



FC Central Illinois Library of Exercises

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FC Central Illinois Library of Exercises

4 v 4

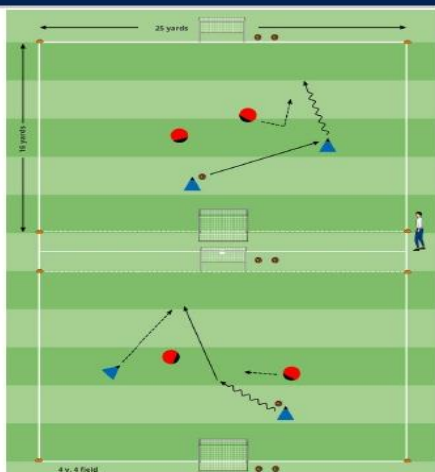
TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

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

PLAYER ACTIONS: Pass or dribble forward

KEY QUALITIES: Decision-making, reading the game, initiative, technical execution

U8 / 4 v 4 / 8 players
MOMENT: Attacking
DURATION: 60:00 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents and create chances.

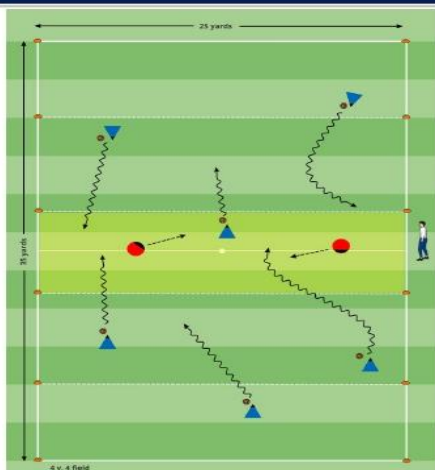
ORGANIZATION: Mark out two 16 x 25-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks.

KEY WORDS: Opening, move forward, pass, dribble

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

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) 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): Dribbling Game

OBJECTIVE: To dribble past opponents.

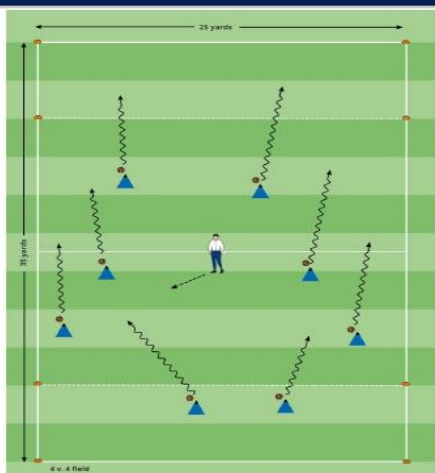
ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with a defending zone and two end zones. Players dribble back and forth into the end zones to earn points. Two defenders are stationed in the defending zone. They switch with the attackers when they win the ball, or every two minutes. Play for 20 minutes with two breaks.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start here at the Core Activity after the first Play Phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 20 minutes in the Practice Phase.



PRACTICE (Less Challenging): Dribbling Game

OBJECTIVE: To dribble past opponents.

ORGANIZATION: Same as core activity, except the coach acts as a defender so that players have to make decisions. All the players go in the same direction.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building in their own half

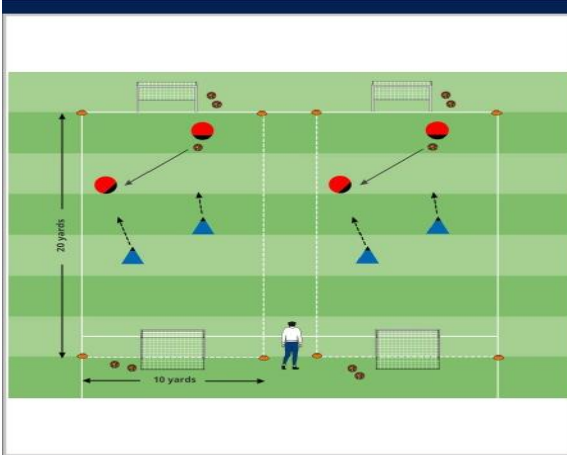
PLAYER ACTIONS: Steal the ball

KEY QUALITIES: Decision-making, reading the game, initiative, focus

U8 / 4 v 4 / 8 players

MOMENT: Defending

DURATION: 60:00 min

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

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

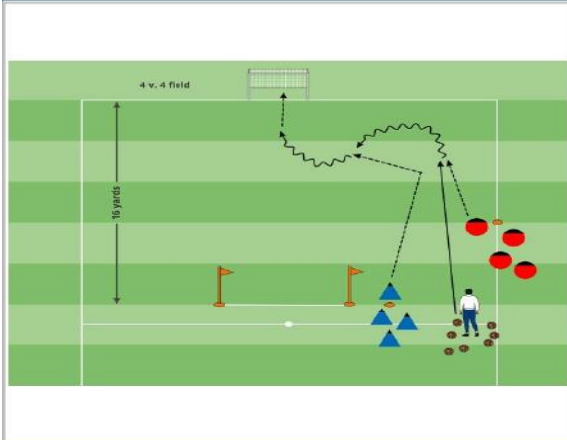
ORGANIZATION: Mark out two narrow fields (20 x 10 yards), each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks.

KEY WORDS: Attack the ball

GUIDED QUESTIONS: 1) What are you supposed to do if you lose the ball? 2) What else could you do? 3) What's the advantage of attacking high up the field?

ANSWERS: 1) Drop back and defend our goal. 2) Stay forward and try to win the ball back right away. 3) The opponent never gets near our goal. And if we do win the ball back, we can immediately shoot.

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): 1 v 1 after Pass behind Attacker**

OBJECTIVE: To win the ball back.

ORGANIZATION: Set up one small goal and one goal line about 16 yards apart. Choose four attackers (Red) and four defenders (Blue) and position them as shown. The ball is played in behind the attackers, and the first attacker and defender run in after it. They play 1 v 1 until a goal is scored. Red attacks on the goal line, Blue on the small goal.

KEY WORDS: Attack the ball

GUIDED QUESTIONS: 1) Defenders, what should you do when the ball is played in behind the attacker? 2) What don't you want the attacker to do? 3) Why?

ANSWERS: 1) Quickly run in after the ball and immediately put pressure on the attacker. 2) Turn around and start dribbling toward you. 3) Because then the attacker can shoot.

NOTES: Start here at the Core Activity after the first Play Phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 20 minutes in the Practice Phase.

**PRACTICE (Less Challenging): 1 v 1 after Pass behind Attacker**

OBJECTIVE: To win the ball back.

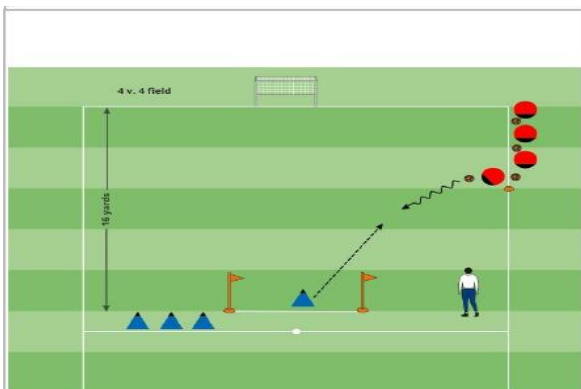
ORGANIZATION: Same as core activity, except both players attack on small goals.

KEY WORDS: Attack the ball

GUIDED QUESTIONS: 1) Defenders, what should you do when the ball is played in behind the attacker? 2) What don't you want the attacker to do? 3) Why?

ANSWERS: 1) Quickly run in after the ball and immediately put pressure on the attacker. 2) Turn around and start dribbling toward you. 3) Because then the attacker can shoot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.



PRACTICE (More Challenging): 1 v 1 from Sideline

OBJECTIVE: To stop the opponent's attack and win the ball back.

ORGANIZATION: Same as core activity, except the attackers dribble in from the sideline to start the 1 v 1.

KEY WORDS: Attack the ball

GUIDED QUESTIONS: 1) Defenders, how can you keep the attacker from scoring? 2) What don't you want the attacker to do? 3) So what do you need to do? 4.) And when should you try to steal the ball?

ANSWERS: 1) By running toward the attacker. 2) Get the ball past you. 3) Don't run at the attacker too fast – keep a little distance. 4) When they let the ball get too far away or try to dribble past.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Divide players into two teams of four. Teams play 4 v 4. Play using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Attack the ball

GUIDED QUESTIONS: 1) What are your options after you lose the ball? 2) What have we been practicing today? 3) And what's the advantage of that?

ANSWERS: 1) Drop back and defend our goal, or stay forward and try to win the ball back. 2) Staying forward and winning the ball back right away. 3) The opponent never gets near our goal. And if we do win the ball back, we can immediately shoot.

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 players?

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?

TITLE: PLAY - U.S. SOCCER PLAY - PRACTICE - PLAY TRAINING SESSION

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

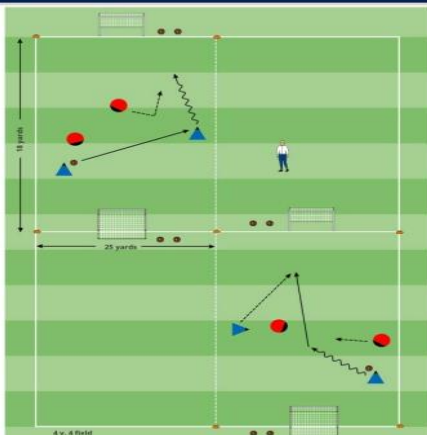
PLAYER ACTIONS: Pass or dribble forward, spread out, shoot

KEY QUALITIES: Read game/make decisions, take initiative, technical execution

U8 / 4 v. 4 / 8 players

MOMENT: Attacking

DURATION: 60:00 min

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

OBJECTIVE: To pass or dribble past opponents, create chances and score goals.

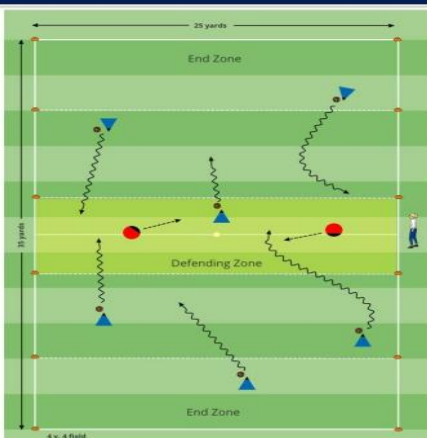
ORGANIZATION: Mark out two 18 x 12-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Free play. Play for 20 minutes with two breaks.

KEY WORDS: Opening, go forward, pass, dribble

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What do you do if you see an opening?

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

NOTES: 1st break: Coach asks questions, players continue playing to discover answers. 2nd break: Players share answers with coach and each other.

**PRACTICE (Core Activity): Dribbling Game**

OBJECTIVE: To dribble past opponents, create chances, and score.

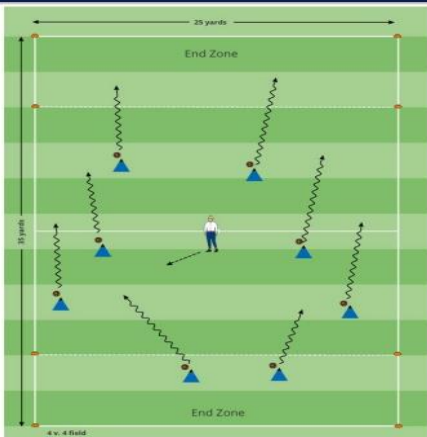
ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with a defending zone and two end zones. Players dribble back and forth into the end zones to earn points. Two defenders are stationed in the defending zone. They switch with the attackers when they win the ball, or every two minutes. Play for 20 minutes with two breaks.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start here at the Core Activity after the first play phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 20 minutes in the Practice Phase.

**PRACTICE (Less Challenging): Dribbling Game**

OBJECTIVE: To dribble past opponents, create chances, and score.

ORGANIZATION: Same as Core Activity, except the coach acts as a defender so that players have to make decisions. All the players go in the same direction.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

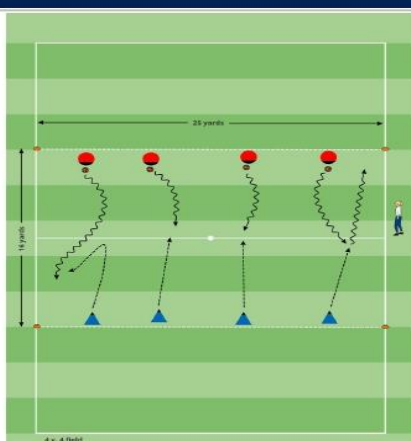
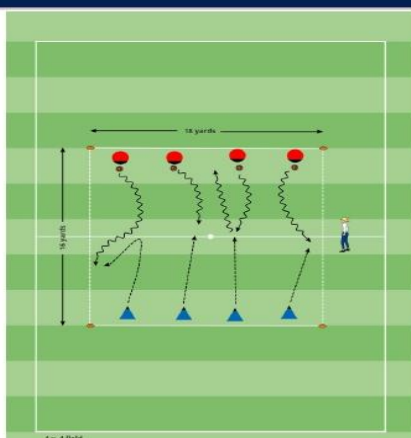
NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION**GOAL:** Improve preventing the opponent from building up and creating chances in our half**PLAYER ACTIONS:** Steal the ball, defend the goal**KEY QUALITIES:** Decision-making, reading the game, initiative, focus

U8 / 4 v 4 / 8 players

MOMENT: Defending

DURATION: 60:00 min

**1ST PLAY PHASE: Intentional Free Play****OBJECTIVE:** To deny chances.**ORGANIZATION:** Mark out two 16 x 25-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks.**KEY WORDS:** Defend the goal**GUIDED QUESTIONS:** 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting?**ANSWERS:** 1) In the middle. 2) The path to the middle.**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): 4 x 1 v 1 on Endlines****OBJECTIVE:** To stop the opponent's attack and win the ball back.**ORGANIZATION:** Mark out a 16 x 25-yard field. Divide players into two teams. The attackers (Red) line up on one endline; each one has a ball. The defenders (Blue) line up on the opposite endline. At the coach's signal, all the attackers dribble onto the field at the same time and try to dribble across Blue's endline. The defenders try to stop them, steal the balls and counterattack on their endline. Play two rounds.**KEY WORDS:** Steal the ball**GUIDED QUESTIONS:** 1) With all these players running at you, how can you win a ball? 2) How do you steal the ball from an opponent who's dribbling? 3) What's a good moment to steal the ball?**ANSWERS:** 1.) Pick one attacker, block their path and steal the ball from them. 2.) By tackling or knocking the ball away. 3.) When the attacker lets the ball get too far away. When the ball is not protected.**PRACTICE (Less Challenging): 4 x 1 v 1 on Endlines****OBJECTIVE:** To stop the opponent's attack and win the ball back.**ORGANIZATION:** Same as core activity, except on a 16 x 18-yard field.**KEY WORDS:** Attack the ball**GUIDED QUESTIONS:** 1) With all these players running at you, how can you win a ball? 2) How do you steal the ball from an opponent who's dribbling? 3) What's a good moment to steal the ball?**ANSWERS:** 1) Pick one attacker, block their path and steal the ball from them. 2) By tackling or knocking the ball away. 3) When the attacker lets the ball get too far away. When the ball is not protected.**NOTES:** Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve scoring goals

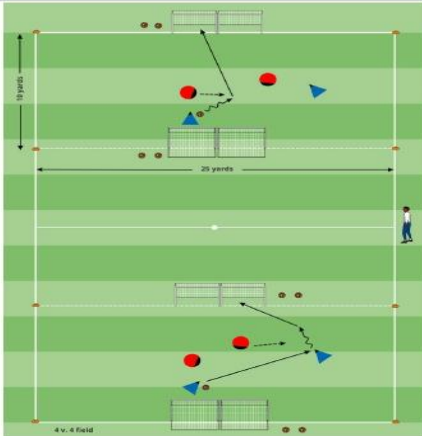
PLAYER ACTIONS: Shoot, pass or dribble forward,

KEY QUALITIES: Decision-making, reading the game, initiative, technical execution

U8 / 4 v 4 / 8 players

MOMENT: Attacking

DURATION: 60:00 min

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

OBJECTIVE: To create chances and score goals.

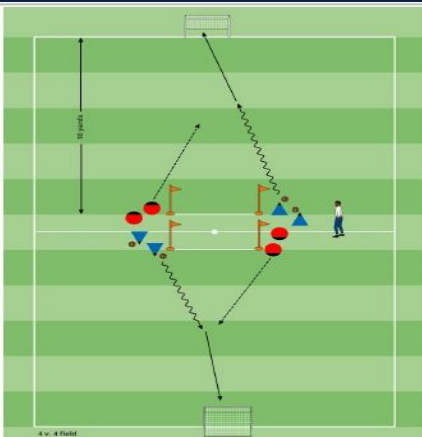
ORGANIZATION: Mark out two 25 x 10-yard fields, each with two double goals. If you don't have enough goals, use poles to mark goals of the proper size. Players are divided into teams of two and take turns playing 2 v 2. Play for 20 minutes with two breaks.

KEY WORDS: Opening, dribble, pass, shoot

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

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. Pass or dribble past an opponent. 3) Shoot.

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): 1 v 1 Race to the Goal**

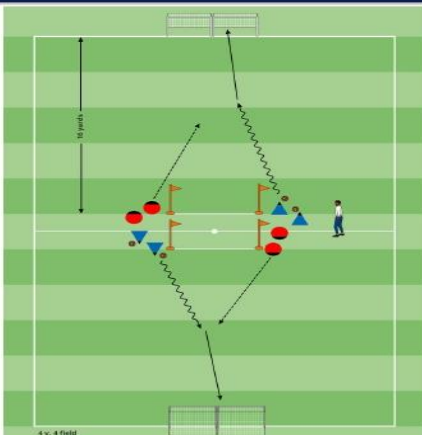
OBJECTIVE: To score goals.

ORGANIZATION: Set up one small goal and one goal line about 16 yards apart. Two groups of four (attackers and defenders) start at positions behind the goal line. As soon as the first attacker starts dribbling forward, the race begins. The defender tries to win the ball and score on the goal line. Play for 20 minutes with two breaks.

KEY WORDS: Dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot. NOTES: Start here at the core activity after the first play phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 30 minutes in the practice phase.

**PRACTICE (Less Challenging): 1 v 1 Race to the Goal**

OBJECTIVE: To score goals.

ORGANIZATION: Same as core activity, except a second small goal is added, creating a double-wide goal.

KEY WORDS: Dribble, shoot

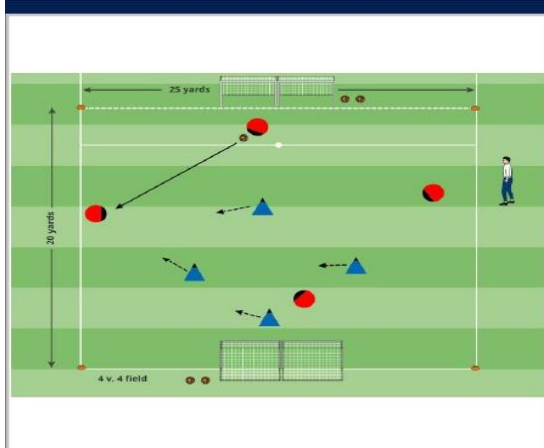
GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION**GOAL:** Improve preventing the opponent from scoring**PLAYER ACTIONS:** Protect the goal, stay compact**KEY QUALITIES:** Decision-making, reading the game, initiative, focus

U8 / 4 v 4 / 8 players

MOMENT: Defending**DURATION:** 60:00 min**1ST PLAY PHASE: Intentional Free Play****OBJECTIVE:** To prevent the opponent from scoring.

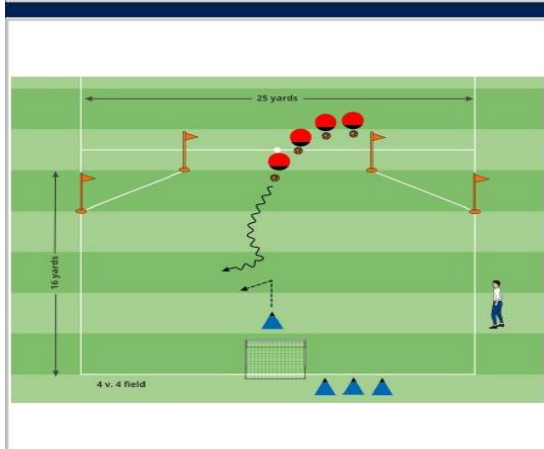
ORGANIZATION: Mark out a 20 x 25-yard field. Place two youth goals side by side on each endline to create a double-wide goal. If you don't have four small goals, use poles instead. Divide players into two teams of four. Teams play 4 v 4. Play for 20 minutes with two breaks.

KEY WORDS: Defend the goal, stay compact

GUIDED QUESTIONS: 1) Take a look at the goals. What do you notice? 2) How can you keep the opponent from scoring on them even though they're big?

ANSWERS: 1) The goals are big. 2) We have to drop back as a group, block the path to the goal and keep them from shooting.

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): 1 v 1 on Small Goal****OBJECTIVE:** To prevent the opponent from scoring.

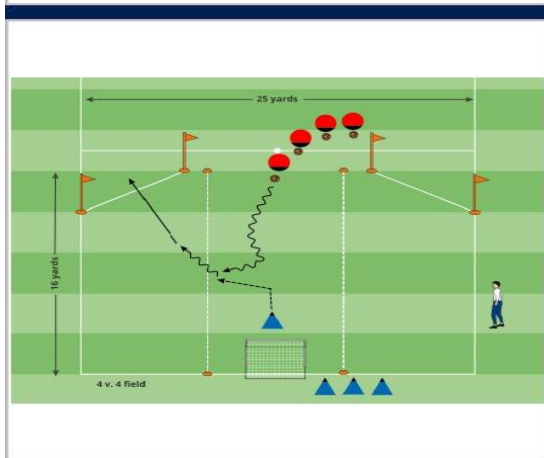
ORGANIZATION: Mark out two diagonal goal lines 16 yards from a small goal. Assign attackers (Red) and defenders (Blue) to starting positions as shown. The first attacker runs onto the field for the 1 v 1. The defender anticipates the attacker, blocks the path to the goal and looks for a chance to win the ball. Play continues until a goal is scored. Afterward, the next attacker starts. Play for 20 minutes with two breaks.

KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) How can you keep the attacker from scoring? 2) What's a good moment to steal the ball?

ANSWERS: 1) Block the path to the goal, force the attacker outside and steal the ball. 2) When the attacker lets it get too far away.

NOTES: Start here at the Core Activity after the first Play Phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 20 minutes in the Practice Phase.

**PRACTICE (Less Challenging): 1 v 1 on Small Goal****OBJECTIVE:** To prevent the opponent from scoring.

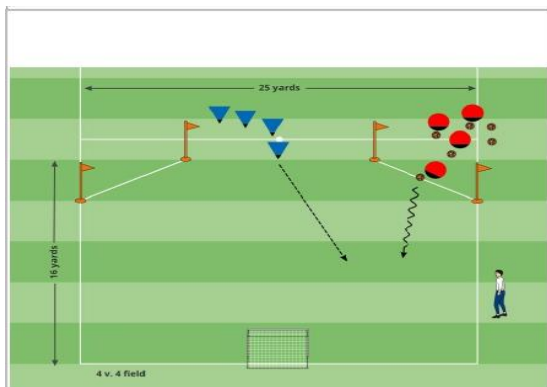
ORGANIZATION: Same as core activity, except the attacker has to stay inside a 10-yard-wide lane marked down the middle of the field.

KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) How can you keep the attacker from scoring? 2) What's a good moment to steal the ball?

ANSWERS: 1) Block the path to the goal, force the attacker outside and steal the ball. 2) When the attacker lets it get too far away.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.



PRACTICE (More Challenging): 1 v 1 on Small Goal

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Same as core activity, except the starting positions are different. The coach gives the signal for the 1 v 1 to begin.

KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) How can you keep the attacker from scoring? 2) What's a good moment to steal the ball?

ANSWERS: 1) Block the path to the goal, force the attacker outside and steal the ball. 2) When the attacker lets it get too far away.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Divide players into two teams of four. Teams play 4 v 4. Play using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Defend the goal, stay compact

GUIDED QUESTIONS: 1) Where is the goal? 2) So which path do you need to block if you want to keep the opponent from shooting? 3) And what if they manage to get in front of the goal anyway?

ANSWERS: 1) In the middle. 2) The path to the middle. 3) Then we have to attack them and make sure they can't shoot.

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 players?

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

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

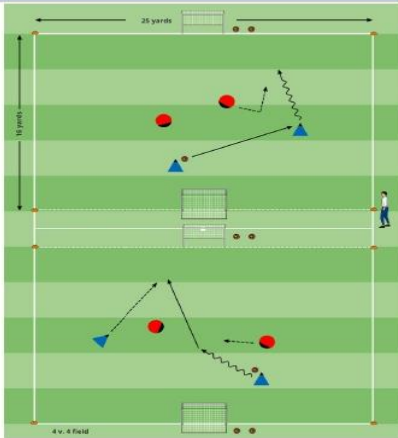
PLAYER ACTIONS: Spread out, create passing options, pass or dribble forward

KEY QUALITIES: Decision-making, reading the game, initiative, focus

U8 / 4 v 4 / 8 players

MOMENT: Attacking

DURATION: 60:00 min

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

OBJECTIVE: To pass or dribble past opponents and create chances.

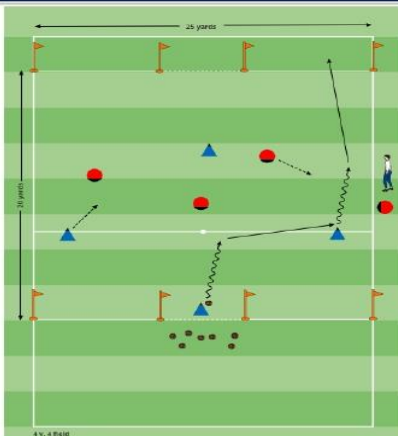
ORGANIZATION: Mark out two 16 x 25-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks.

KEY WORDS: Opening, move forward, pass, dribble

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

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) 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): 4 v 3 on Two Goals Each**

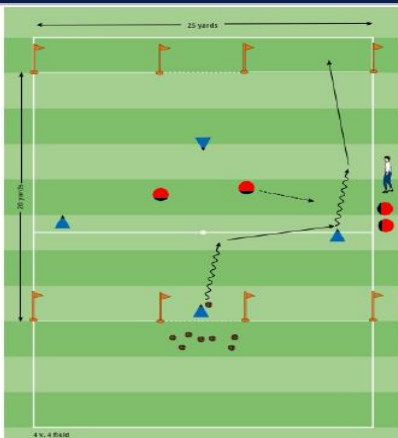
OBJECTIVE: To move the ball forward.

ORGANIZATION: Mark out a 20 x 25-yard field with two goal lines on each endline. Divide players into two teams of four. Teams play 4 v 3 on two goal lines each. The attackers have eight balls to attack with. If a ball goes out or a goal is scored, they start a new attack from their endline. Each defender sits out two attacks. After eight attacks, teams switch roles. Which team scores more goals? Play for 20 minutes with two breaks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) What are the ball carrier's options? 3) When should attackers dribble? 4) And when should they pass?

ANSWERS: 1) They should form a diamond with one player in back, one in front, one on the right and one on the left. 2) Dribble or pass. 3) When they have space. 4) When the defender is blocking their path and a teammate is open.

**PRACTICE (Less Challenging): 4 v 2 on Two Goals Each**

OBJECTIVE: To move the ball forward.

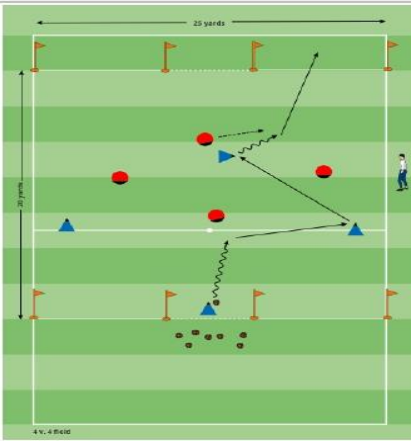
ORGANIZATION: Same as core activity, except teams play 4 v 2. The attackers have eight balls as above. The defenders rotate on and off in pairs every two attacks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) What are the ball carrier's options? 3) When should attackers dribble? 4) And when should they pass?

ANSWERS: 1) They should form a diamond with one player in back, one in front, one on the right and one on the left. 2) Dribble or pass. 3) When they have space. 4) When the defender is blocking their path and a teammate is open.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.



PRACTICE (More Challenging): 4 v 4 on Two Goals Each

OBJECTIVE: To move the ball forward.

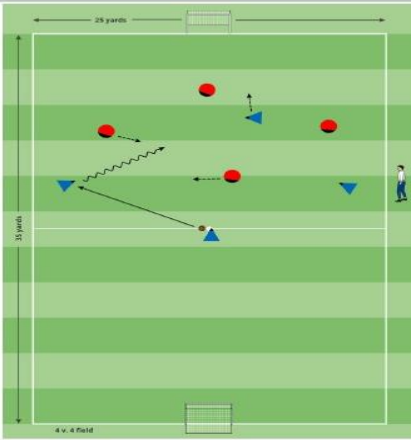
ORGANIZATION: Same as core activity, except teams play 4 v 4. The attackers have eight balls as above. Defenders do not rotate; teams switch roles after eight attacks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) What are the ball carrier's options? 3) When should attackers dribble? 4) And when should they pass?

ANSWERS: 1) They should form a diamond with one player in back, one in front, one on the right and one on the left. 2) Dribble or pass. 3) When they have space. 4) When the defender is blocking their path and a teammate is open.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents, move the ball forward and create chances.

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Divide players into two teams of four. Teams play 4 v 4. Play using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) How do you find an opening? 3) How do you create an opening? 4) What should you do if you see an opening?

ANSWERS: 1) They should form a diamond with one player in back, one in front, one on the right and one on the left. 2) Look at the opponent's position. 3) Make the opponent move. 4) Pass or dribble through it.

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 players?

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?

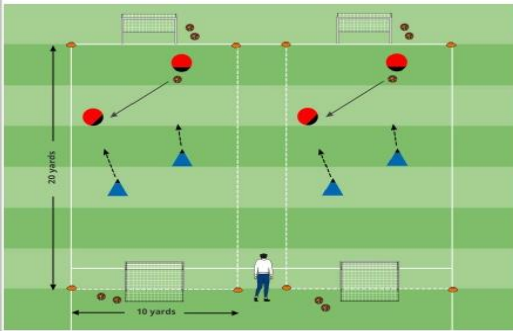
TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building in their own half

PLAYER ACTIONS: Stay compact, steal the ball

KEY QUALITIES: Decision-making, reading the game, initiative, focus

U8 / 4 v 4 / 8 players
MOMENT: Defending
DURATION: 60:00 min

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

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

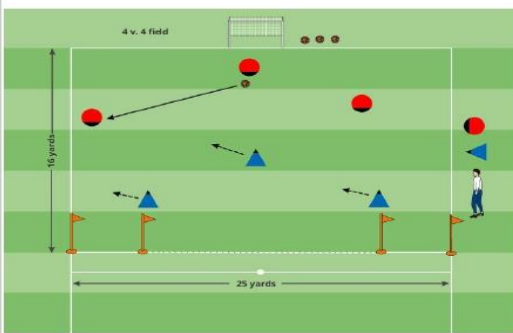
ORGANIZATION: Mark out two narrow fields (20 x 10 yards), each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks.

KEY WORDS: Attack the ball

GUIDED QUESTIONS: 1) What are you supposed to do if you lose the ball? 2) What else could you do? 3) What's the advantage of attacking high up the field?

ANSWERS: 1) Drop back and defend our goal. 2) Stay forward and try to win the ball back right away. 3) The opponent never gets near our goal. And if we do win the ball back, we can immediately shoot.

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 3 on Goal Lines on Wings

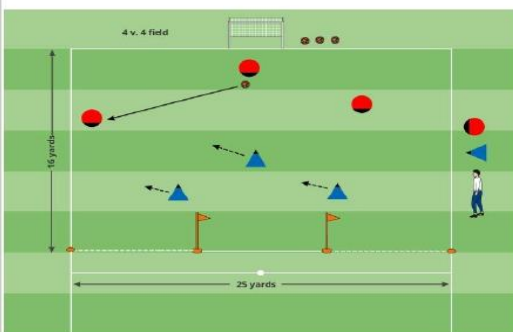
OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

ORGANIZATION: Mark out a 16 x 25-yard field with a small goal plus two goal lines on the wings. Divide players into two teams of four. Teams play 3 v 3. The attackers (Red) start out with the ball. If a ball goes out or a goal is scored, they start a new attack from their endline. Each defender sits out two attacks. The attackers have eight balls to attack with. After eight attacks, teams switch roles. Which team scores more goals? Play for 20 minutes with two breaks.

KEY WORDS: Move with the ball, attack the ball

GUIDED QUESTIONS: 1) How can you keep the attackers from scoring? 2) What do you have to watch out for? 3) What if they pass the ball onto the other wing?

ANSWERS: 1) By attacking them and keeping them from shooting. 2) They'll try to dribble past us. 3) Then we have to run onto the other wing.

PRACTICE (Less Challenging): 3 v 1 on Goal Line in Middle

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

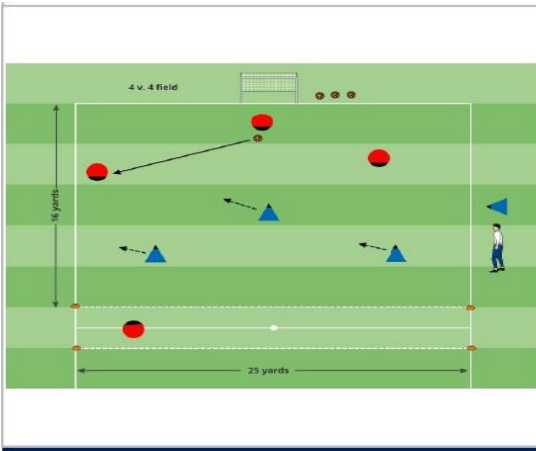
ORGANIZATION: Same as core activity, except Blue defends a single goal line in the middle.

KEY WORDS: Move with the ball, attack the ball

GUIDED QUESTIONS: 1) How can you keep the attackers from scoring? 2) What do you have to watch out for? 3) What if they pass the ball onto the other wing?

ANSWERS: 1) By attacking them and keeping them from shooting. 2) They'll try to dribble past us. 3) Then we have to run onto the other wing.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 20 minutes in the Practice Phase.



PRACTICE (More Challenging): 3 + 1 v 3 on End Zone

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

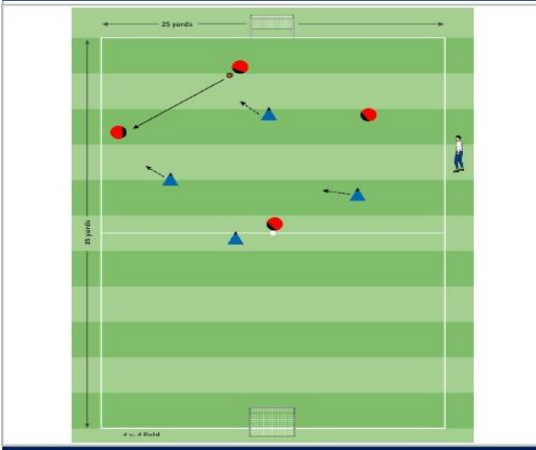
ORGANIZATION: Same as core activity, except Blue defends the whole end zone instead of goal lines. To score, the attackers must successfully dribble or pass into the end zone.

KEY WORDS: Move with the ball, attack the ball

GUIDED QUESTIONS: 1) How can you keep the attackers from scoring? 2) What do you have to watch out for? 3) What if they pass the ball onto the other wing?

ANSWERS: 1) By attacking them. 2) They'll try to dribble past us. 3) Then we have to run onto the other wing.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Divide players into two teams of four. Teams play 4 v 4. Play using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Move with the ball, attack the ball

GUIDED QUESTIONS: 1) What are your options after you lose the ball? 2) What have we been practicing today? 3) And what's the advantage of that?

ANSWERS: 1) Drop back and defend our goal, or stay forward and try to win the ball back. 2) Staying forward and winning the ball back right away. 3) The opponent never gets near our goal. And if we do win the ball back, we can immediately shoot.

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 players?

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve building up from own half in order to move the ball to the opponent's half

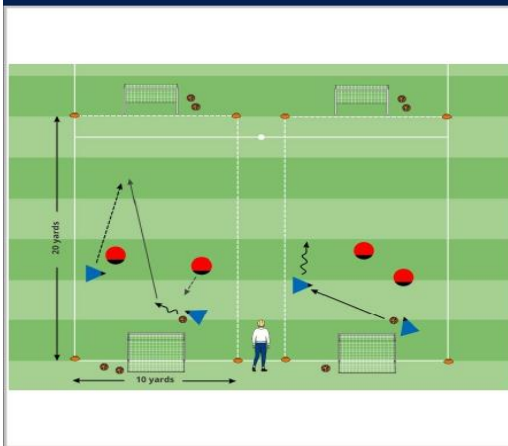
PLAYER ACTIONS: Pass or dribble forward, create passing options

KEY QUALITIES: Decision-making, reading the game, technical execution

U8 / 4 v 4 / 8 players

MOMENT: Attacking

DURATION: 60:00 min

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

OBJECTIVE: To pass or dribble past opponents, move the ball forward and score goals.

ORGANIZATION: Mark out two 20 x 10-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks.

KEY WORDS: Look up, pass, dribble

GUIDED QUESTIONS: 1) What are your options when you have the ball? 2) When is it a good time to dribble? 3) And when should you pass?

ANSWERS: 1) Dribble, pass or shoot. 2) When there aren't any defenders near me and I have space. 3) When a defender is blocking my path and a teammate is open.

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): Passing Game**

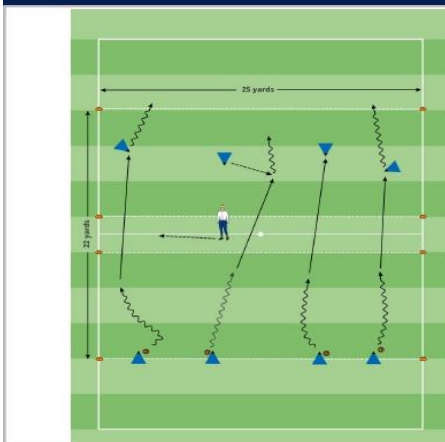
OBJECTIVE: To pass the ball past opponents and move the ball forward.

ORGANIZATION: Mark out a 22 x 25-yard field with an 8-yard center zone. Assign four players to each end of the field. One of these groups (the attackers) has one ball for each player; the other has none. The attackers all try to get the ball across the center zone and pass to a player on the other side. Receivers dribble across the endline and start over again. The coach stands in the center zone and acts as a defender, blocking passing lanes and intercepting balls. Play for 20 minutes with two breaks.

KEY WORDS: Look up, pass, be open

GUIDED QUESTIONS: 1) When can I pass to a player on the other side? 2) How can I tell if it's open? 3) How can the players on the other side help?

ANSWERS: 1) When the passing lane is open. 2) Look up from the ball and see the position of the defender. 3) Show for the ball in good receiving positions (open lanes).
NOTES: Start here at the Core Activity after the first play phase. Decide if the challenge is too easy or too difficult. Spend a total of 20 minutes in the Practice Phase.

**PRACTICE (Less Challenging): Passing Game**

OBJECTIVE: To pass the ball past opponents and move the ball forward.

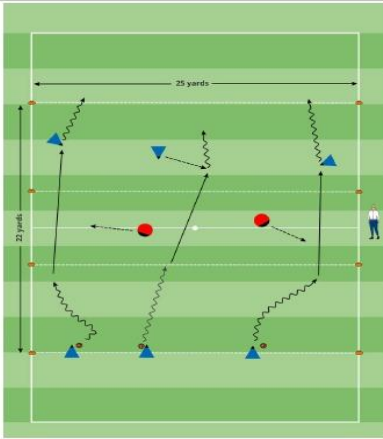
ORGANIZATION: Same as Core Activity, except the center zone (passing distance) is shortened to about 4 yards.

KEY WORDS: Look up, pass, be open

GUIDED QUESTIONS: 1) When can I pass to a player on the other side? 2) How can I tell if it's open? 3) How can the players on the other side help?

ANSWERS: 1) When the passing lane is open. 2) Look up from the ball and see position of the defender. 3) Show for the ball in good receiving positions (open lanes).

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 20 minutes in the Practice Phase.



PRACTICE (More Challenging): Passing Game

OBJECTIVE: To pass the ball past opponents and move the ball forward.

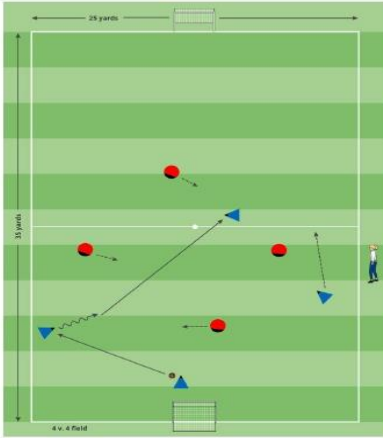
ORGANIZATION: Same as Core Activity, except there are two players defending in the center zone. If a pass is intercepted, the defender switches roles and positions with the passer.

KEY WORDS: Look up, pass, be open

GUIDED QUESTIONS: 1) When can I pass to a player on the other side? 2) How can I tell if it's open? 3) How can the players on the other side help?

ANSWERS: 1) When the passing lane is open. 2) Look up from the ball and see position of the defender. 3) Show for the ball in good receiving positions (open lanes).

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 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents, move the ball forward and score goals.

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Divide players into two teams of four. Teams play 4 v 4. Play using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Look up, pass, dribble, be open

GUIDED QUESTIONS: 1) What are your options when you have the ball? 2) When is it a good time to dribble? 3) And when should you pass? 4) How can you tell if they're open? 5) How can the other players help?

ANSWERS: 1) Dribble, pass or shoot. 2) When there aren't any defenders near me and I have space. 3) When a defender is blocking my path and a teammate is open. 4) By looking up from the ball to see where my teammates and opponents are. 5) By showing for the ball in good receiving positions (open lanes).

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 players?

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?

7 V 7

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

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

PLAYER ACTIONS: Spread out, create 1 v 1s and 2 v 1s, pass or dribble forward

KEY QUALITIES: Decision-making, reading the game, initiative, proactive play

U9-U10 / 7 v 7 / 12 players

MOMENT: Attacking

DURATION: 90:00 min

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

OBJECTIVE: To pass or dribble forward and score goals.

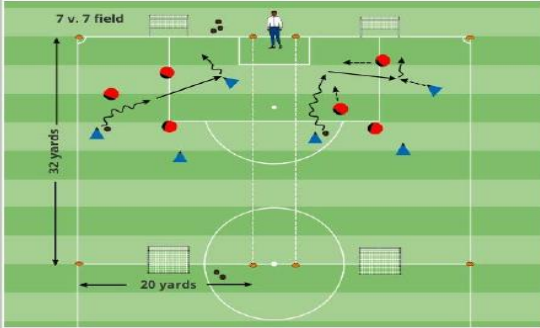
ORGANIZATION: Mark out two 32 x 20-yard fields, each with two mini goals. Teams play 3 v 3. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: 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.

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

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

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 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.

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

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

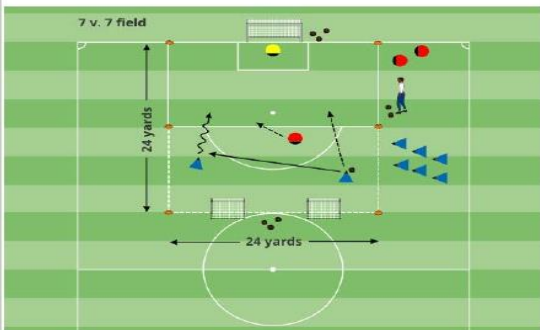
ORGANIZATION: Same as core activity, except teams play 2 v 1 + GK. All players (including the keeper) rotate every 2-3 minutes.

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 Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.



TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building in their own half

PLAYER ACTIONS: Steal the ball, make it compact, pressure/cover/balance

KEY QUALITIES: Decision-making, reading the game, initiative

U9-U10 / 7 v 7 / 12 players

MOMENT: Defending

DURATION: 90:00 min

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

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

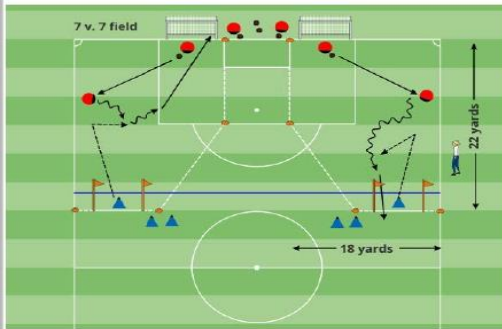
ORGANIZATION: Mark out two 22 x 16-yard fields. Divide players into four teams of three. Teams play 3 v 3 on 6-yard goal lines without goalkeepers. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, pressure and cover, attack the ball

GUIDED QUESTIONS: 1) How can you win the ball back quickly after a goal? 2) What's the advantage of disrupting their buildup quickly?

ANSWERS: 1) Instead of dropping way back, form a compact block in the middle of the field and defend forward from there. 2) It keeps opponents away from our goal, and if we win the ball back we're already inside their half, in position to score a quick goal.

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): 1 v 1 on Wing**

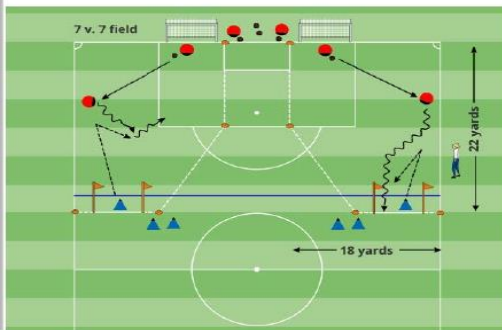
OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

ORGANIZATION: Mark out two fields as shown. Three attackers (Red) and two defenders (Blue) play on each field. Each 1 v 1 begins with a pass from the goalkeeper. As soon as the pass is played, the defender runs out from behind the build-out line and tries to win the ball and counterattack on the standard goal. Players switch roles with their teammates after each round. Play for 30 minutes with two breaks.

KEY WORDS: Attack the ball

GUIDED QUESTIONS: 1) Defenders, how should you react to the goalkeeper's opening pass? 2) Why is it dangerous to get too close to the attacker too soon? 3) How do you keep that from happening?

ANSWERS: 1) Run forward, get close to the attacker and immediately start pressuring the ball. 2) They could play the ball past us. 3) Slow down as soon as the pass is received. Stop the attacker and take them on 1 v 1.

**PRACTICE (Less Challenging): 1 v 1 on Wing**

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

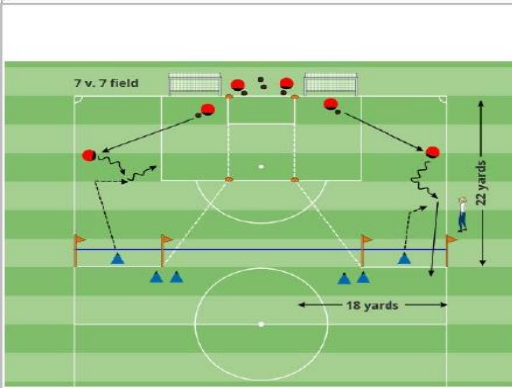
ORGANIZATION: Same as core activity, except the attacker has to dribble across the goal line to score.

KEY WORDS: Attack the ball

GUIDED QUESTIONS: 1) Defenders, how should you react to the goalkeeper's opening pass? 2) Why is it dangerous to get too close to the attacker too soon? 3) How do you keep that from happening?

ANSWERS: 1) Run forward, get close to the attacker and immediately start pressuring the ball. 2) They could play the ball past us. 3) Slow down as soon as the pass is received. Stop the attacker and take them on 1 v 1.

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.



PRACTICE (More Challenging): 1 v 1 on Wing

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

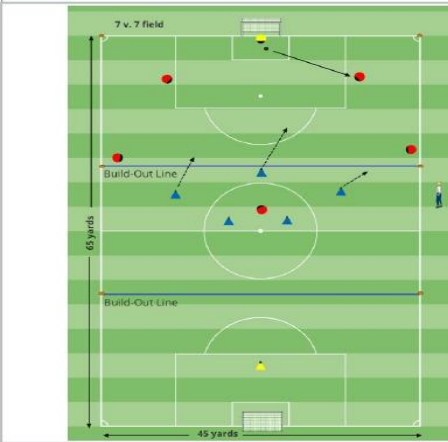
ORGANIZATION: Same as core activity, except the goal lines are extended to 10 yards.

KEY WORDS: Attack the ball

GUIDED QUESTIONS: 1) Defenders, how should you react to the goalkeeper's opening pass? 2) Why is it dangerous to get too close to the attacker too soon? 3) How do you keep that from happening?

ANSWERS: 1) Run forward, get close to the attacker and immediately start pressuring the ball. 2) They could play the ball past us. 3) Slow down as soon as the pass is received. Stop the attacker and take them on 1 v 1.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation and tries to disrupt the other's buildup as quickly as possible. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Stay compact, pressure and cover, attack the ball

GUIDED QUESTIONS: 1) How often did you win the ball in the opponent's half? 2) What do you need to do to win the ball more often?

ANSWERS: 1) General question asked to focus players' attention. 2) Don't be afraid to defend high up the field. Get compact and stay compact. Wait for signals to start pressing and work together to put pressure on opponents.

NOTES: Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

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 players?

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve building up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass or dribble forward, spread out, create passing options

KEY QUALITIES: Decision-making, reading the game, technical execution

U9-U10 / 7 v 7 / 14 players

MOMENT: Attacking

DURATION: 90:00 min

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

OBJECTIVE: To build a solid attack and move the ball forward.

ORGANIZATION: Mark out two 22 x 24-yard fields. Divide players into four teams of three. Teams play 3 v 3 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS: Pass, dribble, use space, be open

GUIDED QUESTIONS: 1) Attackers, where should you show for the pass from the goalkeeper? 2) Why? 3) How can you build the attack? 4) What's the advantage of involving the keeper?

ANSWERS: 1) On the wings. 2) So we can get away from the defenders and take the ball forward. 3) Pass or dribble forward. 4) It gives us an extra player.

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): 2 v 1 Forward Passing**

OBJECTIVE: To move the ball forward.

ORGANIZATION: Mark out two 42 x 18-yard fields, each with build-out lines and two mini goals. Choose eight attackers (Blue) and four defenders (Red) and position them as shown. The first attacker on each field dribbles forward and tries to get the ball past the defender to the second attacker. Play continues until a goal is scored. The attackers rotate counterclockwise. Play for 30 minutes with two breaks.

KEY WORDS: Pass, dribble, be open

GUIDED QUESTIONS: 1) Where is the defender in this exercise? 2. So what does the attacker behind the build-out line need to do to be open? 3) What does the ball carrier need to do before passing?

ANSWERS: 1) Between the attackers. 2) Move left or right to get away from the defender. 3) Look up and see where the receiver is.

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

OBJECTIVE: To move the ball forward.

ORGANIZATION: Same as core activity, except the defender has to stay inside a 5-yard zone in the center.

KEY WORDS: Pass, dribble, be open

GUIDED QUESTIONS: 1) Where is the defender in this exercise? 2. So what does the attacker behind the build-out line need to do to be open? 3) What does the ball carrier need to do before passing?

ANSWERS: 1) Between the attackers. 2) Move left or right to get away from the defender. 3) Look up and see where the receiver is.

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.



PRACTICE (More Challenging): 2 v 1 Forward Passing

OBJECTIVE: To move the ball forward.

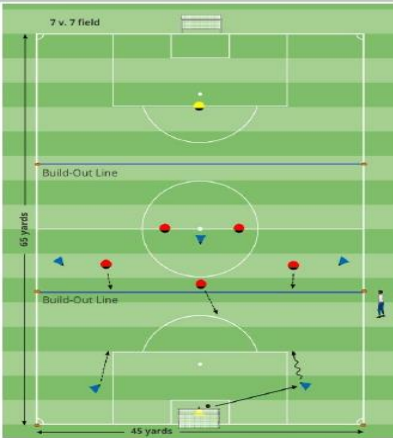
ORGANIZATION: Same as core activity, except the fields are just 12 yards wide.

KEY WORDS: Pass, dribble, be open

GUIDED QUESTIONS: 1) Where is the defender in this exercise? 2. So what does the attacker behind the build-out line need to do to be open? 3) What does the ball carrier need to do before passing?

ANSWERS: 1) Between the attackers. 2) Move left or right to get away from the defender. 3) Look up and see where the receiver is.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To build a solid attack and move the ball forward.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Pass, dribble, use space, be open

GUIDED QUESTIONS: 1) Attackers, how can you make the best use of the field? 2) When do you need to be open? 3) And when do you know you're open? 4) What's the advantage of involving the keeper?

ANSWERS: 1) By spreading out evenly over it and staying as far apart as possible. 2) Always. 3) When there aren't any defenders between us and the ball; when we can see the ball. 4) It gives us an extra player.

NOTES: Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

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 players?

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building up and creating chances in our half

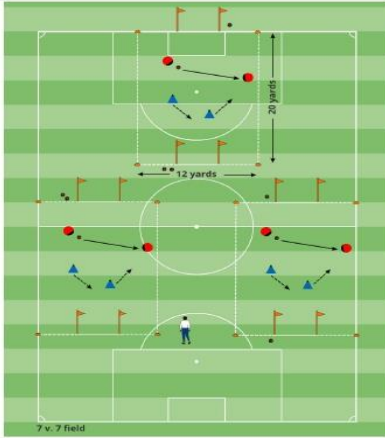
PLAYER ACTIONS: Outnumber the opponent, steal the ball, pressure/cover/balance

KEY QUALITIES: Decision-making, reading the game, initiative, focus

U9-U10 / 7 v 7 / 12 players

MOMENT: Defending

DURATION: 90:00 min

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

OBJECTIVE: To deny chances, win the ball back and score.

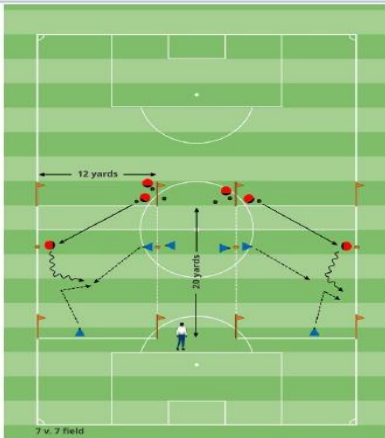
ORGANIZATION: Mark out three 20 x 12-yard fields. Divide players into six pairs, who play 2 v 2 on goal lines (pass on the ground to score). Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Pressure and cover, attack the ball

GUIDED QUESTIONS: 1) How can you keep the opponent away from your goal? 2) How can you help each other defend?

ANSWERS: 1) Block the path to it; stop attackers and force them onto the wings. 2) Form a line. The closest defender stops the ball carrier while the others cover.

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): 1 v 2 on Goal Lines**

OBJECTIVE: To outnumber opponents, win the ball back and score.

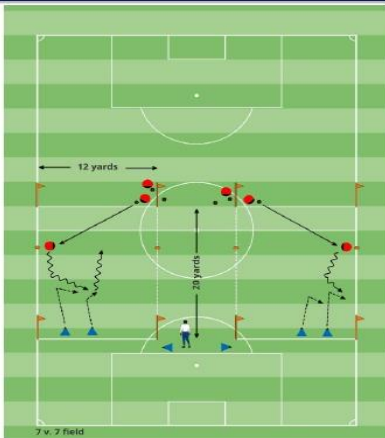
ORGANIZATION: Mark out two 20 x 12-yard fields. Assign attackers and defenders to starting positions as shown. Play begins with a pass to the first attacker. Players play 1 v 2 on the endlines (dribble across to score). Play for 30 minutes with two breaks.

KEY WORDS: Close the attacker down, attack the ball, pressure and cover

GUIDED QUESTIONS: 1) What's the job of the defender closest to the ball? 2) What does the second defender do?

ANSWERS: 1) To run forward as soon as the first pass is played, stop the attacker and slow down the attack. 2) Drop back, support the first defender and attack the ball.

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.

**PRACTICE (Less Challenging): 1 v 2 on Goal Lines**

OBJECTIVE: To outnumber opponents, win the ball back and score.

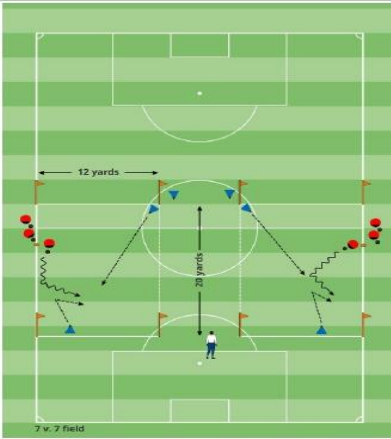
ORGANIZATION: Same as core activity, except both defenders start out on the endline. Play for 30 minutes with two breaks.

KEY WORDS: Close the attacker down, attack the ball, pressure and cover

GUIDED QUESTIONS: 1) How should the defenders defend?

ANSWERS: 1) Move forward as a unit as soon as the opening pass is played. The closest defender stops the ball carrier while the other drops diagonally back to cover. The first defender steers the attacker toward the second.

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.



PRACTICE (More challenging): 1 v 2 on Goal Lines

OBJECTIVE: To outnumber opponents, win the ball back and score.

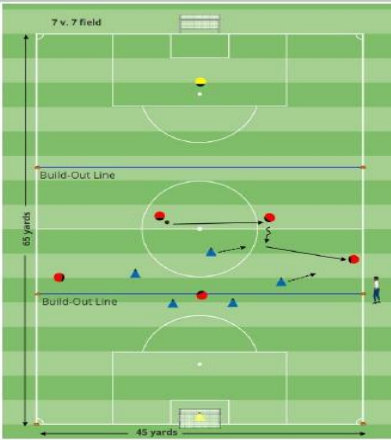
ORGANIZATION: Same as core activity, except the second defender starts from the other endline and the first attacker dribbles onto the field.

KEY WORDS: Close the attacker down, attack the ball, pressure and cover

GUIDED QUESTIONS: 1) What's the job of the defender closest to the ball? 2) What does the second defender do?

ANSWERS: 1) To run forward as soon as the first pass is played, stop the attacker and slow down the attack. 2) Drop back, support the first defender and attack the ball.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To deny chances, outnumber the opponent, win the ball back and score.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Stay compact, pressure and cover, move with the ball

GUIDED QUESTIONS: 1) How can you keep the opponent away from your goal? 2) How can you help each other defend?

ANSWERS: 1) Form a compact block behind the ball, block the path to the goal and force attackers onto the wings. 2) Move as a unit to follow the ball, outnumber opponents near the ball and double-team the ball carrier.

NOTES: Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

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 players?

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve scoring goals

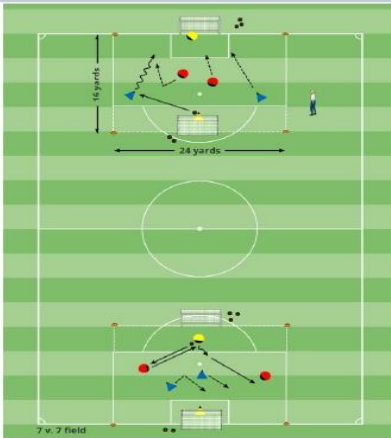
PLAYER ACTIONS: Create 1 v 1s and 2 v 1s, shoot

KEY QUALITIES: Decision-making, reading the game, initiative, technical execution

U9-U10 / 7 v 7 / 14 players

MOMENT: Attacking

DURATION: 90:00 min

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

OBJECTIVE: To score goals.

ORGANIZATION: Mark out two 16 x 24-yard fields. Teams play 2 v 2 on goals with goalkeepers. The attacking team's keeper can help build the attack and even score goals. Play for 30 minutes with two breaks.

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) When the attackers' keeper helps build the attack, what kind of situation does that create? 2) How can you take advantage of this situation?

ANSWERS: 1) A 3 v 2 with attackers outnumbering defenders. 2) Cover the middle and both wings; use our extra player; don't be afraid to attack 1 v 1; shoot.

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): 1 v 1 on Two Goals with Goalkeepers**

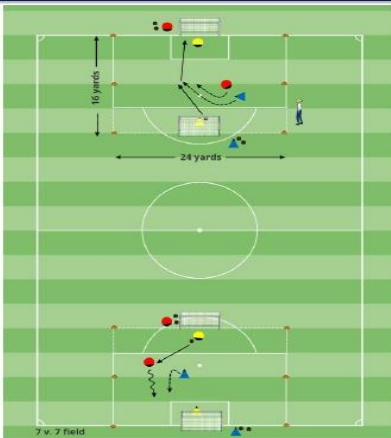
OBJECTIVE: To score goals.

ORGANIZATION: Mark out two 22 x 24-yard fields, each with two goals with goalkeepers. Divide players into four teams of three and assign two to each field. Teams play 1 v 1 + GKs. Play 30-second rounds. After each round, the goalkeeper moves onto the field, the field players go off and the extra players rotate into the goals. Play for 30 minutes with two breaks.

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) How do you beat a defender 1 v 1? 2) What fakes do you know? 3) What do you need to do after you fake?

ANSWERS: 1) Dribble quickly toward them and break through on the open side, or fake a breakthrough on one side and then take the ball to the other side. 2) Shooting fake, step-over, lunge step, etc. 3) Get past the defender as fast as possible and shoot.

**PRACTICE (Less Challenging): 1 v 1 on Two Goals with Goalkeepers**

OBJECTIVE: To score goals.

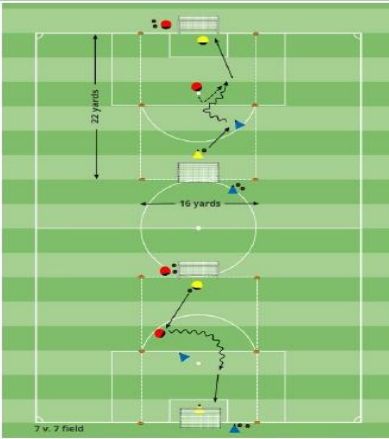
ORGANIZATION: Same as core activity, except on a 16 x 24-yard field.

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) How do you beat a defender 1 v 1? 2) What fakes do you know? 3) What do you need to do after you fake?

ANSWERS: 1) Dribble quickly toward them and break through on the open side, or fake a breakthrough on one side and then take the ball to the other side. 2) Shooting fake, step-over, lunge step, etc. 3) Get past the defender as fast as possible and sh

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.



PRACTICE (More Challenging): 1 v 1 on Two Goals with Goalkeepers

OBJECTIVE: To score goals.

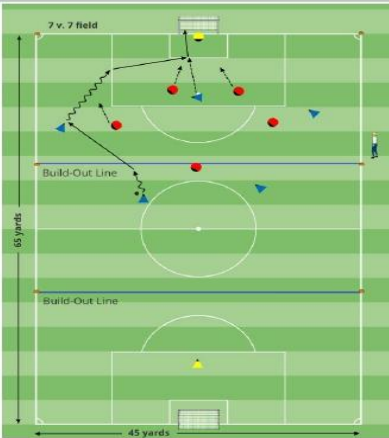
ORGANIZATION: Same as core activity, except on a 22 x 16-yard field.

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) How do you beat a defender 1 v 1? 2) What fakes do you know? 3) What do you need to do after you fake?

ANSWERS: 1) Dribble quickly toward them and break through on the open side, or fake a breakthrough on one side and then take the ball to the other side. 2) Shooting fake, step-over, lunge step, etc. 3) Get past the defender as fast as possible and shoot.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To score goals.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) How do you beat a defender 1 v 1? 2) What fakes do you know? 3) What do you need to do after you fake?

ANSWERS: 1) Dribble quickly toward them and break through on the open side, or fake a breakthrough on one side and then take the ball to the other side. 2) Shooting fake, step-over, lunge step, etc. 3) Get past the defender as fast as possible and shoot.

NOTES: Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

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 players?

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from scoring

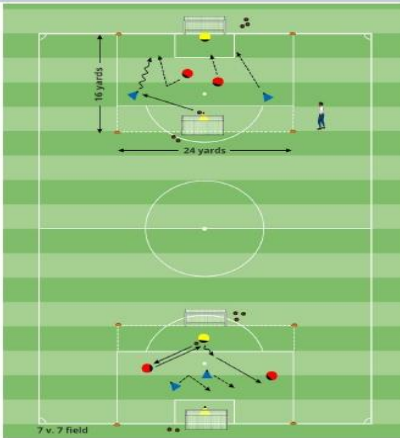
PLAYER ACTIONS: Protect the goal, make it compact, keep it compact

KEY QUALITIES: Decision-making, reading the game, initiative, focus

U9-U10 / 7 v 7 / 14 players

MOMENT: Defending

DURATION: 90:00 min

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

OBJECTIVE: To prevent the opponent from scoring.

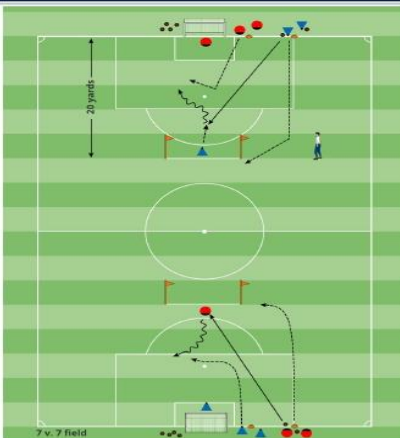
ORGANIZATION: Mark out two 16 x 24-yards fields with goals and goalkeepers. Teams play 3 v 3. The attacking team's keeper can help build the attack and even score goals. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS: 1) When the attackers' keeper helps build the attack, what kind of situation does that create? 2) Defenders, what's your top priority when you're outnumbered? 3) How do you do that?

ANSWERS: 1) The defenders are outnumbered. 2) To defend the goal. 3) Quickly get behind the ball, block the direct path to the goal, force attackers outside and block shots.

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): 1 v 1 in Middle (Defender Facing Attacker)**

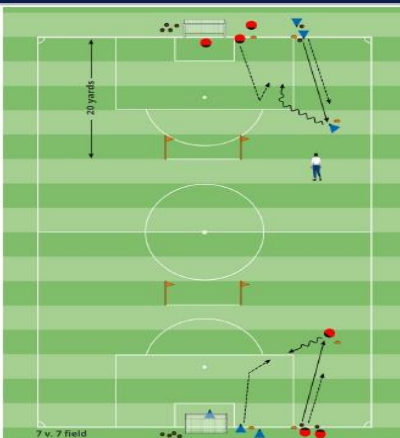
OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out two fields as shown. Assign attackers and defenders to starting positions as shown. Play begins when the first attacker receives the ball. The first defender runs out from the endline, following the ball, and tries to stop the attacker from scoring. Play continues until a goal is scored by either player. Afterward, the next two players start. Play for 30 minutes with two breaks.

KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this exercise? 2) How do you do that? 3) Why is it dangerous to get too close to the attacker too soon? 4) How do you keep that from happening?

ANSWERS: 1) To defend the goal. 2) Run out after the ball, stop the attacker as soon as possible and try to force them onto the wing. 3) They could play the ball past us. 4) Slow down at the right moment.

**PRACTICE (Less Challenging): 1 v 1 on Wing (Defender Facing Attacker)**

OBJECTIVE: To prevent the opponent from scoring.

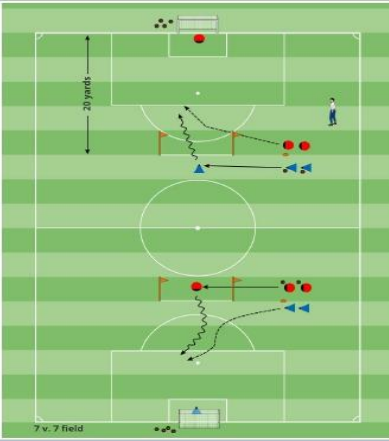
ORGANIZATION: Same as core activity, except players line up on the wing.

KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this exercise? 2) How do you do that? 3) Why is it dangerous to get too close to the attacker too soon? 4) How do you keep that from happening?

ANSWERS: 1) To defend the goal. 2) Run out after the ball, stop the attacker as soon as possible and try to force them onto the wing. 3) They could play the ball past us. 4) Slow down at the right moment.

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.



PRACTICE (More Challenging): 1v1 (Defender Beside Attacker)

OBJECTIVE: To prevent the opponent from scoring.

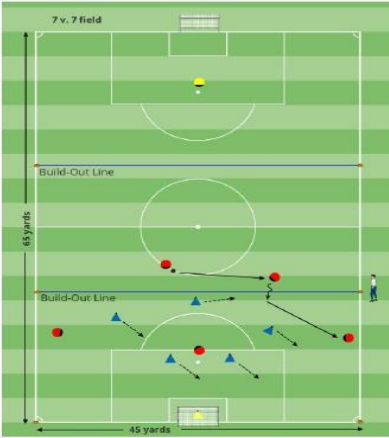
ORGANIZATION: Same as core activity, except the first defender runs in from the wing.

KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this exercise? 2) How do you do that?

ANSWERS: 1) To defend the goal. 2) Run out after the ball, block the path to the goal and try to force the attacker onto the wing.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS: 1) How many goals did the other team score? 2) How did they score them? 3) How could you have stopped them?

ANSWERS: 1. & 2.) General questions asked to focus players' attention on the principles they have learned. 3) Get compact and stay compact, block the direct path to the goal, force attackers outside, move to follow the ball and block shots.

NOTES: Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

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 players?

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

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

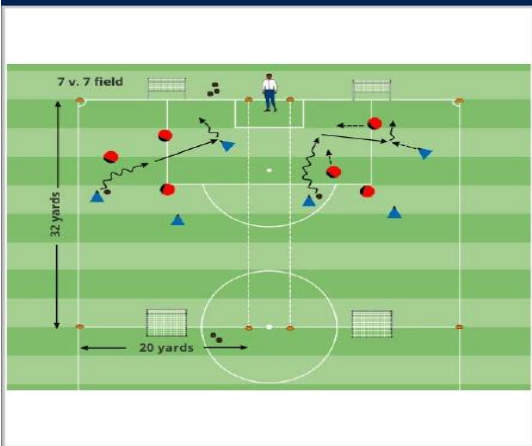
PLAYER ACTIONS: Pass or dribble forward, spread out, create passing options, create 1 v 1s and 2 v 1s

KEY QUALITIES: Decision-making, reading the game, initiative, technical execution

U9-U10 / 7 v 7 / 14 players

MOMENT: Attacking

DURATION: 90:00 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 Open 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 two breaks.

KEY WORDS: Use space, be 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, then pass off to a wing player. 3) Spread the field wide and not let the defender mark them too closely.

**PRACTICE (Less Challenging): 3 v 1 on Two Open Goals Each**

OBJECTIVE: To move the ball forward and score goals.

ORGANIZATION: Same as core activity, except there are two separate mini goals on each endline.

KEY WORDS: Use space, be 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, then pass off to a wing player. 3) Spread the field wide and 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.



PRACTICE (More Challenging): 3 v 2 on Two Open Goals Each

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, be 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, then pass off to a wing player. 3) Spread the field wide and 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 More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

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

ORGANIZATION: Teams play 6 v 6 on a 65 x 45-yard field with build-out lines and standard goals with goalkeepers. Both teams play a 1-2-1-2 formation. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Pass, dribble, take opponents on, use space, be 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 the field wide and make the opponent move. 4) Dribble straight toward the defender, then pass off to a teammate.

NOTES: Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

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 players?

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building in their own half

PLAYER ACTIONS: Make it compact, keep it compact, steal the ball

KEY QUALITIES: Decision-making, reading the game, initiative, focus

U9-U10 / 7 v 7 / 12 players

MOMENT: Defending

DURATION: 90:00 min

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

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

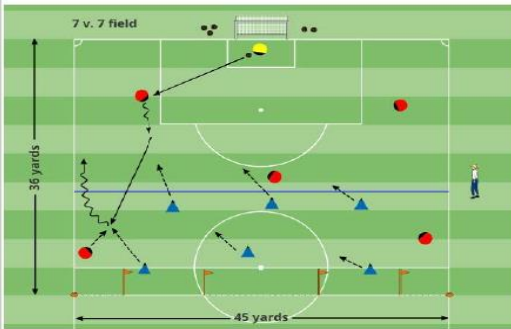
ORGANIZATION: Mark out two 22 x 16-yard fields. Divide players into four teams of three. Teams play 3 v 3 on 6-yard goal lines without goalkeepers. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, attack the ball

GUIDED QUESTIONS: 1) How can you win the ball back quickly after a goal? 2) What's the advantage of disrupting their buildup quickly?

ANSWERS: 1) Instead of dropping way back, form a compact block in the middle of the field and defend forward from there. 2) It keeps opponents away from our goal, and if we win the ball back we're already inside their half, in position to score a quick goal.

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): 6 v 6 on Two Goal Lines and One Standard Goal**

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

ORGANIZATION: Mark out a shortened 7 v 7 field, with two goal lines just beyond the centerline. Divide players into two teams of six. Free play: Red builds the attack, and Blue defends. Play is restarted by Red's goalkeeper after interruptions. As soon as the opening pass is played, Blue runs out from behind the build-out line and puts pressure on Red. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Defenders, how should you position yourselves when the opponent's keeper has the ball? 2) What should you do when the keeper kicks the ball out? 3) When should you attack the opponent?

ANSWERS: 1) In a compact block behind the build-out line. 2) Move slightly forward, staying in formation and not going too fast. Whoever's closest to the ball attacks. 3) Whenever there's an opening, or when the ball is played into the midfield.

**PRACTICE (Less Challenging): 6 v 6 on Goal Line and Standard Goal**

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

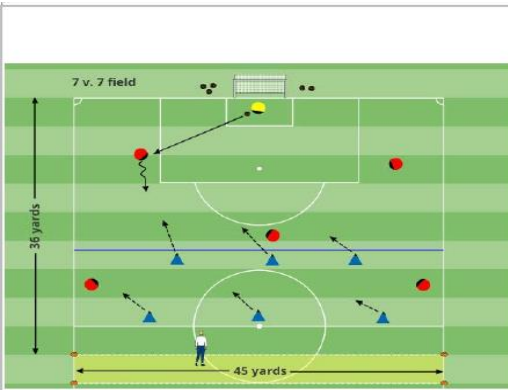
ORGANIZATION: Same as core activity, except with just one 15-yard goal line in the middle.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Defenders, how should you position yourselves when the opponent's keeper has the ball? 2) What should you do when the keeper kicks the ball out? 3) When should you attack the opponent?

ANSWERS: 1) In a compact block behind the build-out line. 2) Move slightly forward, staying in formation and not going too fast. Whoever's closest to the ball attacks. 3) Whenever there's an opening, or when the ball is played into the midfield.

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.



PRACTICE (More Challenging): 6 v 6 on End Zone and Standard Goal

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

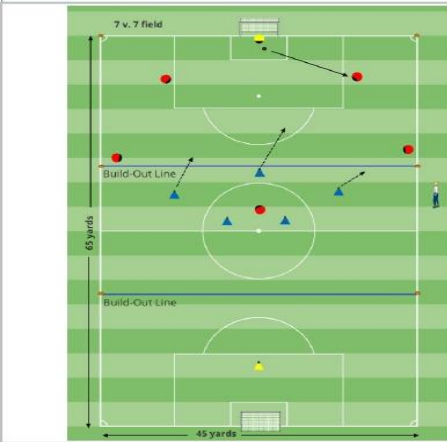
ORGANIZATION: Same as core activity, except there's an end zone instead of goal lines, and attackers must dribble into it or pass to the coach there to score.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Defenders, how should you position yourselves when the opponent's keeper has the ball? 2) What should you do when the keeper kicks the ball out? 3) When should you attack the opponent?

ANSWERS: 1) In a compact block behind the build-out line. 2) Move slightly forward, staying in formation and not going too fast. Whoever's closest to the ball attacks. 3) Whenever there's an opening, or when the ball is played into the midfield.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball back and score.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation, and tries to disrupt the other's buildup as quickly as possible. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Stay compact, pressure and cover, attack the ball

GUIDED QUESTIONS: 1) How often did you win the ball in the opponent's half? 2) What do you need to do to win the ball more often?

ANSWERS: 1) General question asked to focus players' attention. 2) Don't be afraid to defend high up the field. Get compact and stay compact. Wait for signals to start pressing and work together to put pressure on opponents.

NOTES: Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

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 players?

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve building up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Spread out, switch the point of attack, support the attack

KEY QUALITIES: Decision-making, reading the game, initiative, proactive play

U9-U10 / 7 v 7 / 14 players

MOMENT: Attacking

DURATION: 90:00 min

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

OBJECTIVE: To build a solid attack and move the ball forward.

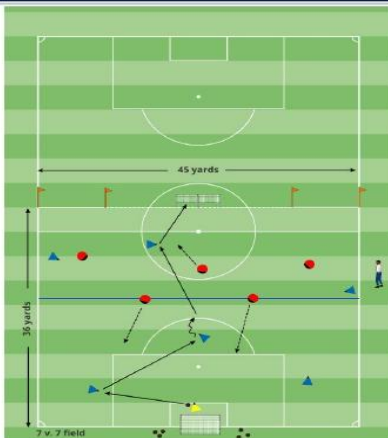
ORGANIZATION: Mark out two 22 x 24-yard fields. Divide players into four teams of three. Teams play 3 v 3 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) Attackers, where should you show for the pass from the goalkeeper? 2) Why? 3) How can you build the attack? 4) What's the advantage of involving the keeper?

ANSWERS: 1) On the wings. 2) So we can get away from the defenders and take the ball forward. 3) Pass or dribble forward. 4) It gives us an extra player.

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): 7 v 5 on One Goal and Two Goal Lines**

OBJECTIVE: Build a solid attack, switch the field and move the ball forward.

ORGANIZATION: Mark out a 36 x 45-yard field as shown. Choose seven attackers (Blue) and five defenders (Red). Formations are 1-2-3-1 (Blue) against 3-2 (Red). Blue can attack on the goal in the middle or the goal lines on the wings. Red tries to win the ball and score on Blue's goal. Play is restarted by Blue's goalkeeper after interruptions. Play for 30 minutes with two breaks.

KEY WORDS: Use space, switch the field, help

GUIDED QUESTIONS: 1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) What do you do when the opponent is keeping you from moving forward? 4) Once you've built the attack, what do you do next?

ANSWERS: 1) By spreading out evenly over it and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 3) Switch to the other side. 4) Move forward and support the forwards.

**PRACTICE (Less Challenging): 7 v 5 on One Goal with Goalkeeper and Two Goal Lines**

OBJECTIVE: Build a solid attack, switch the field and move the ball forward.

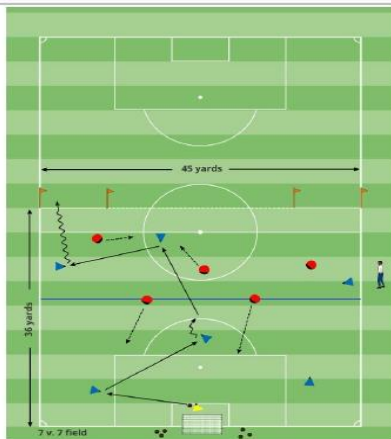
ORGANIZATION: Same as core activity, except Red's goal has a goalkeeper.

KEY WORDS: Use space, switch the field, help

GUIDED QUESTIONS: 1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) What do you do when the opponent is keeping you from moving forward? 4) Once you've built the attack, what do you do next?

ANSWERS: 1) By spreading out evenly over it and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 3) Switch to the other side. 4) Move forward and support the forwards.

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.



PRACTICE (More Challenging): 7 v 5 on Two Goal Lines

OBJECTIVE: Build a solid attack, switch the field and move the ball forward.

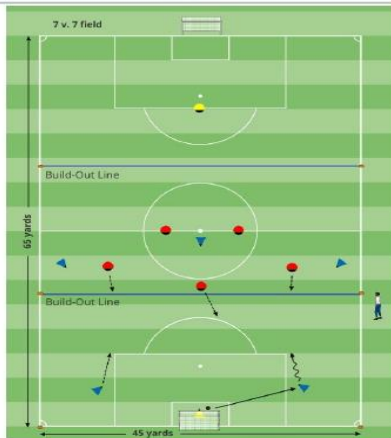
ORGANIZATION: Same as core activity, except Red only defends the two goal lines.

KEY WORDS: Use space, switch the field, help

GUIDED QUESTIONS: 1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) What do you do when the opponent is keeping you from moving forward? 4) Once you've built the attack, what do you do next?

ANSWERS: 1) By spreading out evenly over it and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 3) Switch to the other side. 4) Move forward and support the forwards.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To build a solid attack, switch the field and move the ball forward..

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Use space, switch the field, help, pass, dribble, be open

GUIDED QUESTIONS: 1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) What do you do when the opponent is keeping you from moving forward? 4) Once you've built the attack, what do you do next?

ANSWERS: 1) By spreading out evenly over it and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 3) Switch to the other side. 4) Move forward and support the forwards.

NOTES: Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

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 players?

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?

9 v 9

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

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

PLAYER ACTIONS: Create 1 v 1s and 2 v 1s, support the attack, change the point of attack

KEY QUALITIES: Decision-making, reading the game, initiative, proactive play

U11-U12 / 9 v 9 / 16 players

MOMENT: Attacking

DURATION: 90:00 min

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

OBJECTIVE: To beat the defender(s) and score goals.

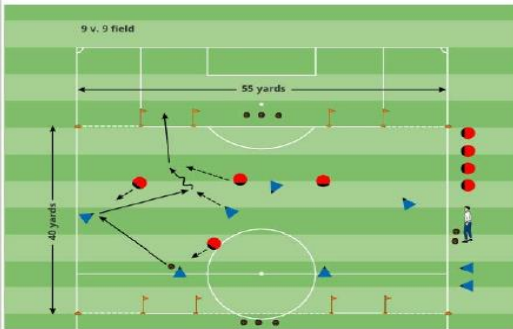
ORGANIZATION: Mark out four 20 x 15-yard fields, each with two mini goals. Free play: Players are divided into pairs and take turns playing 2 v 2. Play for 30 minutes with two breaks. Rotate players/teams as needed according to the Five Elements.

KEY WORDS: Opening, move forward, pass, dribble

GUIDED QUESTIONS: 1) How can you beat the defender 1 v 1? 2) How can you beat the defender 2 v 1?

ANSWERS: 1) Get the defender off balance. 2) Give and go.

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): 6 v 4 on Two Goals Each**

OBJECTIVE: To beat defenders and score goals by creating 1 v 1s and 2 v 1s.

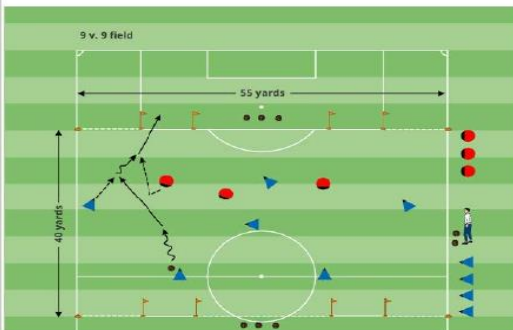
ORGANIZATION: Mark out a 40 x 50-yard field with two goals per team. Teams play 6 v 4. The attackers (Blue) must dribble or pass on the ground to score. The defenders can only score on ground balls. After a goal, Blue starts a new attack. Use kick-ins for restarts. Play for 30 minutes with two breaks. Rotate players every three minutes.

KEY WORDS: Take opponents on, support, switch

GUIDED QUESTIONS: 1) Where is your best chance to score? 2) Why? 3) How can you help the ball carrier?

ANSWERS: 1) "Over there." 2) Because it's less crowded. 3) Try to get more attackers than defenders around the ball.

NOTES: Start here at 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.

**PRACTICE (Less Challenging): 6 v 3 on Two Goals Each**

OBJECTIVE: To beat defenders and score goals by creating 1 v 1s and 2 v 1s.

ORGANIZATION: Same as Core Activity, except teams play 6 v 3 and can only score on ground balls.

KEY WORDS: Take opponents on, support, switch

GUIDED QUESTIONS: 1) Where is your best chance to score? 2) Why? 3) How can you help the ball carrier?

ANSWERS: 1) "Over there." 2) Because it's less crowded. 3) Try to get more attackers than defenders around the ball.

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.

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building in their own half

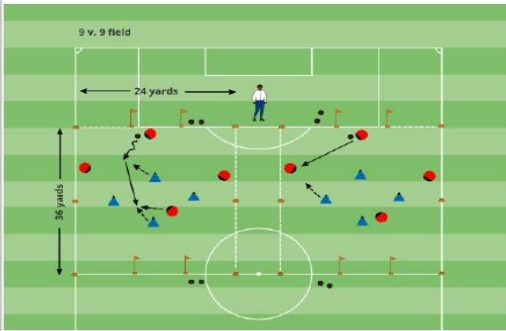
PLAYER ACTIONS: Pressure/cover/balance, stay compact, steal the ball

KEY QUALITIES: Focus, decision-making, reading the game, initiative

U11-U12 / 9 v 9 / 16 players

MOMENT: Defending

DURATION: 90:00 min

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

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

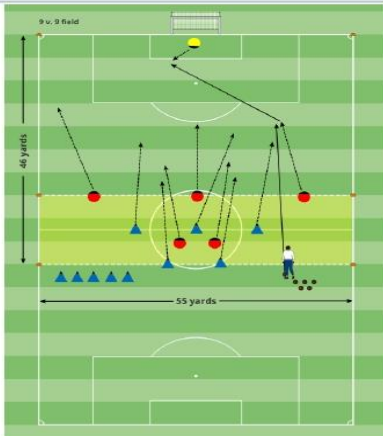
ORGANIZATION: Mark out two 36 x 24-yard fields. Divide players into four teams of four. Free play: Teams play 4 v 4 on 8-yard goal lines without goalkeepers (pass on the ground to score). Goals scored after winning the ball in the opponent's half count double. Play for 30 minutes with two breaks.

KEY WORDS: Get compact, stay compact, pressure, cover, balance, attack the ball

GUIDED QUESTIONS: 1) Why is it good to win the ball in the opponent's half? 2) What do you need to do to be able to disrupt their buildup right away?

ANSWERS: 1) We're close to their goal (shorter transition time). 2) Form a compact unit, block forward passing lanes, make them play square passes, work together (on command) to put pressure on the opponent.

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): 6 v 5 after Pass behind Defenders

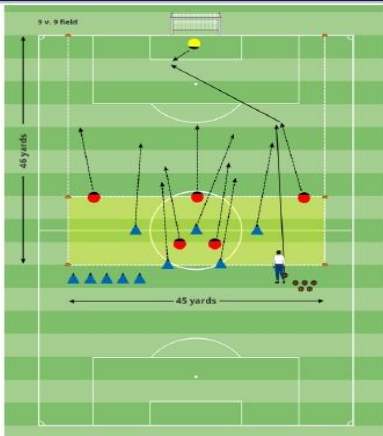
OBJECTIVE: To chase down the ball in the opponents' half and win it back.

ORGANIZATION: Mark out a field with a standard goal and a 14-yard-deep end zone. Choose ten defenders (Blue), five attackers (Red) and one goalkeeper. Assign attackers and defenders to starting positions as shown. The coach plays the ball in from behind Blue's endline. Red tries to run down the coach's pass, secure the ball and then finish by dribbling into the end zone. Blue tries to prevent the goal, win the ball and score. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, pressure, attack the ball

GUIDED QUESTIONS: 1) What are your signals to start pressing? 2) What is the situation we're simulating here? 3) What do you need to do?

ANSWERS: 1) Missed passes, square passes, passes that go behind their receivers. 2) The race for the ball after a pass goes behind the defensive line. 3) Sprint after the ball when it goes behind our line, move forward as a unit and keep pressure on the ball carrier at all times.

PRACTICE (Less Challenging): 6 v 5 after Pass behind Defenders

OBJECTIVE: To chase down the ball in the opponents' half and win it back.

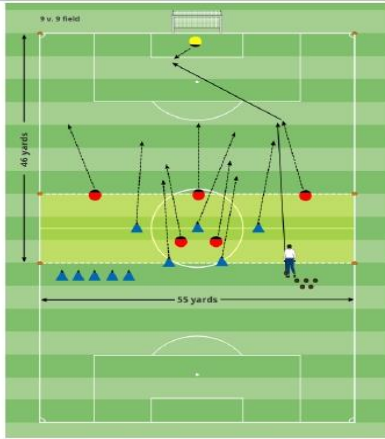
ORGANIZATION: Same as Core Activity, except the field is only 45 yards wide.

KEY WORDS: Stay compact, pressure, attack the ball

GUIDED QUESTIONS: 1) What are your signals to start pressing? 2) What is the situation we're simulating here? 3) What do you need to do?

ANSWERS: 1) Missed passes, square passes, passes that go behind their receivers. 2) The race for the ball after a pass goes behind the defensive line. 3) Sprint after the ball when it goes behind our line, move forward as a unit and keep pressure on the ball carrier at all times.

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.



PRACTICE (More Challenging): 6 v 5 after Pass behind Defenders

OBJECTIVE: To chase down the ball in the opponents' half and win it back.

ORGANIZATION: Same as Core Activity, except Red has another option to get out of pressure: They can also score by passing to the coach in the end zone.

KEY WORDS: Stay compact, pressure, attack the ball

GUIDED QUESTIONS: 1) What are your signals to start pressing? 2) What is the situation we're simulating here? 3) What do you need to do?

ANSWERS: 1) Missed passes, square passes, passes that go behind their receivers. 2) The race for the ball after a pass goes behind the defensive line. 3) Sprint after the ball when it goes behind our line, move forward as a unit and keep pressure on the ball carrier at all times.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

ORGANIZATION: Mark out a 60 x 55-yard field. Divide players into two teams of eight. Each plays a 1-3-1-3 and tries to disrupt the other's buildup as quickly as possible. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Get compact, stay compact, pressure, cover, balance, attack the ball

GUIDED QUESTIONS: 1) Why is it good to win the ball in the opponent's half? 2) What do you need to do to be able to disrupt their buildup right away? 3) What are your signals to start pressing?

ANSWERS: 1) We're close to their goal (shorter transition time). 2) Form a compact unit, block forward passing lanes, make them play square passes, work together (on command) to put pressure on the opponent. 3) Missed passes, square passes, passes that go behind their receivers.

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 players?

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve building up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass or dribble forward, create passing options, spread out

KEY QUALITIES: Decision-making, reading the game, initiative, technical execution

U11-U12 / 9 v 9 / 16 players

MOMENT: Attacking

DURATION: 90:00 min

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

OBJECTIVE: To build a solid attack, move the ball forward and score.

ORGANIZATION: Mark out two 36 x 24-yard fields. Divide players into four teams of four. Free play: Teams play 4 v 4 on 8-yard goal lines without goalkeepers (pass on the ground to score). Play for 30 minutes with two breaks.

KEY WORDS: Use space, pass, dribble, be open

GUIDED QUESTIONS: 1) How do you create the space you need to build a solid attack? 2) What's a good formation to use for that? 3) What are the central defender's options for building the attack?

ANSWERS: 1) Make the field as big as possible; push forward (no offside rule) and try to tie up individual opponents; use the full width of the field. 2) A 1-2-1 diamond formation. 3) Dribbling, square pass, forward pass.

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



9 v. 9 field

PRACTICE (Core Activity): 2 v 1 on End Zone

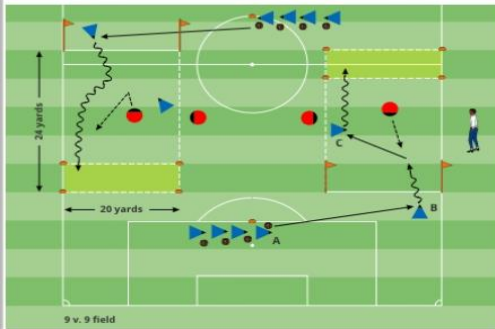
OBJECTIVE: To move the ball forward by dribbling or passing.

ORGANIZATION: Mark out two 24 x 20-yard fields with end zones. Choose four defenders (Red) and 12 attackers (Blue) and position them as shown. Player A passes to B, who dribbles onto the field. B and C attack 2 v 1 on the end zone. The defender tries to win the ball and score on the goal line. Afterward, the attackers rotate counterclockwise. Play for 30 minutes with two breaks.

KEY WORDS: Pass, dribble, be open

GUIDED QUESTIONS: 1) How do you handle a 2 v 1 when you've got the ball? 2) What should your teammate do? 3) What else can you do when you have the ball?

ANSWERS: 1) Quickly dribble forward to tie up the defender, then pass the ball off to my teammate. 2) Stay open, show for passes beside the defender and take the ball directly forward. 3) Dribble past the defender on the outside.



9 v. 9 field

PRACTICE (Less Challenging): 3 v 1 on End Zone

OBJECTIVE: To move the ball forward by dribbling or passing.

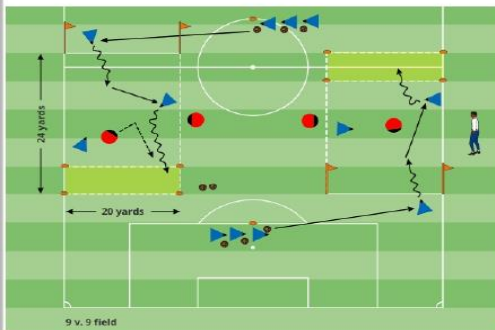
ORGANIZATION: Same as Core Activity, except players play 3 v 1.

KEY WORDS: Pass, dribble, be open

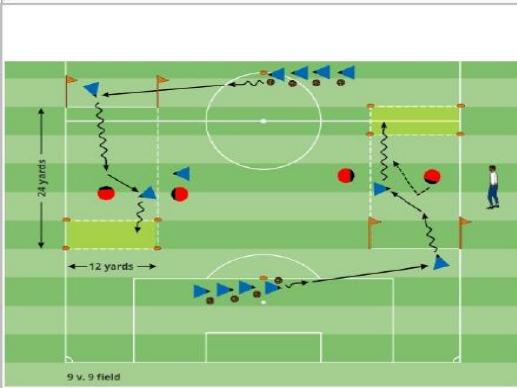
GUIDED QUESTIONS: 1) How do you handle a 2 v 1 when you've got the ball? 2) What should your teammate do? 3) What else can you do when you have the ball?

ANSWERS: 1) Quickly dribble forward to tie up the defender, then pass the ball off to my teammate. 2) Stay open, show for passes beside the defender and take the ball directly forward. 3) Dribble past the defender on the outside.

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.



9 v. 9 field



PRACTICE (More Challenging): 2 v 1 on End Zone

OBJECTIVE: To move the ball forward by dribbling or passing.

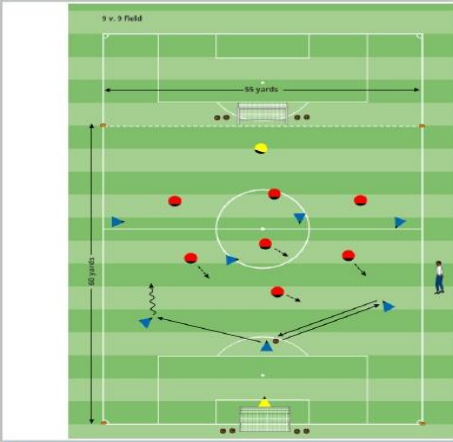
ORGANIZATION: Same as Core Activity, except on a 24 x 12-yard field.

KEY WORDS: Pass, dribble, be open

GUIDED QUESTIONS: 1) How do you handle a 2 v 1 when you've got the ball? 2) What should your teammate do? 3) What else can you do when you have the ball?

ANSWERS: 1) Quickly dribble forward to tie up the defender, then pass the ball off to my teammate. 2) Stay open, show for passes beside the defender and take the ball directly forward. 3) Dribble past the defender on the outside.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To build a solid attack, move the ball forward and score.

ORGANIZATION: Mark out a 60 x 55-yard field. Teams play 8 v 8. Each plays a 1-3-3-1 and tries to disrupt the other's buildup as quickly as possible. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Use space, pass, dribble, be open

GUIDED QUESTIONS: 1) How do you create the space you need to build a solid attack? 2) How do you handle a 2 v 1 when you've got the ball? 3) What do the receivers need to do?

ANSWERS: 1) Make the field as big as possible; push forward and try to tie up individual opponents; use the full width of the field. 2) Quickly dribble forward to tie up the defender, then pass the ball off to my teammate. 3) Stay open, show for passes and take the ball directly forward.

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 players?

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?**

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building up and creating chances in our half

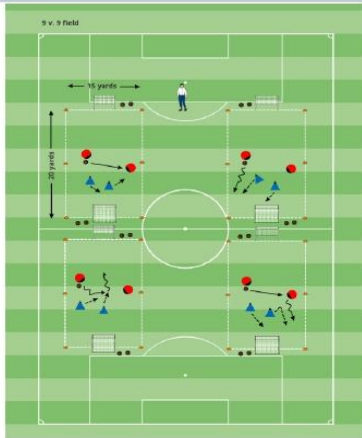
PLAYER ACTIONS: Pressure/cover/balance, stay compact, steal the ball

KEY QUALITIES: Decision-making, reading the game, initiative, focus

U11-U12 / 9 v 9 / 16 players

MOMENT: Defending

DURATION: 90:00 min

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

OBJECTIVE: To stop the opponent's attack, win the ball and score.

ORGANIZATION: Mark out four 20 x 15-yard fields, each with two mini goals. Free play: Players are divided into pairs and take turns playing 2 v 2. Play for 30 minutes with two breaks. Rotate players/teams as needed according to the Five Elements

KEY WORDS: Pressure, cover, move with the ball, attack the ball

GUIDED QUESTIONS: 1) How do you keep opponents from moving forward? 2) How should you position yourselves to do that?

ANSWERS: 1) Cover the full the width of the field, put pressure on the ball carrier, cover each other other and move with the ball. 2) Side by side: Whoever is closer steps up and confronts the ball carrier, while the other one drops diagonally back to cover.

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): 2 v 2 on End Zones**

OBJECTIVE: To stop the opponent's attack.

ORGANIZATION: Mark out two 24 x 15-yard fields, each with two end zones. Divide players into two teams and have them line up in pairs by the end zones. The defenders pass the ball to the attackers, and then they play 2 v 2. Players attack on the end zones (dribble or pass into teammate's path to score). The offside rule goes into effect at the centerline. Play for 30 minutes with two breaks.

KEY WORDS: Push up, pressure, cover, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Why should you run forward after the opening pass? 2) What's your job when you're the one closer to the ball? 3) What about when you're not? 4) What position should you take to do that?

ANSWERS: 1) To get away from our end zone and stop the attackers as quickly as possible. 2) To stop the ball carrier. 3) To support my teammate. 4) Off to the side and slightly behind my teammate.

**PRACTICE (Less Challenging): 2 v 2 on End Zones**

OBJECTIVE: To stop the opponent's attack.

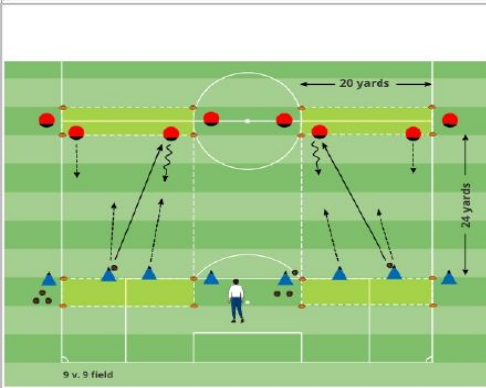
ORGANIZATION: Same as Core Activity, except the fields are only 10 yards wide.

KEY WORDS: Push up, pressure, cover, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Why should you run forward after the opening pass? 2) What's your job when you're the one closer to the ball? 3) What about when you're not? 4) What position should you take to do that?

ANSWERS: 1) To get away from our end zone and stop the attackers as quickly as possible. 2) To stop the ball carrier. 3) To support my teammate. 4) Off to the side and slightly behind my teammate.

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.



PRACTICE (More Challenging): 2 v 2 on End Zones

OBJECTIVE: To stop the opponent's attack.

ORGANIZATION: Same as Core Activity, except the fields are 20 yards wide.

KEY WORDS: Push up, pressure, cover, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Why should you run forward after the opening pass? 2) What's your job when you're the one closer to the ball? 3) What about when you're not? 4) What position should you take to do that?

ANSWERS: 1) To get away from our end zone and stop the attackers as quickly as possible. 2) To stop the ball carrier. 3) To support my teammate. 4) Off to the side and slightly behind my teammate.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To stop the opponent's attack, win the ball and score.

ORGANIZATION: Mark out a 60 x 55-yard field. Divide players into two teams of eight. Each plays a 1-3-1-3. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Pressure, cover, balance, move with the ball, attack the ball

GUIDED QUESTIONS: 1) How can you keep opponents from moving forward? 2) What's the job of the player closest to the ball? 3) What should the other defenders nearby do? 4) What about the defenders farther away from the ball?

ANSWERS: 1) Cover the full the width of the field, put pressure on the ball carrier, cover each other and move with the ball. 2) To put pressure on the ball, stop the ball carrier and force them onto the wing. 3) Cover the defender pressuring the ball carrier, close down space and mark the attackers closest to the ball. 4) Follow the ball, stay compact and defend against switches of play.

Five Elements of a Training Activity

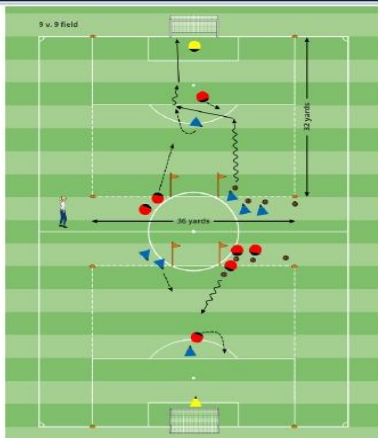
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the players?

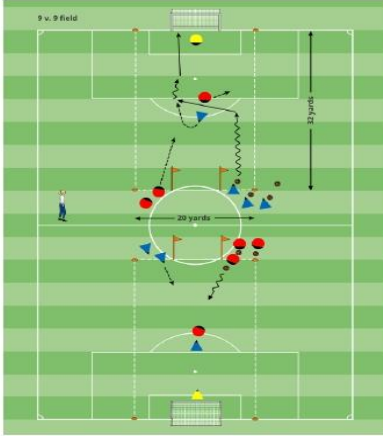
Training Session Self-Reflection Questions

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION**GOAL:** Improve scoring goals**PLAYER ACTIONS:** Create 1 v 1s and 2 v 1s, pass or dribble forward, shoot**KEY QUALITIES:** Decision-making, reading the game, initiative, technical execution

U11-U12 / 9 v 9 / 16 players

MOMENT: Attacking**DURATION:** 90:00 min**1ST PLAY PHASE: Intentional Free Play****OBJECTIVE:** To create openings and score goals.**ORGANIZATION:** Mark out four 20 x 15-yard fields, each with two mini goals. Free play: Players are divided into pairs and take turns playing 2 v 2. Play for 30 minutes with two breaks. Rotate players/teams as needed according to the Five Elements.**KEY WORDS:** Pass, dribble, take opponents on, shoot**GUIDED QUESTIONS:** 1) How many goals did you score? What can you do to score more goals? 2) What should you do if you see an opening? 3) How do you create an opening?**ANSWERS:** 1) Focus on attacking; create 1 v 1s and 2 v 1s; finish faster. 2) Pass or dribble through it; shoot on goal. 3) Make the opponent move; beat the opponent 1 v 1 or 2 v 1 (give and go).**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): 2 v 1+ in Middle****OBJECTIVE:** To score goals by attacking 2 v 1 up the middle.**ORGANIZATION:** Mark out two 32 x 36-yard fields. Assign attackers and defenders to starting positions as shown. Players play 2 v 1+ (second defender runs in from behind). Play begins as soon as the ball starts moving forward and continues until a goal is scored. The defenders try to win the ball and score on the goal line. Play for 30 minutes with two breaks.**KEY WORDS:** Pass, dribble, take opponents on, shoot**GUIDED QUESTIONS:** 1) How do you handle a 2 v 1 when you've got the ball? 2) What should the forward do? 3) What else can you do when you have the ball?**ANSWERS:** 1) Quickly dribble forward to tie up the defender, then pass the ball off to my teammate. 2) Get open while maintaining eye contact with the ball carrier and accelerating forward - but don't run offside! 3) Go 1 v 1 against the defender, dribble past on the outside and finish on the goal.**PRACTICE (Less Challenging): 2 v 1 in Middle****OBJECTIVE:** To score goals by attacking 2 v 1 up the middle.**ORGANIZATION:** Same as Core Activity, except without the second defender.**KEY WORDS:** Pass, dribble, take opponents on, shoot**GUIDED QUESTIONS:** 1) How do you handle a 2 v 1 when you've got the ball? 2) What should the forward do? 3) What else can you do when you have the ball?**ANSWERS:** 1) Quickly dribble forward to tie up the defender, then pass the ball off to my teammate. 2) Get open while maintaining eye contact with the ball carrier and accelerating forward - but don't run offside! 3) Go 1 v 1 against the defender, dribble past on the outside and finish on the goal.**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.



PRACTICE (More Challenging): 2 v 1 in Middle

OBJECTIVE: To score goals by attacking 2 v 1 up the middle.

ORGANIZATION: Same as Core Activity, except the field is just 20 yards wide.

KEY WORDS: Pass, dribble, take opponents on, shoot

GUIDED QUESTIONS: 1) How do you handle a 2 v 1 when you've got the ball? 2) What should the forward do? 3) What else can you do when you have the ball?

ANSWERS: 1) Quickly dribble forward to tie up the defender, then pass the ball off to my teammate. 2) Get open while maintaining eye contact with the ball carrier and accelerating forward - but don't run offside! 3) Go 1 v 1 against the defender, dribble past on the outside and finish on the goal.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To create openings and score goals.

ORGANIZATION: Teams play 8 v 8 on a 60 x 55-yard field. Each plays a 1-3-1-3 formation. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Pass, dribble, take opponents on, shoot

GUIDED QUESTIONS: 1) How many goals did you score? What can you do to score more goals? 2) What should you do if you see an opening? 3) How do you create an opening? 4) What should the attackers do in a 2 v 1 situation?

ANSWERS: 1) Focus on attacking; create 1 v 1s; cover the middle on passes from the wings; finish faster; be ready to jump on rebounds after shots. 2) Pass or dribble through it; shoot on goal. 3) Make the opponent move; beat the opponent 1 v 1 or 2 v 1 (give and go). 4) Take advantage of having an extra player by dribbling forward and tying up the defender before passing the ball off.

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 players?

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from scoring

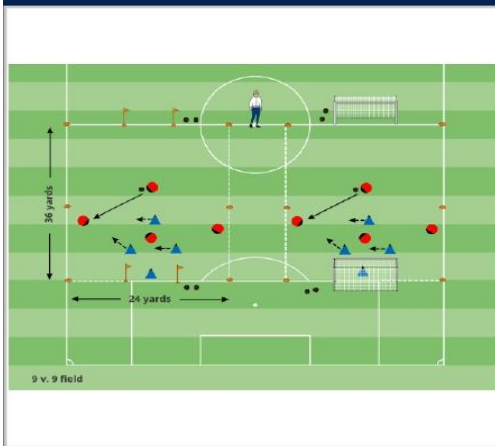
PLAYER ACTIONS: Protect the goal, make it compact, keep it compact

KEY QUALITIES: Focus, decision-making, reading the game, initiative

U11-U12 / 9 v 9 / 16 players

MOMENT: Defending

DURATION: 90:00 min

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

OBJECTIVE: To prevent the opponent from scoring.

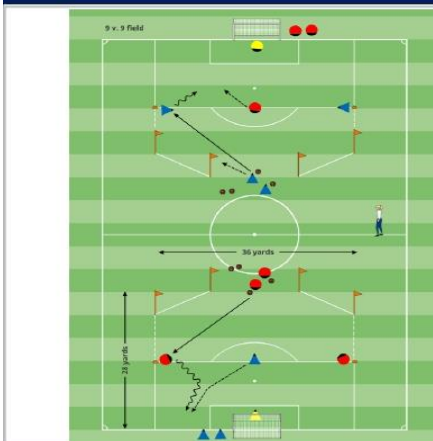
ORGANIZATION: Mark out two 36 x 24-yard fields. Teams play 4 v 4 on goals. There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, defend the player, defend the goal

GUIDED QUESTIONS: 1) Defenders, where should you steer the attackers to protect the goal? 2) What's a good formation to use for that? 3) What should you do when you're the defender in a face-to-face 1 v 1 on the wing?

ANSWERS: 1) Away from the goal, onto the wing. 2) A 1-2-1 formation. 3) Confront your opponent; if they dribble toward you, match their speed and try to force them toward the sideline; block them from shooting or crossing.

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): 1 v 1 on One Goal with Goalkeeper and Two Goal Lines**

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out two 28 x 36-yard fields, each with one goal and two goal lines. Position four attackers, three defenders and one goalkeeper on each field as shown. The central attacker starts the 1 v 1 with a pass to either teammate, then runs to that player's position. The defender reacts by running forward and trying to stop the receiver from scoring. Play for 30 minutes with two breaks.

KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why?

ANSWERS: 1) To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker onto the wing. 3) The inside. 4) Because that would put them in a much better position to shoot.

**PRACTICE (Less Challenging): 1 v 1 on One Goal with Goalkeeper and Two Goal Line**

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Same as Core Activity, except there is only one wing attacker. Make sure players stay in their assigned positions.

KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why?

ANSWERS: 1) To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker onto the wing. 3) The inside. 4) Because that would put them in a much better position to shoot.

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.



PRACTICE (More Challenging): 1 v 1 on One Goal with Goalkeeper and Two Goal Line

OBJECTIVE: To prevent the opponent from scoring.

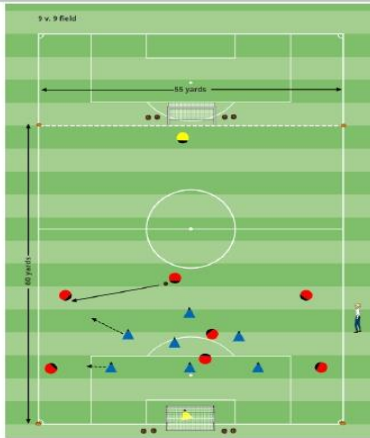
ORGANIZATION: Same as Core Activity, except the central attacker chooses a wing attacker, who dribbles onto the field for the 1 v 1.

KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why?

ANSWERS: 1) To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker onto the wing. 3) The inside. 4) Because that would put them in a much better position to shoot.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out a 60 x 55-yard field. Divide players into two teams of eight. Each plays a 1-3-1-3. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Stay compact, defend the player, defend the goal

GUIDED QUESTIONS: 1) How can you keep the opponent from scoring? 2) What should you do when you're the defender in a face-to-face 1 v 1 on the wing? 3) Which side do you not want the attacker to break through on? 4) Why?

ANSWERS: 1) Defend as a compact unit; actively engage the ball carrier; force the opponent to the sidelines; move with the ball; block shots. 2) Confront your opponent; if they dribble toward you, match their speed and try to force them toward the sideline; block them from shooting or crossing. 3) The inside. 4) Because that would put them in a much better position to shoot.

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 players?

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve building up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Spread out, create passing options, pass or dribble forward

KEY QUALITIES: Decision-making, reading the game, initiative, focus

U11-U12 / 9 v 9 / 16 players

MOMENT: Attacking

DURATION: 90:00 min

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

OBJECTIVE: To build a solid attack, move the ball forward and score.

ORGANIZATION: Mark out two 36 x 24-yard fields. Divide players into four teams of four. Free play: Teams play 4 v 4 on 8-yard goal lines without goalkeepers (pass on the ground to score). Play for 30 minutes with two breaks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) What do you do when opponents immediately start trying to disrupt your attack? 2) How do you create the space you need to build a solid attack?

ANSWERS: 1) Stay calm, build the attack in a controlled way and play safe combinations to move the ball forward into the opponent's half. 2) Make the field as big as possible; push forward (no offside rule) and try to tie up individual opponents; use the full width of the field.

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



9 v 9 field

PRACTICE (Core Activity): From 4 v 3 to 5 v 4

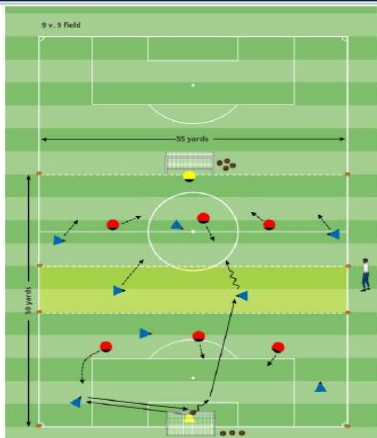
OBJECTIVE: To build a solid attack, move the ball forward and score.

ORGANIZATION: Divide a 55x 50-yard field into three zones. Divide players into teams of 9 and 7 (Blue and Red) and assign them to zones as shown (1-3-2-3). Blue starts out attacking 4 v 3. If they can successfully pass into the center zone, they then attack 5 v 4 on Red's goal. Red tries to win the ball and score on Blue's goal. Play is restarted by Blue's keeper after interruptions. Play for 30 minutes with two breaks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) On distributions, where should the outside defenders show for the ball? 2) Why? 3) After they receive the ball, how should they build the attack? 4) What if they can't do that?

ANSWERS: 1) Just outside the penalty box sidelines, close to the endline. 2) To make the field as big as possible. 3) Take the ball forward and look for potential receivers. 4) Stay calm, cut away and pass to the keeper to switch the point of attack.



9 v 9 field

PRACTICE (Less Challenging): From 4 v 3 to 5 v 4

OBJECTIVE: To build a solid attack, move the ball forward and score.

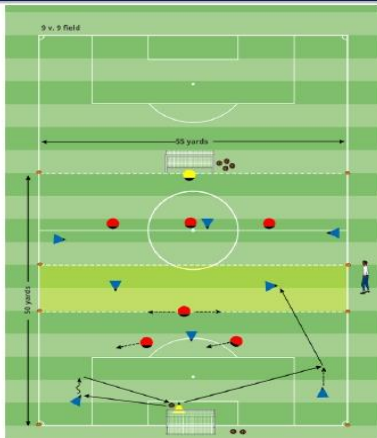
ORGANIZATION: Same as Core Activity, except Blue starts out attacking 4 v 2. The third defender stays on the center zone boundary and intercepts passes.

KEY WORDS: Use space, be open, pass, dribble

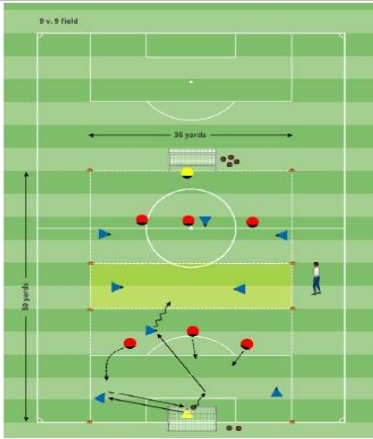
GUIDED QUESTIONS: 1) On distributions, where should the outside defenders show for the ball? 2) Why? 3) After they receive the ball, how should they build the attack? 4) What if they can't do that?

ANSWERS: 1) Just outside the penalty box sidelines, close to the endline. 2) To make the field as big as possible. 3) Take the ball forward and look for potential receivers. 4) Stay calm, cut away and pass to the keeper to switch the point of attack.

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.



9 v 9 field



PRACTICE (More Challenging): From 4 v 3 to 5 v 4

OBJECTIVE: To build a solid attack, move the ball forward and score.

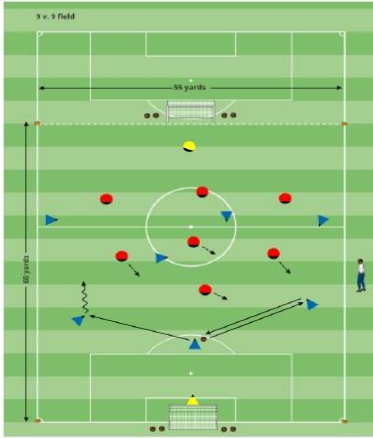
ORGANIZATION: Same as Core Activity, except the field is only 36 yards wide.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) On distributions, where should the outside defenders show for the ball? 2) Why? 3) After they receive the ball, how should they build the attack? 4) What if they can't do that?

ANSWERS: 1) Just outside the penalty box sidelines, close to the endline. 2) To make the field as big as possible. 3) Take the ball forward and look for potential receivers. 4) Stay calm, cut away and pass to the keeper to switch the point of attack.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To build a solid attack, move the ball forward and score.

ORGANIZATION: Mark out a 60 x 55-yard field. Teams play 8 v 8. Each plays a 1-3-3-1 and tries to disrupt the other's buildup as quickly as possible. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) What do you do when opponents immediately start trying to disrupt your attack? 2) How do you create the space you need to build a solid attack? 3) On distributions, where should the outside defenders show for the ball?

ANSWERS: 1) Stay calm, build the attack in a controlled way and play safe combinations to move the ball forward. 2) Make the field as big as possible; push forward and try to tie up individual opponents; use the full width of the field. 3) Just outside the penalty box sidelines, close to the endline.

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 players?

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?

11 v 11

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

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

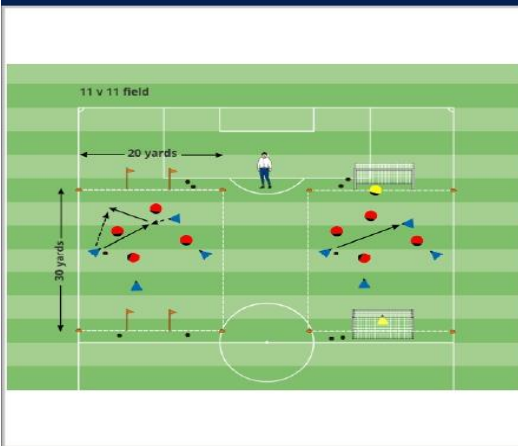
PLAYER ACTIONS: Create 1 v 1s and 2 v 1s, pass or dribble forward, change the pace/rhythm

KEY QUALITIES: Decision-making, reading the game, initiative, proactive play, technical execution, focus

U13+ / 11 v 11 / 18 players

MOMENT: Attacking

DURATION: 90:00 min

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

OBJECTIVE: To pass or dribble forward and score goals.

ORGANIZATION: Mark out two 30 x 20-yard fields, each with two goals. Divide players into four teams. Teams play 4 v 4 or 5 v 5 including goalkeepers. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Opening, take opponents on, go!

GUIDED QUESTIONS: 1) How do you find or create openings to move the ball forward and score?

ANSWERS: 1) By pulling opponents out of position.

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): 6 v 5 + GK**

OBJECTIVE: To create passing options and pass or dribble forward.

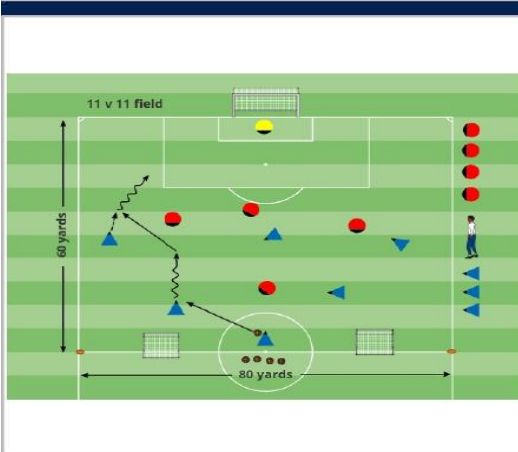
ORGANIZATION: Mark out a 60 x 80-yard field with one standard goal and two small goals. Teams play 6 v 5 + GK. If the defenders (Red) win the ball, they counterattack on the small goals. Play to five goals, then switch sides and reset. Play for 30 minutes with two breaks. Rotate new players in every few minutes so everyone gets to play.

KEY WORDS: Opening, take opponents on, pass/dribble, go!

GUIDED QUESTIONS: 1) How do you find or create openings to move the ball forward and score? 2) How do you force opponents to make errors?

ANSWERS: 1) By pulling opponents out of position and then quickly passing. 2) By creating 1 v 1s or 2 v 1s and then passing or dribbling forward.

NOTES: Start here at 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.

**PRACTICE (Less Challenging): 6 v 4 + GK**

OBJECTIVE: To create passing options and pass or dribble forward.

ORGANIZATION: Same as Core Activity, except teams play 6 v 4 + GK.

KEY WORDS: Opening, take opponents on, pass/dribble, go!

GUIDED QUESTIONS: 1) How do you find or create openings to play forward and score? 2) How do you force opponents to make errors?

ANSWERS: 1) By pulling opponents out of position and then quickly passing. 2) By creating 1 v 1s or 2 v 1s and then passing or dribbling forward.

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.

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building up and creating chances in our half

PLAYER ACTIONS: Pressure/cover/balance, keep it compact

KEY QUALITIES: Read and understand the game, take initiative, focus

U13+ / 11 v 11 / 18 players

MOMENT: Defending

DURATION: 90:00 min

**1ST PLAY PHASE: Small-Sided Games**

OBJECTIVE: To deny chances, win the ball back and score.

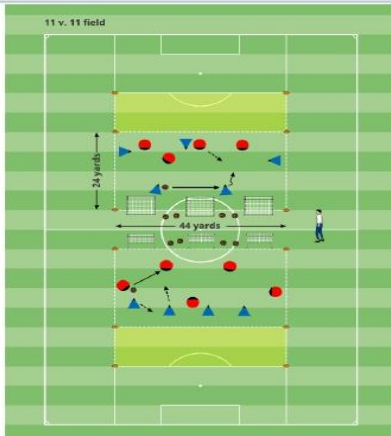
ORGANIZATION: Mark out two 30 x 20-yard fields. Free play: Divide players into two teams of four and two of five. Teams play 4 v 4 and 5 v 5 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball

GUIDED QUESTIONS: 1) How can you prevent the opponent from creating chances? 2) How do you close the gaps? 3) How do you keep them closed?

ANSWERS: 1) Close the gaps and keep them closed. 2) Form a compact unit (stay close to all nearby teammates). 3) Copy the movements of the ball, following it from side to side.

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): 5 v 4 on End Zone and Three Mini Goals**

OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: For every 5 attackers and 4 defenders, mark out a 24 x 44-yard field with an end zone and three mini goals. The attackers can score by dribbling or completing a pass into the end zone. The defenders form a flat four and try to keep the attackers from breaking through. If they win the ball, they counterattack on the mini goals. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What's the best formation for the defenders to cover the width of the field? 2) What should the flat four do on attacks up the middle? 3) What if the ball carrier passes to a teammate?

ANSWERS: 1) A flat four. 2) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover. 3) The defender in front drops back, the flat four moves with the ball, and whoever is closest now steps up.

**PRACTICE (Less Challenging): 4 v 4 on End Zone and Target Player**

OBJECTIVE: To deny chances, win the ball back and score.

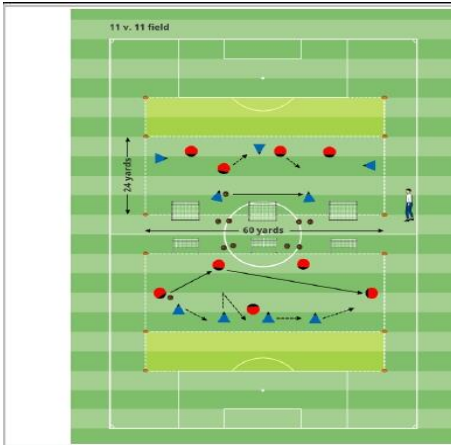
ORGANIZATION: Same as Core Activity, except teams play 4 v 4, and the defenders have to pass to the target player to score.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What's the best formation for the defenders to cover the width of the field? 2) What should the flat four do on attacks up the middle? 3) What if the ball carrier passes to a teammate?

ANSWERS: 1) A flat four. 2) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover. 3) The defender in front drops back, the flat four moves with the ball, and whoever is closest now steps up.

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.



PRACTICE (More Challenging): 5 v 4 on End Zone and Three Mini Goals

OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: Same as Core Activity, except the field is 60 yards wide.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What's the best formation for the defenders to cover the width of the field? 2) What should the flat four do on attacks up the middle? 3) What if the ball carrier passes to a teammate?

ANSWERS: 1) A flat four. 2) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover. 3) The defender in front drops back, the flat four moves with the ball, and whoever is closest now steps up.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: Mark out an 80 x 84-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) How can you keep opponents from creating chances? 2) How do you close the gaps? 3) How do you keep them closed? 4) What should the flat four do on attacks up the middle?

ANSWERS: 1) Close the gaps and keep them closed. 2) Form a compact unit (stay close to all nearby teammates). 3) Copy the movements of the ball, following it from side to side. 4) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover.

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 proper coaching, based on the age and level of the players?

Training Session Self-Reflection Questions

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

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve building up from own half in order to move the ball to the opponent's half

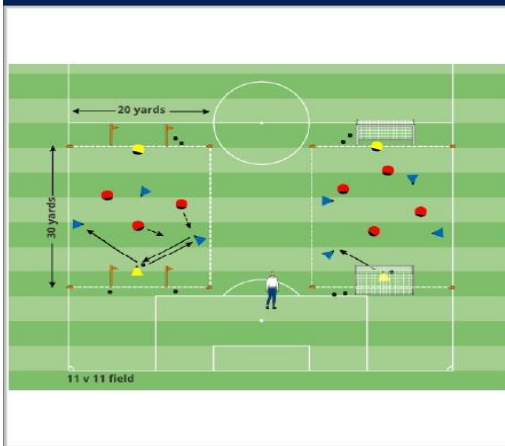
PLAYER ACTIONS: Pass or dribble forward, create passing options, spread out

KEY QUALITIES: Decision-making, reading the game, initiative, focus

U13+ / 9 v 9 / 18 players

MOMENT: Attacking

DURATION: 90:00 min

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

OBJECTIVE: To build a solid attack, move the ball forward and score.

ORGANIZATION: Mark out two 30 x 20-yard fields. Free play: Field 1: Teams play 4 v 4 on goal lines with goalkeepers. Field 2: Teams play 5 v 5 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How can you outnumber your opponents during the building phase? 2) How can you create space during the building phase? 3) Which positions should attackers cover during the building phase? 4) What formation is that?

ANSWERS: 1) By involving the goalkeeper. 2) Spread out across the width of the field; push forward and tie up the opposing defenders. 3) Central defender, right wing, left wing, central attacker. 4) A diamond.

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 2 on Two Small Goals**

OBJECTIVE: To get through your defensive third and move the attack forward.

ORGANIZATION: Mark out two 54 x 44-yard fields. Assign attackers and defenders to starting positions as shown. Two attackers run in from the endline and try to get through their defensive third, move into the midfield and finish on one of the mini goals with the help of the central midfielder. The defenders try to win the ball and score on the attackers' goal. Rotate attackers and defenders after each round. Play for 30 minutes with two breaks.

KEY WORDS: Pass, dribble, be open

GUIDED QUESTIONS: 1) How do you build the attack? 2) How can the inside defenders get through the defensive third? 3) What does the central midfielder need to do?

ANSWERS: 1) Play safe combinations from defense to midfield, get the ball past the opponent's forwards and start attacking the goal. 2) By dribbling or passing into the midfield. 3) Act as a link player and create passing options behind the opposing forward; focus on moving the attack forward after receiving a pass.

**PRACTICE (Less Challenging): 2 v 1 on Two Small Goals**

OBJECTIVE: To get through your defensive third and move the attack forward.

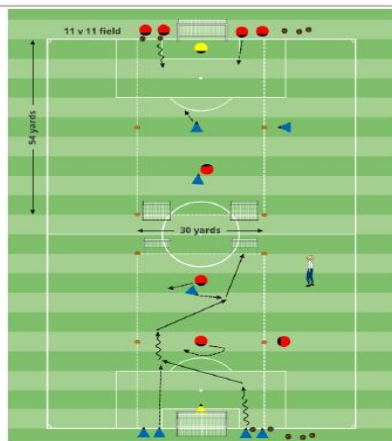
ORGANIZATION: Same as Core Activity, except teams play 2 v 1 (no midfielders), and attackers must shoot from outside the marked end zones.

KEY WORDS: Pass, dribble, be open

GUIDED QUESTIONS: 1) How do you build the attack? 2) How can the inside defenders get through the defensive third?

ANSWERS: 1) Play safe combinations from defense to midfield, get the ball past the opponent's forwards and start attacking the goal. 2) By dribbling or passing into the midfield.

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.



PRACTICE (More Challenging): 3 v 2 on Two Small Goals

OBJECTIVE: To get through your defensive third and move the attack forward.

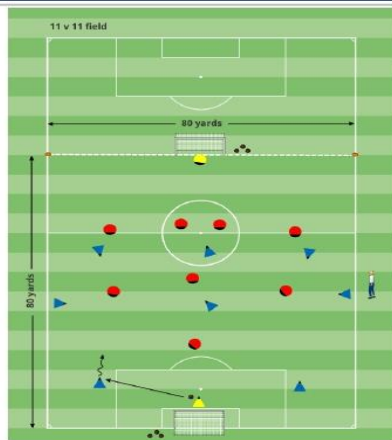
ORGANIZATION: Same as Core Activity, except the field is just 30 yards wide.

KEY WORDS: Pass, dribble, be open

GUIDED QUESTIONS: 1) How do you build the attack? 2) How can the inside defenders get through the defensive third? 3) What does the central midfielder need to do?

ANSWERS: 1) Play safe combinations from defense to midfield, get the ball past the opponent's forwards and start attacking the goal. 2) By dribbling or passing into the midfield. 3) Act as a link player and create passing options behind the opposing forward; focus on moving the attack forward after receiving a pass.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To build a solid attack, move the ball forward and score.

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1 and tries to disrupt the other's buildup as quickly as possible. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

KEY WORDS: Be open, pass, dribble, use space

GUIDED QUESTIONS: 1) How do you build the attack? 2) How can the inside defenders get through the defensive third? 3) What does the central midfielder need to do?

ANSWERS: 1) Play safe combinations from defense to midfield, get the ball past the opponent's forwards and start attacking the goal. 2) By dribbling or passing into the midfield. 3) Act as a link player and create passing options behind the opposing forward; focus on moving the attack forward after receiving a pass.

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 players?

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building in their own half

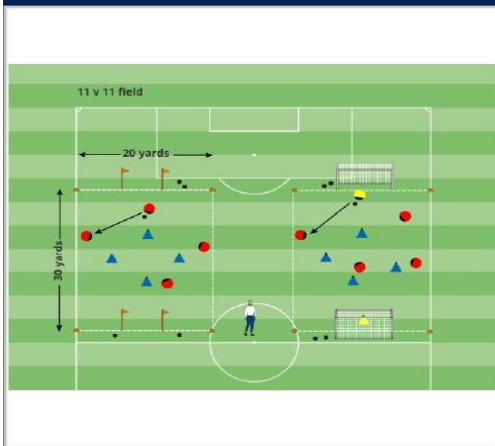
PLAYER ACTIONS: Steal the ball, pressure/cover/balance, outnumber opponents

KEY QUALITIES: Read and understand the game, take initiative, focus

U13+ / 11 v 11 / 18 players

MOMENT: Defending

DURATION: 90:00 min

**1ST PLAY PHASE: Small-Sided Games**

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

ORGANIZATION: Mark out two 30 x 20-yard fields. Free play: Field 1: Teams play 4 v 4 on 8-yard goal lines without goalkeepers (pass on the ground to score). Field 2: Teams play 4 v 4 on goals with goalkeepers. Goals scored after winning the ball in the opponent's half count double. Play for 30 minutes with two breaks,

KEY WORDS: Stay compact, pressure, cover, balance, attack the ball

GUIDED QUESTIONS: 1) Why is it good to win the ball in the opponent's half? 2) What do you need to do to be able to disrupt their buildup right away?

ANSWERS: 1) We're close to their goal (shorter transition time). 2) Form a compact unit, block forward passing lanes, make them play square passes, work together (on command) to put pressure on the opponent.

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): Win the Ball (Defenders Numbers-Up)**

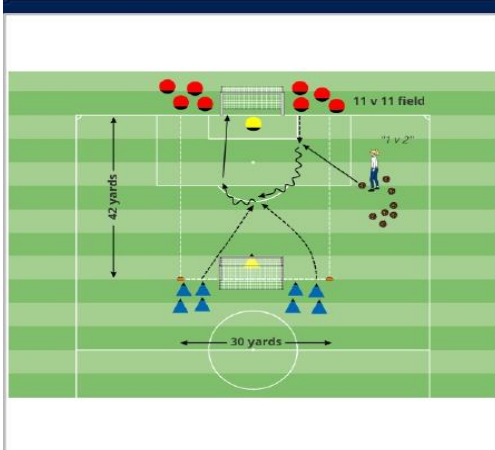
OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

ORGANIZATION: Mark out a 42 x 44-yard field with goals and goalkeepers. Choose eight attackers (Blue) and eight defenders (Red) and assign each team to a goal. The coach calls out the game (1 v 2, 2 v 3 or 3 v 4) and then plays the ball in to Blue. The appropriate number of players run onto the field and play until a goal is scored by either team. Then a new round begins. Play for 30 minutes with two breaks.

KEY WORDS: Outnumber the opponent, pressure, cover, attack the ball

GUIDED QUESTIONS: 1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS: 1) Disrupt the buildup in the opponent's half, win the ball and score. 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball.

**PRACTICE (Less Challenging): Win the Ball (Defenders Numbers-Up)**

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

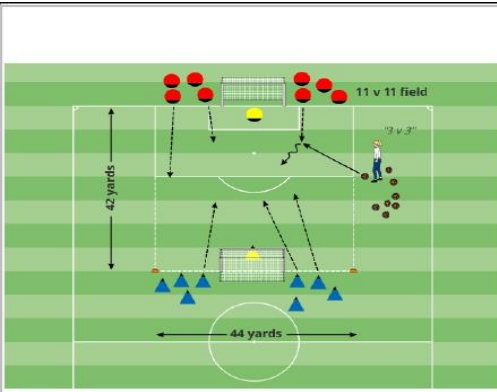
ORGANIZATION: Same as Core Activity, except the field is only 30 yards wide.

KEY WORDS: Outnumber the opponent, pressure, cover, attack the ball

GUIDED QUESTIONS: 1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS: 1) Disrupt the buildup in the opponent's half, win the ball and score. 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball.

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.



PRACTICE (More Challenging): Win the Ball (Equal Teams)

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

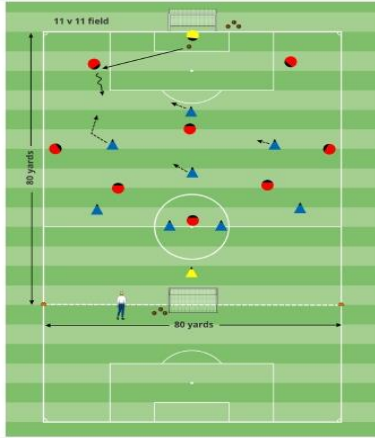
ORGANIZATION: Same as Core Activity, except both teams are equal: Options are 1 v 1, 2 v 2, 3 v 3 or 4 v 4.

KEY WORDS: Outnumber the opponent, pressure, cover, attack the ball

GUIDED QUESTIONS: 1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS: 1) Disrupt the buildup in the opponent's half, win the ball and score. 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of eight. Each plays a 1-4-1-3 and tries to disrupt the other's buildup as quickly as possible. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Why is it good to win the ball in the opponent's half? 2) What do you need to do to be able to disrupt their buildup right away? 3) What are your signals to start pressing?

ANSWERS: 1) We're close to their goal (shorter transition time). 2) Form a compact unit, block forward passing lanes, make them play square passes, work together (on command) to put pressure on the opponent. 3) Missed passes, square passes, passes that go behind their receivers.

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 proper coaching, based on the age and level of the players?

Training Session Self-Reflection Questions

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

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, create 1 v 1s and 2 v 1s

KEY QUALITIES: Decision-making, reading the game, initiative, focus, technical execution

U13+ / 9 v 9 / 18 players

MOMENT: Attacking

DURATION: 90:00 min

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

OBJECTIVE: To create shooting opportunities and score.

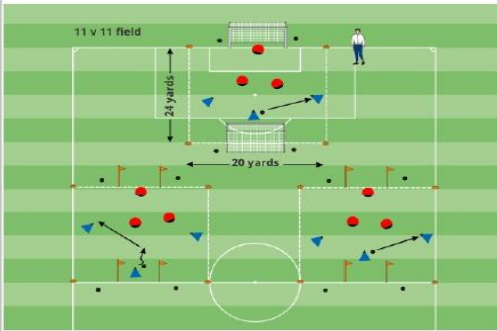
ORGANIZATION: Mark out three 24 x 20-yard fields. Teams play 3 v 3, either on goals (Field 1) or on goal lines (Fields 2 and 3). There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS: Shoot, take opponents on

GUIDED QUESTIONS: 1) How do you take advantage of a good shooting position? 2) What do you do when the opponent closes down one wing?

ANSWERS: 1) Spread the field and pass to a wing player, who pushes forward and shoots. 2) Break off the attack, play the ball out of pressure and switch to the other wing.

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): Attackers One-Up on Two Goals with Goalkeepers**

OBJECTIVE: To create shooting opportunities and score.

ORGANIZATION: Mark out a 36 x 44-yard field with goals and goalkeepers. Choose eight attackers (Blue) and eight defenders (Red) and position them as shown. The coach calls out the game (2 v 1, 3 v 2 or 4 v 3) and then plays the ball in to Blue. The appropriate number of players run onto the field and play until a goal is scored by either team. If a round ends too quickly, play in a second ball. Then break off the attack and start a new round. Play for 30 minutes with two breaks.

KEY WORDS: Shoot, pass, dribble, take opponents on

GUIDED QUESTIONS: 1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot?

ANSWERS: 1) When you're in a good position and you have a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary.

**PRACTICE (Less Challenging): Attackers Two-Up on Two Goals with Goalkeepers**

OBJECTIVE: To create shooting opportunities and score.

ORGANIZATION: Same as Core Activity, except the attackers play two-up: Options are 3 v 1, 4 v 2 or 5 v 3.

KEY WORDS: Shoot, pass, dribble, take opponents on

GUIDED QUESTIONS: 1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot?

ANSWERS: 1) When you're in a good position and you have a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary.

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.





PRACTICE (More Challenging): Equal Teams on Two Goals with Goalkeepers

OBJECTIVE: To create shooting opportunities and score.

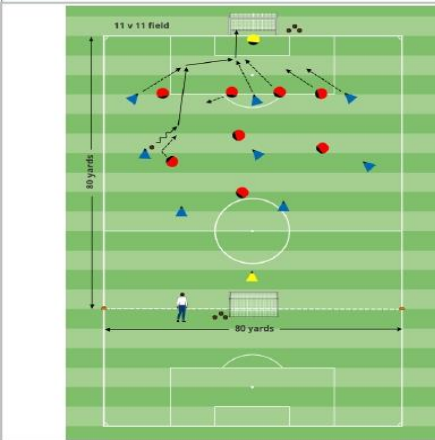
ORGANIZATION: Same as Core Activity, except both teams are equal: Options are 1 v 1, 2 v 2, 3 v 3 or 4 v 4.

KEY WORDS: Shoot, pass, dribble, take opponents on

GUIDED QUESTIONS: 1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot?

ANSWERS: 1) When you're in a good position and you have a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 2s; break off the attack and switch if necessary.

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.



2ND PLAY PHASE: The Game

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

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each plays a 1-4-1-3. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

KEY WORDS: Be open, pass, dribble, use space

GUIDED QUESTIONS: 1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot?

ANSWERS: 1) When you're in a good position and you have a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary.

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 players?

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from scoring

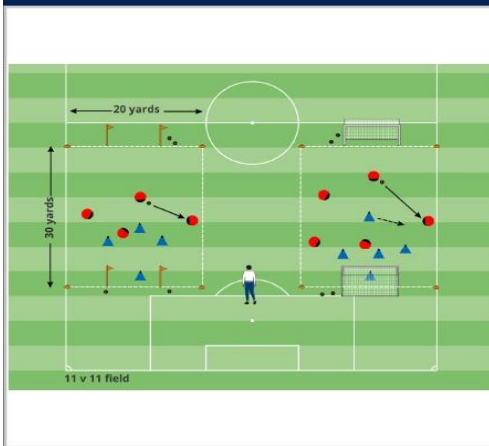
PLAYER ACTIONS: Outnumber the opponent, stay involved, protect the goal, steal the ball

KEY QUALITIES: Read and understand the game, focus, take responsibility

U13+ / 11 v 11 / 18 players

MOMENT: Defending

DURATION: 90:00 min

**1ST PLAY PHASE: Small-Sided Games**

OBJECTIVE: To deny chances, win the ball back and score.

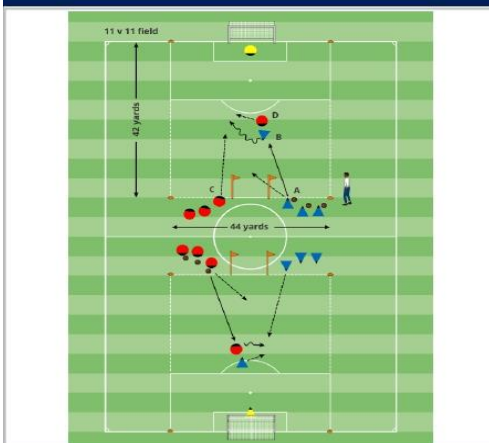
ORGANIZATION: Mark out two 30 x 20-yard fields. Free play: Teams play 4 v 4 on goal lines or 5 v 5 on goals. There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS: Defend the goal, stay compact, move with the ball

GUIDED QUESTIONS: 1) What's your top priority when you're outnumbered? 2) How can you keep the opponent away from the goal even though you're outnumbered?

ANSWERS: 1) To defend the goal. 2) Form a compact unit, block the direct path to the goal; steer attackers onto the wings; play ball-oriented defense; cover each other; block shots.

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): From 1 v 2 to 2 v 2**

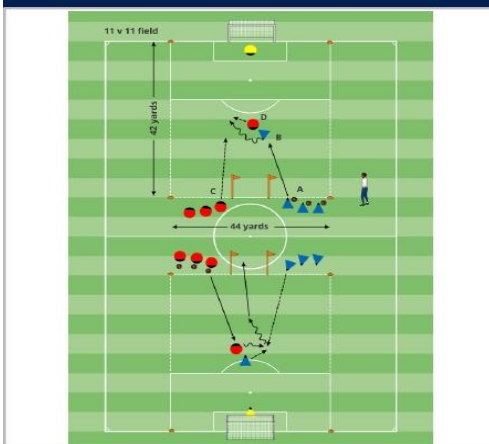
OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out two 42 x 44-yard fields. Divide players into two teams and position them as shown. Play begins with a pass from A to B. As soon as the pass is played, C runs in to help D. If the defenders win the ball, they counterattack on the goal line, Player A runs in to help B, and teams play 2 v 2 until a goal is scored. Afterward, A rotates to B's position and C rotates to D's. Play for 30 minutes with two breaks.

KEY WORDS: Close opponents down, defend the goal, attack the ball

GUIDED QUESTIONS: 1) What's the job of the defender behind the attacker? 2) What's the job of the other defender?

ANSWERS: 1) Intercept the ball if possible; otherwise stop the attacker from turning around to face the goal. 2) Support the first defender, pressure the attacker and win the ball.

**PRACTICE (Less Challenging): 1 v 2 after Forward Pass**

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Same as Core Activity, except teams play 1 v 2, and Player A stays out of the game after the opening pass, even if the defenders win the ball.

KEY WORDS: Close opponents down, defend the goal, attack the ball

GUIDED QUESTIONS: 1) What's the job of the defender behind the attacker? 2) What's the job of the other defender?

ANSWERS: 1) Intercept the ball if possible; otherwise stop the attacker from turning around to face the goal. 2) Support the first defender, pressure the attacker and win the ball.

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.



PRACTICE (More Challenging): 2 v 2 in Middle

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Same as Core Activity, except teams play 2 v 2 (Player A dribbles onto the field). Play continues until a goal is scored by either team.

KEY WORDS: Close opponents down, defend the goal, attack the ball

GUIDED QUESTIONS: 1) What's the job of the defender behind the attacker? 2) What's the job of the other defender?

ANSWERS: 1) Intercept the ball if possible; otherwise stop the attacker from turning around to face the goal. 2) Support the first defender, pressure the attacker and win the ball.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out an 80 x 84-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes with two breaks.

KEY WORDS: Close opponents down, defend the goal, maintain contact, attack the ball

GUIDED QUESTIONS: 1) How can you keep the opponent from scoring? 2) What do the inside defenders need to do on forward passes? 3) How can the midfielders help in this situation?

ANSWERS: 1) Form a compact unit, block the direct path to the goal; steer attackers onto the wings; play ball-oriented defense; cover each other; block shots. 2) Intercept the pass if possible; otherwise stop the receiver from turning around to face the goal. 3) Support the first defender, pressure the attacker and win the ball.

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 proper coaching, based on the age and level of the players?

Training Session Self-Reflection Questions

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

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

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

PLAYER ACTIONS: Spread out, create passing options, change the point of attack

KEY QUALITIES: Decision-making, reading the game, initiative, proactive play, technical execution, focus

U13+ / 11 v 11 / 18 players

MOMENT: Attacking

DURATION: 90:00 min

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

OBJECTIVE: To pass or dribble forward, create chances and score goals.

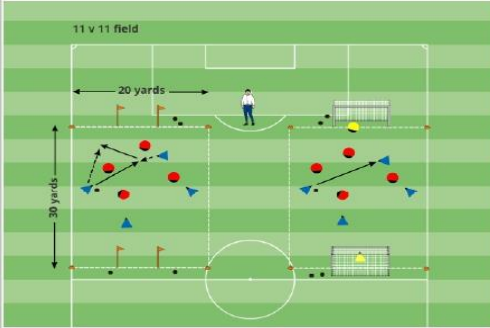
ORGANIZATION: Mark out two 30 x 20-yard fields, each with two goals. Divide players into four teams. Teams play 4 v 4 or 5 v 5 including goalkeepers. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Use space, be open, switch, take opponents on

GUIDED QUESTIONS: 1) How do you cover space when you're in possession? 2) What can you do to get past the opponent and break through to the goal?

ANSWERS: 1) Make the field as wide as possible (spread out). 2) Tie up defenders by dribbling at them, then pass to a teammate; switch the point of attack and pass the ball out of pressure; show for through passes behind the defensive line.

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): 10 v 8 on Endline**

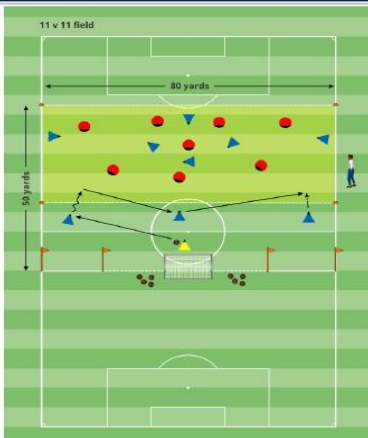
OBJECTIVE: To move the ball forward and break through the last line of defense.

ORGANIZATION: Mark out a 50 x 80-yard field with a 30-yard-deep defensive zone. Divide players into teams of 10 and 8 (Blue and Red). The attackers (Blue) play a 1-3-3-3 formation, and the defenders (Red) play a 4-3-1. To score, Blue has to either dribble across Red's endline or successfully pass across it into a receiver's path. Red can only defend inside the defensive zone. If they win the ball, they counterattack on Blue's goal or goal lines. Play for 30 minutes with two breaks.

KEY WORDS: Use space, be open, switch the field, pass, dribble

GUIDED QUESTIONS: 1) How can you get through the defense? 2) Where can you get through the defense? 3) What do you need to do to break through on the wings?

ANSWERS: 1) Pass or chip the ball into the end zone, or dribble into the end zone. 2) On the wings or in the middle. 3) Draw opponents to one side, then switch the attack to the other side.

**PRACTICE (Less Challenging): 11 v 7 on Endline**

OBJECTIVE: To move the ball forward and break through the last line of defense.

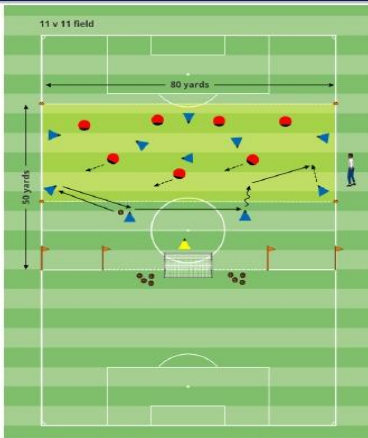
ORGANIZATION: Same as Core Activity, except teams play 11 v 7. Blue plays a 1-4-3-3, and Red has a back four and three midfielders.

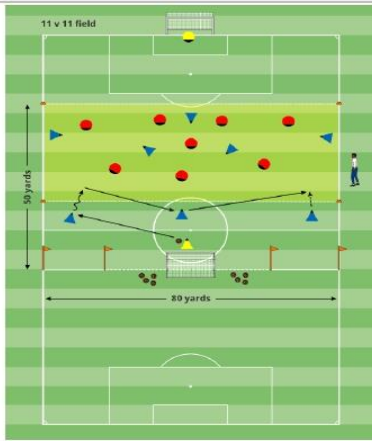
KEY WORDS: Use space, be open, switch the field, pass, dribble

GUIDED QUESTIONS: 1) How can you get through the defense? 2) Where can you get through the defense? 3) What do you need to do to break through on the wings?

ANSWERS: 1) Pass or chip the ball into the end zone, or dribble into the end zone. 2) On the wings or in the middle. 3) Draw opponents to one side, then switch the attack to the other side.

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.





PRACTICE (More Challenging): 9 v 9 on Endline and Goal

OBJECTIVE: To move the ball forward and break through the last line of defense.

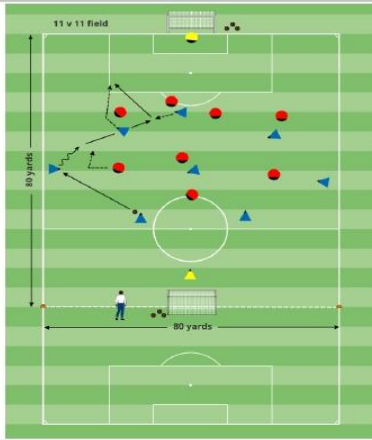
ORGANIZATION: Same as Core Activity, except Red also has a goal with goalkeeper. Teams play 9 v 9. Red is still restricted to the defensive zone. If Blue breaks through, all players follow to finish the game on Red's goal.

KEY WORDS: Use space, be open, switch the field, pass, dribble

GUIDED QUESTIONS: 1) How can you get through the defense? 2) Where can you get through the defense? 3) What do you need to do to break through on the wings?

ANSWERS: 1) Pass or chip the ball into the end zone, or dribble into the end zone. 2) On the wings or in the middle. 3) Draw opponents to one side, then switch the attack to the other side.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble forward, create chances and score goals.

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1-formation. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Use space, be open, switch the field, pass, dribble

GUIDED QUESTIONS: 1) How do you cover space when you're in possession? 2) What can you do to get past the opponent and break through to the goal? 3) Where can you get through the defense? 4) What do you need to do to break through on the wings?

ANSWERS: 1) Make the field as wide as possible (spread out). 2) Tie up defenders by dribbling at them, then pass to a teammate; switch the point of attack and pass the ball out of pressure; show for through passes behind the defensive line. 3) On the wings or in the middle. 4) Draw opponents to one side, then switch the attack to the other side.

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 players?

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building up and creating chances in our half

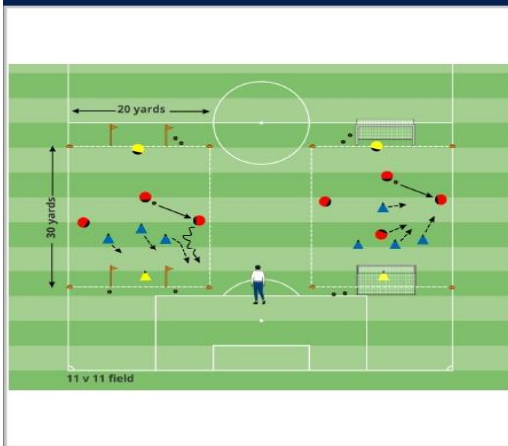
PLAYER ACTIONS: Make it compact, keep it compact, steal the ball

KEY QUALITIES: Read and understand the game, take initiative, focus

U13+ / 11 v 11 / 18 players

MOMENT: Defending

DURATION: 90:00 min

**1ST PLAY PHASE: Small-Sided Games**

OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: Mark out two 30 x 20-yard fields. Free play: Divide players into two teams of four and two of five. Teams play 4 v 4 and 5 v 5 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball

GUIDED QUESTIONS: 1) How can you prevent the opponent from creating chances? 2) How do you close the gaps? 3) How do you keep them closed?

ANSWERS: 1) Close the gaps and keep them closed. 2) Form a compact unit (stay close to all nearby teammates). 3) Copy the movements of the ball, following it from side to side.

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): 9 v 9**

OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: Mark out an 80 x 84-yard field. Teams play 9 v 9. Red plays a 1-2-3-3 formation, and Blue plays a 1-4-3-1. Play starts with a pass from Red's goalkeeper. Blue starts out in the marked middle zone. If they win the ball, they counterattack on the goal in the middle or the goal lines on the wings. After interruptions, players return to their starting positions and play is restarted by Red's goalkeeper. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS: 1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Focus on defending; form a compact block between the penalty box and the centerline; stay close to all nearby teammates; move with the ball.

**PRACTICE (Less Challenging): 9 v 9 on Narrow Field**

OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: Same as Core Activity, except the field is only 60 yards wide.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS: 1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Focus on defending; form a compact block between the penalty box and the centerline; stay close to all nearby teammates; move with the ball.

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.



PRACTICE (More Challenging): 10 v 8

OBJECTIVE: To deny chances, win the ball back and score.

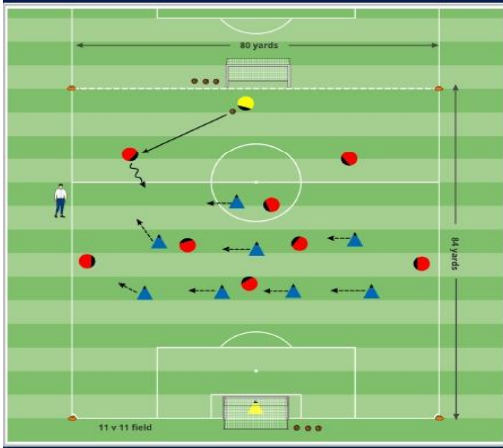
ORGANIZATION: Same as Core Activity, except Red has 10 players and Blue has 8. Formations are 1-3-3-3 (Red) and 1-4-3 (Blue).

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS: 1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Focus on defending; form a compact block between the penalty box and the centerline; stay close to all nearby teammates; move with the ball.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: Mark out an 80 x 84-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What are you trying to do in this activity? 2) Which part of the field do you need to cover when the other team has the ball? 3) How can you prevent the opponent from creating chances? 4) How do you close the gaps? 5) How do you keep them closed?

ANSWERS: 1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Our own half in front of the penalty box. 3) Close the gaps and keep them closed. 4) Form a compact unit (stay close to all nearby teammates). 5) Copy the movements of the ball, following it from side to side.

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 proper coaching, based on the age and level of the players?

Training Session Self-Reflection Questions

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

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building in their own half

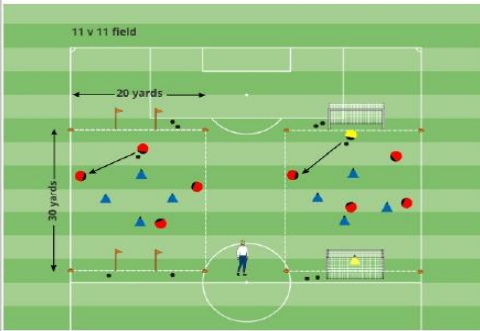
PLAYER ACTIONS: Make it compact, keep it compact, steal the ball

KEY QUALITIES: Read and understand the game, take initiative, focus

U13+ / 11 v 11 / 18 players

MOMENT: Defending

DURATION: 90:00 min

**1ST PLAY PHASE: Small-Sided Games**

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

ORGANIZATION: Mark out two 30 x 20-yard fields. Free play: Field 1: Teams play 4 v 4 on 8-yard goal lines (pass on the ground to score). Field 2: Teams play 4 v 4 on goals with goalkeepers. Play for 30 minutes with two breaks,

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What do you need to do to be able to disrupt the opponent's buildup right away? 2) What should you do after a turnover?

ANSWERS: 1) Form a compact unit, block forward passing lanes, make them play square passes, and work together (on command) to put pressure on them. 2) Immediately switch to offense and finish as quickly as possible.

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): 6 v 6 to 3 v 1 on Two Goals with Goalkeepers

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

ORGANIZATION: Mark out an 80 x 90-yard field divided into three zones. Divide players into teams of 9 and 7 (Red and Blue) and position them as shown. Red plays 6 v 6 against Blue in the attack-building zone. Red's three target players can only receive ground balls. After they receive the ball, they attack 3 v 1 on Blue's goal. If Blue wins the ball, they counterattack on Red's goal. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Why is it a bad idea to try to block a goalkeeper kick? 2) What should we do when the initial buildup is short? 3) When and where do we want to win the ball?

ANSWERS: 1) Because if we do, the keeper might kick it long. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender.

PRACTICE (Less Challenging): 5 v 6 to 3 v 2 on Two Goals with Goalkeepers

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

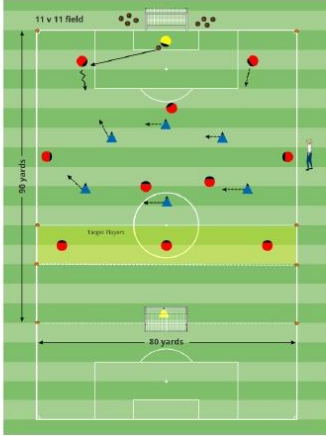
ORGANIZATION: Same as Core Activity, except teams play 5 v 6 in the attack-building zone, and the target players attack 3 v 2 on Blue's goal.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Why is it a bad idea to try to block a goalkeeper kick? 2) What should we do when the initial buildup is short? 3) When and where do we want to win the ball?

ANSWERS: 1) Because if we do, the keeper might kick it long. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender.

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.



PRACTICE (More Challenging): 7 v 6 to 3 v 0 on Two Goals with Goalkeepers

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

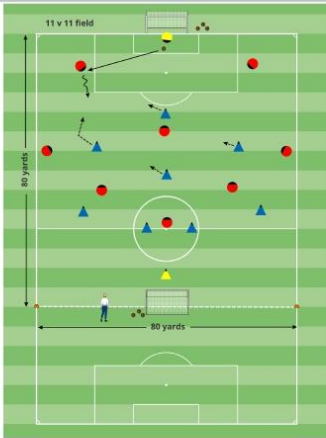
ORGANIZATION: Same as Core Activity, except teams play 7 v 6 in the attack-building zone, and the target players have three seconds to finish on Blue's goal.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Why is it a bad idea to try to block a goalkeeper kick? 2) What should we do when the initial buildup is short? 3) When and where do we want to win the ball?

ANSWERS: 1) Because if we do, the keeper might kick it long. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender.

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.



2ND PLAY PHASE: The Game

OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of eight. Each plays a 1-4-1-3 and tries to disrupt the other's buildup as quickly as possible. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Why is it a bad idea to try to block a goalkeeper kick? 2) What should we do when the initial buildup is short? 3) When and where do we want to win the ball?

ANSWERS: 1) Because if we do, the keeper might kick it long. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender.

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Training Session Self-Reflection Questions

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2. What went well?
3. What could you do better?