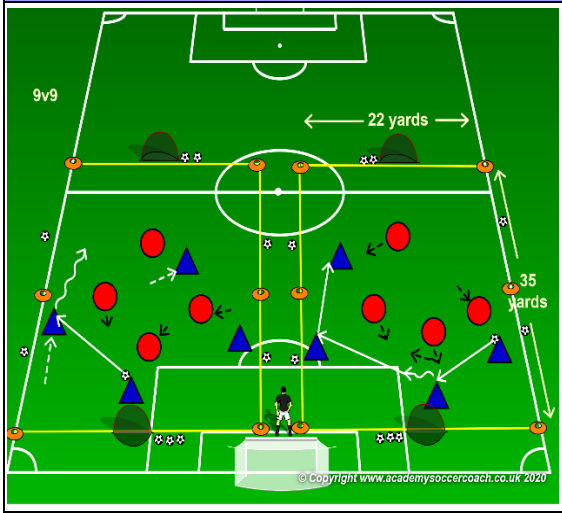
Week 1						
	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 1				U11-U12 9V9
	PLAYER ACTIONS	Pass or dribble forward, Spread out, Create passing options				
	KEY QUALITIES	Read the game, Take initiative, Demonstrate Focus				
	MOMENT	**ATTACKING**	DURATION	**60 minutes**	PLAYERS	**16**

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: Move the ball forward.

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

ORGANIZATION: In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 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, Penetrate and Help the attack.

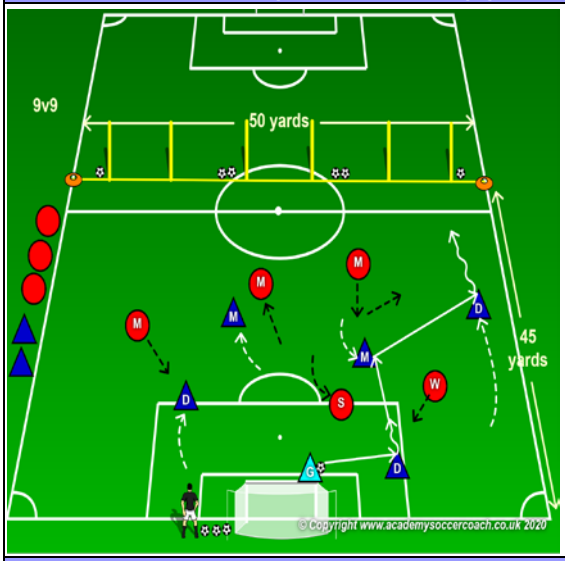
GUIDED QUESTIONS: 1. How can create an opening? 2. What can we do to penetrate an opening? 3. Where should we help the attack?

ANSWERS: 1. Spread out - 2. We can dribble through or pass through the opening - 3. We should create passing option to the right, left back and in front of the player with 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: 6v5 to goal and dribbling gates

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



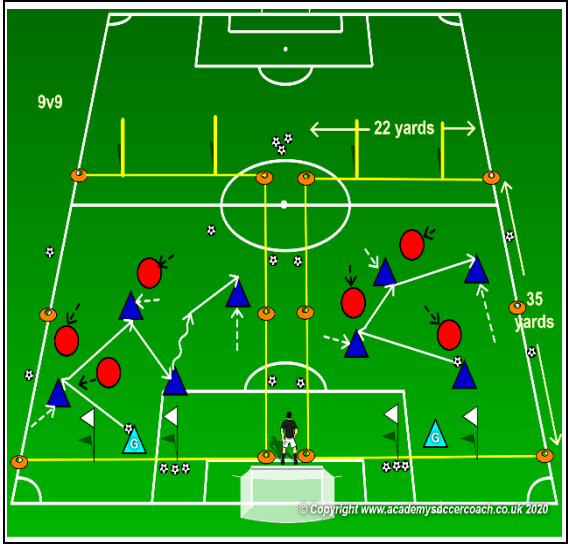
OBJECTIVE: Move the ball forward into the opponent's half.
PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.
ORGANIZATION: In a 9v9 field, set up a 50Wx45L playing area with a regular goal and three 8-yard dribbling gates. The 6 Blue players: 1 GK, 3 defenders and 2 midfielders against 5 Red players: 2 midfielders, 2 wingers and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. Red scores in the regular goal. 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: Dribbling, receiving and passing.

KEY WORDS: Get wide, Penetrate and Help the attack.
GUIDED QUESTIONS: 1. How do we get wide? 2. When should we penetrate with a pass? 3. When should we penetrate on the dribble? 4. What should we do if we don't have the ball to help the attack?
ANSWERS: 1. Spread out - 2. When we have an opening to pass forward to a teammate on the other side - 3. When we can dribble through an opening between two defenders - 4. We should create passing options.
Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 5v3 to goal and dribbling gate

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



OBJECTIVE: Move the ball forward into the opponent's half.

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

ORGANIZATION: In our half set up two 22Wx35L fields with a goal and an 8 yard dribbling gate. Play 5v3. The Blue team: 1 GK and 4 attackers against the Red Team: 3 defenders. Blue team scores by dribbling through the 8-yard gate. Red scores in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

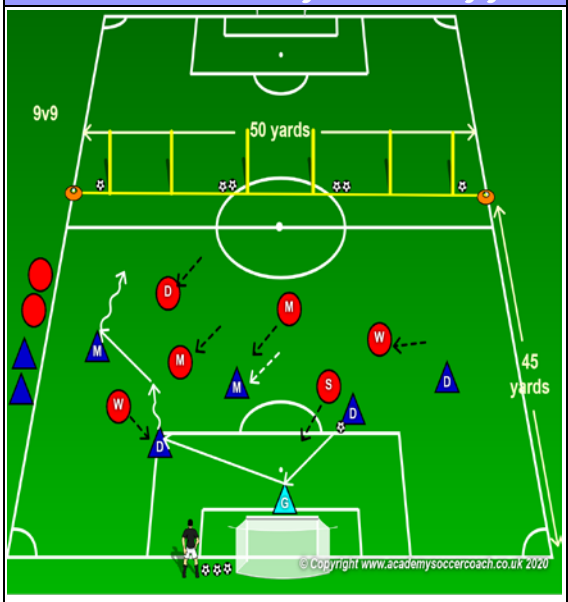
SKILL ACQUISITION: Dribbling, receiving and passing.

KEY WORDS: Opening, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do to penetrate an opening? 3. Where should we help the attack?

ANSWERS: 1. Spread out - 2. We can dribble through or pass through the opening - 3. We should create passing options to the right, left back and in front of the player with the ball.

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

MORE CHLLENGING: 6v6 to goal – dribbling gates	DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min
	OBJECTIVE: Move the ball forward into the opponent's half. PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options. ORGANIZATION: In a 9v9 field, set up a 50Wx45L playing area with a regular goal and three 8-yard dribbling gates. The 6 Blue players: 1 GK, 3 defenders and 2 midfielders against 6 Red players: 1 defender, 2 midfielder, 2 wingers and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. Red scores in the regular goal. 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: Dribbling, receiving and passing. KEY WORDS: Opening, Get wide, Penetrate and Help the attack. GUIDED QUESTIONS: 1. How do we get wide? 2. When should we penetrate with a pass? 3. When should we penetrate on the dribble? 4. What should we do if we don't have the ball to help the attack? ANSWERS: 1. Spread out - 2. When we have an opening and we pass forward to a teammate on the other side - 3. When we can dribble through an opening between two defenders - 4. We should create passing options. Note: Switch to this activity if the Core is too easy for the players.
2nd. PLAY PHASE: The Game – 8V8	DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min
	OBJECTIVE: Move the ball forward into the opponent's half. PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options. ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue team will play 1-3-2-2 formation and the Red teams will play 1-2-4-1 formation. SKILL ACQUISITION: Dribbling, receiving and passing. KEY WORDS: Opening, Get wide, Penetrate and Help the attack. GUIDED QUESTIONS: 1. Why do we need to get wide? 2. How do we penetrate an opening? 3. Where should you move to help the attack every time the ball moves? ANSWERS: 1. We spread out to create openings to pass or dribble the ball forward - 2. We can pass or dribble the ball forward though the opening - 3. We should create passing options in the form of diagonal passing lanes. 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?