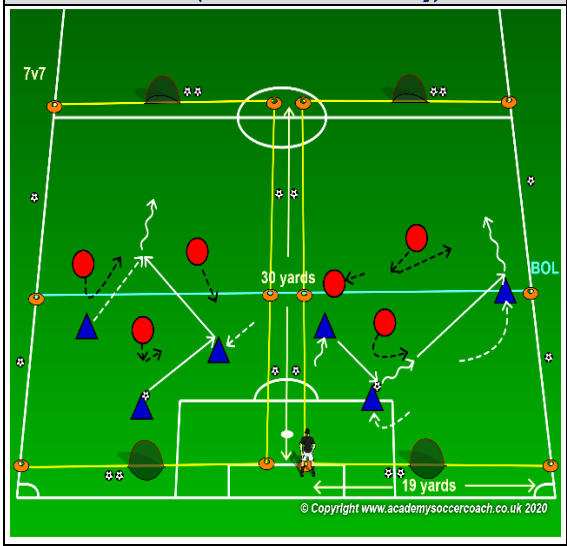
Week 1	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 2					U9-U10 7V7
	PLAYER ACTIONS	Pass/dribble forward, Spread out, Support the attack					
	KEY QUALITIES	Read the game, Take initiative, Optimal technical abilities					
	MOMENT	**Attacking**	DURATION	**60 minutes**	PLAYERS	**12**	

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch **– Passing:** Surface of the foot and ball, Pace and accuracy **– Receiving:** Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 min



OBJECTIVE: To dribble or pass the ball forward.

PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In our own, half set up two or more 19Wx30L fields with a small goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2-minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

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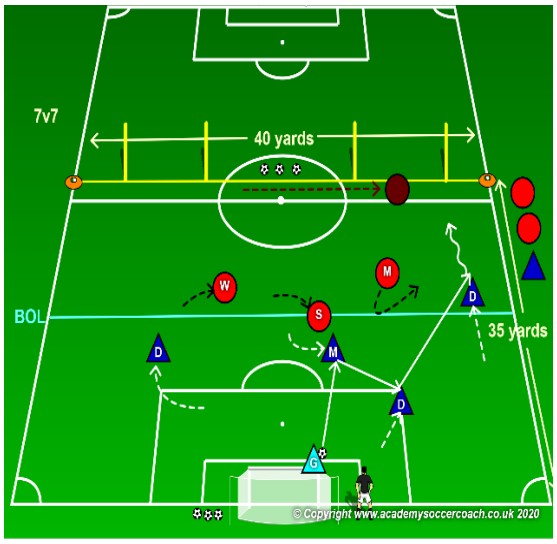
SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. What do we do to create openings? 2. How do we move the ball forward through an opening? 3. When is a good time to possess the ball? 4. Where should we be to help the player with the ball?
ANSWERS: 1. To create openings, we spread out - 2. We can pass it or dribble it forward - 3. When we can't find an opening, we will pass the ball sideways or backwards - 4. Supporting the attack to the right, to the left, back or in front of the ball.
Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

CORE ACTIVITY: 5v3 to goal & 2 dribbling gates

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: To pass or dribble the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and two 10 yard dribbling gates. The 5 Blue players: the GK, 3 defenders and 1 midfielder against 3 Red players: 2 strikers, 1 midfielder. Blue team scores by dribbling through either gate. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

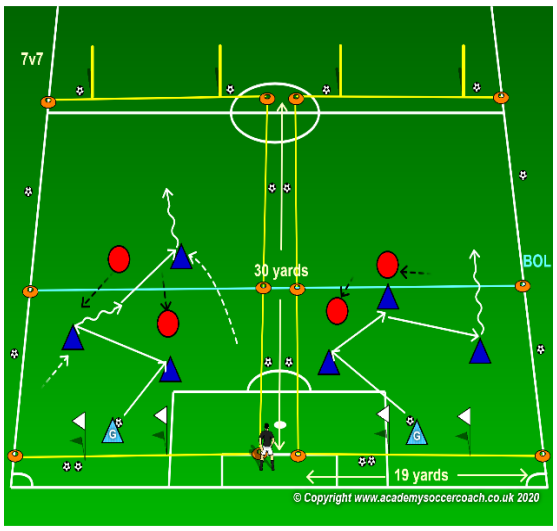
KEY WORDS: Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. How do we create an opening? 2. What can the player with the ball do to move the ball forward? 3. Where should we pass the ball to possess it?

ANSWERS: 1. We spread out - 2. Pass the ball through the opening to a teammate or dribble the ball forward - 3. We can pass sideways or backwards.
Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 4v2 to goal & a dribbling gate

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To pass or dribble the ball forward into the opponent's half.

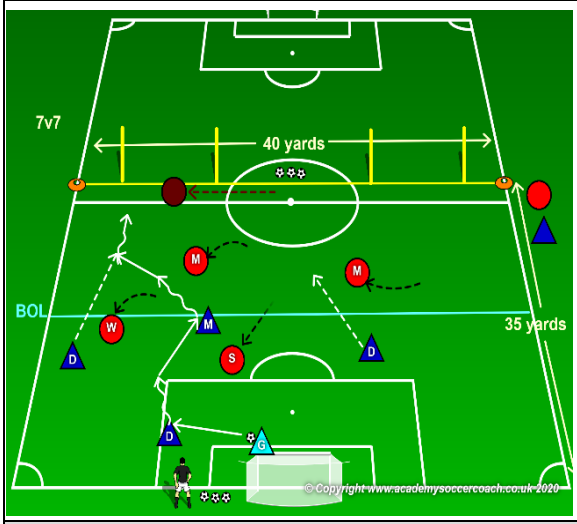
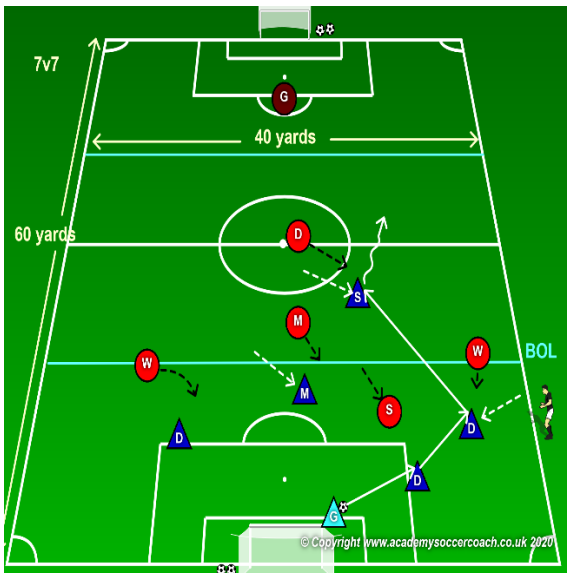
PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In our own half set up two 19Wx30L fields with a goal and a 10 yard dribbling gate. Play 4v2. The Blue team: 1 goalkeeper and 3 players. Red Team: two players. Blue scores by dribbling through the gate and Red in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Wide, Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. What do you do to create openings? 2. How do we move the ball forward through an opening? 3. When is a good time to possess the ball? 4. Where should we be to help the player with the ball?
ANSWERS: 1. To create openings, we spread out - 2. We can pass it or dribble it forward - 3. When we can't find an opening, we will pass the ball sideways or backwards - 4. Supporting the attack to the right, to the left, back or in front of the ball.
Note: Switch to this activity if the Core is too easy for the players.

MORE CHLLENGING: 5v4 to goal & 2 dribble gates	*DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min*
	OBJECTIVE: To pass or dribble the ball forward into the opponent's half. PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack. ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and two 10 yard dribbling gates and a gate guard. The 5 Blue players: the GK, 3 defenders and 1 midfielder against 4 Red players: 3 strikers, 1 midfielder. Blue team scores by dribbling through either gate. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Passing, receiving and dribbling. KEY WORDS: Wide, Opening, Forward, Possess, Help. GUIDED QUESTIONS: 1. How do we move forward with the ball? 2. How can we create openings? 3. What do you need to do if you do not have the ball? ANSWERS: 1. Dribbling it or passing forward - 2. By spreading out - 3. Support the attack and create passing options.
2nd. PLAY PHASE: The Game – 6V6	*DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min*
	OBJECTIVE: To pass or dribble the ball forward into the opponent's half. PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack. ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation. KEY WORDS: Wide, Opening, Forward, Possess, Help. GUIDED QUESTIONS: 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role? ANSWERS: 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

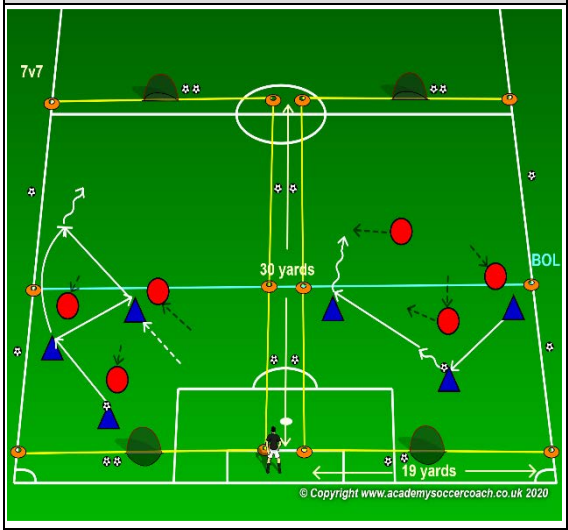
FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the proper coaching based on the age/level of the players?	1. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?

Week 2	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 2					U9-U10 7V7
	PLAYER ACTIONS	Pass/dribble forward, Spread out, Support the attack					
	KEY QUALITIES	Read the game, Take initiative, Optimal technical abilities					
	MOMENT	**Attacking**	DURATION	**60 minutes**	PLAYERS	**12**	

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch **– Passing:** Surface of the foot and ball, Pace and accuracy **– Receiving:** Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 min



OBJECTIVE: To dribble or pass the ball forward.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Support the attack.

ORGANIZATION: In our own half set up two or more 19Wx30L fields with a small goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving, and dribbling.
KEY WORDS: Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. What do we do to create openings? 2. How do we move the ball forward through an opening? 3. When is a good time to possess the ball? 4. Where should we be to help the player with the ball?
ANSWERS: 1. To create openings, we spread out - 2. We can pass it or dribble it forward - 3. When we can't find an opening, we will pass the ball sideways or backwards - 4. Supporting the attack to the right, to the left, back or in front of the ball.
Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

CORE ACTIVITY: 6v4 to goa and 3 counter goals

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To dribble or pass the ball forward.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Support the attack.

ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and three counter goals yard. The 6 Blue players: the GK, 2 defenders and 1 midfielder and 2 wingers against 4 Red players: 1 strikers, 2 wingers and 1 midfielder. Blue team scores in any of the 3 counter goals. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

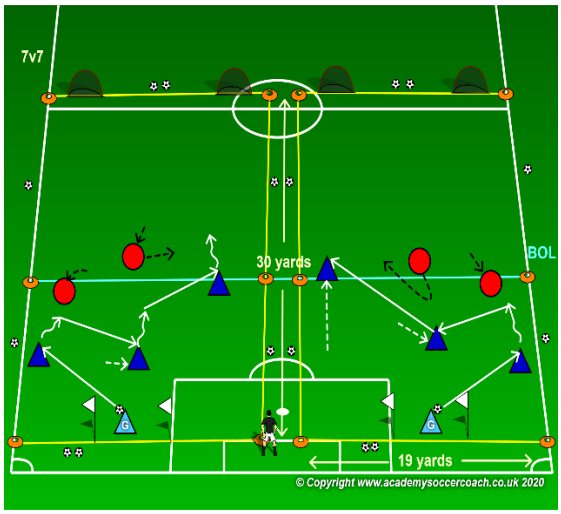
SKILL ACQUISITION: Passing, receiving, and dribbling.
KEY WORDS: Opening, Possess, Help.

GUIDED QUESTIONS: 1. What do we need to do to create an opening? 2. Who should help the player with the ball? 3. When should we possess the ball?
ANSWERS: 1. We spread out - 2. All the players near him/her should support the attack - 3. When we can't go forward we possess the ball by passing sideways or backwards.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING 4v2 to goal & 2 counter goals

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



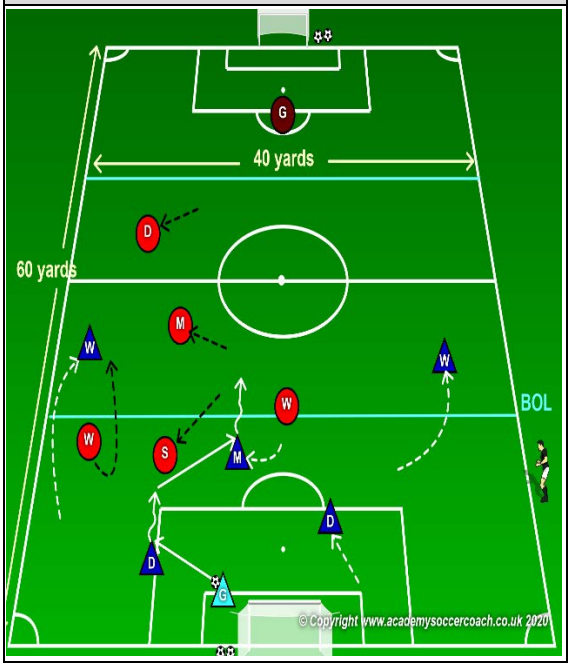
OBJECTIVE: To dribble or pass the ball forward.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Support the attack.

ORGANIZATION: In our own half set up two 19Wx30L fields with a goal and 2 counter goals. Play 4v2. The Blue team: 1 goalkeeper and 3 players. Red Team: two players. Blue scores by passing into one of the counter goals and Red in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving, and dribbling.
KEY WORDS: Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. What do you do to create openings? 2. How do we move the ball forward through an opening? 3. When is a good time to possess the ball? 4. Where should we be to help the player with the ball?
ANSWERS: 1. To create openings, we spread out - 2. We can pass it or dribble it forward - 3. When we can't find an opening, we will pass the ball sideways or backwards - 4. Supporting the attack to the right, to the left, back or in front of the ball.
Note: Switch to this activity if the Core is too difficult for the players.

MORE CHLLENGING: 6v4 to goal and 3 small goals	DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min
	OBJECTIVE: To dribble or pass the ball forward. PLAYER ACTIONS: Pass/dribble forward, Spread out, Support the attack. ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and 3 counter goals. The 6 Blue players: the GK, 2 defenders and 1 midfielder and 2 wingers against 4 Red players: 3 strikers, 1 midfielder. Blue team scores by passing into one of the three counter goals. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Passing, receiving, and dribbling. KEY WORDS: Opening, Forward, Possess, Help. GUIDED QUESTIONS: 1. How do we move forward with the ball? 2. How can we create openings? 3. What do you need to do if you do not have the ball? ANSWERS: 1. Dribbling it or passing forward - 2. By spreading out - 3. Support the attack and create passing options. Note: Switch to this activity if the Core is too easy for the players.
2nd. PLAY PHASE: The Game – 6V6	DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min
	OBJECTIVE: To dribble or pass the ball forward. PLAYER ACTIONS: Pass/dribble forward, Spread out, Support the attack. ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation. SKILL ACQUISITION: Passing, receiving, and dribbling. KEY WORDS: Opening, Forward, Possess, Help. GUIDED QUESTIONS: 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role to help the attack? ANSWERS: 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions 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 the proper coaching based on the age/level of the players?	1. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?

Week 3	GOAL:	Improve the build up in the opponent's half in order to create scoring chances - 1					U9-U10 7V7
	PLAYER ACTIONS	Pass or dribble forward, Spread out, Create passing options					
	KEY QUALITIES	Read the game, Take initiative, Optimal technical abilities					
	MOMENT	**Attacking**	DURATION	**60 minutes**	PLAYERS	**12**	

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch **– Passing:** Surface of the foot and ball, Pace and accuracy **– Receiving:** Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: .2 min

OBJECTIVE: To pass or dribble the ball forward.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In our own half set up two or more 19Wx35L fields with a small goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Dribble, Connect, Possess and Help.

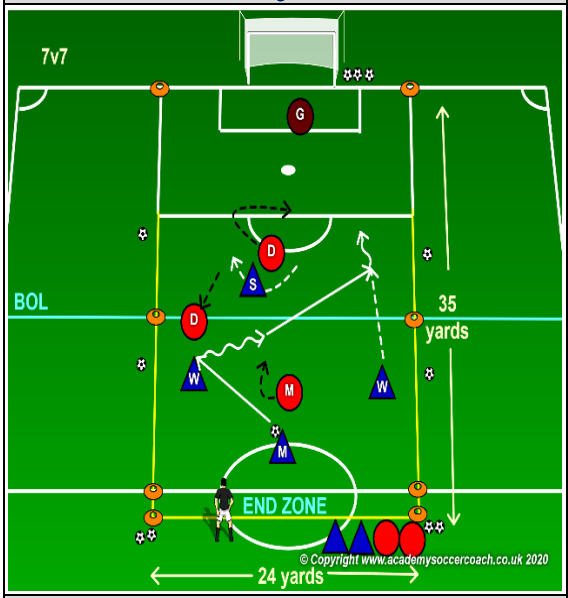
GUIDED QUESTIONS: 1. Where do we need to possess the ball? 2. What tells you that you can dribble the ball forward? 3. When will you connect with a pass forward? 4. How can we help?

ANSWERS: 1. We need to possess it in the attacking half - 2. You have space in front or you are in a 1v1 situation - 3. When you can connect with a teammate - 4. Create passing options.

Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

CORE ACTIVITY: 4v4 to goal and an end zone

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: To pass or dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In a 7v7 field, set up a 24Wx35L playing area with a Regular goal and an end zone. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 4 Red players: 1 GK, 2 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores be dribbling or passing to a player getting in the end zone. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Open up, Dribble, Connect, Possess and Help.

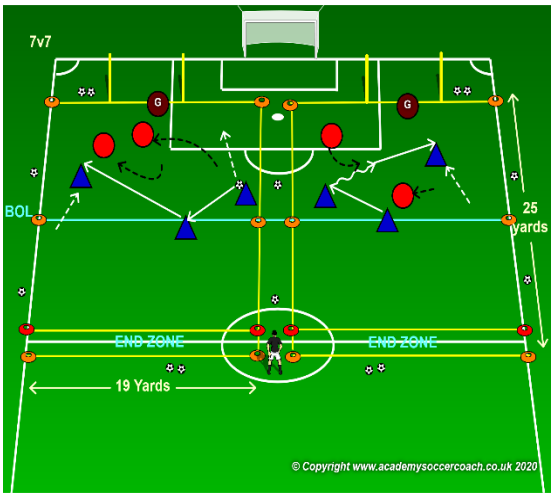
GUIDED QUESTIONS: 1. How can we open up? 2. When should we connect with a teammate or dribble the ball? 3. Where can we go to help the attacker to connect with teammates?

ANSWERS: 1. By spreading out - 2. Pass forward to a teammate when you can find an opening. Dribble when you have a space through an opening or in a 1v1 situation – 3. To create passing options we should go to the right, to the left, behind and in front of the player with the ball.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 3v3 to goal & an end zone

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To pass or dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In the opponent's half set up two 19Wx25L fields with a goal and an end zone gate. Play 3v3. The Blue team: 3 attackers against the Red Team: GK and two defenders. Blue team scores in the regular goal. Red scores by dribbling or passing to a player getting in the end zone. Play with kick-ins or dribble-ins when the ball goes out of bounds.

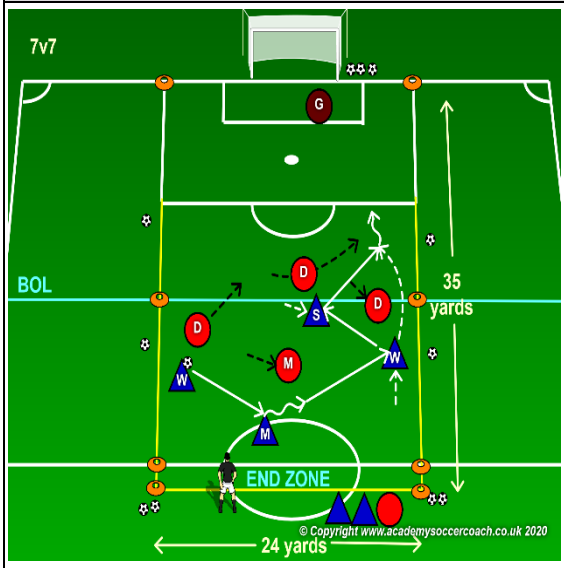
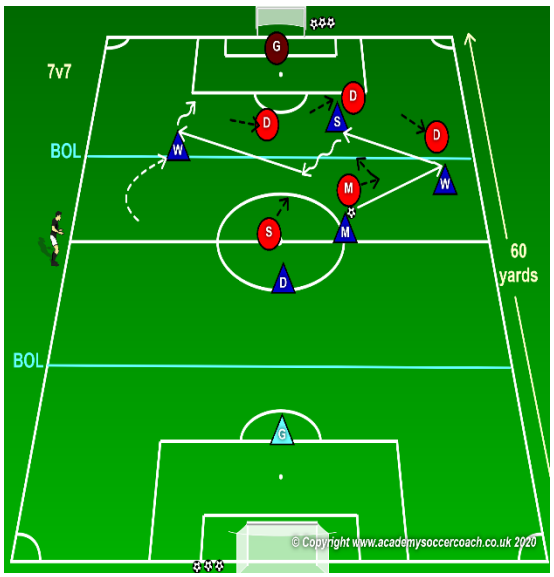
SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Open up. Dribble, Connect, Help.

GUIDED QUESTIONS: 1. Where do we need to possess the ball? 2. What tells you that you can dribble the ball forward? 3. When will you connect with a pass forward? 4. How can we help?

ANSWERS: 1. We need to possess it in the attacking half - 2. You have space in front or you are in a 1v1 situation - 3. When you can connect with a teammate - 4. Create passing options

Note: Switch to this activity if the Core is too difficult for the players.

MORE CHLLENGING: 4v5 to goal and an end zone	*DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min*
	OBJECTIVE: To pass or dribble forward to create scoring chances. PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options. ORGANIZATION: In a 7v7 field, set up a 24Wx35L playing area with a Regular goal and an end zone. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 4 Red players: 1 GK, 3 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by dribbling or passing to a player getting in the end zone. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Passing, receiving and dribbling. KEY WORDS: Open up, Dribble, Connect, Possess and Help. GUIDED QUESTIONS: 1. What can we do to create an opening? 2. When is a good time to connect with a teamate with a forward pass? 3. How should we help the attacker with the ball? ANSWERS: 1. Spread out - 2. When we have an opening between two defenders and have a teammate behind them - 3. By creating passing options and diagonal passing lanes. Note: Switch to this activity if the Core is too easy for the players.
2nd. PLAY PHASE: The Game – 6V6	*DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min*
	OBJECTIVE: To pass or dribble forward to create scoring chances. PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options. ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-1-3-1 formation and the Red team will play in a 1-3-1-1 formation. SKILL ACQUISITION: Passing, receiving and dribbling. KEY WORDS: Open up, Dribble, Connect, Possess and Help GUIDED QUESTIONS: 1. Why do we need to open up? 2. What do we do if we can't go forward with the ball? 3. Where do we need to be to help the attacker with the ball? ANSWERS: 1. We spread out to create an opening to move the ball forward - 2. We possess it, move it until we find an opening to dribble or pass forward - 3. We should be creating diagonal passing lanes in front, to the sides and behind the attacker with the ball. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions 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 the proper coaching based on the age/level of the players?	1. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?

Week 4	GOAL:	Improve the build up in the opponent's half in order to create scoring chances - 2					U9-U10 7V7
	PLAYER ACTIONS	Pass or dribble forward, Spread out, Create passing options, Create a 2v1 or 1v1					
	KEY QUALITIES	Read the game, Be Proactive, Optimal technical abilities					
	MOMENT	**Attacking**	DURATION	**60 minutes**	PLAYERS	**12**	

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch **– Passing:** Surface of the foot and ball, Pace and accuracy **– Receiving:** Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To pass or dribble forward.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Create passing options and 2v1 or 1v1

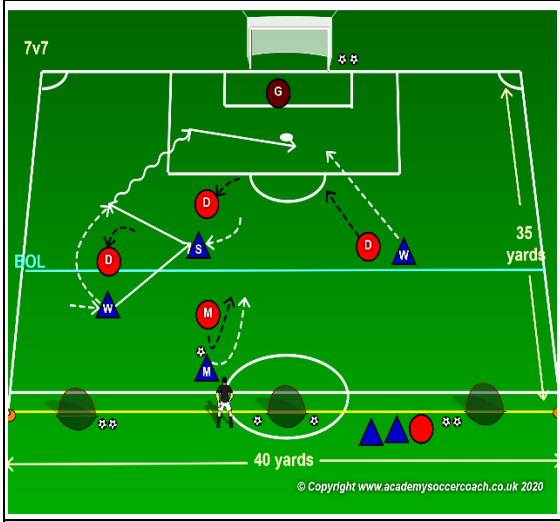
ORGANIZATION: In our own half set up two or more 19Wx35L fields with a small goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Dribbling, Passing and Receiving.
KEY WORDS: Connect, Dribble, Possess and Combine.

GUIDED QUESTIONS: 1. If we have an opening between two defenders what do we do to connect with a teammate? 2. What can we do if we keep possession of the ball? 3. When is a good time to combine with a teammate?
ANSWERS: 1. We should pass forward - 2. Can move the ball to find and create an opening to dribble or pass forward - 3. When we create a 2v1.
Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 4v5 to goal & 3 small goals

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: To pass or dribble forward.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Create passing options and 2v1 or 1v1

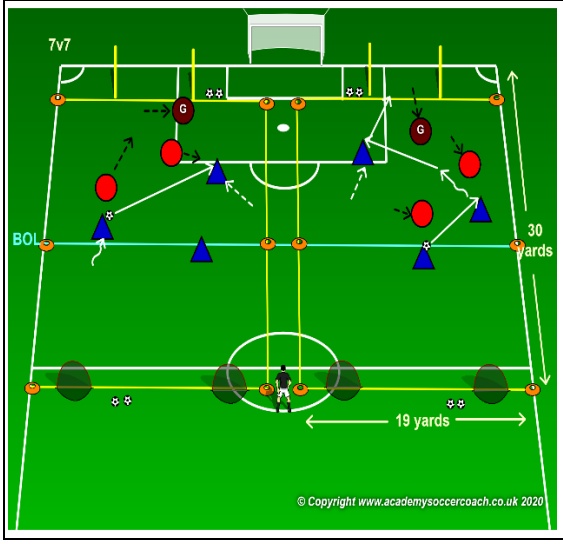
ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and 3 counter goals. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 5 Red players: 1 GK, 3 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by passing in any of the three counter goals. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Dribbling, Passing and Receiving.
KEY WORDS: Connect, Dribble, Possess and Combine.

GUIDED QUESTIONS: 1. How can we create openings in the field? 2. What can we do to connect forward with a teammate? 3. When should we dribble the ball? 4. Where should we be to help the attacker with the ball to possess the ball or combine?
ANSWERS: 1. We can spread out - 2. Pass the ball forward through an opening - 3. When we have space or a 1v1. - 4. We should be creating passing options and 2v1's.
Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 3v3 to goal - 2 small goals

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To pass or dribble forward.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Create passing options and 2v1 or 1v1

ORGANIZATION: In the opponent's half set up two 19Wx25L fields with a goal and an end zone gate. Play 3v3. The Blue team: 3 attackers against the Red Team: GK and two defenders. Blue scores in the goal and Red scores by passing in any of the two counter goals. Play with kick-ins or dribble-ins when the ball goes out of bounds.

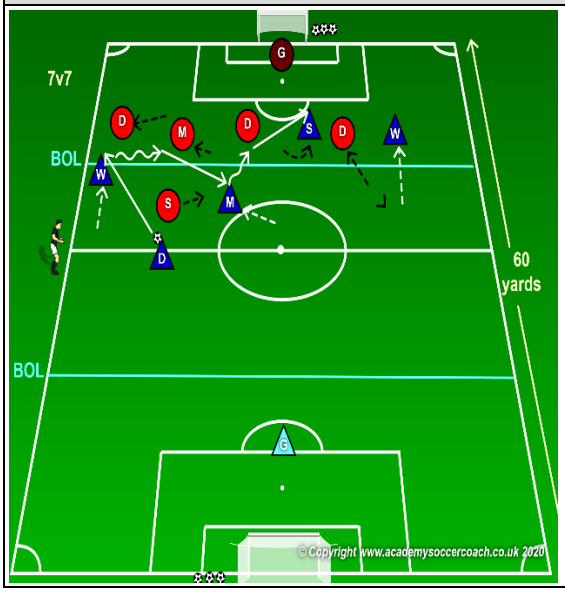
SKILL ACQUISITION: Dribbling, Passing and Receiving.

KEY WORDS: Connect, Dribble, Possess and Combine.

GUIDED QUESTIONS: 1. If we have an opening between two defenders what do we do to connect with a teammate? 2. What can we do if we keep possession of the ball? 3. When I a good time to combine with a teammate?

ANSWERS: 1. We should pass forward - 2. Can move the ball to find and create an opening to dribble or pass forward - 3. When we create a 2v1.

Note: Switch to this activity if the Core is too difficult for the players.

MORE CHLLENGING: 4v6 to goal & 3 small goals	*DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min*
	OBJECTIVE: To pass or dribble forward. PLAYER ACTIONS: Pass/dribble forward, Spread out, Create passing options and 2v1 or 1v1 ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and 3 counter goals. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 6 Red players: 1 GK, 3 defenders, 1 midfielder and 1 striker. Blue team scores in the regular goal. Red scores by passing in any of the three counter goals. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Dribbling, Passing and Receiving. KEY WORDS: Connect, Dribble, Possess and Combine. GUIDED QUESTIONS: 1. How do we create an opening? 2. What do we do when we possess the ball? 3. When do we pass or dribble forward? ANSWERS:1. Spread out to create openings - 2. Move the ball to keep the attack going and to find an opening. - 3. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. Note: Switch to this activity if the Core is too easy for the players.
2nd. PLAY PHASE: The Game – 6V6	*DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min*
	OBJECTIVE: To pass or dribble forward. PLAYER ACTIONS: Pass/dribble forward, Spread out, Create passing options and 2v1 or 1v1 ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-1-3-1 formation and the red team will play in 1-3-1-1 formation. SKILL ACQUISITION: Dribbling, Passing and Receiving. KEY WORDS: Connect, Dribble, Possess and Combine. GUIDED QUESTIONS: 1. What do we need to do to create openings? 2. Why do we possess the ball? 3. When is a good time to combine? ANSWERS: 1. Spread out - 2. To move the ball, find an opening and pass the ball to connect with a teammate forward or dribble forward - 3. When we are providing the attacker with the ball a passing option and we created a 2v1. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions 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 the proper coaching based on the age/level of the players?	1. How did you achieve your goals in the training session? 2. What did you do well? 1. What could you do better?

Week 5	GOAL:	Improve scoring goals - 1					U9-U10 7V7
	PLAYER ACTIONS	Shoot, Pass or Dribble forward, Create a 2v1 or 1v1					
	KEY QUALITIES	Make decisions, Take initiative, Optimal technical abilities					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	12	

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch **– Passing:** Surface of the foot and ball, Pace and accuracy **– Receiving:** Body, position, surface of the foot and ball, first touch **– Shooting:** Surface of the foot and ball, standing foot and accuracy over power.

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 min

OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward.

ORGANIZATION: In a 7v7 field set up two 19Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Receiving, Dribbling, Passing and Shooting.

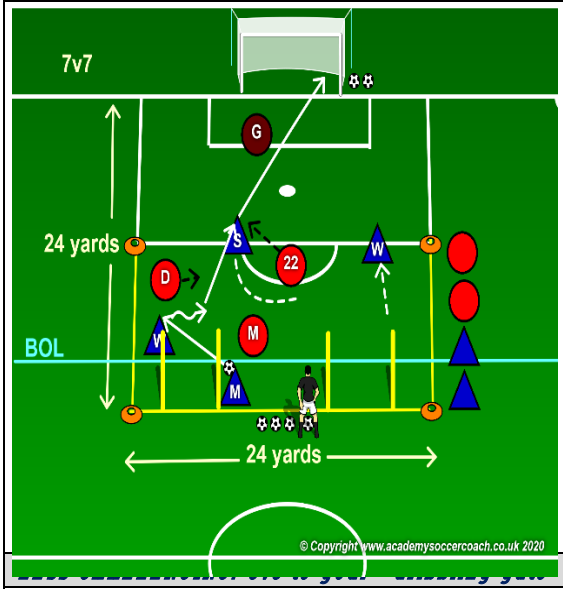
KEY WORDS: Finish, Pass, Dribble.

GUIDED QUESTIONS: 1. What should we do to finish? 2. When should you dribble towards the goal? 3. When is a good time to pass?

ANSWERS: 1. Shoot when we have an opening to goal – 2. When we have an opening or are in 1v1 - 3. When we can connect with a teammate that can shoot or pass to move the defenders to find or create an opening.
Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

CORE ACTIVITY: 4v4 to goal & 2 dribbling gates

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward and Create 2v1 and 1v1.

ORGANIZATION: In a 7v7 field, set up a 24Wx24L playing area with a regular goal and two 5 yard dribbling gates. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 4 Red players: 1 GK, 2 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by dribbling through one of the dribbling gates. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Receiving, Dribbling, Passing and Shooting.

KEY WORDS: Finish, Pass, Dribble and Combine.

GUIDED QUESTIONS: 1. When is a good time to finish? 2. If we have two or more defenders in front of us what should we do? 3. How can we create a combination play?

ANSWERS: 1. When we have an opening to goal - 2. We should pass the ball to move the defenders and to find or create an opening - 3. Create a 2v1 to wall pass around the defender.
Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

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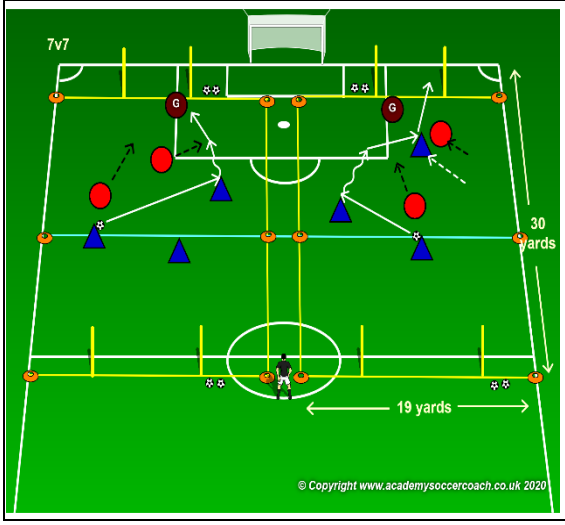
DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward and Create 2v1 and 1v1.

ORGANIZATION: In the opponent's half set up two 19Wx30L fields with a goal and a 5 yard dribbling gate zone. Play 3v3. The Blue team: 3 attackers against the Red Team: GK and two defenders. Blue team scores in the regular goal. Red scores by dribbling through the dribbling gate. Play with kick-ins or dribble-ins when the ball goes out of bounds.

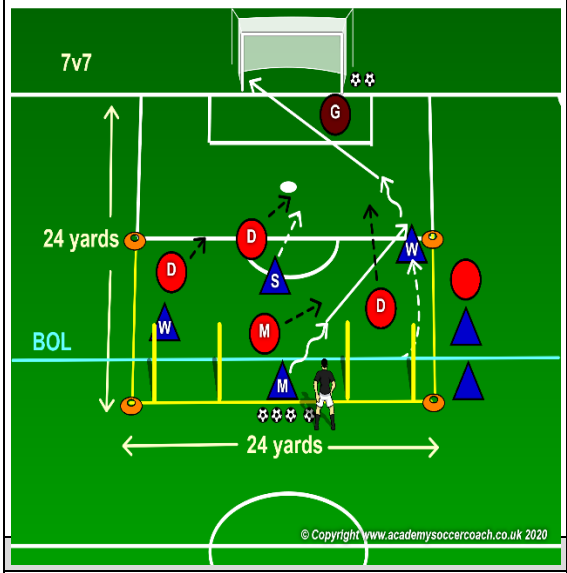
SKILL ACQUISITION: Receiving, Dribbling, Passing and Shooting.

KEY WORDS: Finish, Pass, Dribble and Combine.

GUIDED QUESTIONS: 1. What should we do to finish on goal? 2. How can we move the defenders to create an opening to goal? 3. When confronted by one defender what should we do?

ANSWERS: 1. Shoot - 2. Pass the ball - 3. Dribble past the defender.

Note: Switch to this activity if the Core is too difficult for the players

MORE CHLLENGING: 4v4 to goal - 2 dribbling gates	*DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min*
	OBJECTIVE: To score goals. PLAYER ACTIONS: Shoot, Pass or dribble forward and Create 2v1 and 1v1. ORGANIZATION: In a 7v7 field, set up a 24Wx24L playing area with a regular goal and two 5 yard dribbling gates. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 4 Red players: 1 GK, 3 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by dribbling through one of the dribbling gates. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Receiving, Dribbling, Passing and Shooting. KEY WORDS: Finish, Pass, Dribble and Combine. GUIDED QUESTIONS: 1. When is a good time to finish? 2. If we have two or more defenders in front of us what should we do? 3. How can we create a combination play? ANSWERS: 1. When we have an opening to goal - 2. We should pass the ball to move the defenders and to find or create an opening - 3. Create a 2v1 to wall pass around the defender. Note: Switch to this activity if the Core is too easy for the players.
	DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min
	OBJECTIVE: To score goals. PLAYER ACTIONS: Shoot, Pass or dribble forward and Create 2v1 and 1v1. ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-1-3-1 formation and the red team will play in 1-3-1-1 formation. SKILL ACQUISITION: Receiving, Dribbling, Passing and Shooting. KEY WORDS: Finish, Pass, Dribble and Combine. GUIDED QUESTIONS: 1. What should we do to finish if we have an opening to goal? 2. If the defenders block the way to goal, how can you create or find an opening? 3. When is a good time to help and combine? ANSWERS: 1. Shoot to finish - 2. Pass the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

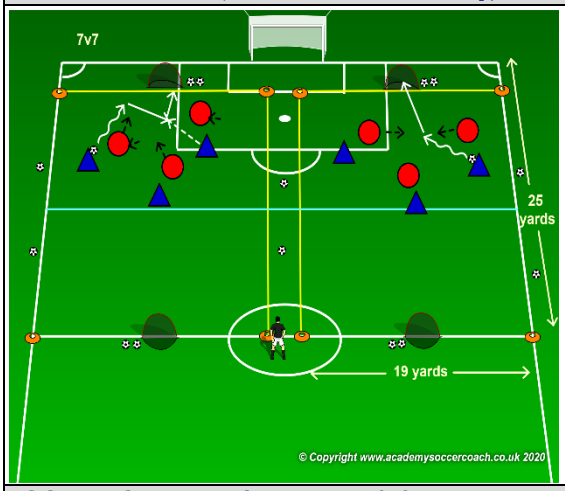
FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the proper coaching based on the age/level of the players?	1. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?

Week 6	GOAL:	Improve Scoring Goals - 2					U9-U10 7V7
	PLAYER ACTIONS	Shoot, Pass or Dribble forward, Create passing option, Create a 2v1 or 1v					
	KEY QUALITIES	Read the game, Be proactive, Optimal technical abilities					
	MOMENT	**Attacking**	DURATION	**60 minutes**	PLAYERS	**12**	

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch **– Passing:** Surface of the foot and ball, Pace and accuracy **– Receiving:** Body, position, surface of the foot and ball, first touch **– Shooting:** Surface of the foot and ball, standing foot and accuracy over power.

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward.

ORGANIZATION: In a 7v7 field set up two 19Wx25L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.
KEY WORDS: Strike at goal, Pass, and Dribble.

GUIDED QUESTIONS: 1. When should we strike at goal? 2. What should we do if we have the ball and one defender in front? 3. How can we find or create an opening?
ANSWERS: 1. As soon as you have an opening to goal - 2. Dribble around the defender and shoot - 3. Pass the ball to move the defenders.

Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 4v5 to goal & 2 small goals

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward.

ORGANIZATION: In a 7v7 field, set up a 40Wx30L playing area with a regular goal and 2 counter goals. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 5 Red players: 1 GK, 3 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores in any of the two counter goals. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.

KEY WORDS: Strike at goal, Pass, and Dribble.

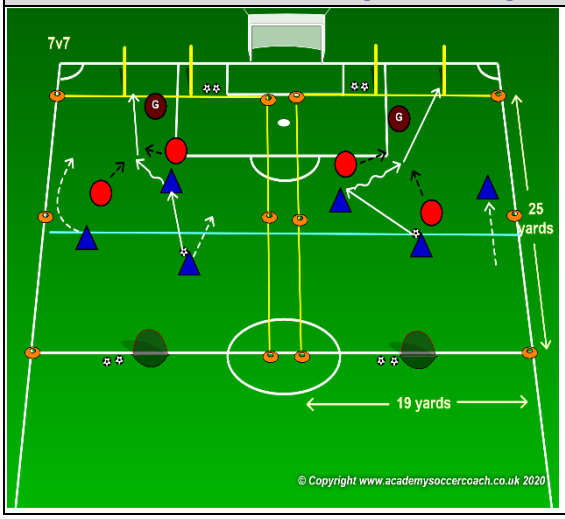
GUIDED QUESTIONS: 1. Where should we strike the ball to score a goal? 2. When is a good time to pass to a teammate? 3. What do we need to do to create a wall pass combination?

ANSWERS: 1. Low and to the corners away from the keeper - 2. When we have an opening and he/she is in a scoring position - 3. We need to create a passing option in a 2v1.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 3v3 to goal- small goal

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward.

ORGANIZATION: In the opponent's half set up two 19Wx25L fields with a goal and a small goal. Play 3v3. The Blue team: 3 attackers against the Red Team: GK and two defenders. Blue team scores in the regular goal. Red scores in the small goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

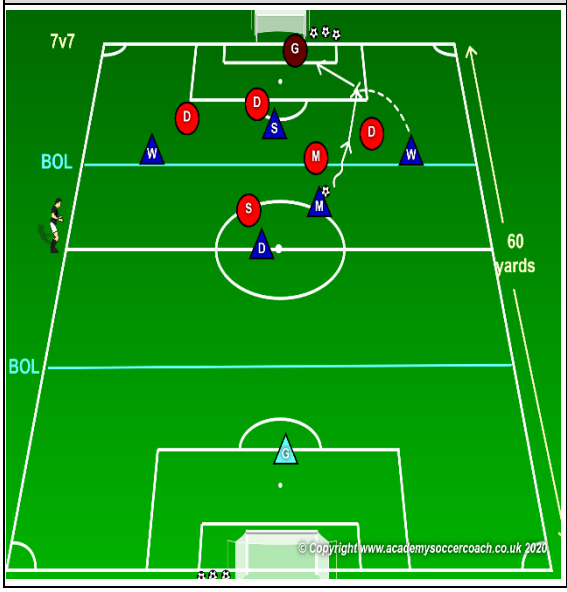
SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.

KEY WORDS: Strike at goal, Pass, and Dribble.

GUIDED QUESTIONS: 1. When should we strike at goal? 2. What should we do if we have the ball and one defender in front? 3. How can we find or create an opening?

ANSWERS: 1. As soon as you have an opening to goal - 2. Dribble around the defender and shoot - 3. Pass the ball to move the defenders.

Note: Switch to this activity if the Core is too difficult for the players.

MORE CHLLENGING: 4v6 to goal-small goals	*DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min*
	OBJECTIVE: To score goals. PLAYER ACTIONS: Shoot, Pass or Dribble forward. ORGANIZATION: In a 7v7 field, set up a 40Wx30L playing area with a Regular goal and an end zone. The 4 Blue players: 1 midfielder 2 winger and 1 striker against 5 Red players: 1 GK, 3 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores in any of the two counter goals. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling. KEY WORDS: Strike at goal, Pass, and Dribble. GUIDED QUESTIONS: 1. Where should we strike the ball to score a goal? 2. When is a good time to pass to a teammate? 3. What do we need to combine? ANSWERS: 1. Low and to the corners away from the keeper - 2. When we have an opening and he/she is in a scoring position - 3. We need to create a passing option with a 2v1. Note: Switch to this activity if the Core is too easy for the players.
2nd. PLAY PHASE: The Game – 6V6	*DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min*
	OBJECTIVE: To score goals. PLAYER ACTIONS: Shoot, Pass or Dribble forward. ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-1-3-1 formation and the Red team will play in a 1-3-1-1 formation. SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling. KEY WORDS: Strike at goal, Pass, and Dribble. GUIDED QUESTIONS: 1. When should you strike the ball to score? 2. When should you dribble forward? 3. What should you do if you find an opening? ANSWERS: 1. When we have an opening to goal - 2. When we have an opening or one opponent in front with no defenders behind - 3. We should pass forward, dribble forward or shoot at goal. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions 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 the proper coaching based on the age/level of the players?	1. How did you achieve your goals in the training session? 2. What did you do well? 1. What could you do better?

Week 7	GOAL:	Improve preventing the opponent from building up in their own half - 1					U9-U10 7V7
	PLAYER	Protect the goal, Steal the ball, Pressure, Cover & Balance					
	KEY QUALITIES	Read the game, Focus, Optimal physical abilities					
	MOMENT	**Defending**	DURATION	**60 minutes**	PLAYERS	**12**	

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 min

OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & Balance.

ORGANIZATION: In a 7v7 field set up two 19Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Block the way, Closest defender, and Help.

GUIDED QUESTIONS: 1. What should the closest defender to the ball do? 2. How can the other defenders help?

ANSWERS: 1. The closest defender to the ball should stand between the ball and the goal to protect the goal and pressure the attacker with the ball - 2. They will provide cover.

Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 4v5 to goal & an end zone

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.
PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & Balance.

ORGANIZATION: In a 7v7 field, set up a 24Wx35L playing area with a regular goal and an end zone. The 4 Blue players: 1 midfielder 2 wingers and 1 striker will try to regain the ball and score in the regular goal. The 5 Red players: 1 GK, 2 defenders, 1 midfielder and 1 striker will try to score in the end zone by dribbling or passing. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.
SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.
KEY WORDS: Block the way, Hassle, and Help.

GUIDED QUESTIONS: 1. How can we block the way forward? 2. Why does the closest defender need to hassle the player with the ball? 3. Where do the other defenders go to help?

ANSWERS: 1. Protect the goal by standing between the ball and the goal - 2. To apply pressure and regain the ball - 3. They get behind the pressing defender to provide cover and balance.

Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

LESS CHALLENGING: 4v4 to goal & an end zone

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min

OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & Balance.

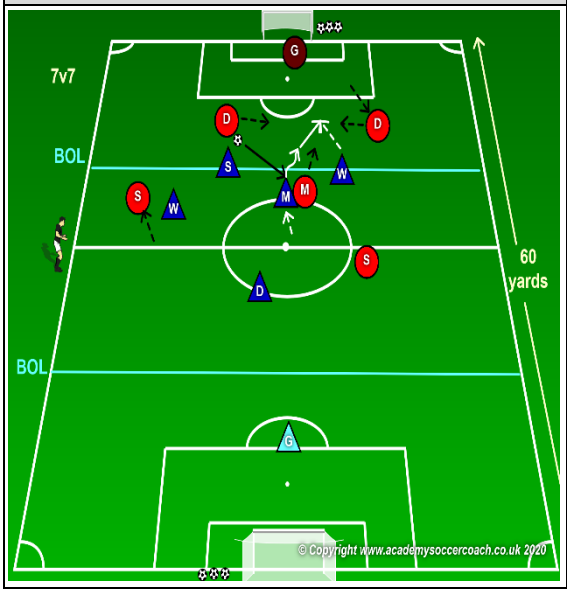
ORGANIZATION: In a 7v7 field, set up a 24Wx35L playing area with a regular goal and an end zone. The 4 Blue players: 1 midfielder 2 wingers and 1 striker will try to regain the ball and score in the regular goal. The 5 Red players: 1 GK, 2 defenders and 1 midfielder, will try to score in the end zone by dribbling or passing. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Block the way, Closest defender, and Help.

GUIDED QUESTIONS: 1. What should the closest defender to the ball do? 2. How can the other defenders help?

ANSWERS: 1. The closest defender to the ball should stand between the ball and the goal to protect the goal and pressure the attacker with the ball - 2. They will provide cover.
Note – Switch to this activity if the CORE is too difficult for the players.

MORE CHALLENGING: 4v5 to goal & an end zone	*DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min*
	OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & Balance. ORGANIZATION: In a 7v7 field, set up a 32Wx35L playing area with a regular goal and an end zone. The 4 Blue players: 1 midfielder 2 wingers and 1 striker will try to regain the ball and score in the regular goal.The 5 Red players: 1 GK, 2 defenders, 1 midfielder and 1 striker will try to score in the end zone by dribbling or passing. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Block the way, Closest defender, and Help. GUIDED QUESTIONS: 1. How can we block the way forward? 2. Why does the closest defender need to hassle the player with the ball? 3. Where do the other defenders go to help? ANSWERS: 1. Protect the goal by standing between the ball and the goal - 2. To apply pressure and regain the ball - 3. They get behind the pressing defender to provide cover and balance. Note – Switch to this activity if the CORE is not challenging enough.
2nd. PLAY PHASE: The Game – 6V6	*DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min*
	OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & Balance. ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue will play in 1-1-3-1 formation and Red teams will play in a 1-2-1-2 formation. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Block the way, Closest defender, and Help. GUIDED QUESTIONS: 1. Why do we need to put a defender between the ball and the goal to block the way forward? 2. Who should be the defenders that block the way forward? 3. Now that the closest defender is in front of the ball what do we want him/her to do? 4. How can the other defenders help him to prevent the ball from moving forward? ANSWERS: 1. To protect the goal - 2 The closest defender to the ball - 3. Pressure the ball - 4. They provide cover and balance by getting behind the pressing defender. Note – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions 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 the proper coaching based on the age/level of the players?	1. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?

Week 8	GOAL:	Improve preventing the opponent from building up in their own half - 2					U9-U10 7V7
	PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance					
	KEY QUALITIES	Read the game, Take initiative, Focus, Optimal physical abilities					
	MOMENT	**Defending**	DURATION	**60 minutes**	PLAYERS	**12**	

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To regain the ball in the opponent's half.

PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance.

ORGANIZATION: In a 7v7 field set up two 19Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

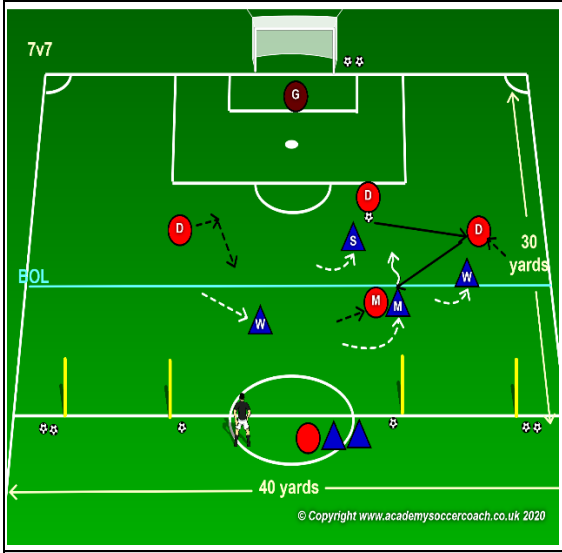
SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.
KEY WORDS: Block the openings, Work together, Hassle and Help.

GUIDED QUESTIONS: 1. How do you close the openings to not let the ball go forward? 2. What do the other defenders do to work together to close the openings?

ANSWERS: 1. Get the closest defender in front of the ball - 2. They get compacted and stay compacted behind the defender in front of the ball.
Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 4v5 to goal – dribbling gates

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

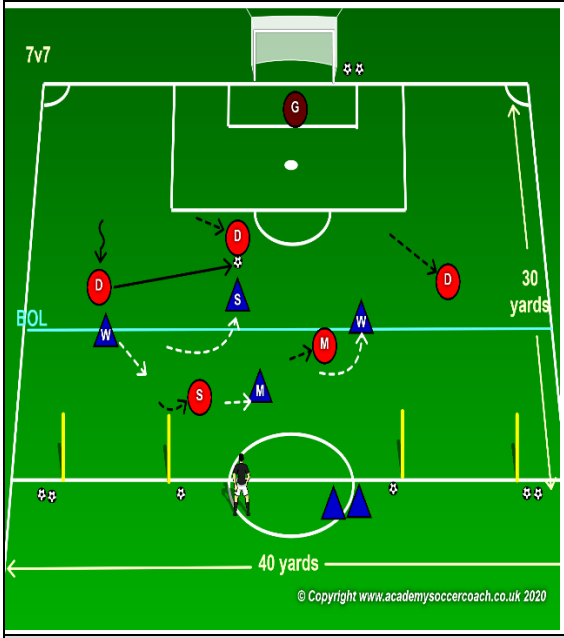


OBJECTIVE: To regain the ball in the opponent's half.
PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance.
ORGANIZATION: In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and two dribbling gates. The 4 Blue players: 1 midfielder, 2 wingers and 1 striker will try to regain the ball and score in the regular goal. The Red team: 1 GK, 3 defenders and 1 midfielder will try to score by dribbling the ball through one of the two 10 yard dribbling gates. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.
SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.
KEY WORDS: Block the opening, Hassle, Work together, and Help.
GUIDED QUESTIONS: 1. What does the closest defender to the ball do to block the opening to pass the ball forward? 2. When is a good time to hassle the attacker with the ball? 3. Where should the other defenders move to help?
ANSWERS: 1. Protect the goal by getting in front of the ball then press the attacker- 2. Bad first touch or receiving facing the goal - 3. They need to work together, get and stay compacted plus provide cover and balance.
Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 5v5 to goal-dribbling gate

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min

OBJECTIVE: To regain the ball in the opponent's half.
PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance.
ORGANIZATION: In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and one 15 yard dribbling gate. The 4 Blue players: 1 midfielder, 2 wingers and 1 striker will try to regain the ball and score in the regular goal. The Red team: 1 GK, 3 defenders and 1 midfielder will try to score by dribbling the ball through the 20 yard dribbling gate. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.
SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.
KEY WORDS: Block the openings, Work together, Hassle and Help.
GUIDED QUESTIONS: 1. How do you close the openings to not let the ball go forward? 2. When is a good time to hassle the attacker with the ball? 3. What do the other defenders do to work together to close the openings?
ANSWERS: 1. Protect the goal by getting the closest defender in front of the ball - 2. When he/she does not have a good first touch or bad receiving body position. - 3. Make it and stay compacted behind the defender in front of the ball.
Note: Switch to this activity if the Core is too difficult for the players.

MORE CHLLENGING: 4v6 to goal - dribbling gates	*DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min*
	OBJECTIVE: To regain the ball in the opponent's half. PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance. ORGANIZATION: In the attacking half of a 7v7 field, set up a 40Wx30L field with a regular goal and two dribbling gates. The 4 Blue players: 1 midfielder, 2 wingers and 1 striker will try to regain the ball and score in the regular goal. The Red team: 1 GK, 3 defenders, 1 midfielder and 1 striker will try to score by dribbling the ball through one of two 10 yard dribbling gates. Play with the build out line. ugh one of two 10 yard dribbling gates. Play with the build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Block the openings, Work together, Hassle and Help. GUIDED QUESTIONS: 1. What does the closest defender to the ball do to block the opening to pass the ball forward? 2. When is a good time to hassle the attacker with the ball? 3. Where should the other defenders do to help? ANSWERS: 1. Protect the goal by getting in front of the ball then press the attacker- 2. If he has a bad first touch or receiving facing his goal - 3. They need to move together, get and stay compacted plus provide cover and balance. Note: Switch to this activity if the Core is too easy for the players.
2nd. PLAY PHASE: The Game – 6V6	*DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min*
	OBJECTIVE: To regain the ball in the opponent's half. PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance. ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue will play in 1-1-3-1 formation and Red teams will play in a 1-3-1-1 formation. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Block the openings; Work together, Hassle and Help. GUIDED QUESTIONS: 1. Who blocks the way forward? 2. What do we need to do to work together to reduce the chances for the opponents to pass or dribble forward? 3. Why do we hassle the player with the ball? 4. How do we help the pressing defender to regain the ball? ANSWERS: 1. The closest defender steps up to protect the goal – 2. We need to get compact and stay compact – 3. We pressure the ball to prevent him/her to pass or dribble forward and to regain the ball – 4. By providing cover and balance. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

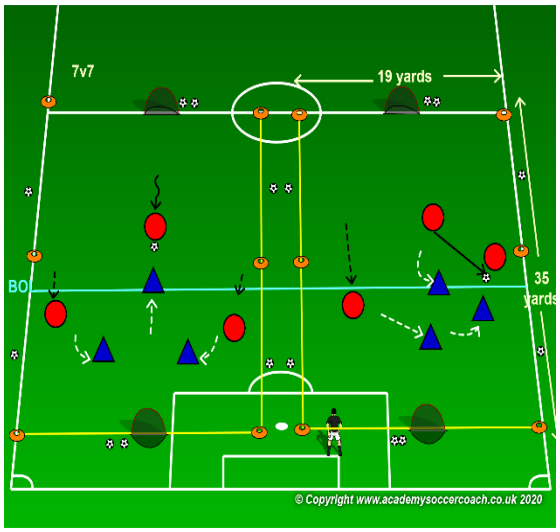
FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the proper coaching based on the age/level of the players?	1. How did you achieve your goals in the training session? 2. What did you do well? 1. What could you do better?

Week 9	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 1					U9-U10 7V7
	PLAYER	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance					
	KEY QUALITIES	Understand the game, Focus, Optimal technical and physical abilities					
	MOMENT	**Defending**	DURATION	**60 minutes**	PLAYERS	**12**	

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 min



OBJECTIVE: Prevent the opposition from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance.

ORGANIZATION: In a 7v7 field set up two 19Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Shield, Compress, Press.

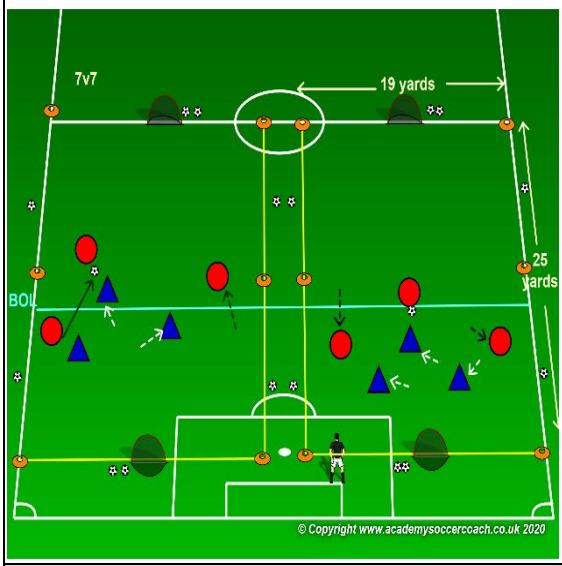
GUIDED QUESTIONS: 1. How do we shield the goal? 2. What do we need to compress the passing lanes forward? 3. Who presses the ball?

ANSWERS: 1. We protect the goal by getting a defender in front of the ball – 2. We need to make it compact and keep it compact – 3. Closest defender to the ball.

Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 3v3 to small goals

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: Prevent the opposition from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance.

ORGANIZATION: In our own half set up two 19Wx25L fields with a goal at each end. Play 3v3. The Blue team: 3 players against the Red Team: 3 players. Each team tries to score in the opponent's goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Shield, Compress, Press, Help.

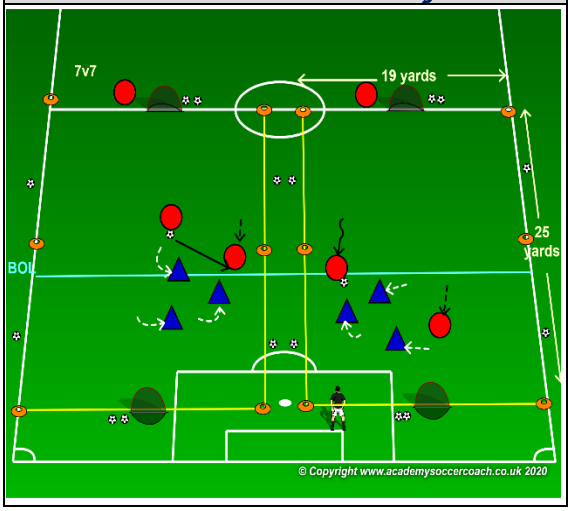
GUIDED QUESTIONS: 1. Who should shield the goal? 2. How can we close the passing lanes forward? 3. When should the defender on the ball should press the attacker? 4. How will the other defenders help to regain the ball.

ANSWERS: 1. The closest defender to the ball should get in between the ball and the goal to protect it - 2. We should make it compact and stay compact behind the defender on the ball - 3. When the other defenders are already compacted behind him/her - 4. They provide cover and balance.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 3v2 to small goals

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: Prevent the opposition from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance.

ORGANIZATION: In our own half set up two 19Wx25L fields with a goal at each end. Play 3v2. The Blue team: 3 players against the Red Team: 2 players. Each team tries to score in the opponent's goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

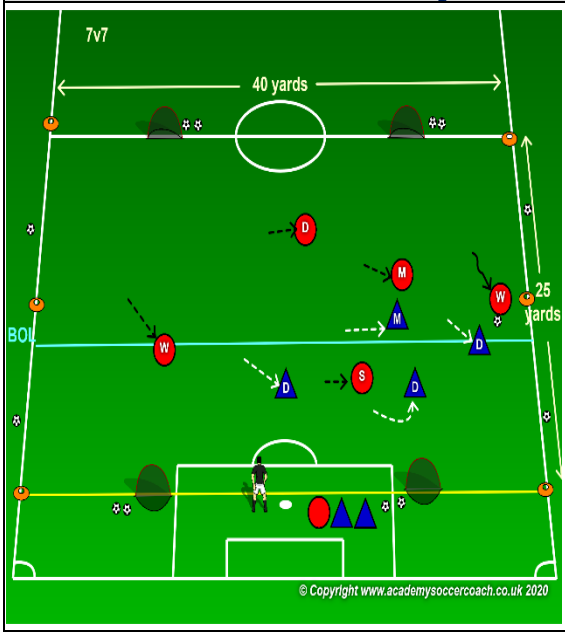
SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Shield, Compress, Press.

GUIDED QUESTIONS: 1. How do we shield the goal? 2. What do we need to compress the passing lanes forward? 3. Who presses the ball?

ANSWERS: 1. We protect the goal by getting a defender in front of the ball – 2. We need to make it compact and keep it compact – 3. Closest defender to the ball.

Note – Switch to this activity if the CORE is too difficult for the players

MORE CHLLENGING: 4v5 to 4 small goals	*DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min*
	OBJECTIVE: Prevent the opposition from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance. ORGANIZATION: In a 7v7 field, set up a 40Wx25L playing area with 2 small goals in each end line. The 4 Blue players: 3 defenders and 1 midfielder against 5 Red players: 1 defender, 1 midfielder, 2 wingers and 1 striker. Blue and Red try to score in any of the two small goals. Play with a build out line. All Laws of the game in effect. Rotate players every interval. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Shield, Compress, Press, Help. GUIDED QUESTIONS: 1. Who should shield the goal? 2. How can we close the passing lanes forward? 3. When should the defender on the ball press the attacker? 4. How will the other defenders help to regain the ball. ANSWERS: 1. The closest defender to the ball should get in between the ball and the goal to protect it - 2. We should make it compact and stay compact behind the defender on the ball - 3. When the other defenders are already compacted behind him/her - 4. They provide cover and balance. Note – Switch to this activity if the CORE is not challenging enough.
2nd. PLAY PHASE: The Game – 6V6	*DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min*
	OBJECTIVE: Prevent the opposition from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance. ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Shield, Compress, Press, Help. GUIDED QUESTIONS: 1. Who should shield the goal? 2. How can we close the passing lanes forward? 3. When should the defender on the ball should press the attacker? 4. How will the other defenders help to regain the ball. ANSWERS: 1. The closest defender to the ball should get in between the ball and the goal to protect it - 2. We should make it compact and stay compact behind the defender on the ball - 3. When the other defenders are already compacted behind him/her - 4. They provide cover and balance. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

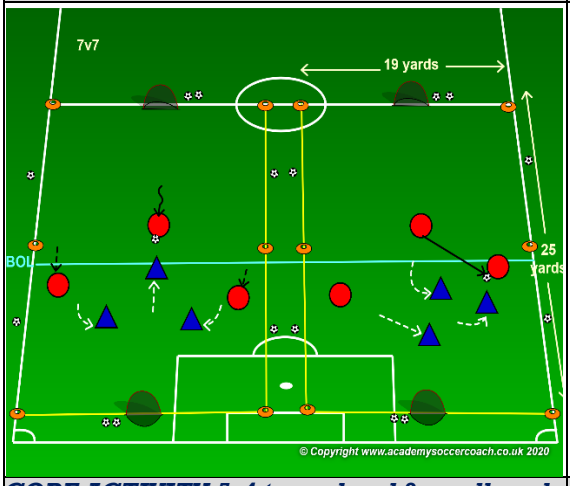
FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the proper coaching based on the age/level of the players?	1. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?

Week 10	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 2					U9-U10 7V7
	PLAYER ACTIONS	Make it and Keep it compact, Pressure, Cover & Balance, Outnumber the opponent					
	KEY QUALITIES	Read the game, Be pro-active , Focus					
	MOMENT	**Defending**	DURATION	**60 minutes**	PLAYERS	**12**	

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: Keep the opponent from moving the ball forward and regain the ball.

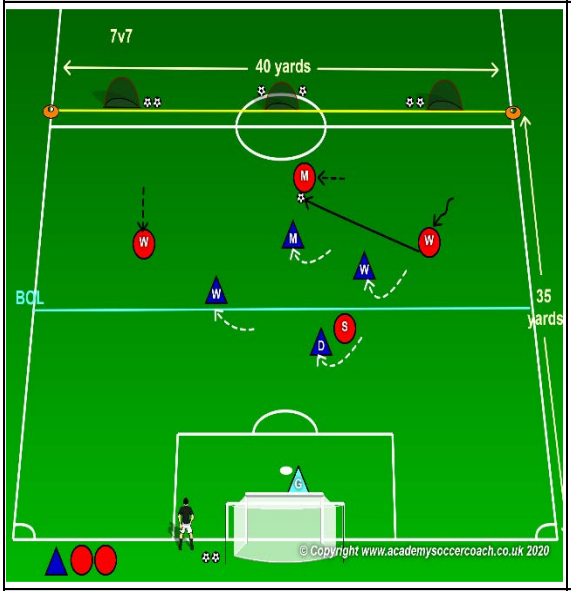
PLAYER ACTIONS: Make it and Keep it compact, Pressure, Cover & Balance.

ORGANIZATION: In a 7v7 field set up two 19Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.
KEY WORDS: Close passing lanes, Press, Help, Double team.
GUIDED QUESTIONS: 1. How can we close the passing lanes? 2. Who presses the attacker with the ball? 3. What do the other defenders do to help defend?
ANSWERS: 1. We will make it compact and stay compact - 2. The closest defender to the ball pressures the ball - 3. Provide cover and balance.
Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY:5v4 to goal and 3 small goals

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



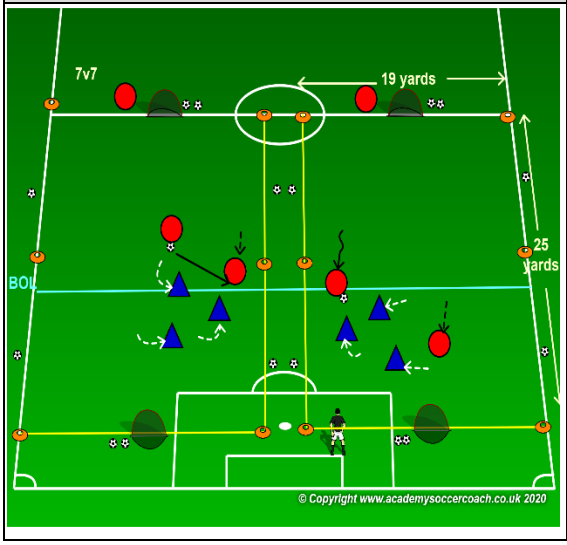
OBJECTIVE: Keep the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Make it and Keep it compact, Pressure, Cover & Balance, Outnumber the opponents.

ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and three counter goals. The 5 Blue players: 1 GK, 3 defenders, 1 midfielder against 4 Red players: 1 midfielder, 2 wingers and 1 striker. Blue team scores in any of the three counter goals. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.
SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.
KEY WORDS: Close passing lanes, Press, Help, Double team.
GUIDED QUESTIONS: 1. As a group what must we do to close passing lanes? 2. When is a good time to press the attacker with the ball? 3. How do the other defenders help? 4. When should we double team?
ANSWERS: 1. We must make it compact and stay compact - 2. When we have defenders compacted behind the closest defender to the ball - 3. Provide cover and balance - 4. When we outnumber the opponents.
Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 3v2 to goal

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min

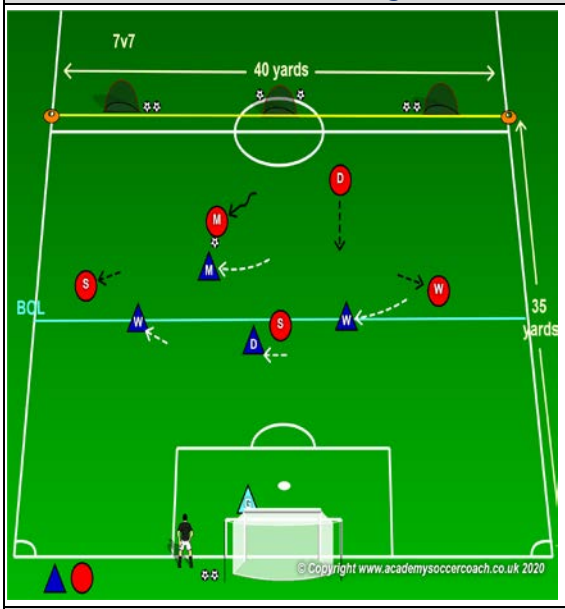
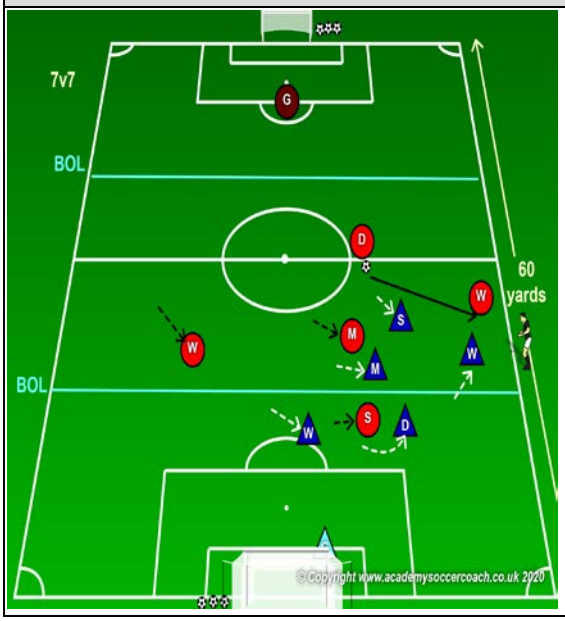


OBJECTIVE: Keep the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Make it and Keep it compact, Pressure, Cover & Balance, Outnumber the opponents.
ORGANIZATION: In our own half of a 7v7 field, set up a 40Wx35L playing area with a regular goal and three counter goals. The 5 Blue players: 1 GK, 3 defenders, 1 midfielder against 3 Red players: 1 midfielder and 2 strikers. Blue team scores in any of the three counter goals. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.
KEY WORDS: Close passing lanes, Press, Help, Double team.
GUIDED QUESTIONS: 1. How can we close the passing lanes? 2. Who presses the attacker with the ball? 3. What do the others defenders do to help defend? 4. When can we double team?

ANSWERS: 1. We will make it compact and stay compact - 2. The closest defender to the ball pressures the ball - 3. Provide cover and balance. 4. When we outnumber the opponent.
Note: Switch to this activity if the Core is too difficult for the players.

MORE CHLLENGING: 5v5 a goal	*DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min*
	OBJECTIVE: Keep the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Make it and Keep it compact, Pressure, Cover & Balance, Outnumber the opponents. ORGANIZATION: In our own half of a 7v7 field, set up a 40Wx35L playing area with a regular goal and three counter goals. The 5 Blue players: 1 GK, 3 defenders, 1 midfielder against 5 Red players: 1 defender, 1 midfielder, 2 wingers and 1 striker. Blue team scores in any of the three counter goals. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Close passing lanes, Press, Help, Double team. GUIDED QUESTIONS: 1. As a group what must we do to close passing lanes? 2. When is a good time to press the attacker with the ball? 3. How do the other defenders help? ANSWERS: 1. We must make it compact and stay compact - 2. When we have defenders compacted behind the closest defender to the ball - 3. Provide cover and balance. Note: Switch to this activity if the Core is too easy for the players.
2nd. PLAY PHASE: The Game – 6V6	*DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min*
	OBJECTIVE: Keep the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Make it and Keep it compact, Pressure, Cover & Balance, Outnumber the opponents. ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-3-2 formation and the Red team will play in 1-2-3 formation. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Close passing lanes, Press, Help, Double team. GUIDED QUESTIONS: 1. As a group what must we do to close passing lanes? 2. When is a good time to press the attacker with the ball? 3. How do the other defenders help? ANSWERS: 1. We must make it compact and stay compact - 2. When we have defenders compacted behind the closest defender to the ball - 3. Provide cover and balance. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

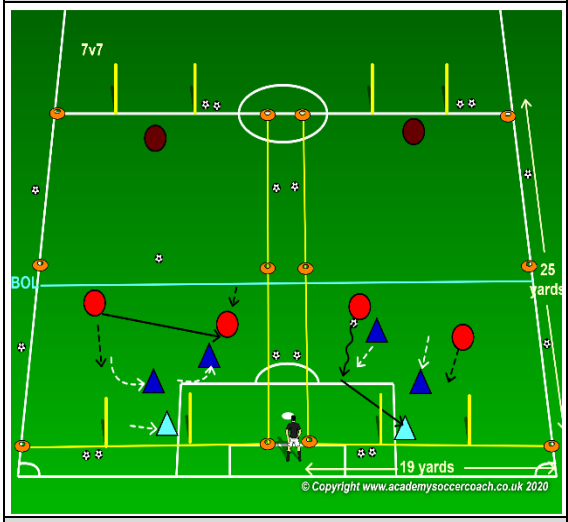
FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the proper coaching based on the age/level of the players?	1. How did you achieve your goals in the training session? 2. What did you do well? 1. What could you do better?

Week 11	GOAL:	Improve preventing the opponent from scoring goals - 1				U9-U10 7V7
	PLAYER ACTIONS	Protect the goal, Pressure, Cover & Balance				
	KEY QUALITIES	Make decisions, Be proactive, Focus				
	MOMENT		DURATION	60 minutes	PLAYERS	12

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: Deny scoring chances.

PLAYER ACTIONS: Protect the goal, Pressure and cover.

ORGANIZATION: In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

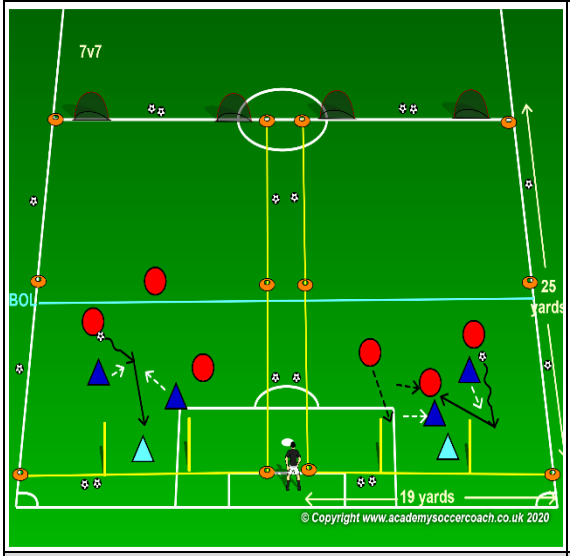
KEY WORDS: Prevent, Force, Help.

GUIDED QUESTIONS: 1. What should we do to prevent the shot goal? 2. How should we force the ball away? 3. How do we help the pressing defender?

ANSWERS: 1. Protect the goal by standing between the ball and the goal - 2. The closest defender pressures the attacker with the ball - 3. By providing cover.
Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 3v3 to goal – small goals

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: Deny scoring chances.

PLAYER ACTIONS: Protect the goal, Pressure and cover.

ORGANIZATION: In our own half set up two 19Wx25L fields with a goal and two small goals. Play 3v3. The Blue team: 1Gk and 2 defender's players against the Red Team: 3 players. The Red team scores in the goal and the Blue team scores by passing to one of the two small goals. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

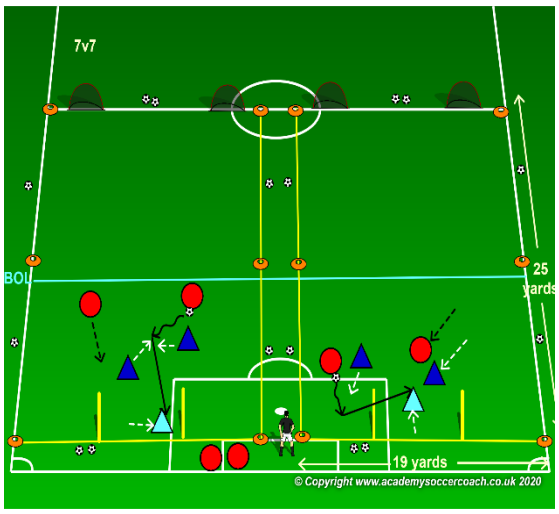
KEY WORDS: Prevent, Force, Help.

GUIDED QUESTIONS: 1. Who and how should prevent the shot a t goal? 2. After we are protecting the goal what should we do to force the ball away? 3. Where should the other defender be to help?

ANSWERS: 1. The closest defender should protect the goal by getting in between the ball and goal - 2. Pressure the attacker with the ball - 3. Provide cover.
Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 3v2 to goa l- small goals

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: Deny scoring chances.

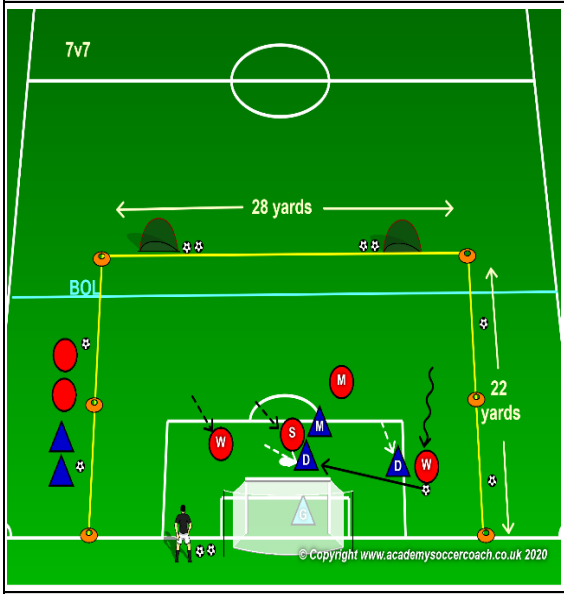
PLAYER ACTIONS: Protect the goal, Pressure and cover.

ORGANIZATION: In our own half set up two 19Wx25L fields with a goal and two small goals. Play 3v3. The Blue team: 1Gk and 2 defender's players against the Red Team: 2 players. The Red team scores in the goal and the Blue team scores by passing to one of the two small goals. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.
KEY WORDS: Prevent, Force, Help.
GUIDED QUESTIONS: 1. What should we do to prevent the shot goal? 2. How should we force the ball w away? 3. How do we help the pressing defender?

ANSWERS: 1. Protect the goal by standing between the ball and the goal - 2. The closest defender pressures the attacker with the ball - 3. By providing cover.

Note: Switch to this activity if the Core is too difficult for the players.

MORE CHLLENGING: 4v4 to goal	*DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min*
	OBJECTIVE: Deny scoring chances. PLAYER ACTIONS: Protect the goal, Pressure and cover. ORGANIZATION: In a 7v7 field, set up a 28Wx22L playing area with a regular goal and two small goals 2 small goals as shown. The 4 Blue players: 1GK, 2 defenders and 1 midfielder against 4 Red players: 1 midfielder, 2 wingers and 1 striker. The Red team scores in the goal, the Blue team scores by passing in one of the two small goals. Play with a build out line. All Laws of the game in effect. Rotate players every interval. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Prevent, Force, Help. GUIDED QUESTIONS: 1. Who and how should prevent the shot a t goal? 2. After we are protecting the goal what should we do to force the ball away? 3. Where should the other defender be to help? ANSWERS: 1. The closest defender should protect the goal by getting in between the ball and goal - 2. Pressure the attacker with the ball - 3. Provide cover. Note: Switch to this activity if the Core is too easy for the players.
2nd. PLAY PHASE: The Game – 6V6	*DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min*
	OBJECTIVE: Deny scoring chances. PLAYER ACTIONS: Protect the goal, Pressure and cover. ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue will play in a 1-2-1-2 formation and the Red team will play in a 1-1-3-1 formation. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Prevent, Force, Help. GUIDED QUESTIONS: 1. Who and how should prevent the shot a t goal? 2. After we are protecting the goal what should we do to force the ball away? 3. Where should the other defender be to help? ANSWERS: 1. The closest defender should protect the goal by getting in between the ball and goal - 2. Pressure the attacker with the ball - 3. Provide cover. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

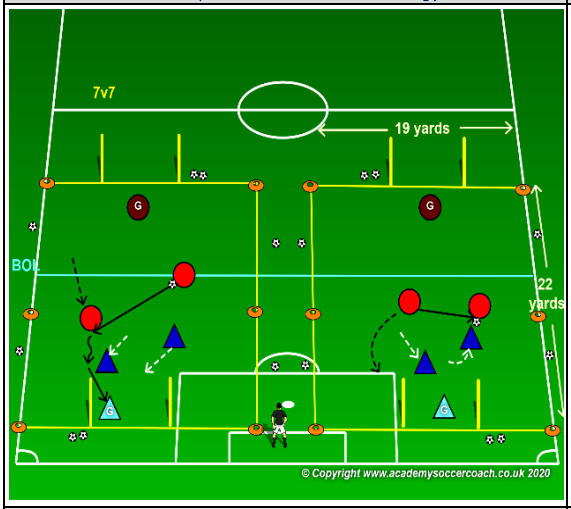
FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the proper coaching based on the age/level of the players?	1. How did you achieve your goals in the training session? 2. What did you do well? 3. What could you do better?

Week 10	GOAL:	Improve preventing the opponent from scoring goals - 2					U9-U10 7V7
	PLAYER	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance					
	KEY QUALITIES	Read the game, Be proactive, Focus					
	MOMENT	**Defending**	DURATION	**60 minutes**	PLAYERS	**12**	

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 min



OBJECTIVE: Deny Scoring Chances.

PLAYER ACTIONS: Protect the goal, Pressure and Cover.

ORGANIZATION: In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

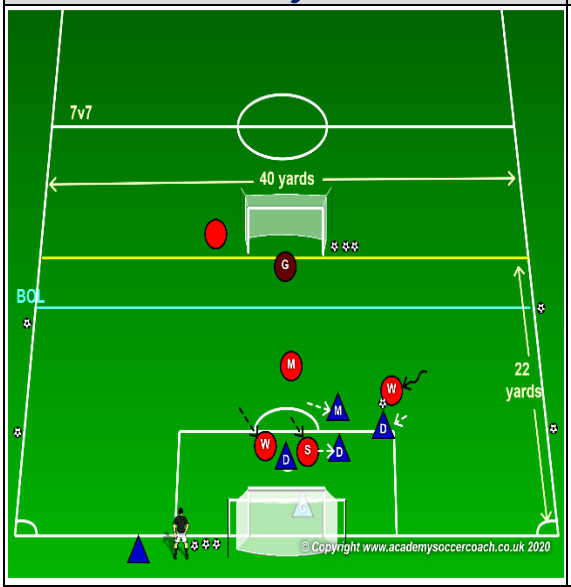
SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Block the shot, Hassle, Help.

GUIDED QUESTIONS: 1. How can we block the shot? 2. Who hassles the attacker with the ball? 3. How can the other defender help the pressing defender?
ANSWERS: 1. Place a defender between the ball and the goal to protect it - 2. The defender closest to the ball pressures it - 3. He/she could get behind the pressing defender to provide cover.
Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 5v5 to goal

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: Deny Scoring Chances.

PLAYER ACTIONS: Protect the goal, Make it compact and keep it compact, Pressure, Cover & balance.

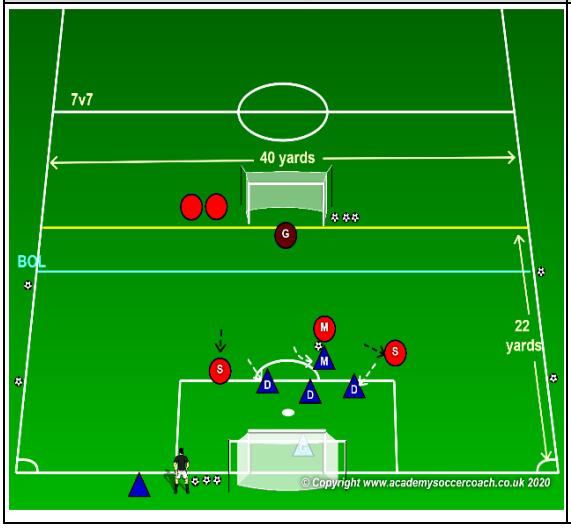
ORGANIZATION: In a 7v7 field, set up a 40Wx22L playing area with two regular goals. The 5 Blue players: 1 GK, 3 defenders, and 1 midfielder against 5 Red players: 1 GK, 1 midfielder, 2 wingers and 1 striker. Both teams try to score in the opponent's goal. Play with a build out line. All Laws of the game in effect. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Block the way, Minimize, Hassle, Help.
GUIDED QUESTIONS: 1. What must we do to block the way to goal? 2. How can we minimize the passing or shooting lanes? 3. When do we hassle the player with the ball? 4. What can the other defenders do to help?
ANSWERS: 1. Get a defender between the ball and goal to protect it - 2. We must get compacted and stay compacted - 3. As soon as the attacker receives the ball we should pressure him/her - 4. They get behind the pressing defender and provide cover and balance.
Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 5v4 to goal

DURATION: 20 min -- INTERVALS: 5 --ACTIVITY: 4 min --REST: 1 min



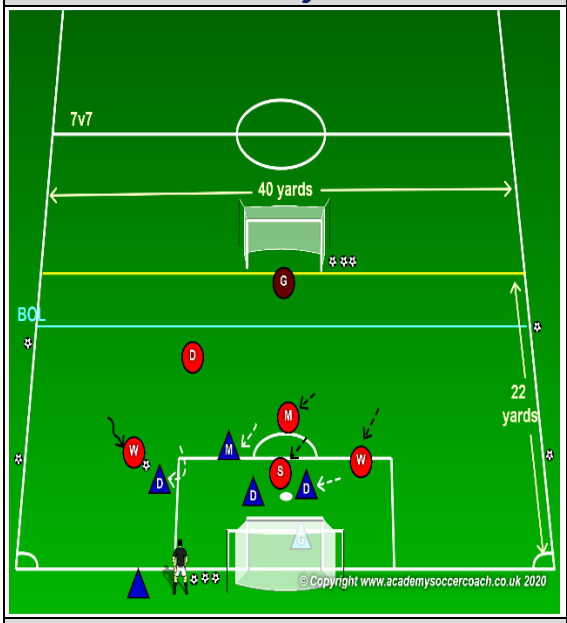
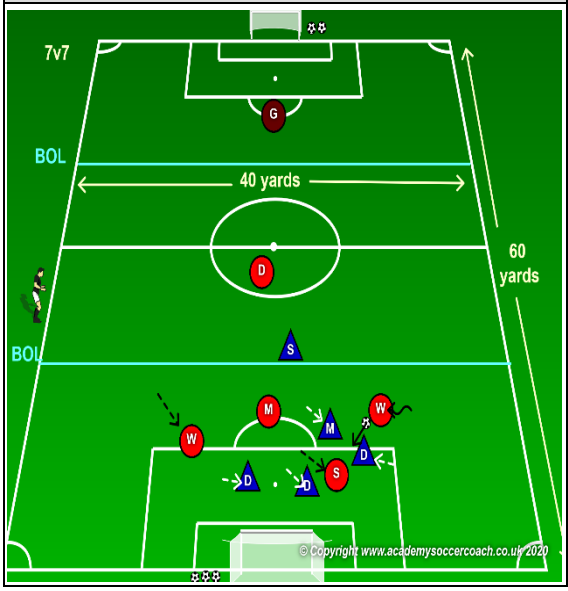
OBJECTIVE: Deny Scoring Chances.

PLAYER ACTIONS: Protect the goal, Make it compact and keep it compact, Pressure, Cover & balance.

ORGANIZATION: In a 7v7 field, set up a 40Wx22L playing area with two regular goals. The 5 Blue players: 1 GK, 3 defenders, and 1 midfielder against 4 Red players: 1 GK, 1 midfielder and 2 strikers. Both teams try to score in the opponent's goal. Play with a build out line. All Laws of the game in effect. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Block the way, Hassle, Help.
GUIDED QUESTIONS: 1. How can we block the way to goal? 2. Who hassles the attacker with the ball? 3. How can the other defender help the pressing defender?
ANSWERS: 1. Place a defender between the ball and the goal to protect it - 2. The defender closest to the ball pressures it - 3. They get behind the pressing defender to provide cover
Note: Switch to this activity if the Core is too difficult for the players.

MORE CHLLENGING: 5v6 to goal	*DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min*
	OBJECTIVE: Deny Scoring Chances. PLAYER ACTIONS: Protect the goal, Make it compact and keep it compact, Pressure, Cover & balance. ORGANIZATION: In a 7v7 field, set up a 40Wx22L playing area with two regular goals. The 5 Blue players: 1 GK, 3 defenders, and 1 midfielder against 6 Red players: 1 GK, 1 defender, 1 midfielder, 2 wingers and 1 striker. Both teams try to score in the opponent's goal. Play with a build out line. All Laws of the game in effect. Rotate players every interval. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Block the way to goal, Hassle, Help. GUIDED QUESTIONS: 1. Where must we be to block the way to goal? 2. How can we minimize the passing or shooting lanes? 3. When do we hassle the player with the ball? 4. What can the other defenders help? ANSWERS: 1. In front of the attacker between the ball and goal to protect it - 2. We must get compacted and stay compacted - 3. As soon as the attacker receives the ball, we should pressure him/her - 4. They get behind the pressing defender and provide cover and balance. Note: Switch to this activity if the Core is too easy for the players.
2nd. PLAY PHASE: The Game – 6V6	*DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min*
	OBJECTIVE: Deny Scoring Chances. PLAYER ACTIONS: Protect the goal, Make it compact and keep it compact, Pressure, Cover & balance. ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue will play in a 1-1-3-1 formation and the Red team will play in a 1-3-1-1 formation. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Block the way, Hassle, Help. GUIDED QUESTIONS: 1. What do we do to block the way to goal? 2. How can we minimize the passing or shooting lanes? 3. When do we hassle the player with the ball? 4. How can the other defenders help? ANSWERS: 1. Protect the goal - 2. We must get compacted and stay compacted - 3. As soon as the attacker receives the ball we should pressure him/her - 4. They get behind the pressing defender and provide cover and balance. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions 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 the proper coaching based on the age/level of the players?	1. How did you achieve your goals in the training session? 2. What did you do well? 1. What could you do better?