

## 1ST PLAY PHASE: Intentional Free Play

OBJ ECTIVE:To score goals.
ORGANIZATION: Mark out two $16 \times 24$-yard fields. Teams play 2 v 2 on goals with goalkeepers. The attacking team's keeper can help build the attack and even score goals. Play for 30 minutes with two breaks.

KEY WORDS: Dribble, pass, take opponents on, shoot
GUIDED QUESTIONS: 1) When the attackers'keeper helps build the attack, what kind of situation does that create? 2) How can you take advantage of this situation?

ANSWERS: 1) A 3 v 2 with attackers outnumbering defenders. 2) Cover the middle and both wings; use our extra player; don't be afraid to attack 1 v 1; shoot.

NOTES:First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.


## PRACTICE (Core Activity): 2 v 1on One Goal with Goalkeeper

OBJ ECTIVE:To score goals.
ORGANIZATION: Mark out a $22 \times 24$-yard field with one goal with goalkeeper and two mini goals. Assign attackers (Blue) and defenders (Red) to starting positions as shown. Players play 2 v luntil a goal is scored. The defender tries to win the ball and score on the mini goals. Afterward, the next defender starts. Play for 30 minutes with two breaks.

KEY WORDS: Dribble, pass, take opponents on, shoot
GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) Why? 3) What do you need to watch out for when you're passing? 4) What could you do instead?

ANSWERS: 1) Dribble forward to tie up the defender, then pass when your teammate is in position to score.2) That way the defender doesn't have a chance to force the receiver onto the wing.3) The offside line.4) Go 1v lagainst the defender and dribble past.

## PRACTICE (Less Challenging): 3 v 1on One Goal with Goalkeeper

OBJ ECTIVE:To score goals.
ORGANIZATION: Same as core activity, except players play 3 v 1
KEY WORDS: Dribble, pass, take opponents on, shoot
GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) Why? 3) What do you need to watch out for when you're passing? 4) What could you do instead?

ANSWERS: 1) Dribble forward to tie up the defender, then pass when your teammate is in position to score. 2) That way the defender doesn't have a chance to force the receiver onto the wing.3) The offside line.4) Go 1v lagainst the defender and dribble past.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.


## PRACTICE (More Challenging): 3 v 2 on One Goal with Goalkeeper

OBJ ECTIVE: To score goals.


ORGANIZATION: Same as core activity, except players play 3 v 2.
KEY WORDS: Dribble, pass,take opponents on, shoot
GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) Why? 3) What do you need to watch out for when you're passing? 4) What could you do instead?

ANSWERS: 1) Dribble forward to tie up the defender, then pass when your teammate is in position to score.2) That way the defender doesn't have a chance to force the receiver onto the wing. 3) The offside line.4) Go lv lagainst the defender and dribble past.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this MoreChallenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.


## 2ND PLAY PHASE:The Game

OBJ ECTIVE:To score goals.
ORGANIZATION: Mark out a regular 7v 7 field with build-out lines. Divide players into two teams of six. Each plays a 1-2-3 formation. Play for 30 minutes including one "halftime" ( 5 minutes max).

KEY WORDS: Dribble, pass, take opponents on, shoot
GUIDED QUESTIONS: 1) How many goals did you score? 2) How did you score them? 3) How can you score more goals?

ANSWERS: 1-3.) General questions asked to focus players' attention on the principles they have learned (dribble, pass, shoot, create 1 v 1 ls and 2 v 15 ).

NOTES: Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

## Five Elements of a Training Activity

1. Organized: Is the activity organized in the right way?
2. Game-like: Is the activity game-like?
3. Repetition: Is there repetition, 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 effective coaching, based on the age and level of the players?

## Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?
