

U.S. Soccer Play-Practice-Play Training Session

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Pass/dribble, 2v1/1v1, Change pace

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U13+ / 11v11 / 18 players

MOMENT: Attacking

DURATION: 90 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward, create chances and score goals.

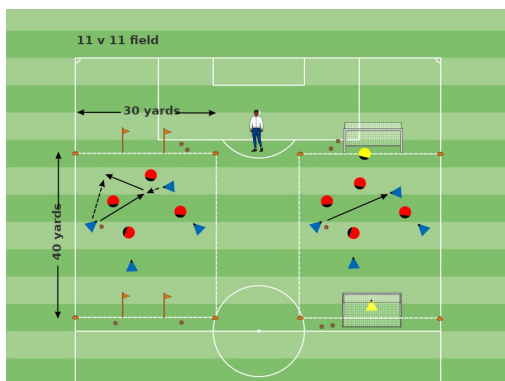
ORGANIZATION: Mark out two 40 x 30-yard fields, each with two goals. Divide players into four teams. Play 4 v 4 or 5 v 5 including goalkeepers. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Opening, take him/her on, go!

GUIDED QUESTIONS: 1) How can we find or create openings to play forward and score?

ANSWERS: 1) Drag opponent out of position and play quickly.

NOTES: 1st break: Coach asks questions, players continue playing to discover answers. 2nd break: Players share answers with coach and each other. Refer to the Training Session Manual.



PRACTICE (Core Activity): 6 v 5 + GK

OBJECTIVE: To create passing options and pass or dribble forward

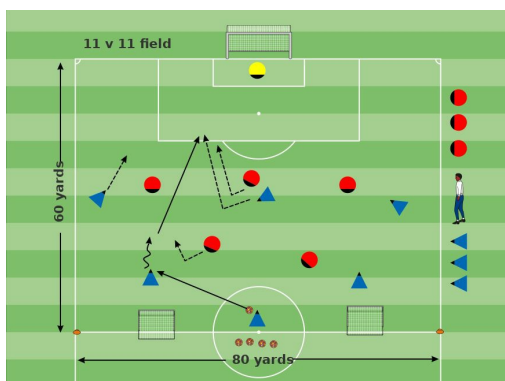
ORGANIZATION: Mark out a 60 x 80-yard field with one full-sized to two counter goals. Play 6 v 5 + GK in favor of blue team (one blue start the play). If opponent wins ball they score in counter goals. First to five goals, then switch sides and reset. Play for 30 minutes with two to three breaks. Rotate players every few minutes so that all players play.

KEY WORDS: Opening, take him/her on, go!, pass/dribble

GUIDED QUESTIONS: 1) How can we find or create openings to play forward and score? 2) How can we force the opponent to make errors?

ANSWERS: 1) Drag opponent out of position and play quickly. 2) Create 2v1s & 1v1s and pass or dribble forward.

NOTES: Start here at the Core Activity after the First Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.



PRACTICE (Less Challenging): 6 v 4 + GK

OBJECTIVE: To create passing options and pass or dribble forward

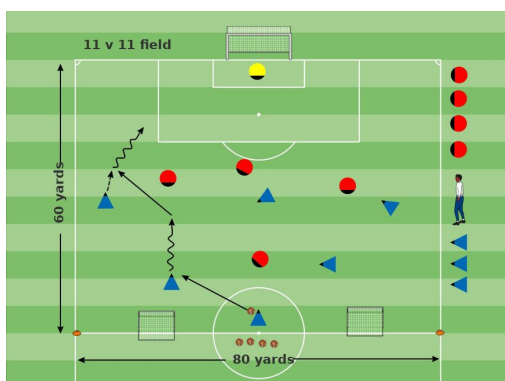
ORGANIZATION: Same as Core Activity, except teams play 6 v 4 + GK. Two extra blue players can start beside the extra balls and pass the ball in to start the play. Rotate players every few minutes so that all players play.

KEY WORDS: Opening, take him/her on, go!, pass/dribble

GUIDED QUESTIONS: 1) How can we find or create openings to play forward and score? 2) How can we force the opponent to make errors?

ANSWERS: 1) Drag opponent out of position and play quickly. 2) Create 2v1s & 1v1s and pass or dribble forward.

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. Refer to the Training Session Manual.



U.S. Soccer Play-Practice-Play Training Session

GOAL: Improve building-up in opponent's half in order to create chances

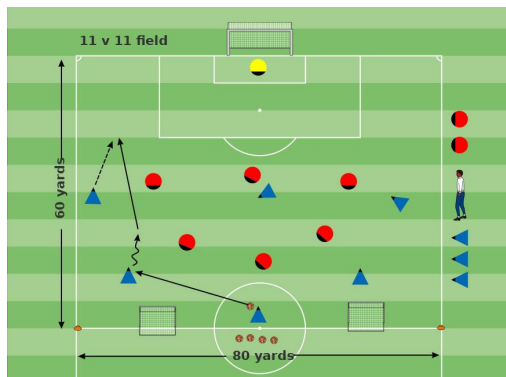
PLAYER ACTIONS: Pass/dribble, 2v1/1v1, Change pace

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U13+ / 11v11 / 18 players

MOMENT: Attacking

DURATION: 90 min



PRACTICE (More Challenging): 6 v 6 + GK

OBJECTIVE: To create passing options and pass or dribble forward

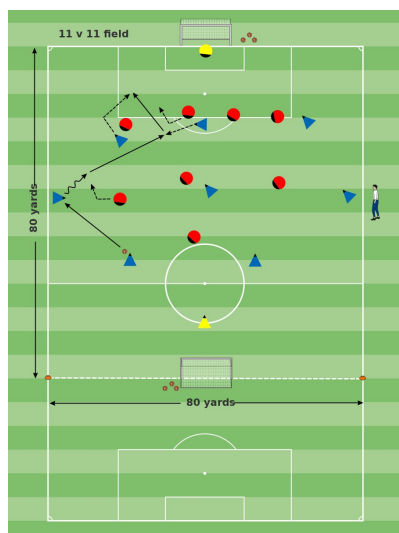
ORGANIZATION: Same as Core Activity, except teams play 6 v 6 + GK. One extra blue players can start beside the extra balls and pass the ball in to start the play. Rotate players every few minutes so that all players play.

KEY WORDS: Opening, take him/her on, go!, pass/dribble

GUIDED QUESTIONS: 1) How can we find or create openings to play forward and score? 2) How can we force the opponent to make errors?

ANSWERS: 1) Drag opponent out of position and play quickly. 2) Create 2v1s & 1v1s and pass or dribble forward.

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



2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble forward and score goals.

ORGANIZATION: 9 v 9 game on 80 x 80 yard field. Both teams play a 1-4-1-3 formation. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Opening, take him/her on, go!, pass/dribble

GUIDED QUESTIONS: 1) How can we find or create openings to play forward and score? 2) How can we force the opponent to make errors?

ANSWERS: 1) Drag opponent out of position and play quickly. 2) Create 2v1 & 1v1 and pass or dribble forward.

NOTES: Play using the Laws of the Game (LOTG).

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 player?

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?