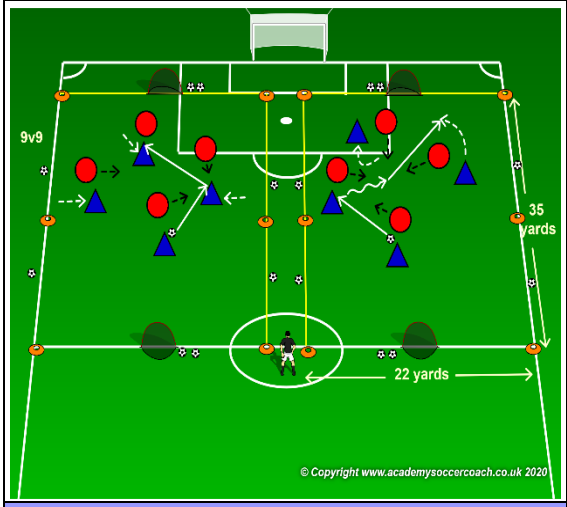
Week 4							
	GOAL:	Improve the build up in the opponent's half in order to create scoring chances 2					U11-U12 9V9
	PLAYER ACTIONS	Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack					
	KEY QUALITIES	Read the game, Focus, Optimal technical abilities					
	MOMENT	ATTACKING	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: To pass and dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In a 9v9 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, 2v2, up to 3v3. 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.

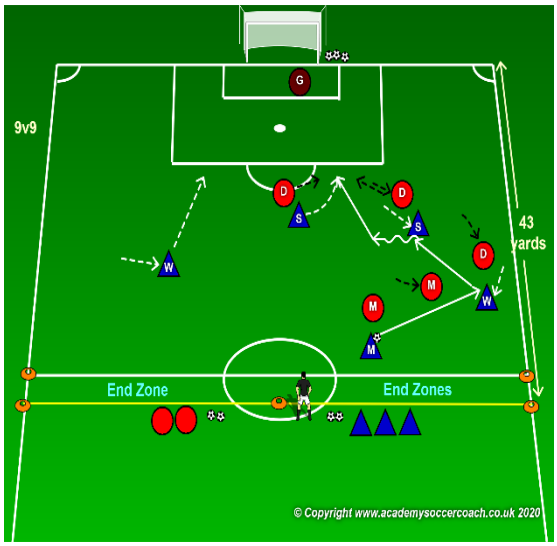
KEY WORDS: Opening, Penetrate, Possession and Overload.

GUIDED QUESTIONS: 1. Where do we want to keep possession of the ball? 2. When is a good time to penetrate through an opening? 3. What do we need to do to create an overload?

ANSWERS: 1. In the attacking half of the field - 2. We will pass forward though an opening when we have a receiver on the other side to receive the ball – 3. Create a 2v1 and combine forward.
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: 5v6 to goal and end zone

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



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

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and a 3 yards end zone. The 5 Blue players: 1 midfielder, 2 wingers and 2 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, and 2 midfielders will try to score by dribbling or passing to a teammate running into the end zone. 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: Opening, Penetrate Overload, Possession, and Switch.
GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do if we can't penetrate? 3. What should you do in a 1v1? 4. When should we keep possession of the ball? 5. When is a good time to switch fields?
ANSWERS: 1. We spread out - 2. Possess the ball, pass around the defenders to move the ball forward - 3 Dribble the defender to move the ball forward. - 4. When we can't pass forward through or around an opening - 5. We change fields when we have too many defenders in front.
Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 4v4 to goal and end zones

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

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

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In the opponent's half set up two 22Wx35L fields with a goal and a small goal. The Blue team: 4 attackers against the Red Team: GK and 3 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: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate, Overload, Possession, and Switch.

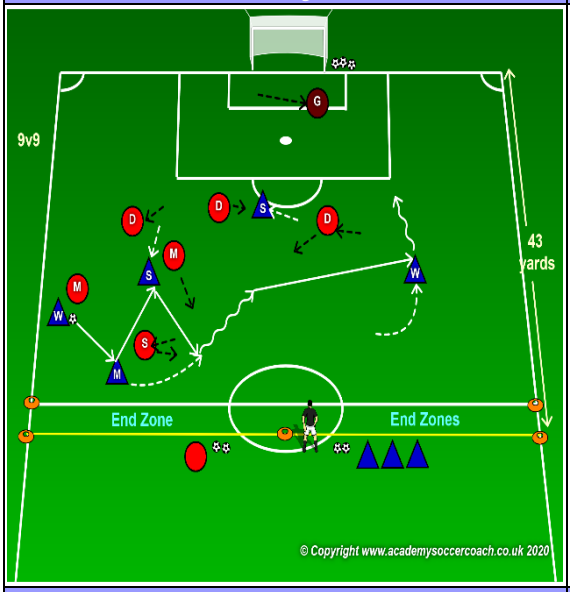
GUIDED QUESTIONS: 1. Where do we want to keep possession of the ball? 2. When is a good time to penetrate through an opening? 3. What do we need to create an overload?

ANSWERS: 1. In the attacking half of the field - 2. We will pass forward though an opening when we have a receiver on the other side to receive the ball – 3. To create a 2v1 and combine forward.

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

MORE CHLLENGING: 5v7 to goal and an end zone

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



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

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and a 3 yards end zone. The 5 Blue players: 1 midfielder, 2 wingers and 2 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, and 2 midfielders and 1 striker will try to score by dribbling or passing to a teammate running into the end zone. 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.

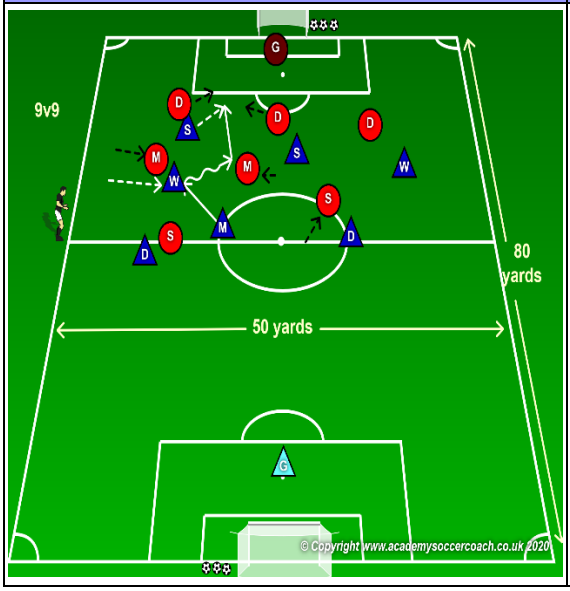
KEY WORDS: Opening, Penetrate, Overload, Possession, and Switch.

GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do if we can't penetrate? 3. What should you do in a 1v1? 4. When should we keep possession of the ball? 5. When is a good time to switch fields?
ANSWERS: 1. We spread out - 2. Possess the ball, pass around the defenders to move the ball forward – 3 Dribble the defender to move the ball forward. - 4. When we can't pass forward through or around an opening - 5. We change fields when we have too many defenders in front.

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: To pass and dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue team will play in a 1-2-3-2 formation and the Red team will play in a 1-3-2-2 formation.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate, Overload, Possession, and Switch.

GUIDED QUESTIONS: 1. How do we create an opening? 2. Where should we move the ball when in possession? 3. When should we penetrate through and forward? 4. Why do we want to create an overload? 5. In what ways can we pass the ball to switch fields?

ANSWERS: 1. Spread out - 2. Pass the ball backwards, sideways and diagonally to move the defenders and find or create an opening - 3 Pass though and forward when we find or create an opening - 4. To create a 2v1 and combine passing around a defender - 5. We can pass around defenders to get the ball to the other side or we can pass over defenders.

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?