ball?

ANSWERS: 1. By spreading out we create opening to play through - 2. When we have space or are in 1v1 situation - 3. By passing the ball forward - 4. 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 – 8v8



DURATION: 20 min -- **INTERVALS:** 2 -- **ACTIVITY:** 8 min -- **REST:** 2 min

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

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

ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue team will play in a 1-2-4-1 formation and the Red team will play in a 1-3-2-2 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?**