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.

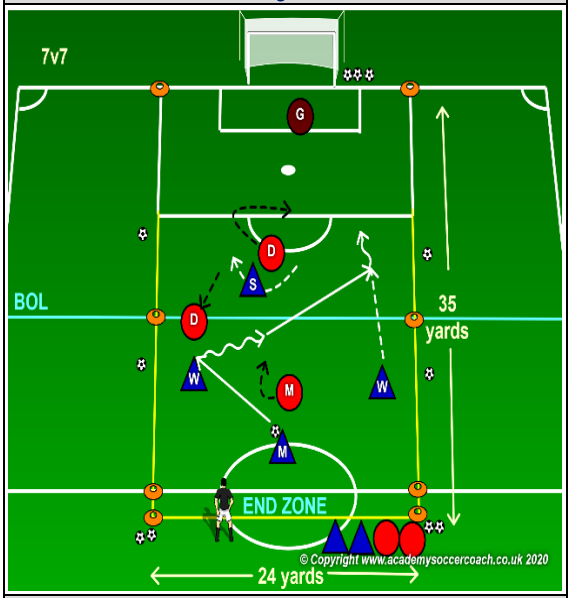
KEY WORDS: Dribble, Connect, Possess and Help.

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.

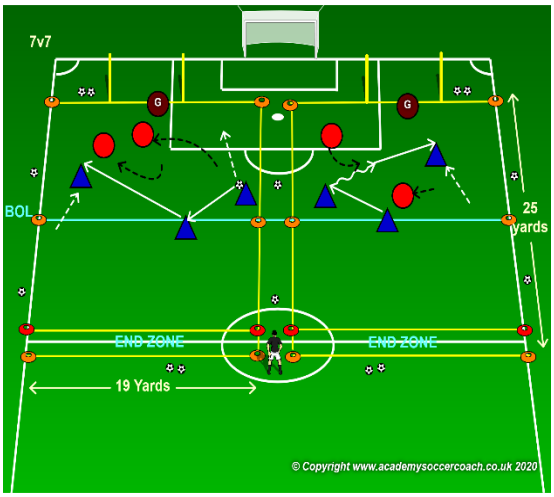
KEY WORDS: Open up, Dribble, Connect, Possess and Help.

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.

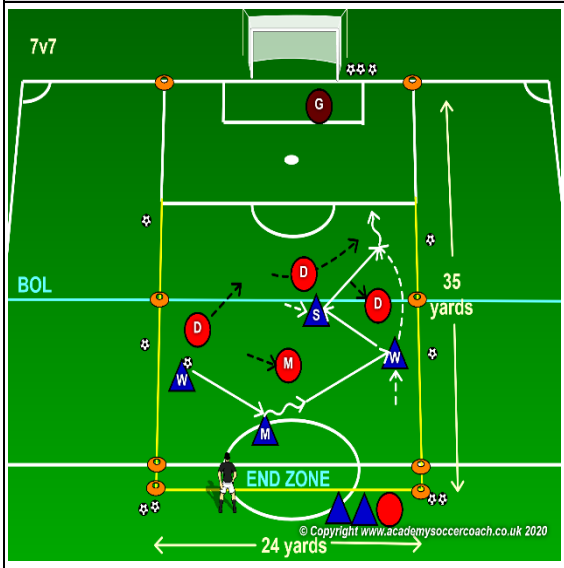
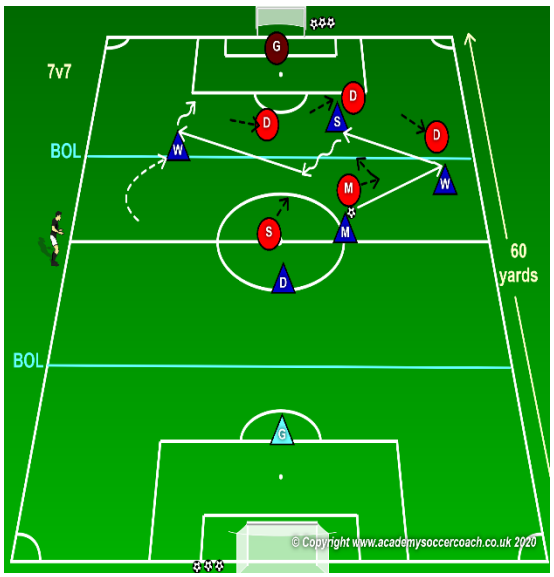
SKILL ACQUISITION: Passing, receiving and dribbling.

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 CHALLENGING: 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?