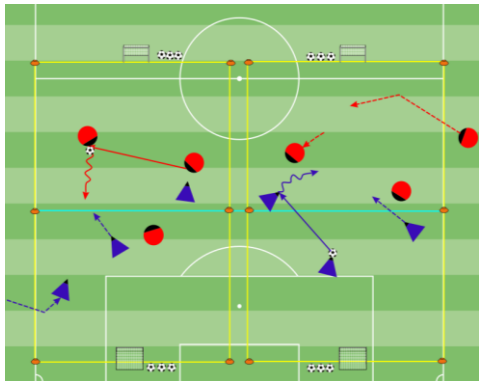
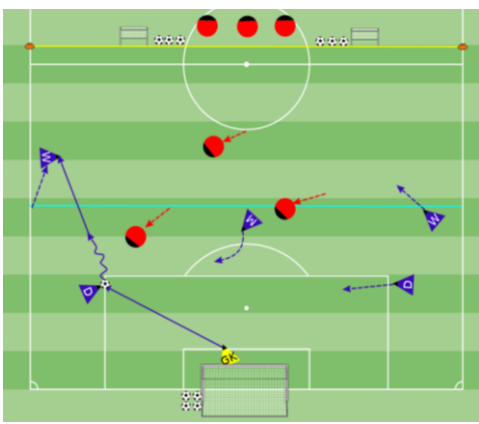
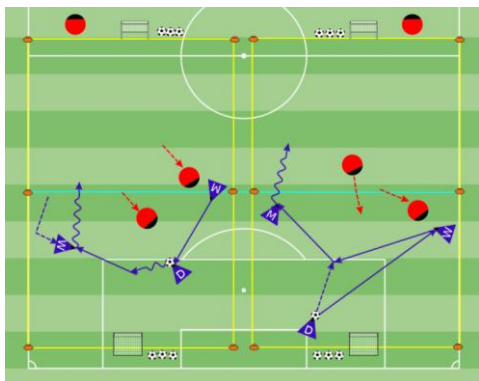
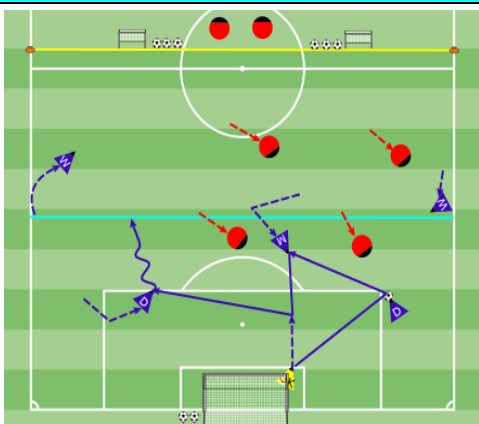
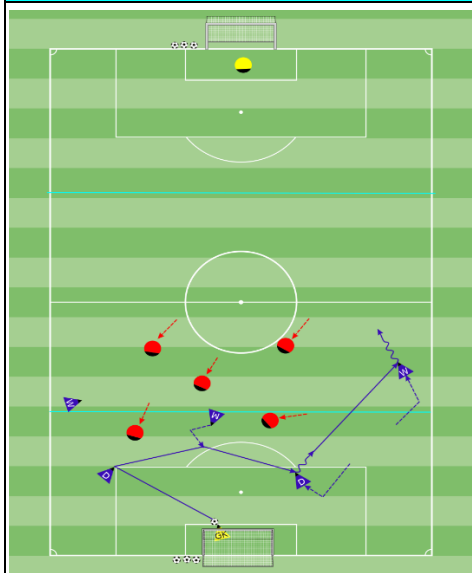
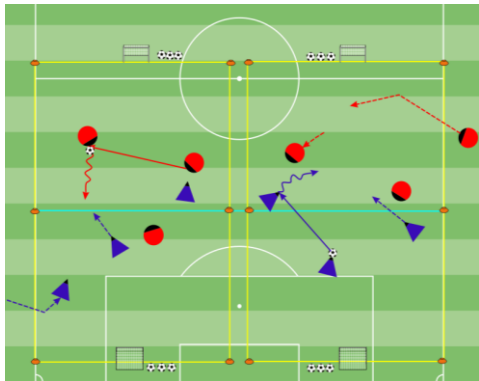
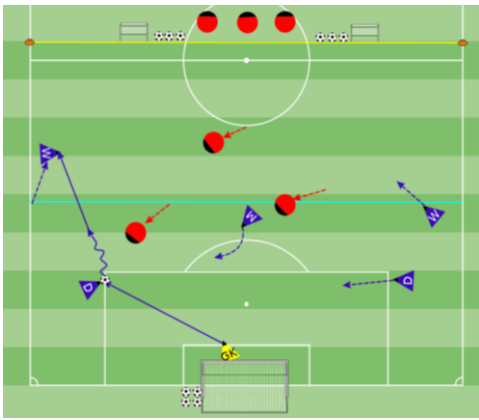
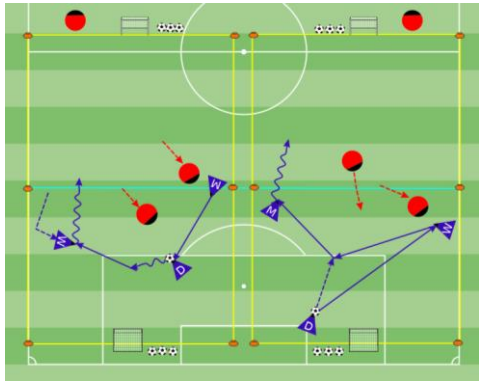
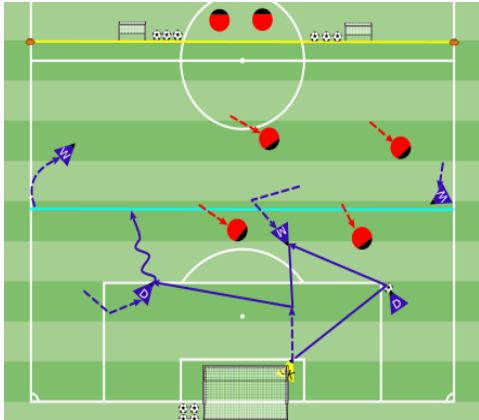
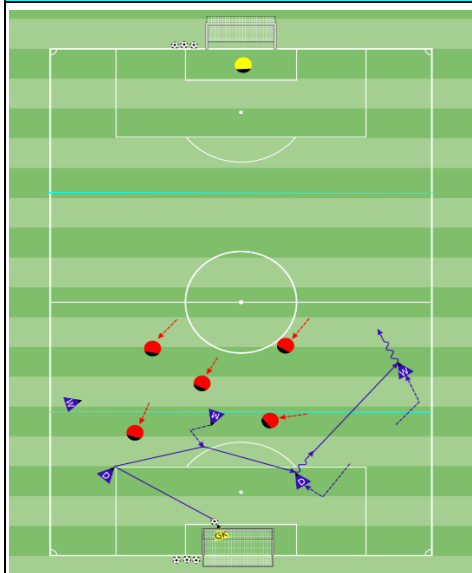
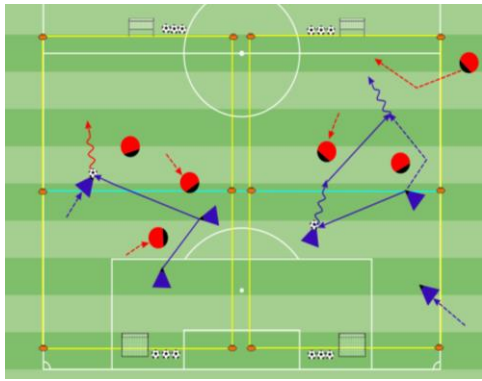
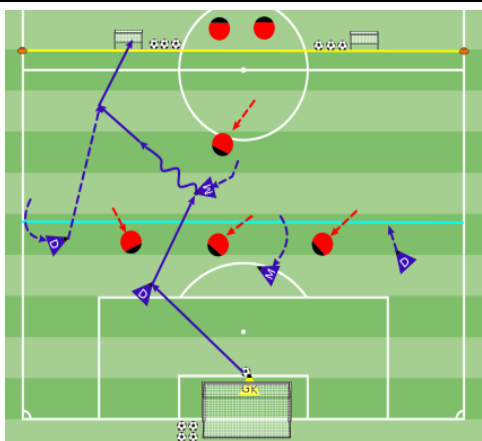
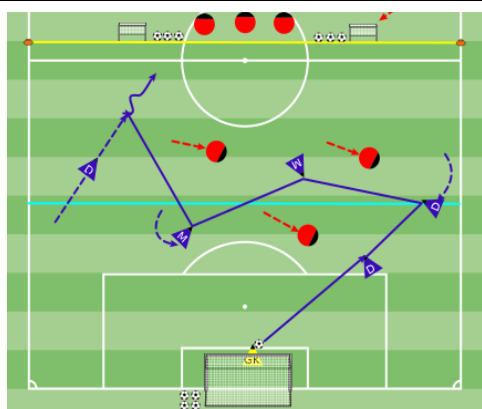
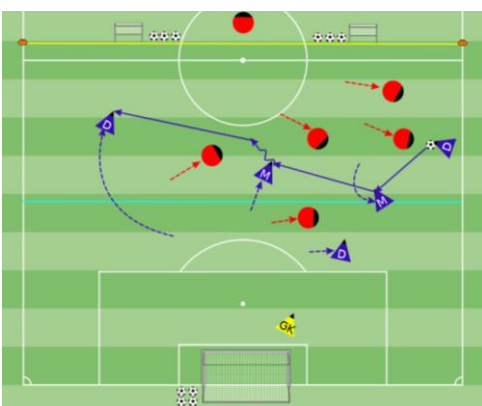


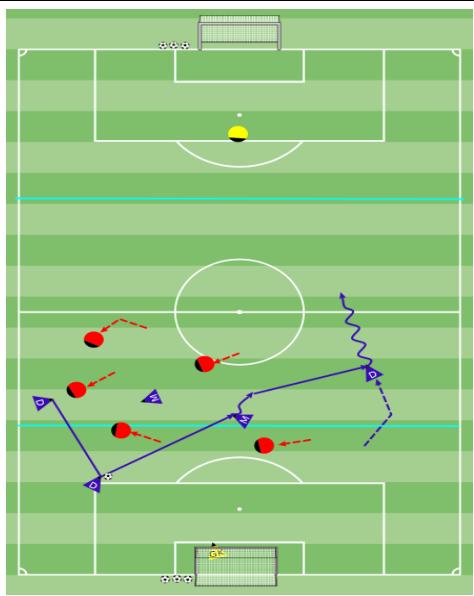
 	GOAL: Improve the build up from our own half in order to move the ball into the opponent's half - 1					AGE GROUP	
	PLAYER ACTIONS		Spread out, Pass/dribble forward, Create passing options, Change the attack				9U-10U
	KEY QUALITIES		Read the game, Take initiative, Focus, Optimal technical abilities				
	MOMENT		Attacking	DURATION	60 min	PLAYERS	12
1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min				
			OBJECTIVE: To pass or dribble the ball forward ORGANIZATION: Set up two or more 18Wx35L fields with a 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. KEY WORDS: Pass, Dribble, Get open. GUIDED QUESTIONS: 1. When should you dribble the ball forward? 2. When should pass forward? 3. Why should you get open? ANSWERS: 1. When you have an opening or space in front. 2. When you have an opening to pass through to a teammate. 3. To create an opening. 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.				
PRACTICE (Core Activity): 6v3 to Goal and Two Counter Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min				
			OBJECTIVE: To pass or dribble the ball forward into the opponent's half. ORGANIZATION: Set up a 40Wx30L (half field) with an extra 5 yard end zone with 2 counter goals as shown in the diagram. Select 5 Blue attackers, their goalkeeper, and 3 Red defenders. Blue team scores in either of the two counter goals. Red scores in the regular goals. Play with a build out line. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game). KEY WORDS: Get open, Pass, Dribble, Help, Switch the attack. GUIDED QUESTIONS: 1. Why do we need to get open? 2. When do we pass or dribble forward? 3. How can we help the player with the ball? 4. When should we switch the attack? ANSWERS: 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes. 4. When we have too many opponents in front of us.				
PRACTICE (Less Challenging): 3v2 to Small Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min				
			OBJECTIVE: To pass or dribble the ball forward into the opponents half. ORGANIZATION: Set up two or more 18Wx35L fields with a goal at each end. Play a 3v2 to score in the opponent's goal. The 3 Blue attackers try to get the ball past the build out line and score in the opponent's goal. Rotate players. KEY WORDS: Get open, Pass, Dribble, Help. GUIDED QUESTIONS: 1. Why do we need to get open? 2. When do we pass or dribble forward? 3. How can we help the player with the ball? ANSWERS: 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes. Note – Switch to this activity if the CORE is too difficult for the players.				
PRACTICE (More Challenging): 6v4 to Goal & Two Counter Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min				
			OBJECTIVE: To pass or dribble the ball forward into the opponents half. ORGANIZATION: Set up a 40Wx30L (half field) with an extra 5 yard end zone with 2 counter goals as shown in the diagram. Select 5 Blue attackers, their goalkeeper, and 4 Red defenders. Blue team scores in either of the two counter goals. Red scores in the regular goals. Play with a build out line. All Laws of the game in effect (if the Red team scores, the Blue team gets a goal-kick to restart the game). KEY WORDS: Get open, Pass, Dribble, Help, Switch the attack. GUIDED QUESTIONS: 1. Why do we need to get open? 2. When do we pass or dribble forward? 3. How can we help the player with the ball? 4. When should we switch the attack? ANSWERS: 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes. 4. When we have too many opponents in front of us. Note – Switch to this activity if the CORE is not challenging enough.				

2nd. PLAY PHASE: The Game – 6v6 (GK+5v5+GK)**DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min****OBJECTIVE:** To pass or dribble the ball forward into the opponents half.**ORGANIZATION:** In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-2-3 formation and the red team will play in 1-2-1-2 formation.**KEY WORDS:** Get open, Pass, Dribble, Help, Switch the attack.**GUIDED QUESTIONS:** 1. Why do we need to get open? 2. When do we pass or dribble forward? 3. How can we help the player with the ball? 4. When should we switch the attack?**ANSWERS:** 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes. 4. When we have too many opponents in front of us.**Note –** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.**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 training 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 goal of the training session?****2. What did you do well?****3. What could you do better?**

 	GOAL: Improve the build up from our own half in order to move the ball into the opponent's half - 1					AGE GROUP	
	PLAYER ACTIONS		Spread out, Pass/dribble forward, Create passing options, Change the attack				9U-10U
	KEY QUALITIES		Read the game, Take initiative, Focus, Optimal technical abilities				
	MOMENT		Attacking	DURATION	60 min	PLAYERS	12
1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min				
			OBJECTIVE: To pass or dribble the ball forward ORGANIZATION: Set up two or more 18Wx35L fields with a 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. KEY WORDS: Pass, Dribble, Get open. GUIDED QUESTIONS: 1. When should you dribble the ball forward? 2. When should pass forward? 3. Why should you get open? ANSWERS: 1. When you have an opening or space in front. 2. When you have an opening to pass through to a teammate. 3. To create an opening. 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.				
PRACTICE (Core Activity): 6v3 to Goal and Two Counter Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min				
			OBJECTIVE: To pass or dribble the ball forward into the opponent's half. ORGANIZATION: Set up a 40Wx30L (half field) with an extra 5 yard end zone with 2 counter goals as shown in the diagram. Select 5 Blue attackers, their goalkeeper, and 3 Red defenders. Blue team scores in either of the two counter goals. Red scores in the regular goals. Play with a build out line. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game). KEY WORDS: Get open, Pass, Dribble, Help, Switch the attack. GUIDED QUESTIONS: 1. Why do we need to get open? 2. When do we pass or dribble forward? 3. How can we help the player with the ball? 4. When should we switch the attack? ANSWERS: 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes. 4. When we have too many opponents in front of us.				
PRACTICE (Less Challenging): 3v2 to Small Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min				
			OBJECTIVE: To pass or dribble the ball forward into the opponents half. ORGANIZATION: Set up two or more 18Wx35L fields with a goal at each end. Play a 3v2 to score in the opponent's goal. The 3 Blue attackers try to get the ball past the build out line and score in the opponent's goal. Rotate players. KEY WORDS: Get open, Pass, Dribble, Help. GUIDED QUESTIONS: 1. Why do we need to get open? 2. When do we pass or dribble forward? 3. How can we help the player with the ball? ANSWERS: 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes. Note – Switch to this activity if the CORE is too difficult for the players.				
PRACTICE (More Challenging): 6v4 to Goal & Two Counter Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min				
			OBJECTIVE: To pass or dribble the ball forward into the opponents half. ORGANIZATION: Set up a 40Wx30L (half field) with an extra 5 yard end zone with 2 counter goals as shown in the diagram. Select 5 Blue attackers, their goalkeeper, and 4 Red defenders. Blue team scores in either of the two counter goals. Red scores in the regular goals. Play with a build out line. All Laws of the game in effect (if the Red team scores, the Blue team gets a goal-kick to restart the game). KEY WORDS: Get open, Pass, Dribble, Help, Switch the attack. GUIDED QUESTIONS: 1. Why do we need to get open? 2. When do we pass or dribble forward? 3. How can we help the player with the ball? 4. When should we switch the attack? ANSWERS: 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes. 4. When we have too many opponents in front of us. Note – Switch to this activity if the CORE is not challenging enough.				

2nd. PLAY PHASE: The Game – 6v6 (GK+5v5+GK)**DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min****OBJECTIVE:** To pass or dribble the ball forward into the opponents half.**ORGANIZATION:** In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-2-3 formation and the red team will play in 1-2-1-2 formation.**KEY WORDS:** Get open, Pass, Dribble, Help, Switch the attack.**GUIDED QUESTIONS:** 1. Why do we need to get open? 2. When do we pass or dribble forward? 3. How can we help the player with the ball? 4. When should we switch the attack?**ANSWERS:** 1. To create openings 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. Moving and creating diagonal passing lanes. 4. When we have too many opponents in front of us.**Note –** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.**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 training 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 goal of the training session?****2. What did you do well?****3. What could you do better?**

 	GOAL: Improve the build up from our own half in order to move the ball into the opponent's half - 2					AGE GROUP	
	PLAYER ACTIONS		Spread out, Pass/dribble forward, Support the attack, Change point of the attack				9U-10U
	KEY QUALITIES		Read the game, Be proactive, Focus, Optimal technical abilities				
	MOMENT		Attacking	DURATION	60 min	PLAYERS	12
1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min				
			OBJECTIVE: To pass or dribble the ball forward. ORGANIZATION: Set up two or more 18Wx35L fields with a 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. KEY WORDS: Get wide, Connect, Dribble, Help. GUIDED QUESTIONS: 1. How can we create openings? 2. If you have the ball and have space in front of you, what should you do? 3. Where should you be to help the player with the ball? ANSWERS: 1. By spreading out we create openings. 2. Dribble the ball forward and take the space. 3. To the sides, behind or in front making a diagonal passing lane. 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.				
PRACTICE (Core Activity): 6v4 to Goal and Two Counter Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min				
			OBJECTIVE: To pass or dribble the ball forward into the opponents half. ORGANIZATION: Set up a 40Wx30L (half field) with an extra 5 yard end zone with 2 counter goals as shown in the diagram. Select 5 Blue attackers, their goalkeeper and 4 Red defenders. Blue team scores in either of the two counter goals. Red scores in the regular goal. Play with a build out line. Rotate the sub players. All Laws of the game in effect. (If the Red team scores, the Blue team gets a goal-kick to restart the game). KEY WORDS: Get wide, Connect, Dribble, Help, Switch. GUIDED: 1. How can we create openings? 2. If you have the ball and have space in front of you what should you do? 3. Where should you be to help the player with the ball? ANSWERS: 1. By spreading out we create openings. 2. Dribble the ball forward and take the space. 3. To the sides, behind or in front of the players with the ball making a diagonal passing lane. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.				
PRACTICE (Less Challenging): 6v3 to Goal & Two Counter Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min				
			OBJECTIVE: To pass or dribble the ball forward into the opponent's half. ORGANIZATION: Set up a 40Wx30L (half field) with an extra 5 yard end zone with 2 counter goals as shown in the diagram. Select 5 Blue attackers, their goalkeeper, and 3 Red defenders. Play with a build out line. Rotate sub players. All Laws of the game in effect. (If the Red team scores, the Blue team gets a goal-kick to restart the game). KEY WORDS: Get wide, Connect, Dribble, Help, Switch. GUIDED: 1. How can we create openings? 2. If you have the ball and have space in front of you what should you do? 3. Where should you be to help the player with the ball? ANSWERS: 1. By spreading out we create openings. 2. Dribble the ball forward and take the space. 3. To the sides, behind or in front of the players with the ball making a diagonal passing lane. Note – Switch to this activity if the CORE is too difficult for the players.				
PRACTICE (More Challenging): 6v5 to Goal & Two Counter Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min				
			OBJECTIVE: To pass or dribble the ball forward into the opponents half. ORGANIZATION: Set up a 40Wx30L (half field) with an extra 5 yard end zone with 2 counter goals as shown in the diagram. Select 5 Blue attackers, their goalkeeper, and 4 Red defenders. Blue team scores in either of the two counter goals. Red scores in the regular goals. Play with a build out line. All Laws of the game in effect. (If the Red team scores, the Blue team gets a goal-kick to restart the game). KEY WORDS: Get wide, Connect, Dribble, Help, Switch. GUIDED: 1. How can we create openings? 2. If you have the ball and have space in front of you, what should you do? 3. Where should you be to help the player with the ball? ANSWERS: 1. By spreading out we create openings. 2. Dribble the ball forward and take the space. 3. To the sides, behind or in front of the players with the ball making a diagonal passing lane. Note – Switch to this activity if the CORE is not challenging enough.				



OBJECTIVE: To pass or dribble the ball forward into the opponents half

ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-2-3 formation and the Red team will play in 1-2-1-2 formation.

KEY WORDS: Get wide, Connect, Dribble, Help, Switch.

GUIDED: 1. How can we create openings? 2. If you have the ball and have space in front of you what should you do? 3. Where should you be to help the player with the ball?

ANSWERS: 1. By spreading out we create openings. 2. Dribble the ball forward and take the space. 3. To the sides, behind or in front of the players with the ball making a diagonal passing lane.

Note – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

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 training session?

4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)

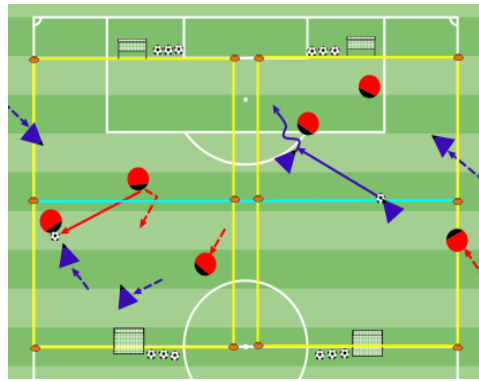
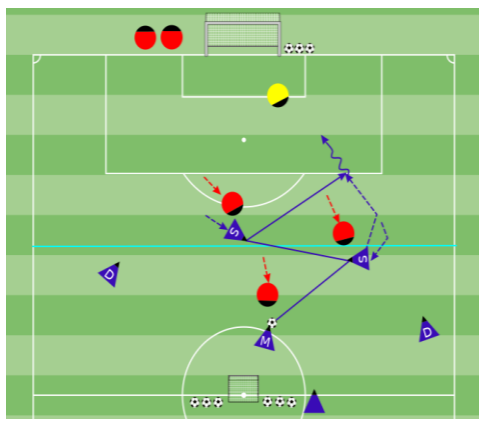
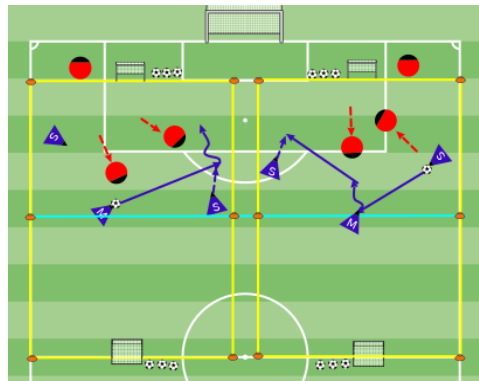
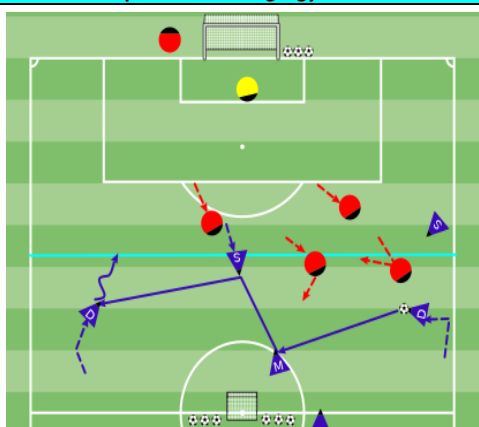
5. **Coaching:** Is there effective coaching based on the age and level of the players?

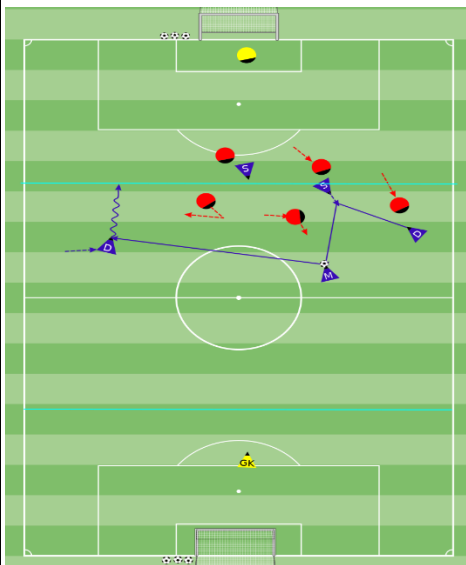
Training Session Self-Reflection Questions

1. How did you do in achieving the goal of the training session?

2. What did you do well?

3. What could you do better?

 	GOAL: Improve the build up in the opponent's half in order to create scoring chances - 1						AGE GROUP
	PLAYER ACTIONS		Spread out, Pass/dribble forward, Create 2v1 or 1v1, Change the attack				9U-10U
	KEY QUALITIES		Understand the game, Take initiative, Focus, Optimal technical abilities				
	MOMENT		Attacking	DURATION	60 min	PLAYERS	12
1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min				
			OBJECTIVE: To possess, pass or dribble the ball forward. ORGANIZATION: Set up two or more 18Wx25L fields with a 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. KEY WORDS: Possess, Pass, Dribble, and Opening. GUIDED QUESTIONS: 1. Why do we need to possess the ball? 2. When do we pass or dribble forward? 3. Why should you spread out? ANSWERS: 1. To keep the attack going and to find an opening. 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. To create an opening. 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.				
PRACTICE (Core Activity): 5v4 to Goal and One Counter Goal			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min				
			OBJECTIVE: To possess the ball, move it forward and create scoring chances. ORGANIZATION: Set up a 40Wx30L (half field) with 1 counter goal as shown in the diagram. Select 5 Blue attackers, and 3 Red defenders and their goalkeeper. Blue team scores in the regular goals. Red scores in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Possess or Connect, Take him/her on, Overload, Switch the attack. GUIDED QUESTIONS: 1. Why do we possess the ball? 2. What is an overload? 3. What can we do in a 2v1? 4. Why should we switch the attack? ANSWERS: 1. To create or find openings. 2. It is when we have more attackers than defenders, such as 2v1 or a 3v2. 3. We can connect with our teammate or take the opponent on. 4. To find an opening. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.				
PRACTICE (Less Challenging): 3v2 to Small Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min				
			OBJECTIVE: To possess the ball, move it forward and create scoring chances. ORGANIZATION: Set up two or more 18Wx35L fields with a goal at each end. Play a 3v2 to score in the opponent's goal. The 3 Blue attackers try to get the ball past the build out line and score in the opponent's goal. Rotate players. KEY WORDS: Possess, Pass, Dribble, and Opening. GUIDED QUESTIONS: 1. Why do we need to possess the ball? 2. When do we pass or dribble forward? 3. Why should you spread out? ANSWERS: 1. To keep the attack going and to find an opening. 2. Pass forward if we can connect with a teammate through an opening. Dribble forward when we have space. 3. To create an opening. Note – Switch to this activity if the CORE is too difficult for the players.				
PRACTICE (More Challenging): 5v5 to Goal & One Counter Goal			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min				
			OBJECTIVE: To possess the ball, move it forward and create scoring chances. ORGANIZATION: Set up a 40Wx30L (half field) with 1 counter goal as shown in the diagram. Select 5 Blue attackers, and 4 Red defenders and their goalkeeper. Blue team scores in the regular goals. Red scores in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Possess or Connect, Take him/her on, Overload, Switch the attack. GUIDED QUESTIONS: 1. Why do we possess the ball? 2. What is an overload? 3. What can we do in a 2v1? 4. Why should we switch the attack? ANSWERS: 1. To create or find openings. 2. It is when we have more attackers than defenders, such as 2v1 or a 3v2. 3. We can connect with our teammate or take the opponent on. 4. To find an opening. Note – Switch to this activity if the CORE is not challenging enough.				

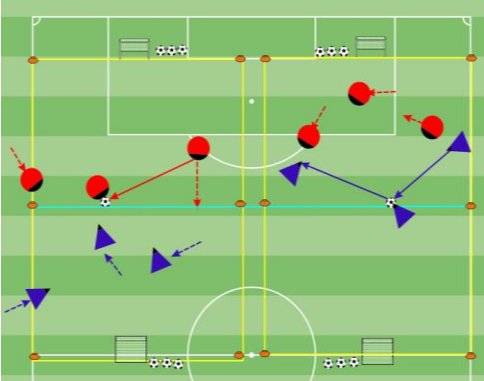
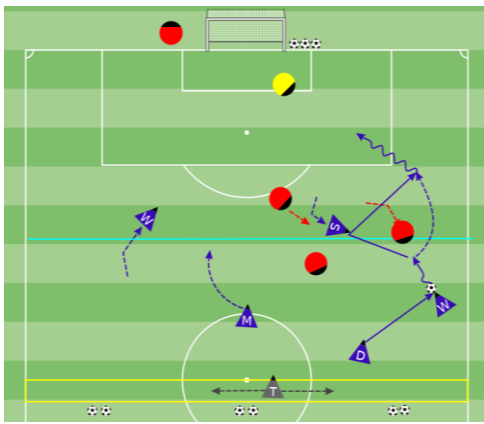
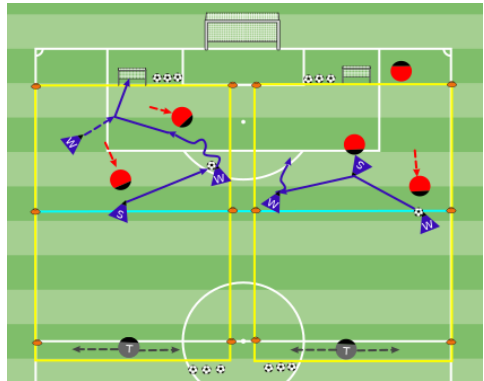
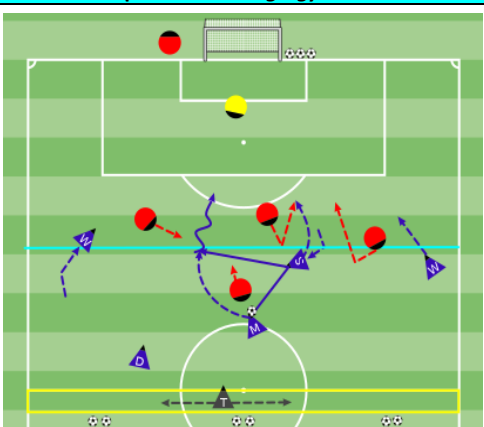
2nd. PLAY PHASE: The Game – 6v6 (GK+5v5+GK)	DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min
	OBJECTIVE: To possess the ball, move it forward and create scoring chances. ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-3-2 formation and the red team will play in 1-2-3 formation. KEY WORDS: Possess or Connect, Take him/her on, Overload, Switch the attack. GUIDED QUESTIONS: 1. Why do we possess the ball? 2. What is an overload? 3. What can we do in a 2v1? 4. Why should we switch the attack? ANSWERS: 1. To create openings. 2. It is when we have more attackers than defenders, such as 2v1 or a 3v2. 3. We can connect with our teammate or take the opponent on. 4. To find an opening. Note – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

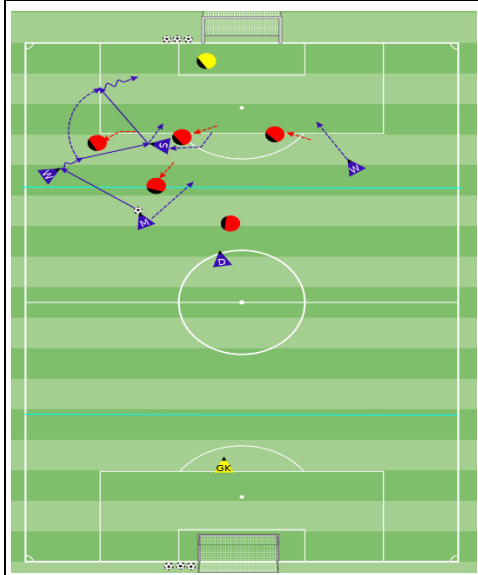
Five Elements of a Training Activity

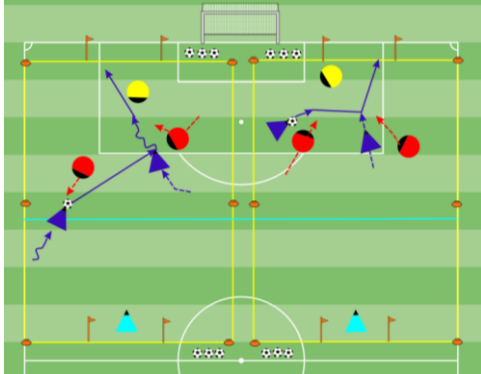
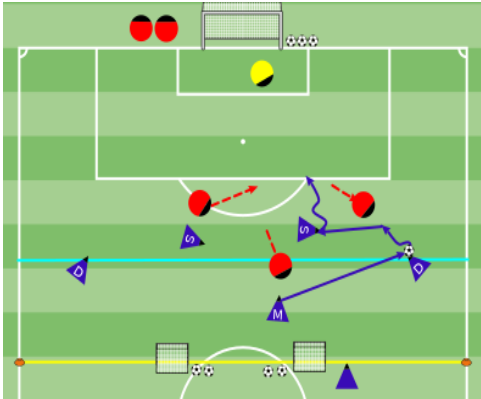
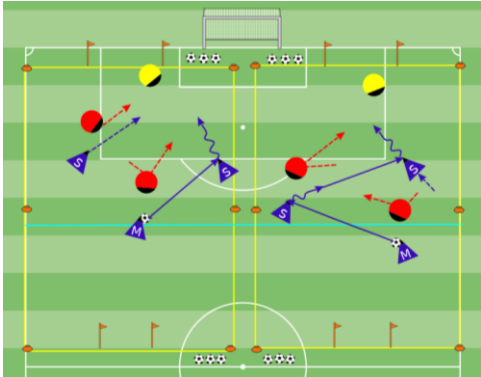
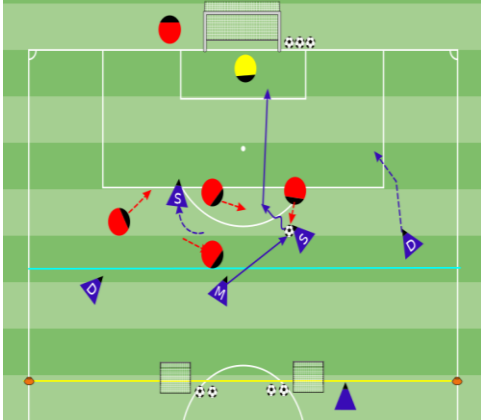
- 1. Organized:** Is the activity organized in the right way?
- 2. Game-like:** Is the activity game-like?
- 3. Repetition:** Is there repetition, when looking at the overall goal of the training session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there effective coaching based on the age and level of the players?

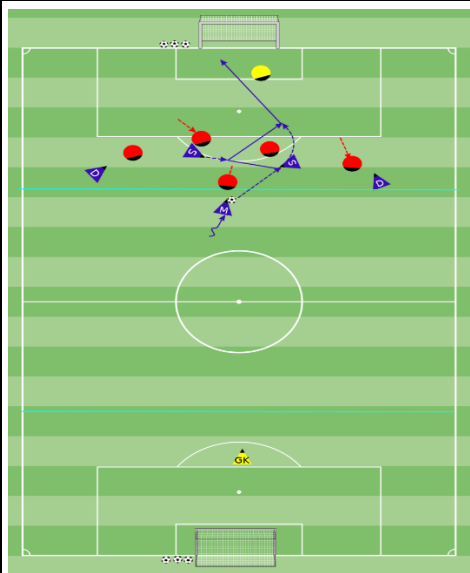
Training Session Self-Reflection Questions

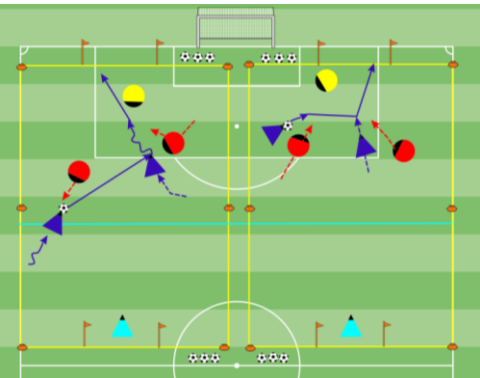
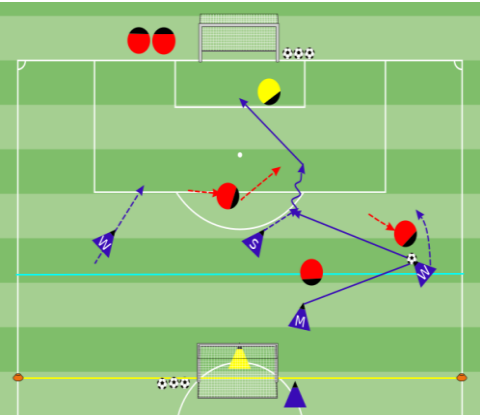
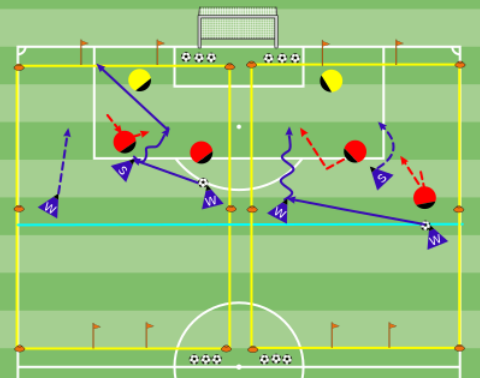
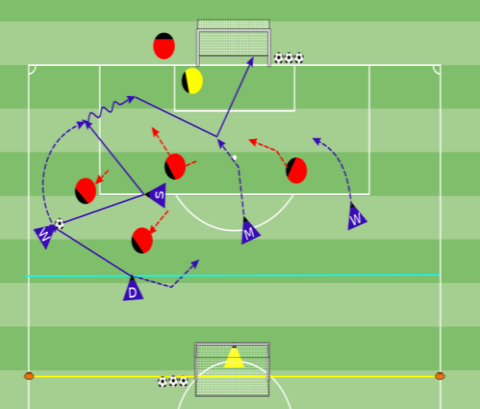
- 1. How did you do in achieving the goal of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

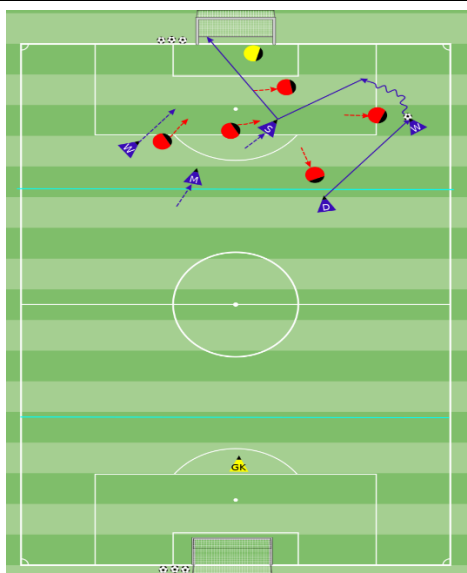
 	GOAL: Improve the build up in the opponent's half in order to create scoring chances - 2		AGE GROUP			
	PLAYER ACTIONS		Spread out, Pass/dribble forward, Support the attack, Create 2v1 or 1v1			
	KEY QUALITIES		Make Decisions, Be proactive, Focus, Optimal technical abilities			
	MOMENT		Attacking	DURATION	60 min	PLAYERS
						7v7
1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min			
			OBJECTIVE: To possess, pass or dribble the ball forward. ORGANIZATION: Set up two or more 18Wx25L fields with a 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. KEY WORDS: Pass or Possess, Take him/her on, Help. GUIDED QUESTIONS: 1. How can we support the player with the ball? 2. When should we dribble an opponent? 3. What should we do when we can't go forward with the ball? ANSWERS: 1. Getting behind, to the sides or in front, making a diagonal passing lane. 2. When we are confronted by an opponent and no defenders behind. 3. We should possess it to find/create an opening. 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.			
PRACTICE (Core Activity): 5v4 to Goal and One Target Player			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min			
			OBJECTIVE: To possess the ball, move it forward and create scoring chances. ORGANIZATION: Set up a 40Wx30L (half field) with a regular goal and target player as shown in the diagram. Select 5 Blue attackers, and 3 Red defenders and their goalkeeper. Blue team scores in the regular goals. Red scores by passing to the target player inside the 3 yard zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Pass or Possess, Take him/her on, Help, Switch the attack. GUIDED QUESTIONS: 1. When do we possess? 2. How can we support to create a 2v1? 3. When should we dribble an opponent? 4. Why should we switch the attack? ANSWERS: 1. We possess when we can't find an opening. 2. By standing away and to the side of the defender in a diagonal passing lane. 3. When we are on a 1v1 near the goal. 4. To find an opening. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.			
PRACTICE (Less Challenging): 3v2 to a Small Goal & Target			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min			
			OBJECTIVE: To possess the ball, move it forward and create scoring chances. ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play a 3v2 to score in the opponent's goal. The 3 Blue players attack the small goal, Red scores by passing to the target player inside the 3 yard zone. Rotate players. KEY WORDS: Pass or Possess, Take him/her on, Help. GUIDED QUESTIONS: 1. How can we support the player with the ball? 2. When should we dribble an opponent? 3. What should we do when can't go forward with the ball? ANSWERS: 1. Getting behind, to the sides or in front, making a diagonal passing lane. 2. When we are confronted by an opponent and no defenders behind. 3. We should possess it to find/create an opening. Note – Switch to this activity if the CORE is too difficult for the players.			
PRACTICE (More Challenging): 5v5 to Goal & Target Player			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min			
			OBJECTIVE: To possess the ball, move it forward and create scoring chances. ORGANIZATION: Set up a 40Wx30L (half field) with a regular goal and target player as shown in the diagram. Select 5 Blue attackers, and 3 Red defenders and their goalkeeper. Blue team scores in the regular goals. Red scores by passing to the target player inside the 3 yard zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Pass or Possess, Take him/her on, Help, Switch the attack. GUIDED QUESTIONS: 1. When do we possess? 2. How can we support to create a 2v1? 3. When should we dribble an opponent? 4. Why should we switch the attack? ANSWERS: 1. We possess when we can't find an opening. 2. By standing away and to the side of the defender in a diagonal passing lane. 3. When we are on a 1v1 near the goal. 4. To find an opening. Note – Switch to this activity if the CORE is not challenging enough.			

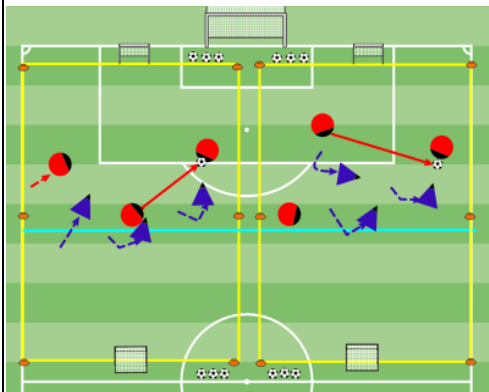
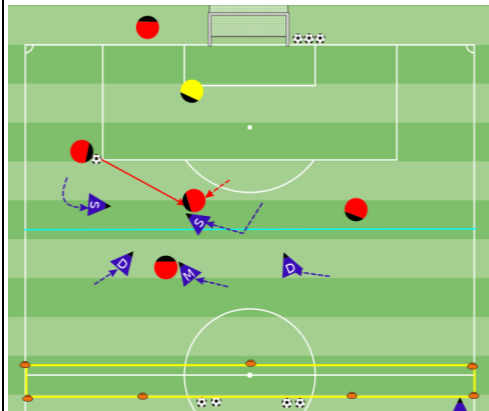
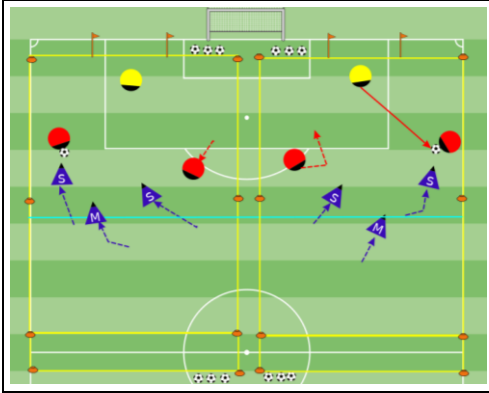
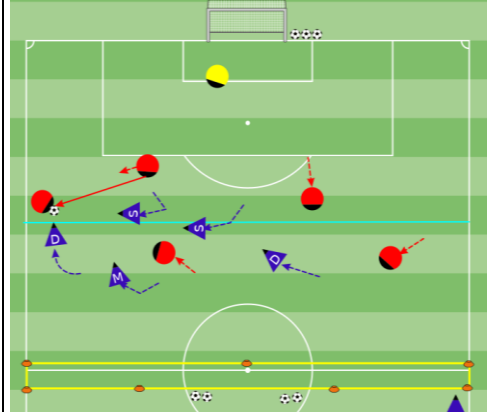
2nd. PLAY PHASE: The Game – 6v6 (GK+5v5+GK)**DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min****OBJECTIVE:** To possess the ball, move it forward and create scoring chances.**ORGANIZATION:** In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-1-3-1 formation and the Red team will play in 1-3-2 formation.**KEY WORDS:** Pass or Possess, Take him/her on, Help, Switch the attack.**GUIDED QUESTIONS:** 1. When do we possess? 2. How can we support to create a 2v1? 3. When should we dribble an opponent? 4. Why should we switch the attack?**ANSWERS:** 1. We possess when we can't find an opening. 2. By standing away and to the side of the defender in a diagonal passing lane. 3. When we are on a 1v1 near the goal. 4. To find an opening.**Note –** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.**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 training 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 goal of the training session?****2. What did you do well?****3. What could you do better?**

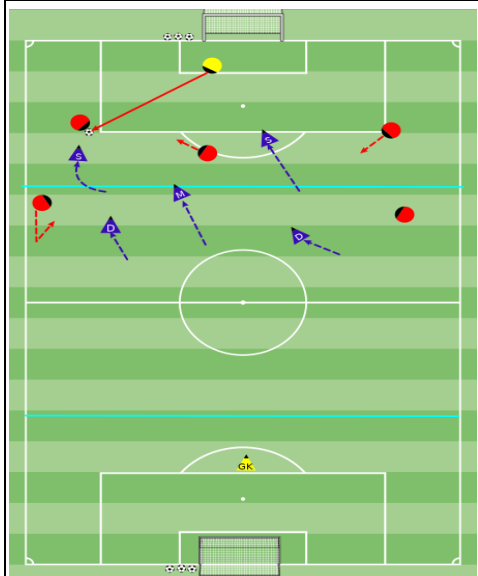
 	GOAL:		Improve Scoring Goals - 1				AGE GROUP	
	PLAYER ACTIONS		Shoot, Pass/dribble forward, Create 2v1 or 1v1				9U-10U	
	KEY QUALITIES		Make Decisions, Be proactive, Optimal technical abilities					
	MOMENT		Attacking	DURATION	60 min	PLAYERS	12	7v7
1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min					
			OBJECTIVE: To score goals. ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end with Goalkeepers. 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. KEY WORDS: Finish, Pass, Dribble. GUIDED QUESTIONS: 1. When should you shoot? 2. When should you dribble forward? 3. What should you do if you find an opening? ANSWERS: 1. When we have an opening to goal. 2. When we have an opening or one opponent in front with no defenders behind 3. We should pass forward, dribble forward or shoot at goal. 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.					
PRACTICE (Core Activity): 5v4 to Goal and One Target Player			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min					
			OBJECTIVE: To score goals. ORGANIZATION: Set up a 40Wx26L field with a regular goal and two counter goals as shown in the diagram. Select 5 Blue attackers and 3 Red defenders and their GK. Blue team scores in the regular goal, Red scores in either of the two counter goals. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Finish, Pass, Dribble. GUIDED QUESTIONS: 1. When should you shoot? 2. When should you dribble forward? 3. What should you do if you find an opening? ANSWERS: 1. When we have an opening to goal. 2. When we have an opening or one opponent in front with no defenders behind 3. We should pass forward, dribble forward or shot at goal. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.					
PRACTICE (Less Challenging): 3v2 to Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To score goal. ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play a 3v3 to score in the opponent's goal. The 3 Blue players attack the goal with a goalkeeper, Red scores by passing through the Blue's goal. Rotate goalkeepers. KEY WORDS: Finish, Pass, Dribble. GUIDED QUESTIONS: 1. When should you shoot? 2. When should you dribble forward? 3. What should you do if you find an opening? ANSWERS: 1. When we have an opening to goal. 2. When we have an opening or one opponent in front with no defenders behind 3. We should pass forward, dribble forward or shoot at goal. Note – Switch to this activity if the CORE is too difficult for the players.					
PRACTICE (More Challenging): 5v5 to Goal & Target Player			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min					
			OBJECTIVE: To score goals. ORGANIZATION: Set up a 40Wx26L field with a regular goal and two counter goals as shown in the diagram. Select 5 Blue attackers and 4 Red defenders and their GK. Blue team scores in the regular goal, Red scores in either of the two counter goals. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Finish, Pass, Dribble. GUIDED QUESTIONS: 1. When should you shoot? 2. When should you dribble forward? 3. What should you do if you find an opening? ANSWERS: 1. When we have an opening to goal. 2. When we have an opening or one opponent in front with no defenders behind 3. We should pass forward, dribble forward or shoot at goal. Note – Switch to this activity if the CORE is not challenging enough.					

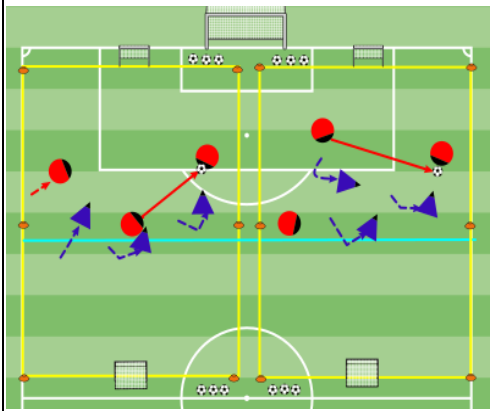
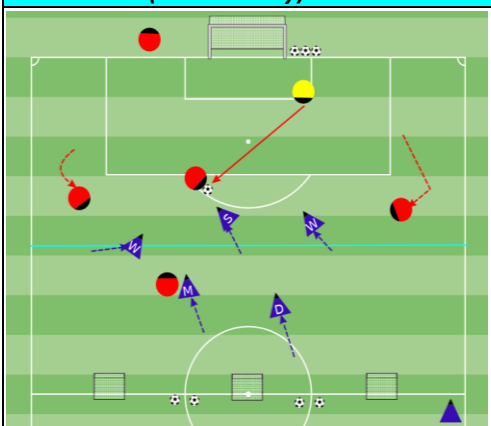
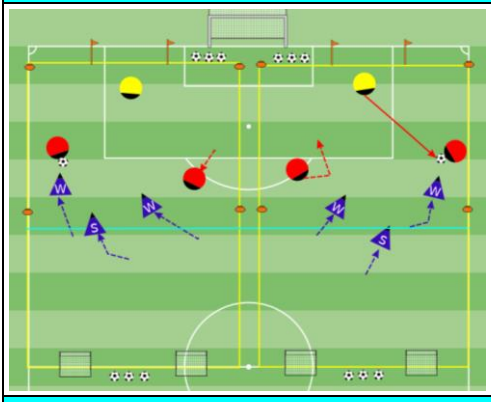
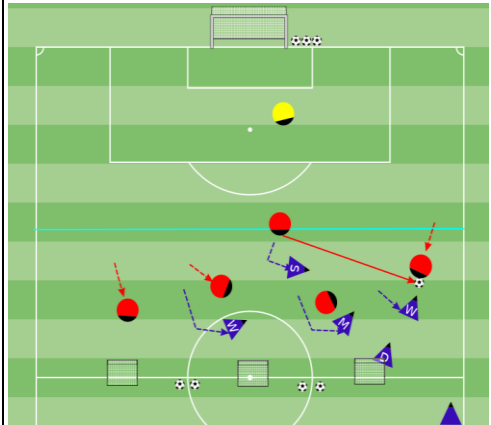
2nd. PLAY PHASE: The Game – 6v6 (GK+5v5+GK)**DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min****OBJECTIVE:** To score goals.**ORGANIZATION:** In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-3-1-2 formation and the Red team will play in 1-2-3 formation.**KEY WORDS:** Finish, Pass, Dribble.**GUIDED QUESTIONS:** 1. When should you shoot? 2. When should you dribble forward? 3. What should you do if you find an opening?**ANSWERS:** 1. When we have an opening to goal. 2. When we have an opening or one opponent in front with no defenders behind 3. We should pass forward, dribble forward or shoot at goal.**Note –** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.**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 training 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 goal of the training session?****2. What did you do well?****3. What could you do better?**

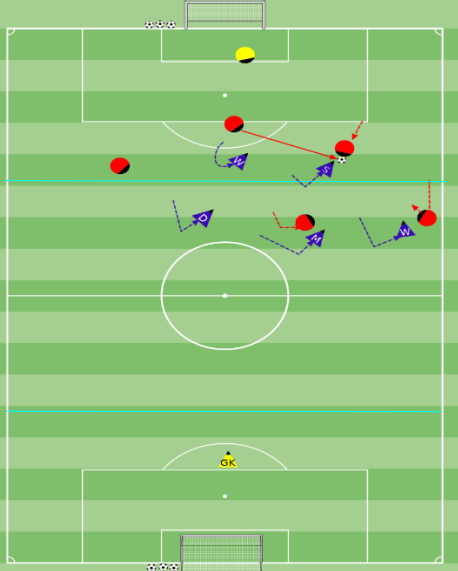
 	GOAL:		Improve Scoring Goals - 2					AGE GROUP	
	PLAYER ACTIONS		Shoot, Pass/dribble forward, Create 2v1 or 1v1					9U-10U	
	KEY QUALITIES		Understand the game, Take initiative, Optimal technical abilities						
	MOMENT		Attacking	DURATION	60 min	PLAYERS	12	7v7	
1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min						
			OBJECTIVE: To score goals. ORGANIZATION: Set up two or more 18Wx25L fields with a 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. KEY WORDS: Finish, Pass, Dribble. GUIDED QUESTIONS: 1. What should you do if you have the ball with an opening to goal? 2. Why should we pass forward? 3. How should we dribble the opponent near the box to set up a shot? ANSWERS: 1. Shoot the ball at the goal. 2. To get the ball through and behind defenders to create a chance to shoot 3. Dribble at him/her, execute a fake, accelerate past him/her and shoot. 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.						
PRACTICE (Core Activity): 5v4 to Goal and One Target Player			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min						
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PRACTICE (Less Challenging): 3v2 to Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min						
			OBJECTIVE: To score goals. ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play a 3v3 to score in the opponent's goal. The 3 Blue players attack the goal with a goalkeeper, Red scores by passing through the Blue's goal. Rotate goalkeepers. KEY WORDS: Finish, Pass, Dribble. GUIDED QUESTIONS: 1. What should you do if you have the ball with an opening to goal? 2. Why should we pass forward? 3. How should we dribble the opponent near the box to set up a shot? ANSWERS: 1. Shoot the ball at the goal. 2. To get the ball through and behind defenders to create a chance to shoot. 3. Dribble at him/her, execute a fake, accelerate past him/her and shoot. Note – Switch to this activity if the CORE is too difficult for the players.						
PRACTICE (More Challenging): 6v5 to Goal & Target Player			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min						
			OBJECTIVE: To score goals. ORGANIZATION: Set up a 40Wx26L field with two regular goals as shown in the diagram. Select 5 Blue attackers plus a GK and 4 Red defenders and a GK. Both teams score in the opponent's goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Finish, Combine, Take him/her on. GUIDED QUESTIONS: 1. What should you do if you have the ball with an opening to goal? 2. Why should we combine forward? 3. How should we dribble the opponent near the box to set up a shot? ANSWERS: 1. Shoot the ball at the goal. 2. To get the ball through, around and behind defenders to create a chance to shoot 3. Dribble at him/her, execute a fake, accelerate past him/her and shoot. Note – Switch to this activity if the CORE is not challenging enough.						

2nd. PLAY PHASE: The Game – 6v6 (GK+5v5+GK)**DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min****OBJECTIVE:** To score goals.**ORGANIZATION:** In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-1-3-1 formation and the Red team will play in 1-3-2 formation.**KEY WORDS:** Finish, Combine, Take him/her on.**GUIDED QUESTIONS:** 1. What should you do if you have the ball with an opening to goal? 2. Why should we combine forward? 3. How should we dribble the opponent near the box to set up a shot?**ANSWERS:** 1. Shoot the ball at the goal. 2. To get the ball through, around and behind defenders to create a chance to shoot. 3. Dribble at him/her, execute a fake, accelerate past him/her and shoot.**Note –** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.**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 training 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 goal of the training session?****2. What did you do well?****3. What could you do better?**

 	GOAL:		Improve preventing the opponent from building up in their own half - 1					AGE GROUP	
	PLAYER ACTIONS		Steal the ball, Get and make it compact, Pressure, cover and balance					9U-10U	
	KEY QUALITIES		Read the game, Focus, Optimal technical abilities						
	MOMENT		Defending	DURATION	60 min	PLAYERS	12	7v7	
1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min						
			OBJECTIVE: To regain the ball and preventing the opposition from moving the ball forward. ORGANIZATION: Set up two or more 18Wx25L fields with a 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. KEY WORDS: Hassle the opponent, Work together, Tackle or poke. GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball? ANSWERS: 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward 3. When you are close enough to poke it, tackle it, or steal it. 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.						
PRACTICE (Core Activity): 5v5 to Goal and End Zone			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min						
			OBJECTIVE: To regain the ball and prevent the opposition from moving the ball forward. ORGANIZATION: Set up a 40Wx28L field with a 4 yard end-zone as shown in the diagram. Select 5 Red attackers and their goalkeeper, and 5 Blue defenders. The Red team scores by either passing or dribbling into the end zone. The Blue team scores in the regular goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Hassle the opponent, Work together, Tackle or poke. GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball? ANSWERS: 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward 3. When you are close enough to poke it, tackle it, or steal it. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.						
PRACTICE (Less Challenging): 3v2 to Goal and End Zone			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min						
			OBJECTIVE: To regain the ball and prevent the opposition from moving the ball forward. ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play a 3v3 to score in the opponent's goal. The 3 Blue players attack the goal with a goalkeeper, Red scores by passing through the Blue's goal. Rotate goalkeepers. KEY WORDS: Hassle the opponent, Work together, Tackle or poke. GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball? ANSWERS: 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it. Note – Switch to this activity if the CORE is too difficult for the players.						
PRACTICE (More Challenging): 5v6 to Goal and End Zone			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min						
			OBJECTIVE: To regain the ball and prevent the opposition from moving the ball forward. ORGANIZATION: Set up a 40Wx28L field with a 4 yard end-zone as shown in the diagram. Select 5 Red attackers and their goalkeeper, and 5 Blue defenders. The Red team scores by either passing or dribbling into the end zone. The Blue team scores in the regular goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Hassle the opponent, Work together, Tackle or poke. GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball? ANSWERS: 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it. Note – Switch to this activity if the CORE is not challenging enough.						

2nd PLAY PHASE: The Game – 6v6 (GK+5v5+GK)**DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min****OBJECTIVE:** To regain the ball and prevent the opposition from moving the ball forward.**ORGANIZATION:** In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-3-2 formation and the Red team will play in 1-2-3 formation.**KEY WORDS:** Hassle the opponent, Work together, Tackle or poke.**GUIDED QUESTIONS:** 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball?**ANSWERS:** 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.**Note –** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.**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 training 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 goal of the training session?****2. What did you do well?****3. What could you do better?**

 	GOAL:		Improve preventing the opponent from building up in their own half - 2					AGE GROUP	
	PLAYER ACTIONS		Get and make it compact, Pressure, cover and balance, Outnumber the opponent					9U-10U	
	KEY QUALITIES		Make Decisions, Take initiative, Focus						
	MOMENT		Attacking	DURATION	60 min	PLAYERS	12	7v7	
1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min						
			OBJECTIVE: To regain the ball and preventing the opposition from moving the ball forward. ORGANIZATION: Set up two or more 18Wx25L fields with a 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. KEY WORDS: Work together, Attack the ball, Double team. GUIDED QUESTIONS: 1. Why do we need to work together? 2. Who pressures the ball and who provides cover? 3. When should you double team? ANSWERS: 1. To get and stay compacted and close all the opening. 2. The closest player to the ball pressures it, the player behind him/her provides cover. 3. When we outnumber the opponents it is a good time to double team and steal the ball. 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.						
PRACTICE (Core Activity): 5v5 to Goal and 3 Counter Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min						
			OBJECTIVE: To regain the ball and preventing the opposition from moving the ball forward. ORGANIZATION: Set up a 40Wx30L field with a regular goal and three counter goals as shown in the diagram. Select 4 Red attackers and their goalkeeper, and 5 Blue defenders. The Red team scores in either of the three counter goals. The Blue team scores in the regular goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Work together, Attack the ball, Double team. GUIDED QUESTIONS: 1. Why do we need to work together? 2. Who pressures the ball and who provides cover? 3. When should you double team? ANSWERS: 1. To get and stay compacted and close all the openings. 2. The closest player to the ball pressures it, the player behind him/her provides cover. 3. When we outnumber the opponents it is a good time to double team and steal the ball. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.						
PRACTICE (Less Challenging): 3v2 to Goal and 2 Counter Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min						
			OBJECTIVE: To regain the ball and prevent the opposition from moving the ball forward. ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play a 3v3 to score in the opponent's goal. The 3 Blue players attack the goal with a goalkeeper. Red scores by passing through the Blue's goal. Rotate goalkeepers. KEY WORDS: Hassle the opponent, Work together, Tackle or poke. GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball? ANSWERS: 1. The closest defender to the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward 3. When you are close enough to poke it, tackle it, or steal it. Note – Switch to this activity if the CORE is too difficult for the players.						
PRACTICE (More Challenging): 5v6 to Goal and 3 Counter Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min						
			OBJECTIVE: To regain the ball and preventing the opposition from moving the ball forward. ORGANIZATION: Set up a 40Wx30L field with a regular goal and three counter goals as shown in the diagram. Select 5 Red attackers and their goalkeeper, and 5 Blue defenders. The Red team scores in either of the three counter goals. The Blue team scores in the regular goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Work together, Attack the ball, Double team. GUIDED QUESTIONS: 1. Why do we need to work together? 2. Who pressures the ball and who provides cover? 3. When should you double team? ANSWERS: 1. To get and stay compacted and close all the openings. 2. The closest player to the ball pressures it, the player behind him/her provides cover. 3. When we outnumber the opponents it is a good time to double team and steal the ball. Note – Switch to this activity if the CORE is not challenging enough.						

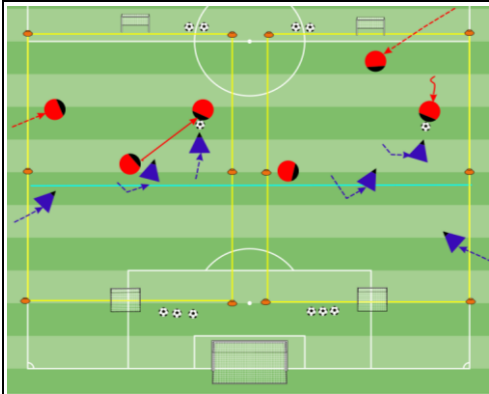
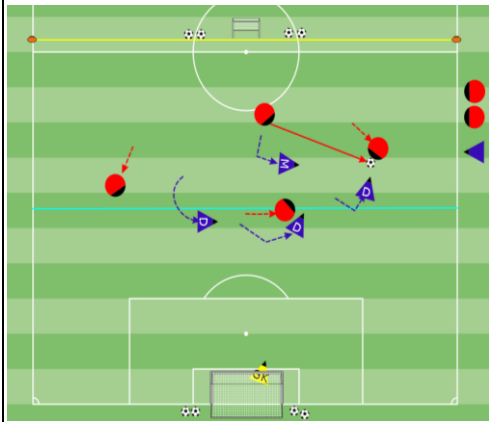
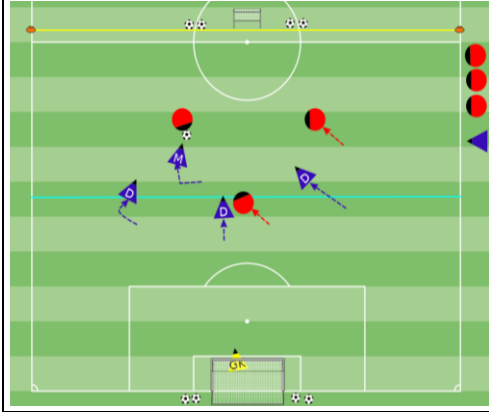
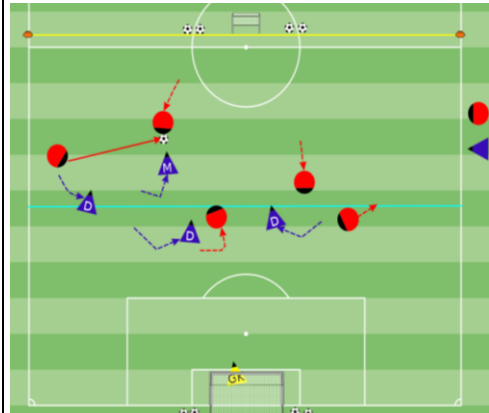
2nd. PLAY PHASE: The Game – 6v6 (GK+5v5+GK)	DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min
	OBJECTIVE: To regain the ball and preventing the opposition from moving the ball forward. ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-3-2 formation and the Red team will play in 1-2-3 formation. KEY WORDS: Work together, Attack the ball, Double team. GUIDED QUESTIONS: 1. Why do we need to work together? 2. Who pressures the ball and who provides cover? 3. When should you double team? ANSWERS: 1. To get and stay compacted and close all the openings. 2. The closest player to the ball pressures it, the player behind him/her provides cover. 3. When we outnumber the opponents it is a good time to double team and steal the ball. Note – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

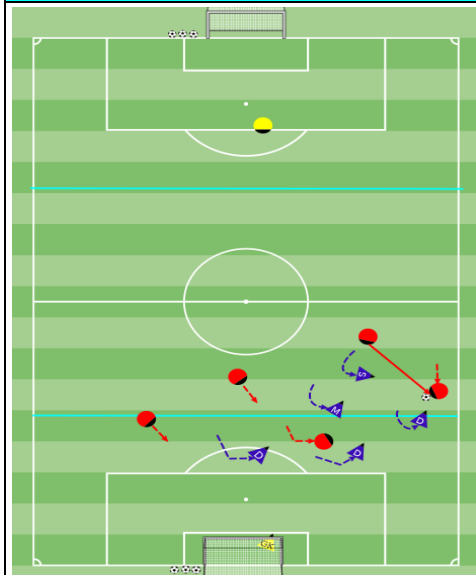
Five Elements of a Training Activity

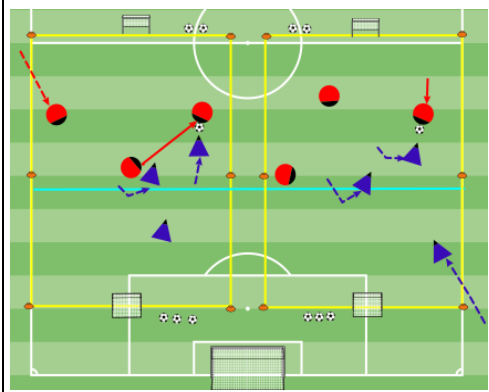
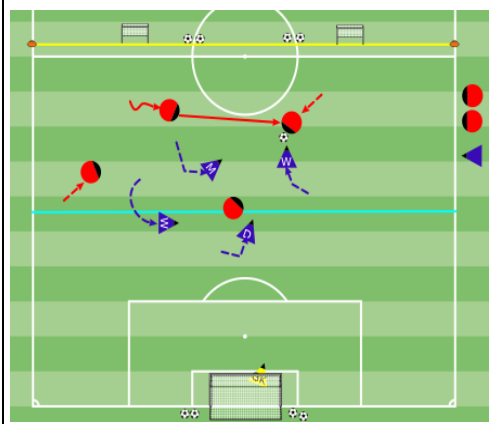
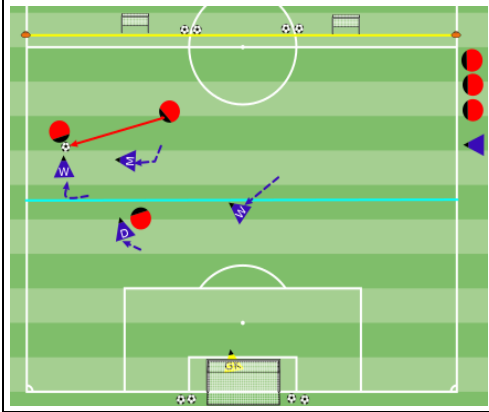
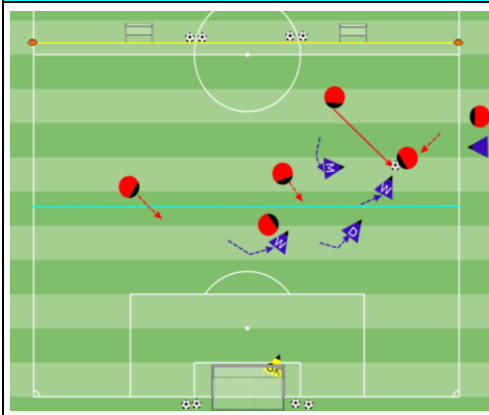
- 1. Organized:** Is the activity organized in the right way?
- 2. Game-like:** Is the activity game-like?
- 3. Repetition:** Is there repetition, when looking at the overall goal of the training session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there effective coaching based on the age and level of the players?

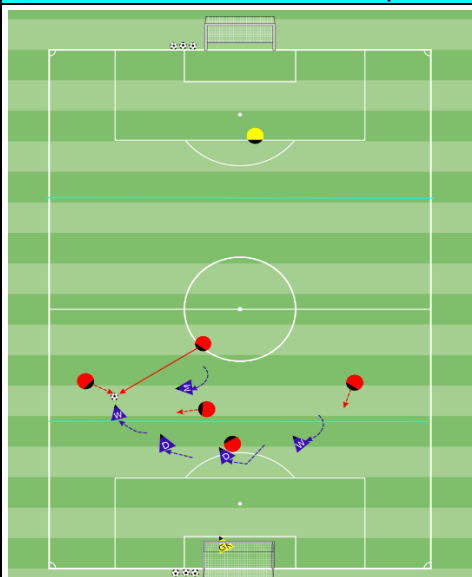
Training Session Self-Reflection Questions

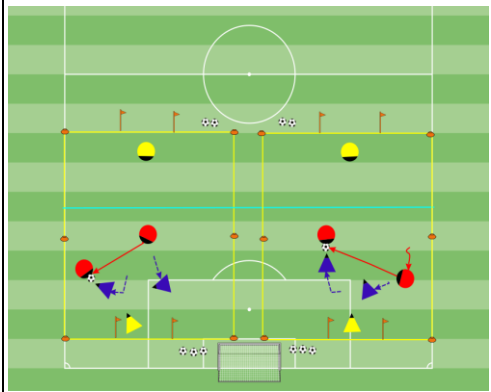
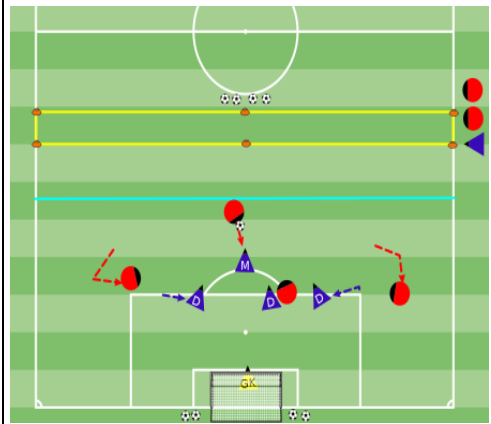
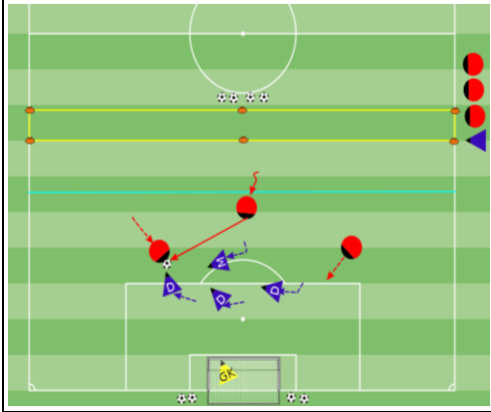
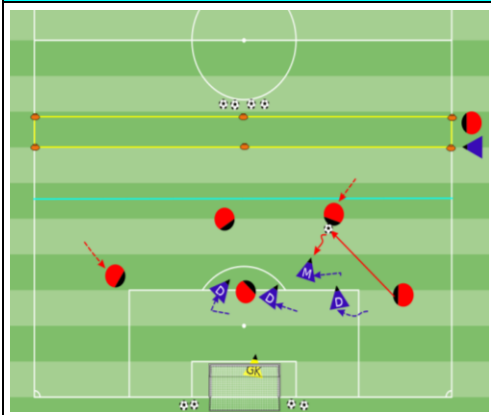
- 1. How did you do in achieving the goal of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

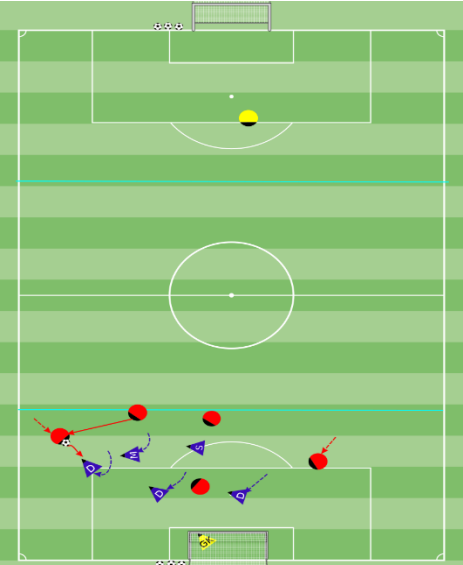
 	GOAL: Improve preventing the opponent from building up and creating scoring chances in our half - 1					AGE GROUP		
	PLAYER ACTIONS		Protect the goal, Get and make it compact, Pressure, cover and balance					9U-10U
	KEY QUALITIES		Understand the game, Focus, Optimal technical abilities					
	MOMENT		Defending	DURATION	60 min	PLAYERS	12	7v7
1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min					
			OBJECTIVE: To prevent the opposition from moving the ball forward and regain the ball back. ORGANIZATION: Set up two or more 18Wx25L fields with a 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. KEY WORDS: Obstruct the ball, Attack the ball. GUIDED QUESTIONS: 1. Why should you block the way forward? 2. Who should pressure the ball and provide cover? ANSWERS: 1. To protect the goal. 2. The closest defender to the ball, the defenders behind him/her provides the cover. 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.					
PRACTICE (Core Activity): 5v4 to Goal and One Counter Goal			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To prevent the opposition from moving the ball forward and regain the ball back. ORGANIZATION: Set up a 40Wx33L field with a regular goal and one counter goal. Select 4 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Obstruct the ball, Attack the ball, Get together. GUIDED QUESTIONS: 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward? ANSWERS: 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.					
PRACTICE (Less Challenging): 5v3 to Goal and One Counter Goal			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To prevent the opposition from moving the ball forward and regain the ball back. ORGANIZATION: Set up a 40Wx33L field with a regular goal and one counter goal. Select 3 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Block the ball, Attack the ball, Get and keep it compact. GUIDED QUESTIONS: 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward? ANSWERS: 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block. Note – Switch to this activity if the CORE is too difficult for the players.					
PRACTICE (More Challenging): 5v5 to Goal and One Counter Goal			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To prevent the opposition from moving the ball forward and regain the ball back. ORGANIZATION: Set up a 40Wx33L field with a regular goal and one counter goal. Select 4 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in the counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Block the ball, Attack the ball, Get and keep it compact. GUIDED QUESTIONS: 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward? ANSWERS: 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block. Note – Switch to this activity if the CORE is not challenging enough.					

2nd PLAY PHASE: The Game – 6v6 (GK+5v5+GK)**DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min****OBJECTIVE:** To prevent the opposition from moving the ball forward and regain the ball back.**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in 1-3-1-1 formation and the Red team will play in 1-2-3 formation.**KEY WORDS:** Block the ball, Attack the ball, Get and keep it compact.**GUIDED QUESTIONS:** 1. Why should you obstruct the way forward? 2. Who should pressure the ball and provide cover? 3. How can we prevent the opponents from moving the ball forward?**ANSWERS:** 1. To protect the goal. 2. The closest defender to the ball pressures the ball and the defenders behind him/her provides the cover. 3. By getting compacted as a defensive block.**Note –** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.**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 training 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 goal of the training session?****2. What did you do well?****3. What could you do better?**

 	GOAL: Improve preventing the opponent from building up and creating scoring chances in our half - 2					AGE GROUP		
	PLAYER ACTIONS		Protect the goal, Pressure, cover and balance, Outnumber the opponent					9U-10U
	KEY QUALITIES		Understand the game, Focus, Optimal technical abilities					
	MOMENT		Defending	DURATION	60 min	PLAYERS	12	7v7
1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min					
			OBJECTIVE: To prevent the opposition from moving the ball forward and regain the ball back. ORGANIZATION: Set up two or more 18Wx25L fields with a 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. KEY WORDS: Block the way, Attack the ball. GUIDED QUESTIONS: 1. Why should you Protect the goal? 2. Why do we attack the players with the ball? 3. Who should provide cover for the player attacking the ball? ANSWERS: 1. To block the way forward to the goals and force them to go wide. 2. To try to steal the ball or force him/her away from the goal. 3. The players behind the pressing defender. 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.					
PRACTICE (Core Activity): 5v4 to Goal and One Counter Goal			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To prevent the opposition from moving the ball forward and regain the ball back. ORGANIZATION: Set up a 40Wx33L field with a regular goal and two counter goals. Select 4 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in either counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Block the way, Attack the ball, Surround them. GUIDED QUESTIONS: 1. Why should you Protect the goal? 2. Why do we attack the players with the ball? 3. Who should provide cover for the player attacking the ball? ANSWERS: 1. To block the way forward to the goals and force them to go wide. 2. To provide pressure, try to steal the ball or force him/her away from goal. 3. The players behind the pressing defender. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.					
PRACTICE (Less Challenging): 5v3 to Goal & Two Counter Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To prevent the opposition from moving the ball forward and regain the ball back. ORGANIZATION: Set up a 40Wx33L field with a regular goal and two counter goals. Select 3 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in either counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Block the way, Attack the ball, Surround them. GUIDED QUESTIONS: 1. Why should you Protect the goal? 2. Why do we attack the players with the ball? 3. Who should provide cover for the player attacking the ball? ANSWERS: 1. To block the way forward to the goals and force them to go wide. 2. To provide pressure, try to steal the ball or force him/her away from goal. 3. The players behind the pressing defender. Note – Switch to this activity if the CORE is too difficult for the players.					
PRACTICE (More Challenging): 5v5 to Goal & Two Counter Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To prevent the opposition from moving the ball forward and regain the ball back. ORGANIZATION: Set up a 40Wx33L field with a regular goal and two counter goals. Select 5 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in either counter goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Block the way, Attack the ball, Surround them. GUIDED QUESTIONS: 1. Why should you Protect the goal? 2. Why do we attack the players with the ball? 3. Who should provide cover for the player attacking the ball? ANSWERS: 1. To block the way forward to the goals and force them to go wide. 2. To provide pressure, try to steal the ball or force him/her away from goal. 3. The players behind the pressing defender. Note – Switch to this activity if the CORE is not challenging enough.					

2nd. PLAY PHASE: The Game – 6v6 (GK+5v5+GK)**DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min****OBJECTIVE:** To prevent the opposition from moving the ball forward and regain the ball back.**ORGANIZATION:** In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-2-3 formation and the Red team will play in 1-3-2 formation.**KEY WORDS:** Block the way, Attack the ball, Surround them.**GUIDED QUESTIONS:** 1. Why should you Protect the goal? 2. Why do we attack the players with the ball? 3. Who should provide cover for the player attacking the ball?**ANSWERS:** 1. To block the way forward to the goals and force them to go wide. 2. To provide pressure, try to steal the ball or force him/her away from goal. 3. The players behind the pressing defender.**Note –** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.**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 training 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 goal of the training session?****2. What did you do well?****3. What could you do better?**

 	GOAL:		Improve preventing the opponent from scoring goals - 1				AGE GROUP	
	PLAYER ACTIONS		Protect the goal, Make and Keep it compact, Pressure cover and balance				9U-10U	
	KEY QUALITIES		Read the game, Be proactive, Focus					
	MOMENT		Defending	DURATION	60 min	PLAYERS	12	7v7
1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min					
			OBJECTIVE: To deny scoring chances. ORGANIZATION: Set up two or more 18Wx20L fields with a goal at each end with Goalkeepers. 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. KEY WORDS: Block the shot, Pressure the ball, Move together. GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted? ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together. 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.					
PRACTICE (Core Activity): 5v4 to Goal and an End Zone			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To deny scoring chances. ORGANIZATION: Set up a 40Wx24L field with a two yard end zone. Select 4 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing or dribbling into the end zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Block the shot, Pressure the ball, Move together. GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted? ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.					
PRACTICE (Less Challenging): 5v3 to Goal and an End Zone			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To deny scoring chances. ORGANIZATION: Set up a 40Wx24L field with a two yard end zone. Select 3 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing or dribbling into the end zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Block the shot, Pressure the ball, Move together. GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted? ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together. Note – Switch to this activity if the CORE is too difficult for the players.					
PRACTICE (More Challenging): 5v5 to Goal and an End Zone			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To deny scoring chances. ORGANIZATION: Set up a 40Wx24L field with a two yard end zone. Select 5 Red attackers, and 4 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by passing or dribbling into the end zone. Play with a build out line. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Block the shot, Pressure the ball, Move together. GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted? ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together. Note – Switch to this activity if the CORE is not challenging enough.					

2nd. PLAY PHASE: The Game – 6v6 (GK+5v5+GK)	DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min
	OBJECTIVE: To deny scoring chances. ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-3-2 formation and the Red team will play in 1-2-3 formation. KEY WORDS: Block the shot, Pressure the ball, Move together. GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted? ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together. Note – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

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 training 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

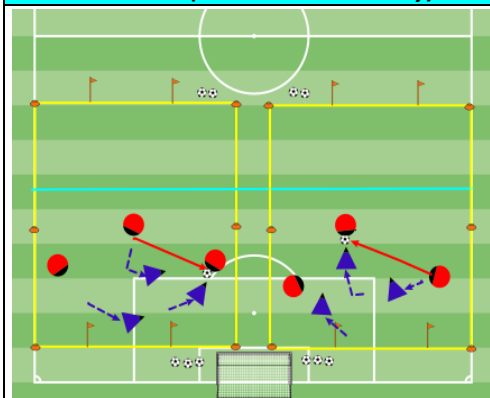
- 1. How did you do in achieving the goal of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**



GOAL:	Improve preventing the opponent from scoring goals - 2					AGE GROUP 9U-10U
PLAYER ACTIONS	Protect the goal, Pressure cover and balance, Outnumber the opponent					
KEY QUALITIES	Make decisions, Take initiative, Focus					
MOMENT	Defending	DURATION	60 min	PLAYERS	12	7v7

1st PLAY PHASE (Intentional Free Play): 3v3 to Gates

DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min



OBJECTIVE: To prevent scoring chances.

ORGANIZATION: Set up two or more 18Wx20L fields with a 5 yard gate 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. Teams score by passing or dribbling through the gate.

KEY WORDS: Block the shot, Pressure the ball, Move together.

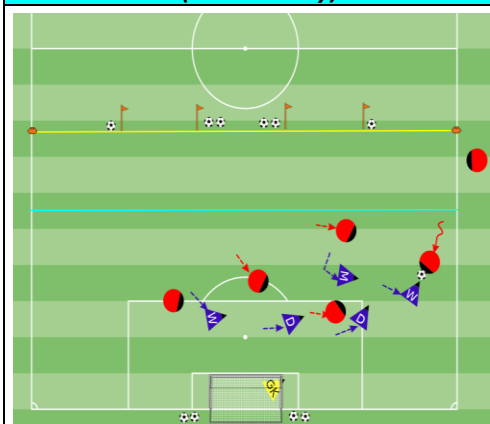
GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

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.

PRACTICE (Core Activity): 6v5 to Goal and Two Gates

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



OBJECTIVE: To prevent scoring chances.

ORGANIZATION: Set up a 40Wx24L field with a regular goal and two dribbling gates. Select 5 Red attackers, and 5 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by dribbling through either gate. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the shot, Pressure the ball, Move together.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. **2.** Pressure the ball. **3.** Move to the ball together.

Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 6v4 to Goal and Two Gates

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



OBJECTIVE: To prevent scoring chances.

ORGANIZATION: Set up a 40Wx24L field with a regular goal and two dribbling gates. Select 4 Red attackers, and 5 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by dribbling through either gate. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the shot, Pressure the ball, Move together.

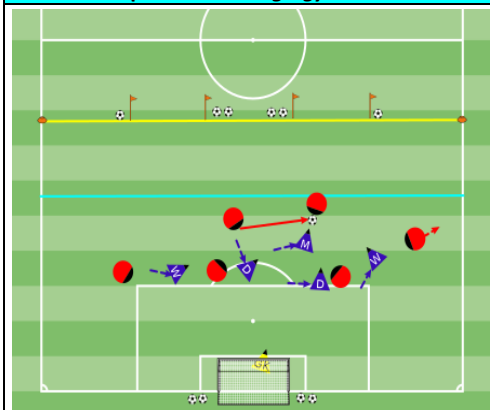
GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

Note – Switch to this activity if the CORE is too difficult for the players.

PRACTICE (More Challenging): 6v6 to Goal and two Gates

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



OBJECTIVE: To prevent scoring chances.

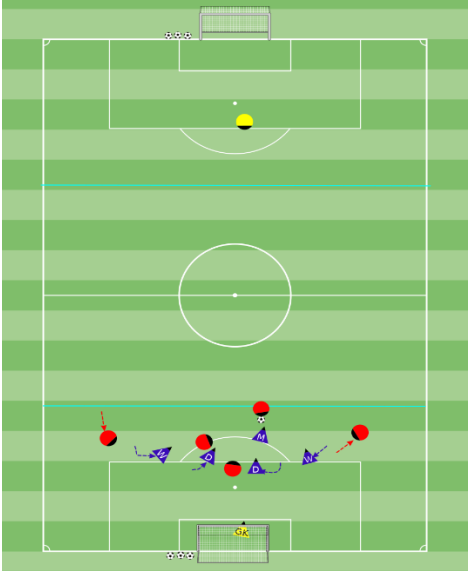
ORGANIZATION: Set up a 40Wx24L field with a regular goal and two dribbling gates. Select 6 Red attackers, and 5 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by dribbling through either gate. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Block the shot, Pressure the ball, Move together.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted?

ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together.

Note – Switch to this activity if the CORE is not challenging enough.

2nd. PLAY PHASE: The Game – 6v6 (GK+5v5+GK)	DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min
	OBJECTIVE: To prevent scoring chances. ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-2-3 formation and the Red team will play in 1-3-2 or 1-1-3-1 formation. KEY WORDS: Block the shot, Pressure the ball, Move together. GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What must we do to make sure we stay compacted? ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Move to the ball together. Note – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

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 training 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 goal of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**