

7v7 Attacking- Improve Building Up in Opponents Half (B)

GOAL: Improve building-up in opponent's half in order to create chances

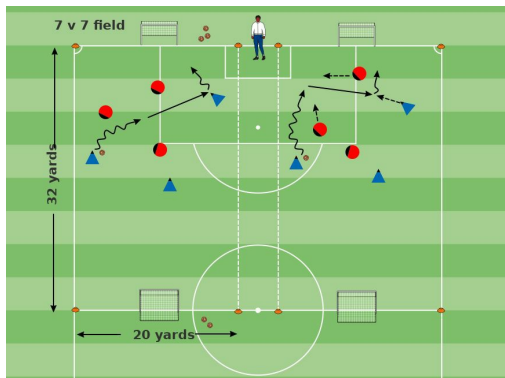
PLAYER ACTIONS: Pass/dribble, Pass options, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U9-U10 / 7v7 / 12 players

MOMENT: Attacking

DURATION: 90 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward and score goals

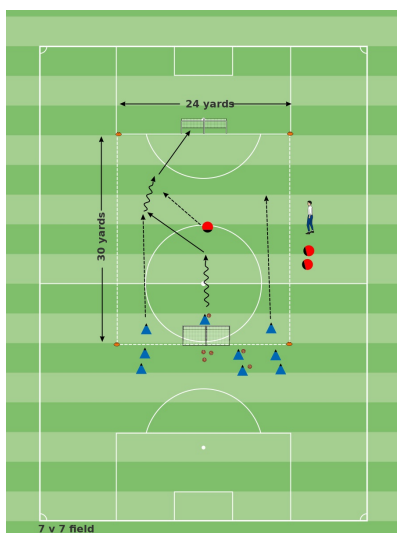
ORGANIZATION: Mark out two 32 x 20 yard fields, each with two mini goals. Teams play 3 v 3. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Pass, dribble, take opponents on

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 3 v 1 on Double-Wide Goals

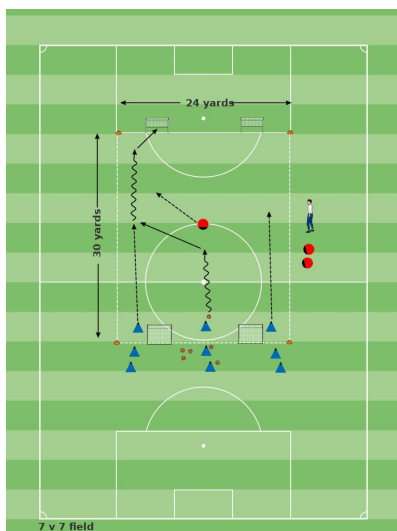
OBJECTIVE: To move the ball forward and score goals

ORGANIZATION: Mark out a 30 x 24 yard field. Place two youth goals side by side on each endline to create a double-wide goal. Choose nine attackers and three defenders and position them as shown. Teams play 3 v 1. The defender tries to win the ball and counterattack. Rotate attackers and defenders after each round. Play for 30 minutes with KEY WORDS: Use space, keep hips open, pass, dribble

GUIDED QUESTIONS: 1) Which player should start out with the ball, and why? 2) What should the middle player do, dribble or pass? 3) What should the wing players do?

ANSWERS: 1) Start out with the ball in the middle. The middle player has two passing options (left and right). The wing players have just one. 2) Dribble straight toward the defender's front foot, then pass off to a wing player. 3) Spread out and create passing options by opening up wide to not let the defender mark them too closely.

NOTES: Start here at the Core Activity. Spend a total of 30 minutes in Practice Phase.



PRACTICE (Less Challenging): 3 v 1 Four Goal Game

OBJECTIVE: To move the ball forward and score goals

ORGANIZATION: Same as Core Activity, except there are two separate mini goals on each endline. Be sure to rotate players.

KEY WORDS: Use space, keep hips open, pass, dribble

GUIDED QUESTIONS: 1) Which player should start out with the ball, and why? 2) What should the middle player do, dribble or pass? 3) What should the wing players do?

ANSWERS: 1) Start out with the ball in the middle. The middle player has two passing options (left and right). The wing players have just one. 2) Dribble straight toward the defender's front foot, then pass off to a wing player. 3) Spread out and create passing options by opening up wide to not let the defender mark them too closely.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

7v7 Attacking- Improve Building Up in Opponents Half (B)

GOAL: Improve building-up in opponent's half in order to create chances

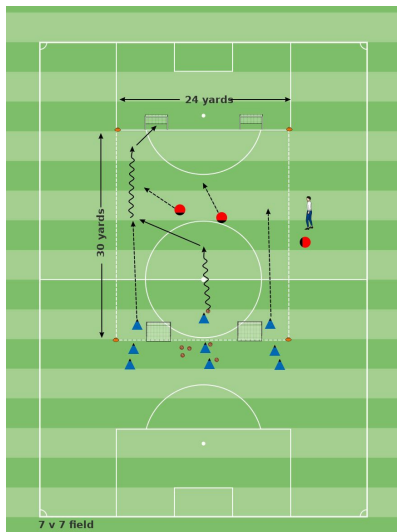
PLAYER ACTIONS: Pass/dribble, Pass options, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U9-U10 / 7v7 / 12 players

MOMENT: Attacking

DURATION: 90 min



PRACTICE (More Challenging): 3 v 2 Four Goal Game

OBJECTIVE: To move the ball forward and score goals

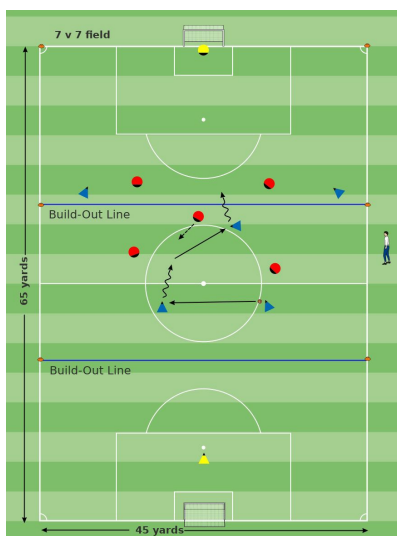
ORGANIZATION: Same as Core Activity, except players play 3 v 2 on two goals each.

KEY WORDS: Use space, keep hips open, pass, dribble

GUIDED QUESTIONS: 1) Which player should start out with the ball, and why? 2) What should the middle player do, dribble or pass? 3) What happens if the middle attacker dribbles to a defender on one side? 4) What should the wing players do?

ANSWERS: 1) Start out with the ball in the middle for more passing options. 2) Dribble straight toward the defender's front foot or between both to draw them in and then pass off to a wing player. 3) He/she can create a 2v1. 4) Spread out and create passing options by opening up wide to not let the defender mark them too closely.

NOTES: Start with the Core Activity and decide whether the level of challenge



2ND PLAY PHASE: The Game

OBJECTIVE: To move the ball forward, create chances and score goals.

ORGANIZATION: Mark out a regular 7 v 7 field to be 65 X 45 yards with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS: Pass, dribble, take opponents on, use space, keep hips open

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening? 4) How do you create a 2 v 1 situation?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it. 3) Spread out and create passing options by opening up wide to not let the defender mark them too closely. 4) Dribble straight toward the defender, then pass off to a teammate.

NOTES:

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 session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?