

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

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



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

PLAYER ACTIONS: Pass/dribble, Spread out, 2v1/1v1

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

12

90 min

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**1ST PLAY PHASE: Intentional Free Play**

**PRACTICE (Core Activity): 3 v 2**

**PRACTICE (Less Challenging): 2 v 1**

**PRACTICE (More Challenging): 4 v 3**

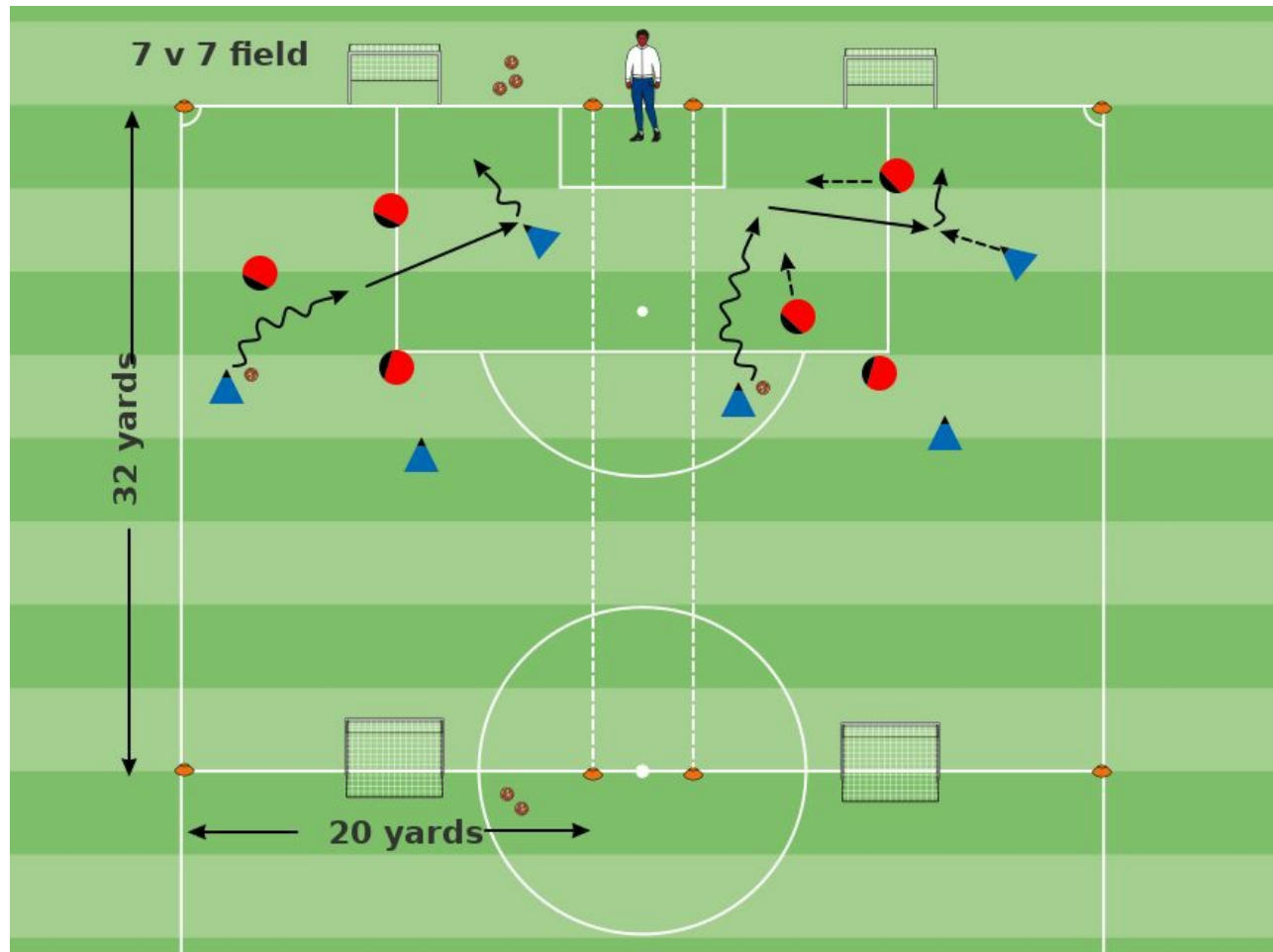
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward and score goals.

PLAYER ACTIONS: Pass/dribble, Spread out, 2v1/1v1

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



### 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 to three breaks.

### KEY WORDS:

Opening, take opponents on, head up, go!

### 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. Refer to the Training Session Manual.

**MOMENT:**  
Attacking

**AGE:**  
U9-U10 / 7v7

**PLAYERS:**  
3 vs 3

**DURATION:**  
30:0 min

**PRACTICE (Core Activity): 3 v 2**

**OBJECTIVE:** To create 1 v 1s and 2 v 1s and pass or dribble forward.

**PLAYER ACTIONS:** Pass/dribble, Spread out, 2v1/1v1

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



**ORGANIZATION:**

Teams play 3 v 2 + GK on a 24 x 24 yard field with a standard goal and two small goals. Blue (attacking team) dribbles or passes in. Red starts from the top of the box and tries to win the ball and score on the small goals. All players (including the keeper) rotate every 2-3 minutes. Play for 30 minutes with two to three breaks.

**KEY WORDS:**

Opening, take opponents on, head up, pass/dribble, go!

**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?

**ANSWERS:**

1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

**NOTES:**

Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

**MOMENT:**  
Attacking

**AGE:**  
U9-U10 / 7v7

**PLAYERS:**  
3 vs 2

**DURATION:**  
30:0 min

**PRACTICE (Less Challenging): 2 v 1**

**OBJECTIVE:** To create 1 v 1s and 2 v 1s and pass or dribble forward.

**PLAYER ACTIONS:** Pass/dribble, Spread out, 2v1/1v1

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



**ORGANIZATION:**

Same as Core Activity, except teams play 2 v 1 + GK. All players (including the keeper) rotate every 2-3 minutes. If space is available, set-up two activities.

**KEY WORDS:**

Opening, take opponents on, head up, pass/dribble, go!

**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?

**ANSWERS:**

1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

**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. Refer to the Training Session Manual.

**MOMENT:**  
Attacking

**AGE:**  
U9-U10 / 7v7

**PLAYERS:**  
2 vs 1

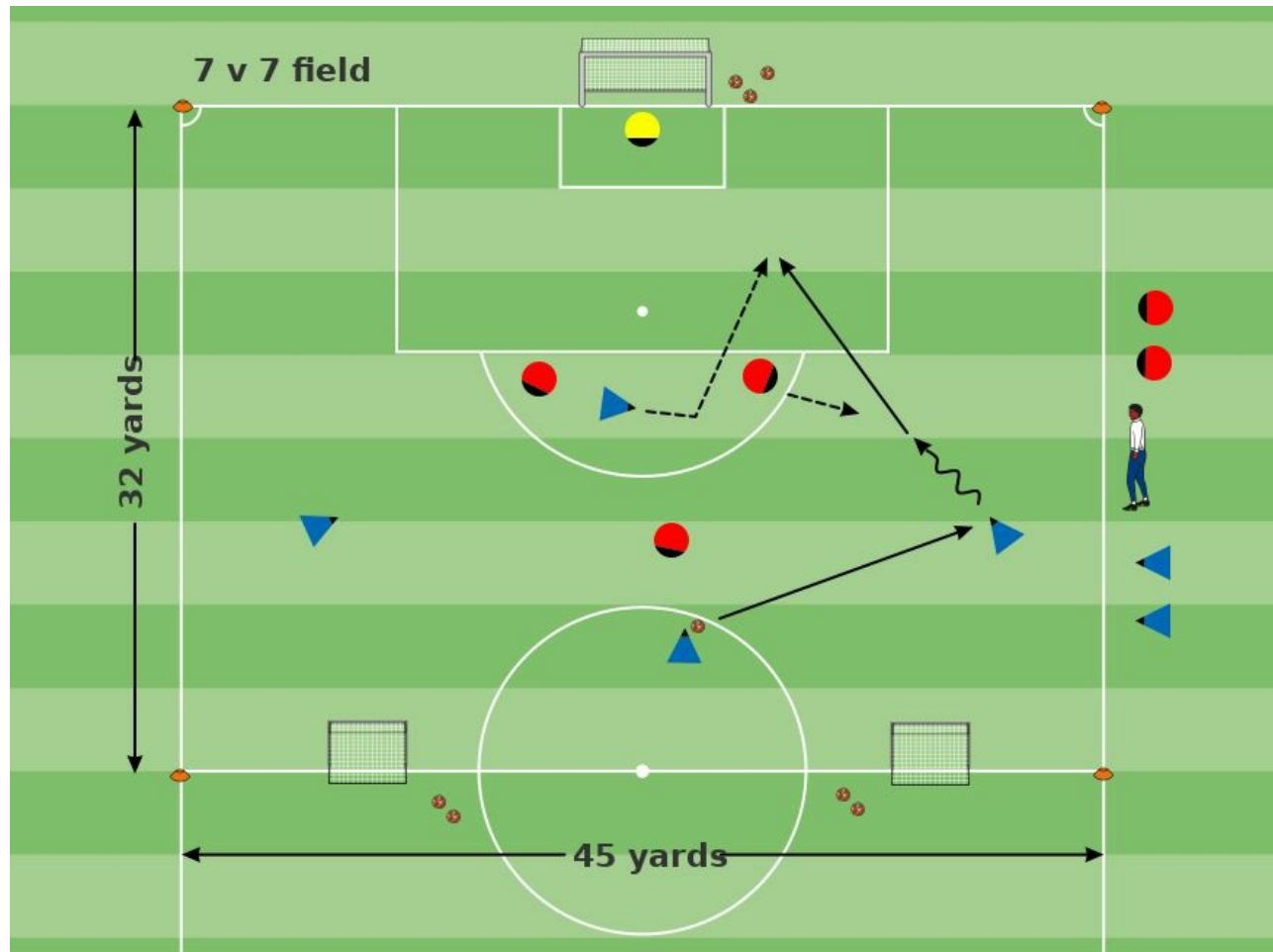
**DURATION:**  
30:0 min

**PRACTICE (More Challenging): 4 v 3**

**OBJECTIVE:** To create 1 v 1s and 2 v 1s and pass or dribble forward.

**PLAYER ACTIONS:** Pass/dribble, Spread out, 2v1/1v1

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



**ORGANIZATION:**

Same as Core Activity, except teams play 4 v 3 + GK on half of a standard 7v7 field. All players (including the keeper) rotate every 2-3 minutes.

**KEY WORDS:**

Opening, take opponents on, head up, pass/dribble, go!

**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?

**ANSWERS:**

1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

**NOTES:**

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

**MOMENT:**  
Attacking

**AGE:**  
U9-U10 / 7v7

**PLAYERS:**  
4 vs 3

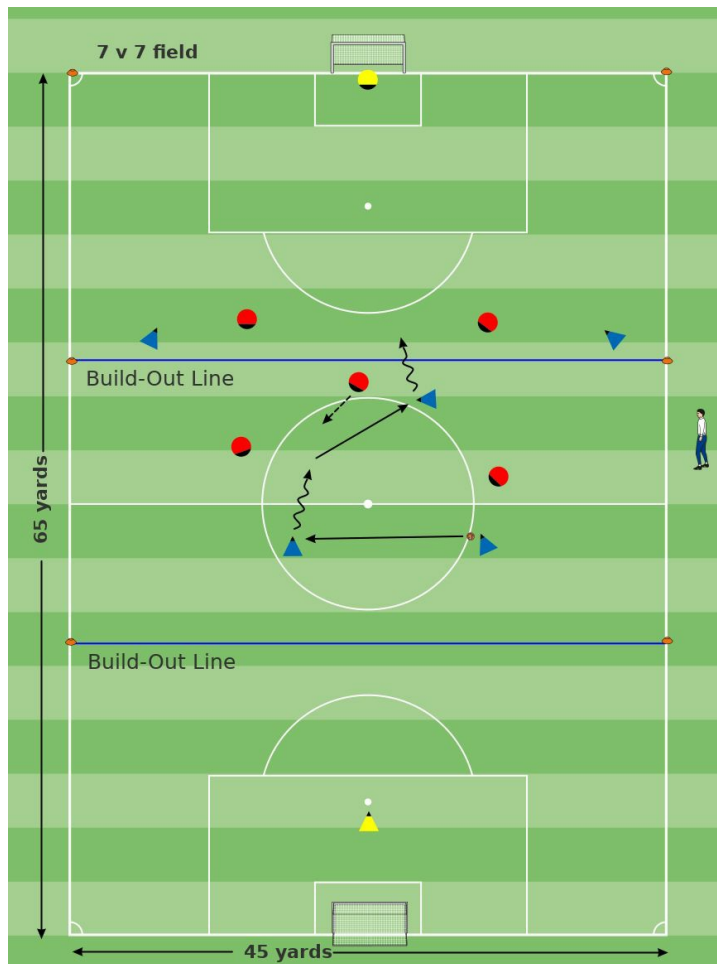
**DURATION:**  
30:0 min

## 2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Pass/dribble, Spread out, 2v1/1v1

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



### ORGANIZATION:

Mark out a regular 7 v 7 field 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:

Opening, take opponents on, head up, pass/dribble, go!

### 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?

### ANSWERS:

1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

**MOMENT:**  
Attacking

**AGE:**  
U9-U10 / 7v7

**PLAYERS:**  
6 vs 6

**DURATION:**  
30:0 min

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

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

PLAYER ACTIONS: Pass/dribble, Spread out, 2v1/1v1

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

AGE: U9-U10 / 7v7 / 12 players

Attacking

DURATION: 90 min



#### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

#### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: