

US Soccer Play-Practice-Play Sample Training Session

1st Play Session

Objective: to score goals

Player actions: 2v1/1v1. shoot

Key qualities: read game/make decisions, initiative, optimal technical

Organization: mark out two 16 x 24 yard fields. Teams play 3 v 3 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 numbers situation does that create 2) How can you take advantage of this situation?

Answers: 1) A 3 v 2 with attackers outnumbering defenders 2) Spread out and create or find openings, use our extra player and don't be afraid 1 v 1 or shoot

Notes: first break: coach asks questions, players continue playing to discover answers. Second break: players share answers with coach and each other. if you do not give goals, use flags or cones.

Practice Session (Core Activity)

Practice (Core Activity): 2 v 1 on one goal with goalkeeper

Objective: to score goals

Player actions: 2 v 1, shoot

Key qualities: read game/make decisions, initiative, optimal technical

Organization: Mark out a 22 x 24 yard field with one goal with goalkeeper and two mini goals. Assign attackers and defenders to starting positions. Players play 2 v 1 until a goal is scored. The defender tries to win the ball and score on the mini goals. Afterward, the next defender starts. Play for 30 minutes with two breaks. Rotate players after every few minutes so that everyone gets opportunities to attack/defend/pay keeper.

Key words: dribble, pass, take opponents on, shoot

Guided questions: 1) What should you do when you have the ball? 2) To make the defender choose to step to the ball or my teammate. 3) The position of the defender and my teammates position for offside. 4) Dribble forward into the opening and shoot.

Notes: Start here at the core activity. Spend a total of 30 minutes in Practice Phase.

2nd Play Session

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 team plays a 1-2-3 formation. Play for 30 minutes including one “halftime” (5 min) using the Laws of the GAME and according to the standards of play found in US Soccer Player Development Initiatives

Key Words: Use the same, hips open, switch the field - how do you do these things?

Guided Questions: 1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) Where should your plant foot face? 4) What do you do when the opponent is keeping you from moving forward? 5) Once you’ve built the attack, what do you do next?

Notes: By spreading out evenly and staying as far apart as possible. 2) By playing as passes to move the ball forward from the defense. 4) Toward the target. Switch to the other side 5) Move forward and support the forwards.

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