



## US SOCCER - Elements of a training session / activity

### Organized

**Training Session and Activity Objectives:** Age/Developmentally appropriate based on the needs of the players and team.

**Field Set Up:** Optimal use of available space & preparation of field (cones, balls, bibs etc.)

**Safe Learning Environment:** Check of surroundings to ensure player safety (field, equipment, players, etc.)

**Activity Description:**

- Clear roles and expectations for all players.
- Number of players, size and shape of the field, ways of scoring, work duration, recovery duration, repetition/sets, activity duration, rules.

**Positioning of Team & Players:**

- Organization and setup of the team(s) enable the replication of the game moment or identified game situation.
  - o Players play in realistic positions.

**Player management:** Efficient rotation of players throughout each activity.

**Transition:** Efficient transition between different organizations / activities

### Repetition

**Amount:**

- A repeated number of player actions within the moment or identified game situation to allow for learning and self discovery.
- Player decision-making opportunities are occurring frequently throughout the session/activity.

### Challenging

**Demand:**

- Physical and cognitive demand for the players linked to training session and activity objectives, aligned with weekly plan.
- Appropriate level of complexity applied to the activity:
  - o **Ratio** - The optimal number of successful/unsuccessful player actions in the moment or identified situation are occurring.
  - o **Complexity**
    - Manage the complexity by decreasing or increasing the challenge level within the activities in the training session.
    - Adjust the opponent's behavior to create an appropriate challenge.

## Coaching

**Observation Position:** Position allows for effective observation and possible coaching intervention(s).

**Coaching Interactions:** Appropriate methods to improve decision-making, helping players to recognize the moment or identified situation and possible solution, and execution.

**Timing:** Facilitation of the planned and specific interventions to create a higher level of awareness of moment or identified situation.

**Length:** Appropriate amount of time spent within the interaction.

**Content:** Specific and concise information given to the player(s) to improve their actions and behaviors based on the training session plan and activity objectives.

- The training environment is safe for players.
- Players are clear on what is expected in each activity of the training session.
- The players are positively supported/challenged in the learning process towards the desired behavior and actions.
- The players are given feedback specific to their role in the session/activity and provides insight into their overall development.

## Learning Activities Appendix

<p><b>Game Form</b></p>	<ul style="list-style-type: none"> <li>• Playing area is based on the location of the situation or identified game situation.</li> <li>• Play is defined directionally vertically with two clearly defined teams. Identified specific positions for players on both teams.</li> <li>• A central goal and goalkeeper is present based on the age-appropriate game format.</li> <li>• Four game moments are present for both teams.</li> <li>• Offside is present in the activity for U11 and older.</li> <li>• Scoring methods chosen align with the desired player behavior for the situation or identified game situation.</li> </ul>
<p><b>Modified Game Form</b></p>	<ul style="list-style-type: none"> <li>• Moments of the game are linked to the situation or identified game situation.</li> <li>• Minimum of two game moments present in the activity.</li> <li>• Modified rules directly link to improving the desired player behavior and actions based on the situation or identified game situation (use of zones, constraints on time/space/touches etc., neutral or bumper players).</li> <li>• Scoring methods chosen align with the desired player behavior for the situation or identified game situation.</li> </ul>
<p><b>Non-Game Form</b></p>	<ul style="list-style-type: none"> <li>• A single moment of the game is linked to the training session and activity objective.</li> <li>• Multiple teams and/or isolated or multi-direction (direction is vertical and horizontal) activities are linked to the training session goal and activity objective.</li> <li>• Addition of multiple balls in the activity links with the training session and activity objective.</li> </ul>

Choices and Impact