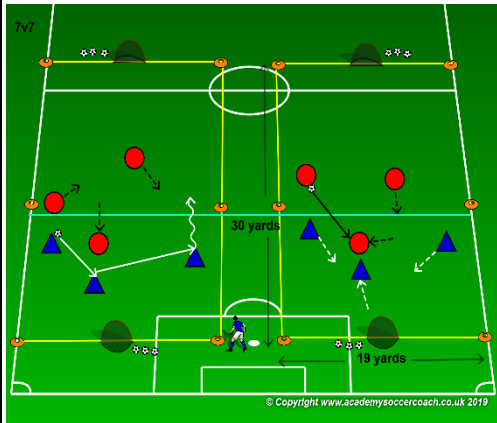




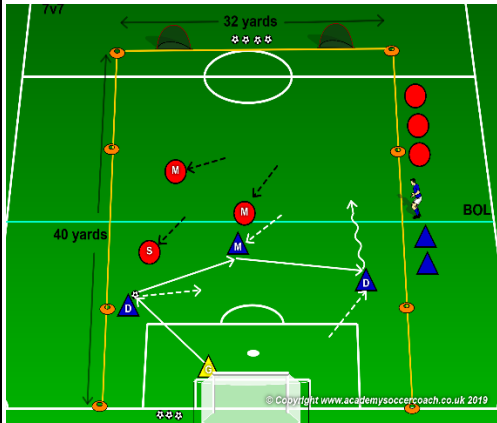
<b>GOAL:</b>	Improve the build up from our own half in order to move the ball into the opponent's half - 1			<b>AGE GROUP</b>  9U-10U		
<b>PLAYER ACTIONS</b>	Pass or dribble forward, Spread out and Create passing options					
<b>KEY QUALITIES</b>	Read the game, Take initiative, Demonstrate Focus					
<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>12</b>	<b>7v7</b>

**1st PLAY PHASE (Intentional Free Play): 3v3 to Goal**      **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** Get the ball into the opponent's half.  
**PLAYER ACTIONS:** Pass or dribble forward and Create passing options.  
**ORGANIZATION:** In a 7v7 field set up two 20Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.  
**KEY WORDS:** Pass, Dribble and Help.  
**GUIDED QUESTIONS:** 1. What can you do if you have the ball in front of an opening? 2. Where do we help the player with the ball?  
**ANSWERS:** 1. Dribble or Pass the ball forward - 2. To create a passing option by being in front, to the sides and behind the ball.  
**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.

**PRACTICE (Core Activity): 4v3 to Goal & 2 Small Goals**      **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



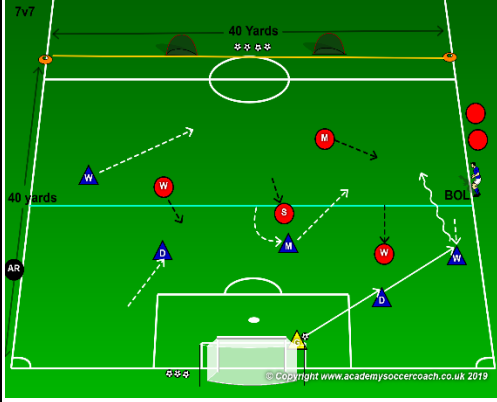
**OBJECTIVE:** To create and find an opening to get the ball into the opponent's half.  
**PLAYER ACTIONS:** Pass or dribble forward, Spread out and Support the attack.  
**ORGANIZATION:** In a 7v7 field set up a 32Wx40L field with a regular goal and two small goals. Play 4v3. The Blue team scores in one of the two small goals. The Red team scores in the regular goal. Play with the build out line. Rotate players every round.  
**KEY WORDS:** Pass, Dribble and Get wide, Help.  
**GUIDED QUESTIONS:** 1. How do we move the ball up and around the field? 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, backwards or sideways - 2. By spreading out - 3. Support the attack and create passing options.  
**Note:** Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

**PRACTICE (Less Challenging): 3v2 to Goal & End Zone**      **DURATION: 20 min --- INTERVALS: 5 --- ACTIVITY: 3 min --- REST: 1 min**



**OBJECTIVE:** To create and find an opening to get the ball into the opponent's half.  
**PLAYER ACTIONS:** Pass or dribble forward, Spread out and Create passing options.  
**ORGANIZATION:** In a 7v7 field set up a 32Wx40L field with a regular goal and two small goals. Play 4v2. The Blue team scores in one of the two small goals. The Red team scores in the regular goal. Play with the build out line. Rotate players every round.  
**KEY WORDS:** Pass, Dribble, Get wide and Help.  
**GUIDED QUESTIONS:** 1. How can you create or find an opening? 2. Where can you go to help your teammate with the ball? 3. Why do you go there?  
**ANSWERS:** 1. By dribbling or passing the ball - 2. Spread out - 3. To create passing options.  
**Note:** Switch to this activity if the Core is too difficult for the players.

**PRACTICE (More Challenging): 6v6 to Goal**      **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



**OBJECTIVE:** To create and find an opening to get the ball into the opponent's half.  
**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Create passing options and Support the attack.  
**ORGANIZATION:** In a 7v7 field set up a 32Wx40L field with a regular goal and two small goals. Play 6v4. The Blue team scores in one of the two small goals. The Red team scores in the regular goal. Play with the build out line. Rotate players every round.  
**KEY WORDS:** Pass, Dribble, Get wide, and Help.  
**GUIDED QUESTIONS:** 1. How do we move the ball up and around the field? 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, backwards or sideways - 2. By spreading out - 3. Support the attack and create passing options.  
**Note:** Switch to this activity if the Core is too easy for the players.



**OBJECTIVE:** To create and find an opening to get the ball into the opponent's half.

**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Create passing options and Support the attack.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-2-3 formation and the Red team will play in a 1-1-3-1 formation.

**KEY WORDS:** Pass, Dribble, Get wide, and Help.

**GUIDED QUESTIONS:** 1. How can you get the ball through 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 a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

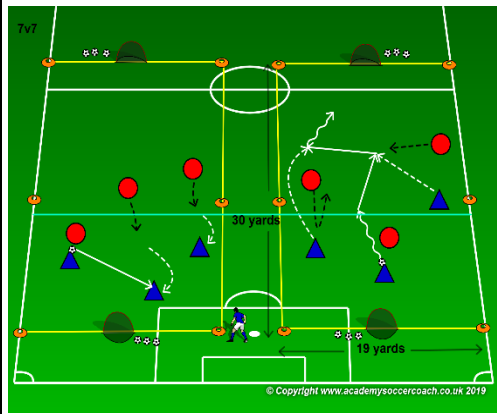
3. What could you do better?



<b>GOAL:</b>	Improve the build up from our own half in order to move the ball into the opponent's half - 2				<b>AGE GROUP</b>  <b>9U-10U</b>
<b>PLAYER ACTIONS</b>	Pass or dribble forward, Spread out and Create passing options				
<b>KEY QUALITIES</b>	Read the game, Demonstrate Focus, Optimal technical abilities				
<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>12</b>

<b>AGE GROUP</b>	<b>9U-10U</b>
<b>7v7</b>	

**1st PLAY PHASE (Intentional Free Play): 3v3 to Goal**      **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** Build up from our own half to get into the opponent's half.

**PLAYER ACTIONS:** Pass or dribble forward and Support the attack.

**ORGANIZATION:** In a 7v7 field set up two 20Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

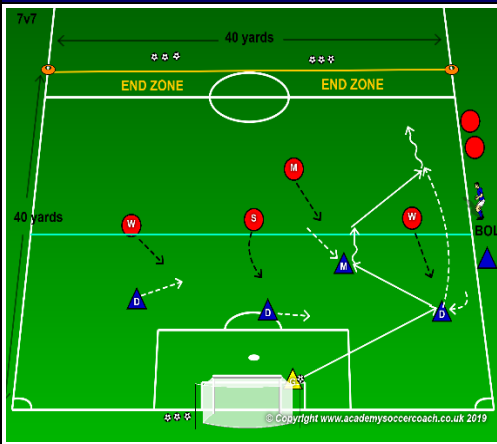
**KEY WORDS:** Pass, Dribble and Help/Support.

**GUIDED QUESTIONS:** 1. What do you do when you see an opening? 2. Why do you provide help in front, to the sides and behind the ball?

**ANSWERS:** 1. Dribble or Pass forward - 2. To create a passing option.

**Note:** First break, the coach ask 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.

**PRACTICE (Core Activity): 5v4 to Goal and End Zone**      **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



**OBJECTIVE:** Move the ball and the team into the opponent's half.

**PLAYER ACTIONS:** Pass or dribble forward, Spread out and Create passing options.

**ORGANIZATION:** In a 7v7 field set up a 40Wx40L field with a regular goal and an end zone. The Blue attackers score by getting the ball in the end zone and connecting 3 passes. The Red team scores in the regular goal. Play with the build out line. Rotate players every round.

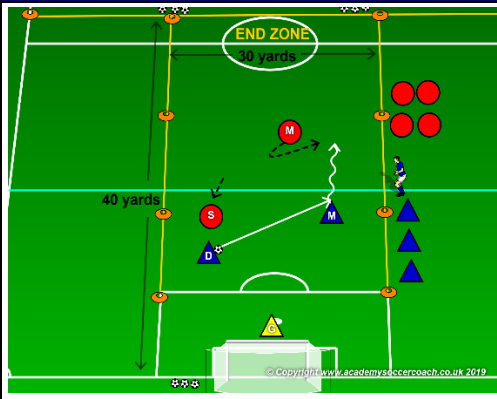
**KEY WORDS:** Pass, Connect, Dribble, Get open and Help/Support.

**GUIDED QUESTIONS:** 1. What do you do when the openings are closed? 2. What should you do to create an opening? 3. Why do you want to be in front, to the side or behind the player with the ball?

**ANSWERS:** 1. Dribble or pass the ball to move the defenders - 2. Spread out - 3. To create passing options.

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

**PRACTICE (Less Challenging): 3v2 to Goal & End Zone**      **DURATION: 20 min --- INTERVALS: 5 --- ACTIVITY: 3 min --- REST: 1 min**



**OBJECTIVE:** Move the ball and the team into the opponent's half.

**PLAYER ACTIONS:** Pass or dribble forward, Spread out and Create passing options.

**ORGANIZATION:** In a 7v7 field set up a 30Wx40L field with a regular goal and an end zone. The Blue attackers score by dribbling or passing into the end zone. The Red team scores in the regular goal. Play with the build out line. Rotate players every round.

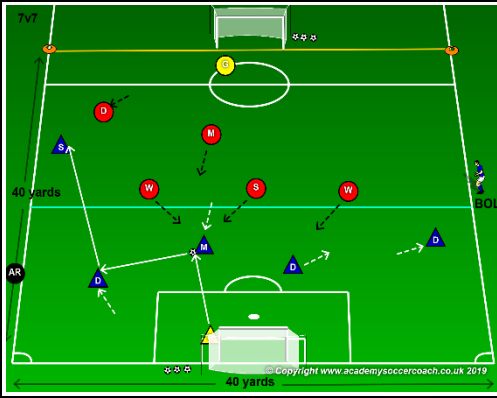
**KEY WORDS:** Pass, Connect, Dribble and Get open.

**GUIDED QUESTIONS:** 1. How can you move the ball forward? 2. Where can you go to help your teammate with the ball? 3. Why do you go there?

**ANSWERS:** 1. By dribbling or passing it through or around the defenders - 2. Spread out - 3. To create passing options.

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

**PRACTICE (More Challenging): 6v6 to Goal**      **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



**OBJECTIVE:** Move the ball and the team into the opponent's half.

**PLAYER ACTIONS:** Pass or dribble forward, Create passing options and Create 2v1 or 1v1.

**ORGANIZATION:** In a 7v7 field set up a 40Wx40L field with a regular goal at each end. Play 6v6. The Blue and Red teams score in the opponent's goal. Play with a build out line. All Laws of the game are in effect.

**KEY WORDS:** Pass, Connect, Dribble, Get open and Help/Support.

**GUIDED QUESTIONS:** 1. What will you do if the way forward is blocked by defenders? 2. How can we get around their defense? 3. What should you do if you are close to your teammate with the ball?

**ANSWERS:** 1. We will spread out - 2. Create a 2v1 or 1v1 - 3. Create passing options.

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



**OBJECTIVE:** Build up from our own half to get into the opponent's half.

**PLAYER ACTIONS:** Pass or dribble forward, Spread out and Create Passing options.

**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:** Pass, Connect, Dribble, Get open and Help/Support.

**GUIDED QUESTIONS:** 1. What tells your team that you can build up? 2. Where should we go if defenders are blocking the way forward? 3. How do we get around the defense?

**ANSWERS:** 1. There is space to pass or dribble the ball forward - 2. We need to get wide to spread out and create openings - 3. Create passing options or a 1v1/2v1.

**Note:** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (Is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

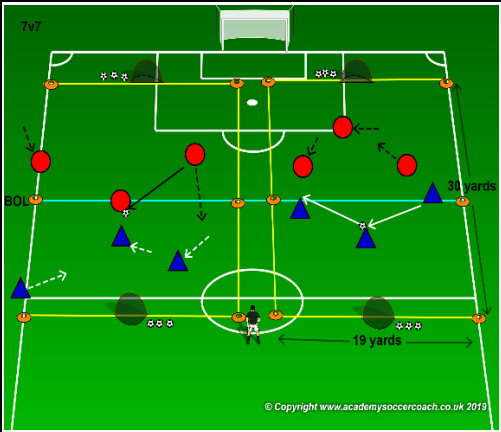
3. What could you do better?



<b>GOAL:</b>	Improve the build up in the opponent's half in order to create scoring chances - 1
<b>PLAYER ACTIONS</b>	Pass or dribble forward, Spread out, Create passing options, Support the attack
<b>KEY QUALITIES</b>	Read the game, Demonstrate Focus, Optimal technical abilities
<b>MOMENT</b>	<b>Attacking</b>

<b>AGE GROUP</b>	9U-10U
	7v7

**1st PLAY PHASE (Intentional Free Play): 3v3 to Goal** | DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min



**OBJECTIVE:** To pass or dribble forward to find or create openings.

**PLAYER ACTIONS:** Pass or dribble forward and Support the attack.

**ORGANIZATION:** In a 7v7 field set up two 19Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

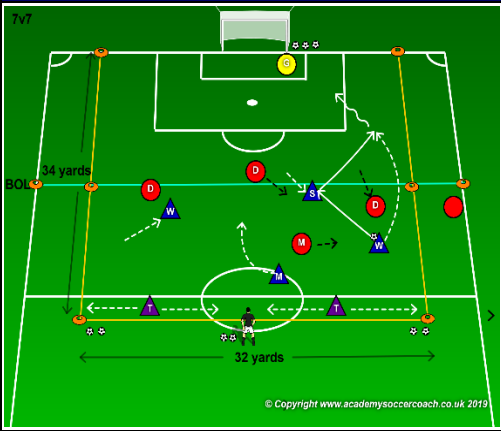
**KEY WORDS:** Dribble, Pass and Help to connect.

**GUIDED QUESTIONS:** 1. What should you do when confronted by an opponent with no defenders behind? 2. Where can we support the player with the ball? 3. Why do we pass forward?

**ANSWERS:** 1. You are in a 1v1 so Dribble the defender - 2. Behind, to the sides, or in front making a diagonal passing lane - 3. To connect through an opening with a teammate.

**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.

**PRACTICE (Core Activity): 4v5 to Goal and Targets** | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



**OBJECTIVE:** To pass and dribble the ball to find and create openings in order to create scoring chances.

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

**ORGANIZATION:** In a 7v7 field set up a 32Wx34L field with a regular goal and two target players as shown. The 4 Blue attackers score in the regular goal, Red team scores by passing to a target player in the zone. Play with the build out line. Rotate players every round.

**KEY WORDS:** Opening, Pass, Dribble, Get open and Help to combine.

**GUIDED QUESTIONS:** 1. How can we create openings between defenders? 2. What do we do if we find an opening? 3. Why do we stand away and to the side of the defender creating a diagonal passing lane?

**ANSWERS:** 1. By spreading out - 2. Pass forward, through or around the defensive lines or we can dribble forward - 3. To support the attack and create a 2v1.

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

**PRACTICE (Less Challenging): 4v4 to Goal & Targets** | DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min



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

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

**ORGANIZATION:** In a 7v7 field set up a 32Wx34L field with a regular goal and two target players as shown. The 4 Blue attackers score in the regular goal, Red team scores by passing to a target player in the zone. Play with a build out line. Rotate players every round.

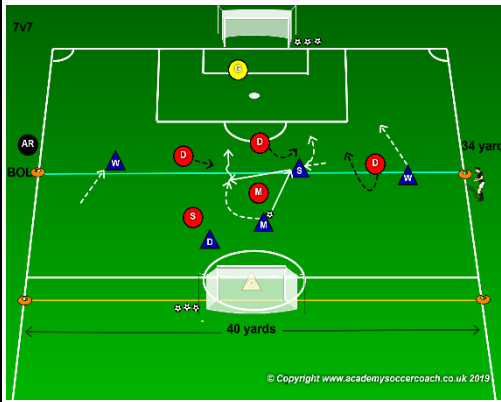
**KEY WORDS:** Possess, Pass, Dribble, and Help to combine.

**GUIDED QUESTIONS:** 1. What can we do if we can't go forward with the ball? 2. When do we pass or dribble forward? 3. What do we need to do to help the player with the ball?

**ANSWERS:** 1. Possess it and pass it sideways or backwards - 2. Pass forward to connect with a teammate through an opening. Dribble forward when you have space or only one opponent in front to beat - 3. Support by creating a 2v1.

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

**PRACTICE (More Challenging): 6v6 to Goal** | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



**OBJECTIVE:** To pass and dribble the ball to find and create openings in order to create scoring chances.

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

**ORGANIZATION:** In a 7v7 field set up a 40W x 34L field with regular goals at each end. Play 6v6. The Blue and Red score in the opponent's goal. Play with a build out line. All Laws of the game are in effect.

**KEY WORDS:** Opening, Pass, Dribble, Get open and Help to combine.

**GUIDED QUESTIONS:** 1. What can we do to create an opening? 2. When is a good time to split the defenders with a forward pass? 3. Why should we outnumber the defenders?

**ANSWERS:** 1. Spread out - 2. When we have an opening between two defenders and have a teammate behind them - 3. To create a 2v1 and combine around the defender.

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





**OBJECTIVE:** To pass and dribble the ball to find and create openings in order to create scoring chances.

**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 1-1-3-1 formation and the Red team will play in a 1-3-1-1 formation.

**KEY WORDS:** Opening, Pass, Dribble, Get open and Help to combine.

**GUIDED QUESTIONS:** 1. What do we do if we can't go forward with the ball? 2. Why do we need to get wide? 3. Where do we need to support in order create a chance to combine.

**ANSWERS:** 1. We move the ball until we find an opening to go forward - 2. We spread out to create an opening - 3. Support by standing away and 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 a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (Is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

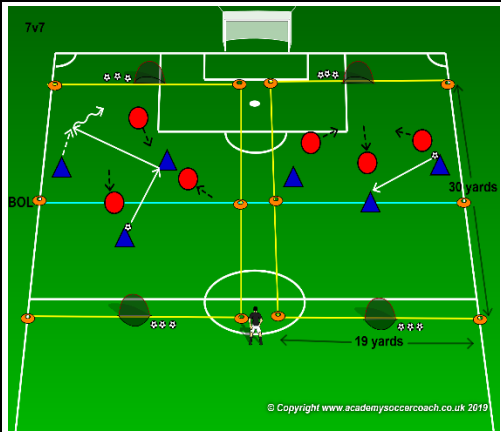
3. What could you do better?



<b>GOAL:</b>	Improve the build up in the opponent's half in order to create scoring chances - 2				<b>AGE GROUP</b>
<b>PLAYER ACTIONS</b>	Pass or dribble forward, Spread out, Create passing options, Create a 2v1 or 1v1				<b>9U-10U</b>
<b>KEY QUALITIES</b>	Read the game, Take initiative, Optimal technical abilities				
<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>12</b>

<b>AGE GROUP</b>	<b>9U-10U</b>
	<b>7v7</b>

**1st PLAY PHASE (Intentional Free Play): 3v3 to Goal** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



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

**PLAYER ACTIONS:** Pass or dribble forward and Create Passing options.

**ORGANIZATION:** In a 7v7 field set up two 19Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

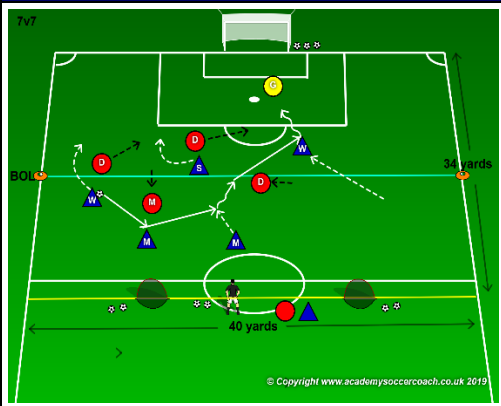
**KEY WORDS:** Pass, Dribble and Possess.

**GUIDED QUESTIONS:** 1. Where do you need to move the ball to and possess it? 2. When should you pass forward? 3. What do you need to do to be a passing option?

**ANSWERS:** 1. To the opponent's half - 2. When can strike the ball through an opening to a teammate - 3 Be behind, to the sides, or in front making a diagonal passing lane.

**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.

**PRACTICE (Core Activity): 5v5 to Goal & Small Goals** | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



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

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

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx34L field with a regular goal and two small goals as shown. The 5 Blue attackers score in the regular goal, Red team scores in either counter goal. Play with the build out line. Rotate players every round.

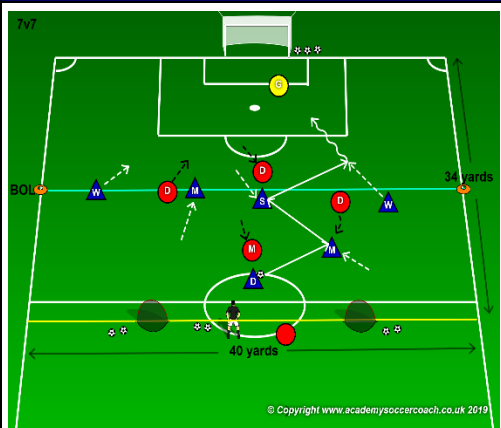
**KEY WORDS:** Opening, Pass, Dribble, Get wide and Combine.

**GUIDED QUESTIONS:** 1. What should we do when we get the ball to create openings? 2. How can we move the ball forward? 3. When is a good time to combine?

**ANSWERS:** 1. Spread out - 2. Passing it forward, through an opening or dribble it forward - 3. When we become a passing option creating a 2v1.

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

**PRACTICE (Less Challenging): 6v5 to Goal & 2 Goals** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



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

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

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx34L field with a regular goal and two small goals as shown. The 6 Blue attackers score in the regular goal, Red team scores in either counter goal. Play with the build out line. Rotate players every round.

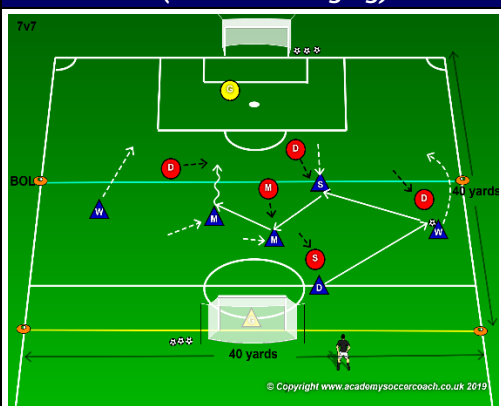
**KEY WORDS:** Pass, Dribble, and Combine.

**GUIDED QUESTIONS:** 1. What should you do if you are in a 1v1 situation? 2. When do we pass forward? 3. What do we need to do to help the player with the ball?

**ANSWERS:** 1. Dribble the opponents - 2. Pass forward to connect with a teammate through an opening. - 3. Become a passing option by being behind, to the sides, or in front making a diagonal passing lane.

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

**PRACTICE (More Challenging): 6v6 to Goal** | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



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

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

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx34L field with a regular goal and two small goals as shown. The 5 Blue attackers score in the regular goal, Red team scores in either counter goal. Play with the build out line. Rotate players every round.

**KEY WORDS:** Possess, Pass, Dribble, Get wide, and Combine.

**GUIDED QUESTIONS:** 1. What should we do to move the defenders? 2. When do we possess the ball? 3. When is a good time to combine?

**ANSWERS:** 1. Spread out and move the ball - 2. When we do not have an opening, so we pass the ball backward or sideways - 3. When we become a passing option creating a 2v1.

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



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

**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 1-1-3-1 formation and the Red team will play in a 1-3-1-1 formation.

**KEY WORDS:** Possess, Pass, Dribble, Get open and Combine.

**GUIDED QUESTIONS:** 1. What can you do to find or create an opening? 2. Why do we need to get wide? 3. Where do we need to be to create an option to pass or combine?

**ANSWERS:** 1. Move the ball to possess it until we find an opening to go forward - 2. We spread out to create an opening - 3. Behind, to the sides, or in front making a diagonal passing lane.

**Note:** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

### Five Elements of a Training Activity

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2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (Is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?





<b>GOAL:</b>	Improve scoring goals - 1				<b>AGE GROUP</b>
<b>PLAYER ACTIONS</b>	Shoot, Pass or Dribble forward, Create a 2v1 or 1v1				<b>9U-10U</b>
<b>KEY QUALITIES</b>	Make decisions, Take initiative, Optimal technical abilities				
<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>12</b>

<b>AGE GROUP</b>	<b>9U-10U</b>
	<b>7v7</b>

**1st PLAY PHASE (Intentional Free Play): 3v3 to Goal** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To create scoring chances to score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward.

**ORGANIZATION:** In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

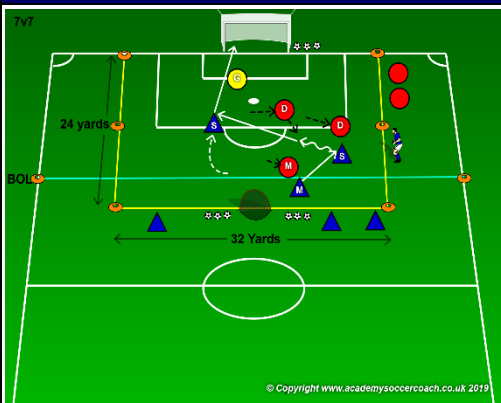
**KEY WORDS:** Shoot, Pass, Dribble, and Help.

**GUIDED QUESTIONS:** 1. What should we do if we have an opening to goal? 2. How can we move the defenders to create an opening to goal? 3. When confronted by one defender what should we do?

**ANSWERS:** 1. Shoot - 2. Pass the ball - 3. Dribble past the defender.

**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.

**PRACTICE (Core Activity): 3v4 to Goal & a Small Goal** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To create scoring chances to score goals.

**PLAYER ACTIONS:** Shoot, Pass or dribble forward, Create a 2v1 or 1v1.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 32Wx24L field with a regular goal and one small goal as shown. The 3 Blue attackers score in the regular goal, Red team scores in the small goal. Play with the build out line. Rotate players every round.

**KEY WORDS:** Shoot, Pass, Dribble, and Help.

**GUIDED QUESTIONS:** 1. What should we do if we have an opening to goal? 2. If the defenders block the way to goal, how can you create or find an opening? 3. When is a good time to help and combine?

**ANSWERS:** 1. Shoot - 2. Passing the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1.

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

**PRACTICE (Less Challenging): 4v4 to Goal & Small Goal** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To create scoring chances to score goals.

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

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 32Wx24L field with a regular goal and one small goal as shown. The 4 Blue attackers score in the regular goal, Red team scores in the small goal. Play with the build out line. Rotate players every round.

**KEY WORDS:** Shoot, Pass, Dribble, and Help.

**GUIDED QUESTIONS:** 1. What should we do if we have an opening to goal? 2. How can we move the defenders to create an opening to goal? 3. When confronted by one defender what should we do? 4. How can we help the player with the ball?

**ANSWERS:** 1. Shoot - 2. Pass the ball - 3. Dribble past the defender - 4. Become a passing option,

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

**PRACTICE (More Challenging): 3v5 to Goal & Small Goal** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To create scoring chances to score goals.

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

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 32Wx24L field with a regular goal and one small goal as shown. The 3 Blue attackers score in the regular goal, Red team scores in the small goal. Play with the build out line. Rotate players every round.

**KEY WORDS:** Shoot, Pass, Dribble, and Help.

**GUIDED QUESTIONS:** 1. What should we do if we have an opening to goal? 2. If the defenders block the way to goal, how can you create or find an opening? 3. When is a good time to help and combine?

**ANSWERS:** 1. Shoot - 2. Pass the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1.

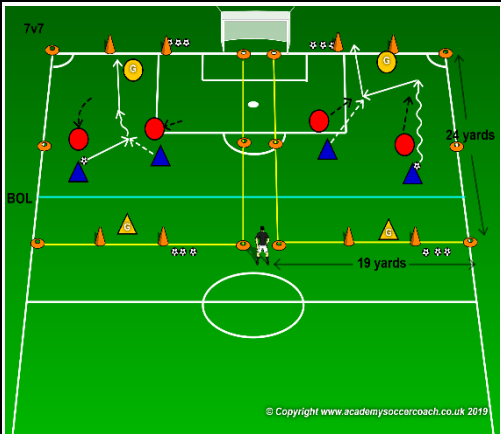
**Note:** Switch to this activity if the Core is too easy for the players.



<b>GOAL:</b>	Improve Scoring Goals - 2				<b>AGE GROUP</b>
<b>PLAYER ACTIONS</b>	Shoot, Pass or Dribble forward, Create passing option, Create a 2v1 or 1v1				<b>9U-10U</b>
<b>KEY QUALITIES</b>	Read the game, Be proactive, Optimal technical abilities				
<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>12</b>

<b>AGE GROUP</b>	<b>9U-10U</b>
	<b>7v7</b>

**1st PLAY PHASE (Intentional Free Play): 3v3 to Goal** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward.

**ORGANIZATION:** In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

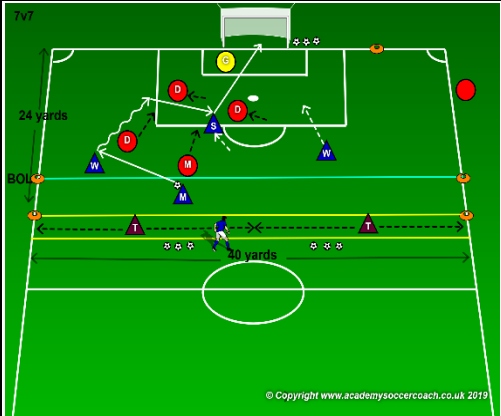
**KEY WORDS:** Shoot, Pass, and Dribble.

**GUIDED QUESTIONS:** 1. When should we shoot? 2. What do we do if confronted by one defender? 3. How can we create or find an opening?

**ANSWERS:** 1. As soon as you created or found an opening - 2. If you are in 1v1, dribble the defender - 3. We pass the ball to move the defenders to create or find an opening.

**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.

**PRACTICE (Core Activity): 4v5 to Goal & Targets** | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward, Create a passing option and Create a 2v1 or 1v1.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx24L field with a regular goal and two target players inside a two-yard zone. The 4 Blue attackers score in the regular goal, Red team scores by passing to either target player. Target player with the ball passes to the Blue team to restart it.. Play with the build out line. Rotate players every round.

**KEY WORDS:** Shoot, Pass, Dribble, and Combine.

**GUIDED QUESTIONS:** 1. If we have the ball and an opening to goal what should we do? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine?

**ANSWERS:** 1. Shoot - 2. When we have an opening and he/she is in a scoring position - 3. Create passing options.

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

**PRACTICE (Less Challenging): 4v4 to Goal & Targets** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward, Create a passing option and Create a 2v1 or 1v1.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx34L field with a regular goal and two small goals as shown. The 6 Blue attackers score in the regular goal, Red team scores in either counter goal. Play with the build out line. Rotate players every round.

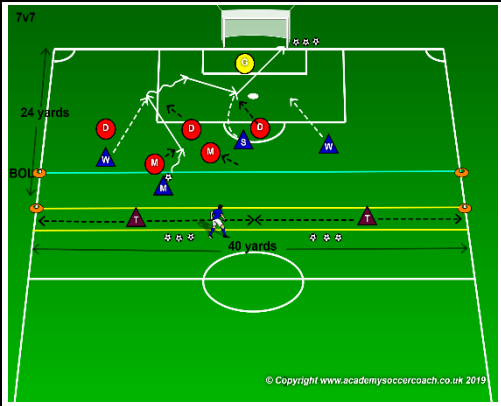
**KEY WORDS:** Shoot, Pass, and Dribble.

**GUIDED QUESTIONS:** 1. When should we shoot? 2. What do we do if confronted by one defender? 3. How can we create or find an opening?

**ANSWERS:** 1. As soon as you created or found an opening - 2. If you are in a 1v1, dribble the defender - 3. We pass the ball moving the defenders to create or find an opening.

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

**PRACTICE (More Challenging): 4v6 to Goal** | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward, Create a passing option.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx24L field with a regular goal and two target players inside a two-yard zone. The 4 Blue attackers score in the regular goal, Red team scores by passing to either target player. Target player with the ball passes to the Blue team to restart it.. Play with the build out line. Rotate players every round.

**KEY WORDS:** Shoot, Pass, Dribble, and Combine.

**GUIDED QUESTIONS:** 1. If we have the ball and an opening to goal what should we do? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine?

**ANSWERS:** 1. Shoot - 2. When we have an opening and he/she is in a scoring position - 3. Create passing options.

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



**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward, Create a passing option.

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

**KEY WORDS:** Shoot, Pass, Dribble, and Combine.

**GUIDED QUESTIONS:** 1. If we have the ball and an opening to goal what should we do? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine?

**ANSWERS:** 1. Shoot - 2. When we have an opening and he/she is in a scoring position - 3. Create passing options

**Note:** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (Is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?