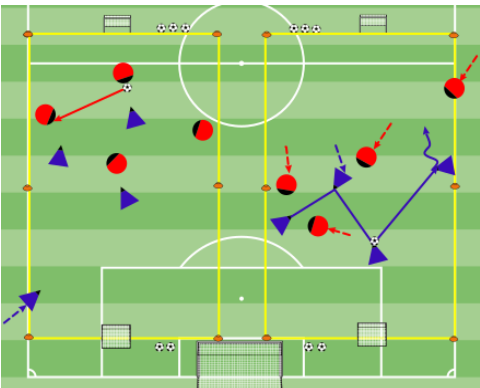
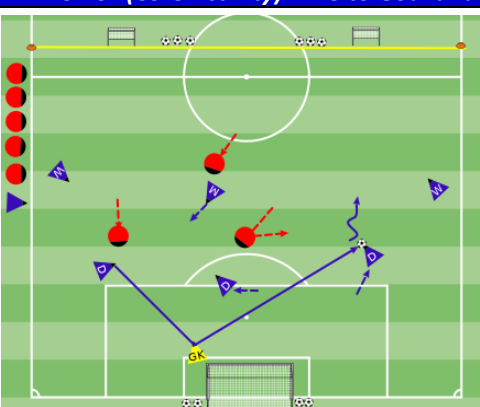
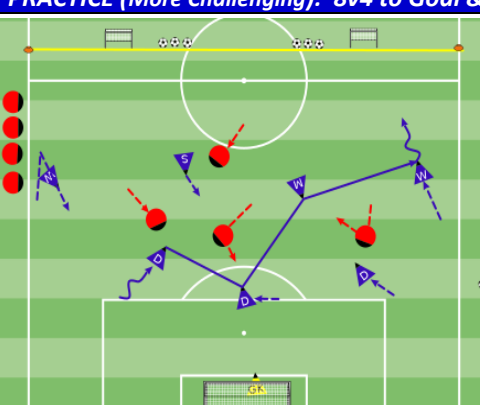
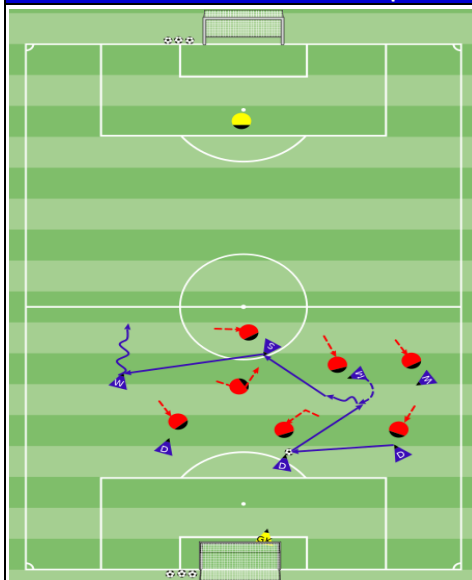


 	GOAL: Improve the build up from our own half in order to move the ball into the opponent's half - 1		AGE GROUP			
	PLAYER ACTIONS		Spread out, Pass/dribble forward, Support the attack			
	KEY QUALITIES		Make decisions, Be proactive , Focus, Optimal technical abilities			
	MOMENT		Attacking	DURATION	60 min	PLAYERS
1st PLAY PHASE (Intentional Free Play): 4v4 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 22Wx40L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. 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, Pass or Dribble, Help. GUIDED QUESTIONS: 1. Why do you spread out? 2. What do you need to do to create or find openings? 3. When can you pass or dribble forward? 4. Why do you help the player with the ball? ANSWERS: 1. To create openings. 2. You need to either pass or dribble the ball. 3. When you have an opening. 4. To provide him/her with support. 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): 7v3 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 50Wx45L (half field) with a regular goals and three counter goals as shown on diagram. Select 6 Blue attackers, their goalkeeper, and 3 Red defenders. Blue team scores in either of the two counter goals. Red scores in the regular goal. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game). KEY WORDS: Get wide, Pass or Dribble, Help. GUIDED QUESTIONS: 1. Why do you spread out? 2. What do you need to do to create of find openings? 3. When can you pass or dribble forward? 4. Why do you help the player with the ball? ANSWERS: 1. To create openings. 2. You need to either pass or dribble the ball. 3. When you have an opening. 4. To provide him/her with support. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.				
PRACTICE (Less Challenging): 4v2 to Small 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 two or more 22Wx40L fields with a goal at each end. Play a 4v2 to score in the opponent's goal. Rotate players. KEY WORDS: Get wide, Pass or Dribble, Help. GUIDED QUESTIONS: 1. Why do you spread out? 2. What do you need to do to create or find openings? 3. When can you pass or dribble forward? 4. Why do you help the player with the ball? ANSWERS: 1. To create openings. 2. You need to either pass or dribble the ball. 3. When you have an opening. 4. To provide him/her with support. Note – Switch to this activity if the CORE is too difficult for the players.				
PRACTICE (More Challenging): 8v4 to Goal & 3 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 50Wx45L (half field) with a regular goal and three counter goals as shown on diagram. Select 7 Blue attackers, their goalkeeper, and 4 Red defenders. Blue team scores in either of the three counter goals. Red scores in the regular goal. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game). KEY WORDS: Get wide, Pass or Dribble, Help. GUIDED QUESTIONS: 1. Why do you spread out? 2. What do you need to do to create or find openings? 3. When can you pass or dribble forward? 4. Why do you help the player with the ball? ANSWERS: 1. To create openings. 2. You need to either pass or dribble the ball. 3. When you have an opening. 4. To provide him/her with support. Note – Switch to this activity if the CORE is not challenging enough.				



OBJECTIVE: To pass or dribble the ball forward into the opponent's half.

ORGANIZATION: In a 50Wx80L field play 8v8. The Blue team will play in 1-3-3-1 formation and the red team will play in 1-3-1-3 formation.

KEY WORDS: Get wide, Pass or Dribble, Help.

GUIDED QUESTIONS: 1. Why do you spread out? 2. What do you need to do to create or find openings? 3. When can you pass or dribble forward? 4. Why do you help the player with the ball?

ANSWERS: 1. To create openings. 2. You need to either pass or dribble the ball. 3. When you have an opening. 4. To provide him/her with support.

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?)

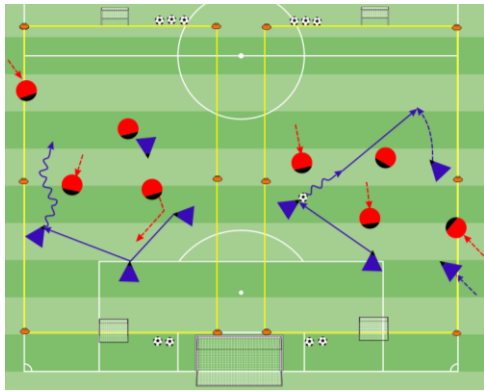
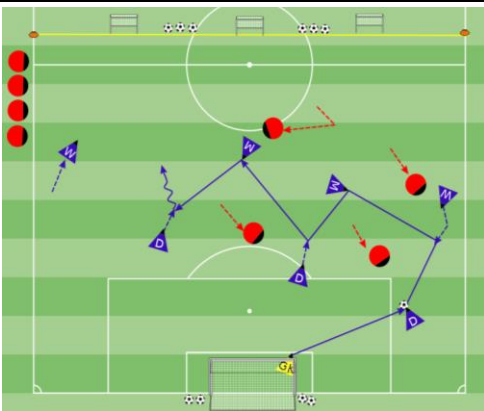
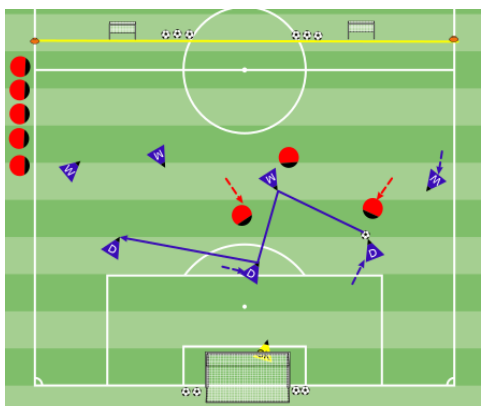
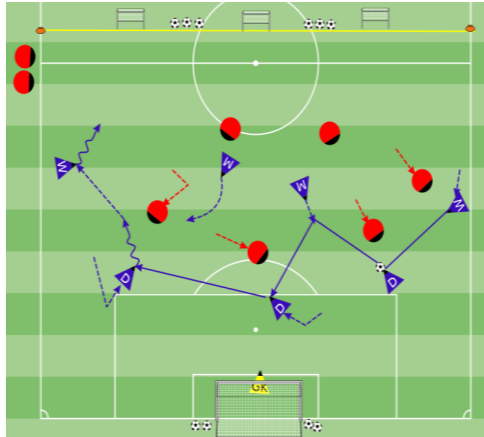
5. **Coaching:** Is there effective coaching based on the age and level of the players?

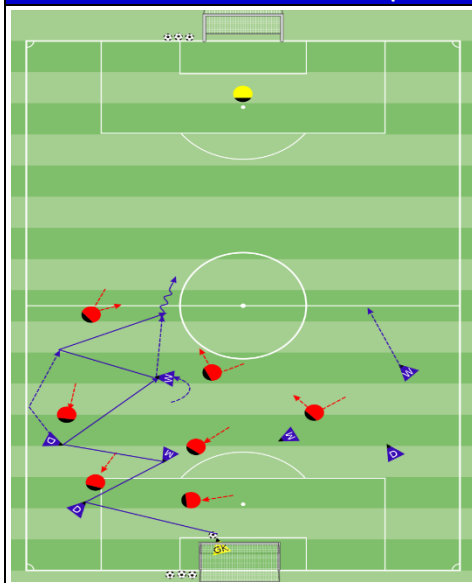
Training Session Self-Reflection Questions

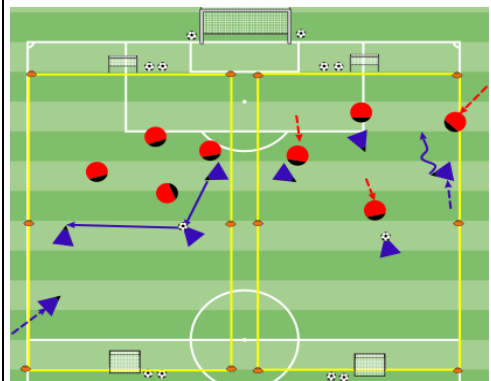
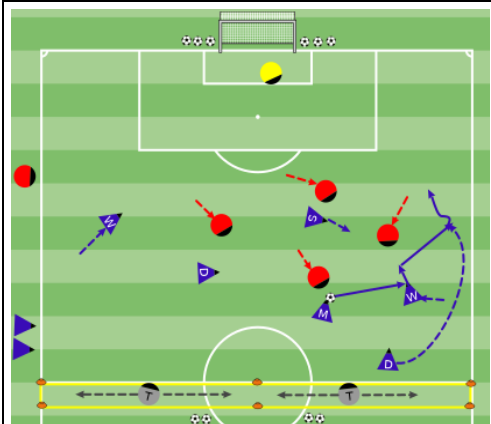
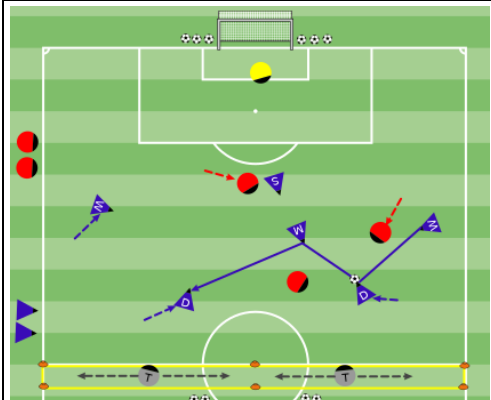
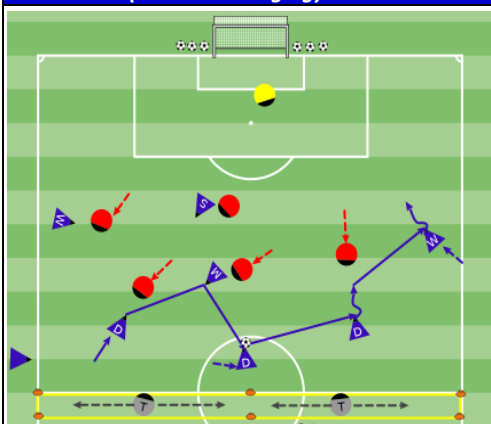
1. How did you do in achieving the goal of the training session?

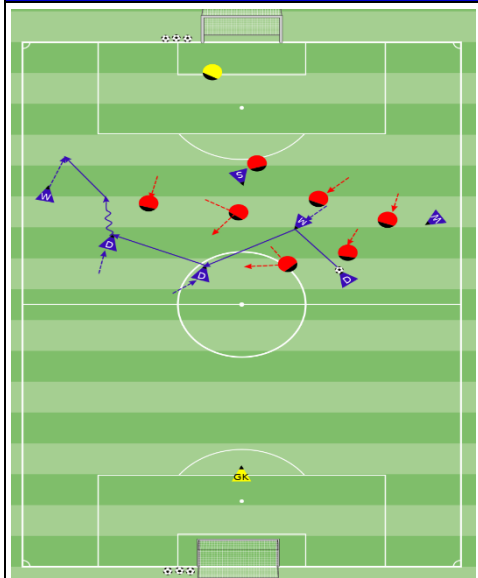
2. What did you do well?

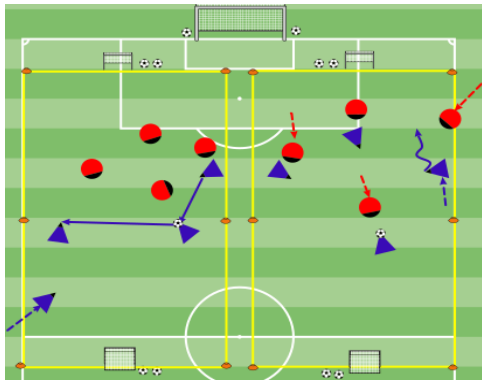
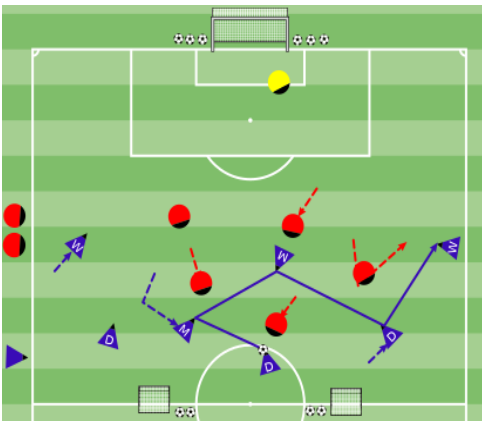
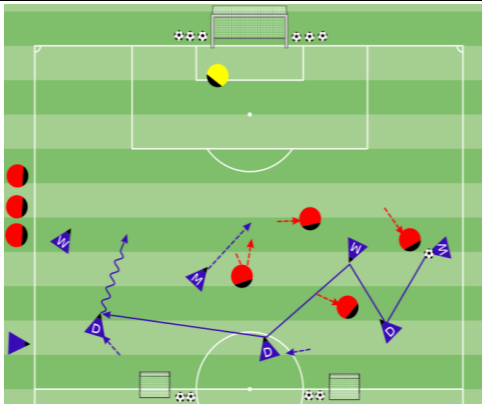
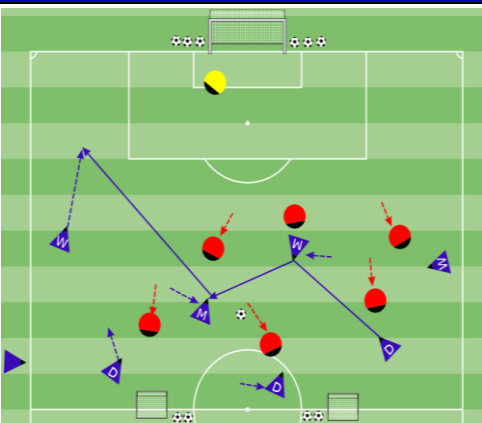
3. What could you do better?

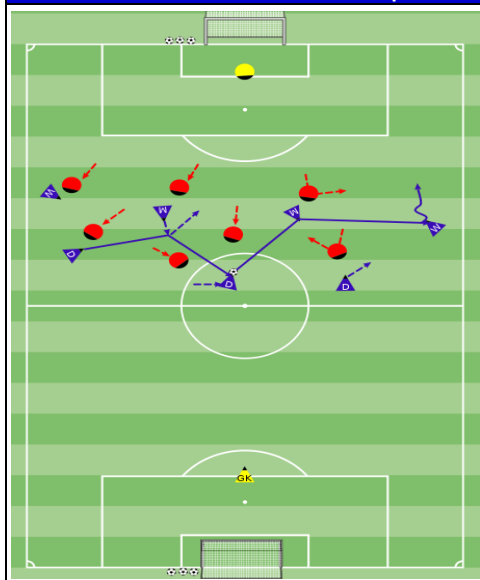
 	GOAL: Improve the build up from our own half in order to move the ball into the opponent's half - 2					AGE GROUP		
	PLAYER ACTIONS		Spread out, Pass/dribble forward, Create passing options					11U-12U
	KEY QUALITIES		Read the game, Take initiative, Focus, Optimal technical abilities					
	MOMENT		Attacking	DURATION	60 min	PLAYERS	16	9v9
1st PLAY PHASE (Intentional Free Play): 4v4 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 22Wx40L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. KEY WORDS: Opening, Connect, Take space, Help. GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward? ANSWERS: 1. By spreading out. 2. When you have opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and or space in front. 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): 8v4 to Goal and 3 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 50Wx40L (half field) with a regular goal and three counter goals as shown on diagram. Select 8 Blue attackers, their goalkeeper, and 4 Red defenders. Blue team scores in either of the three counter goals. Red scores in the regular goal. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game). KEY WORDS: Opening, Connect, Take space, Help. GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward? ANSWERS: 1. By spreading out. 2. When you have an opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and or space in front. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.					
PRACTICE (Less Challenging): 8v3 to Small 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 50Wx40L (half field) with a regular goal and three counter goals as shown on the diagram. Select 7 Blue attackers, their goalkeeper, and 3 Red defenders. Blue team scores in either of the three counter goals. Red scores in the regular goal. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game). KEY WORDS: Opening, Connect, Take space, Help. GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward? ANSWERS: 1. By spreading out. 2. When you have an opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and/or space in front. Note – Switch to this activity if the CORE is too difficult for the players.					
PRACTICE (More Challenging): 8v6 to Goal & 3 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 50Wx40L (half field) with a regular goal and three counter goals as shown in the diagram. Select 7 Blue attackers, their goalkeeper, and 6 Red defenders. Blue team scores in either of the three counter goals. Red scores in the regular goal. All Laws of the game in effect (If the Red team scores, the Blue team gets a goal-kick to restart the game). KEY WORDS: Opening, Connect, Take space, Help. GUIDED QUESTIONS: 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward? ANSWERS: 1. By spreading out. 2. When you have an opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and or space in front. Note – Switch to this activity if the CORE is not challenging enough.					

2nd. PLAY PHASE: The Game – 8v8 (GK+7v7+GK)**DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min****OBJECTIVE:** To pass or dribble the ball forward into the opponent's half.**ORGANIZATION:** In a 50Wx80L field play 8v8. The Blue team will play in 1-3-4 formation and the Red team will play in 1-3-3-1 formation.**KEY WORDS:** Opening, Connect, Take space, Help.**GUIDED QUESTIONS:** 1. How do we create an opening? 2. When do you pass forward to connect with a teammate? 3. How can you help the teammate with the ball? 4. When do you dribble forward?**ANSWERS:** 1. By spreading out. 2. When you have opening to pass through. 3. Support him/her by creating passing options. 4. When you have an opening and or space in front.**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 passing options, Create 2v1 or 1v1			11U-12U
	KEY QUALITIES		Read the game, Take initiative, Focus, Optimal technical abilities			
	MOMENT	Attacking	DURATION	60 min	PLAYERS	16
1st PLAY PHASE (Intentional Free Play): 4v4 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 22Wx40L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. KEY WORDS: Look up, Pass or Dribble, Opening. GUIDED QUESTIONS: 1. Why do you look up? 2. When do we pass or dribble forward? 3. Why should you spread out? 4. What can we do to outnumber the opponent? ANSWERS: 1. 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. 4. Create a 2v1 or a 3v2. 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 2 Target Players		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 50Wx40L (half field) with a 4 yard end zone with two target players as shown in the diagram. Select 6 Blue attackers, and 4 Red defenders and their goalkeeper. Blue team scores in the regular goal. Red team scores by passing to either target player. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Look up, Pass or Dribble, Opening, Overload. GUIDED QUESTIONS: 1. Why do you look up? 2. When do we pass or dribble forward? 3. Why should you spread out? 4. What can we do to outnumber the opponent? ANSWERS: 1. 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. 4. Create a 2v1 or a 3v2. 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 2 Target Players		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 a 50Wx40L (half field) with a 4 yard end zone with two target players as shown in the diagram. Select 6 Blue attackers, and 3 Red defenders and their goalkeeper. Blue team scores in the regular goal. Red team scores by passing to either target player. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Look up, Pass or Dribble, Opening, Overload. GUIDED QUESTIONS: 1. Why do you look up? 2. When do we pass or dribble forward? 3. Why should you spread out? 4. What can we do to outnumber the opponent? ANSWERS: 1. 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. 4. Create a 2v1 or a 3v2. Note – Switch to this activity if the CORE is too difficult for the players.				
PRACTICE (More Challenging): 7v6 to Goal and 2 Target Players		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 50Wx40L (half field) with a 4 yard end zone with two target players as shown in the diagram. Select 7 Blue attackers, and 5 Red defenders and their goalkeeper. Blue team scores in the regular goal. Red team scores by passing to either target player. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Look up, Pass or Dribble, Opening, Overload. GUIDED QUESTIONS: 1. Why do you look up? 2. When do we pass or dribble forward? 3. Why should you spread out? 4. What can we do to outnumber the opponent? ANSWERS: 1. 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. 4. Create a 2v1 or a 3v2. Note – Switch to this activity if the CORE is not challenging enough.				

2nd. PLAY PHASE: The Game – 8v8 (GK+7v7+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 50Wx80L field play 8v8. The Blue team will play in 1-3-3-1 formation and the Red team will play in 1-3-4 formation.**KEY WORDS:** Look up, Pass or Dribble, Opening, Overload.**GUIDED QUESTIONS:** 1. Why do you look up? 2. When do we pass or dribble forward? 3. Why should you spread out? 4. What can we do to outnumber the opponent?**ANSWERS:** 1. 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. 4. Create a 2v1 or a 3v2.**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, Create 2v1 or 1v1, Change the point of attack			11U-12U
	KEY QUALITIES		Read the game, Take initiative, Focus, Optimal technical abilities			
	MOMENT	Attacking	DURATION	60 min	PLAYERS	16
1st PLAY PHASE (Intentional Free Play): 4v4 to Small Goals					DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2	
		OBJECTIVE: To possess, pass or dribble the ball forward. ORGANIZATION: Set up two or more 22Wx40L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. KEY WORDS: Opening, Pass or dribble, Help. GUIDED QUESTIONS: 1. What would you do to create an opening? 2. What do you do if you see an opening? 3. What can we do to help the players with the ball? ANSWERS: 1. Get away from defenders. 2. Pass forward if you can connect with a teammate, Dribble forward when you have space. 3. Create a 2v1. 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): 7v5 to Goal & Two Counter Goals		DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5				
		OBJECTIVE: To possess the ball, move it forward and create scoring chances. ORGANIZATION: Set up a 50Wx40L (half field) with a regular goals and two counter goals as shown in the diagram. Select 7 Blue attackers, and 5 Red defenders and their goalkeeper. Blue team scores in the regular goal. Red team scores in either of the two counter goals. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Opening, Pass or dribble, Help, Switch. GUIDED QUESTIONS: 1. What would you do to create an opening? 2. What do you do if you see an opening? 3. What can we do to help the players with the ball? 4. When do you change the attack? ANSWERS: 1. Get away from defenders. 2. Pass forward if you can connect with a teammate, dribble forward when you have space. 3. Create a 2v1. 4. When the opening is closed on one side. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.				
PRACTICE (Less Challenging): 7v4 to Goal & Two Counter 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 a 50Wx40L (half field) with a regular goals and two counter goals as shown in the diagram. Select 7 Blue attackers, and 4 Red defenders and their goalkeeper. Blue team scores in the regular goal. Red team scores in either of the two counter goals. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Opening, Pass or dribble, Help, Switch. GUIDED QUESTIONS: 1. What would you do to create an opening? 2. What do you do if you see an opening? 3. What can we do to help the players with the ball? 4. When do you change the attack? ANSWERS: 1. Get away from defenders. 2. Pass forward if you can connect with a teammate, dribble forward when you have space. 3. Create a 2v1. 4. When the opening is closed on one side. Note – Switch to this activity if the CORE is too difficult for the players.				
PRACTICE (More Challenging): 7v7 to Goal & Two Counter Goals		DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5				
		OBJECTIVE: To possess the ball, move it forward and create scoring chances. ORGANIZATION: Set up a 50Wx40L (half field) with a regular goals and two counter goals as shown in the diagram. Select 7 Blue attackers, and 6 Red defenders and their goalkeeper. Blue team scores in the regular goal. Red team scores in either of the two counter goals. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Opening, Pass or dribble, Help, Switch. GUIDED QUESTIONS: 1. What would you do to create an opening? 2. What do you do if you see an opening? 3. What can we do to help the players with the ball? 4. When do you change the attack? ANSWERS: 1. Get away from defenders. 2. Pass forward if you can connect with a teammate, dribble forward when you have space. 3. Create a 2v1. 4. When the opening is closed on one side. Note – Switch to this activity if the CORE is not challenging enough.				



OBJECTIVE: To possess the ball, move it forward and create scoring chances.

ORGANIZATION: In a 50Wx80L field play 8v8. The Blue team will play in 1-3-4 formation and the Red team will play in 1-3-3-1 formation.

KEY WORDS: Opening, Pass or dribble, Help, Switch.

GUIDED QUESTIONS: 1. What would you do to create an opening? 2. What do you do if you see an opening? 3. What can we do to help the players with the ball? 4. When do you change the attack?

ANSWERS: 1. Get away from defenders. 2. Pass forward if you can connect with a teammate, dribble forward when you have space. 3. Create a 2v1. 4. When the opening is closed on one side.

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?)

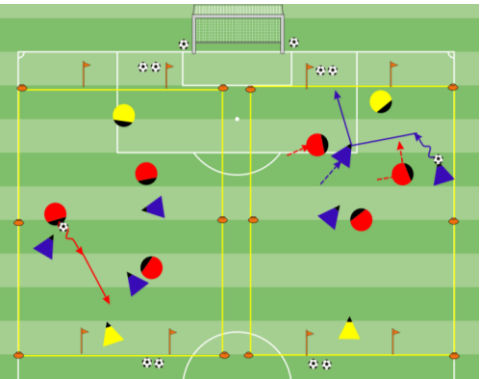
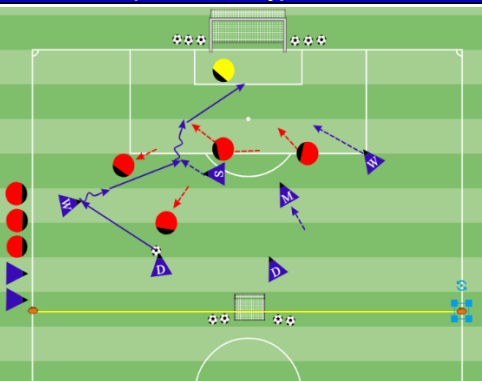
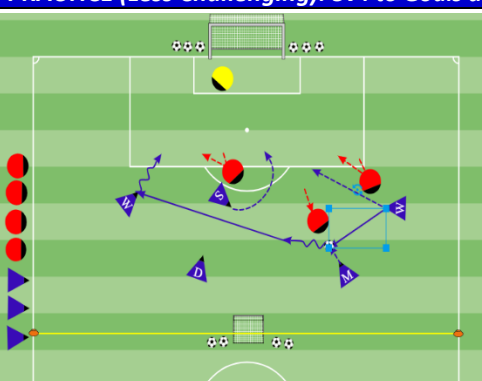
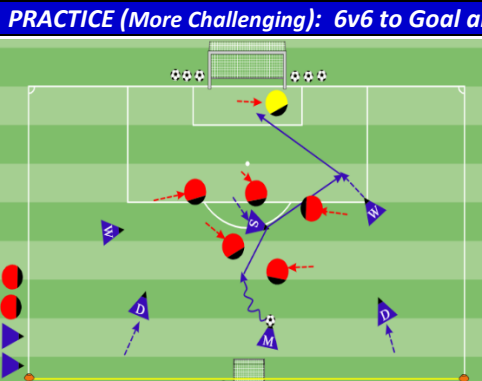
5. **Coaching:** Is there effective coaching based on the age and level of the players?

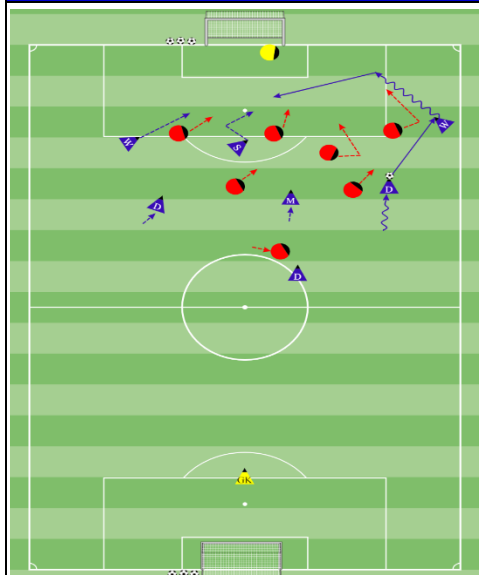
Training Session Self-Reflection Questions

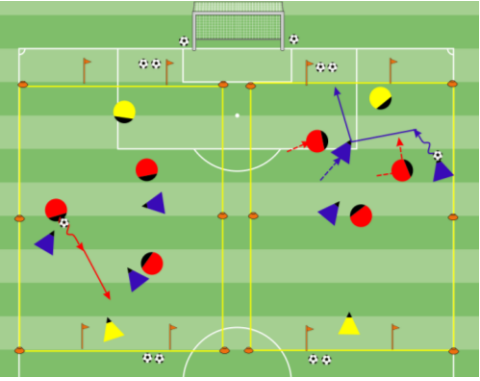
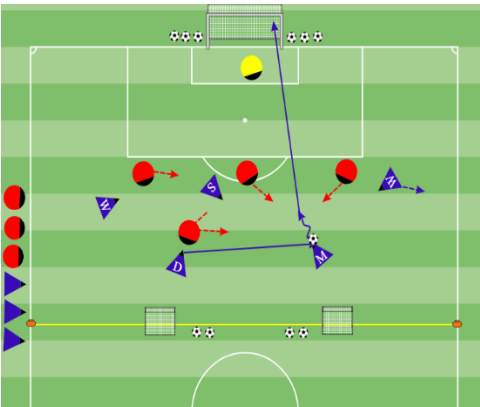
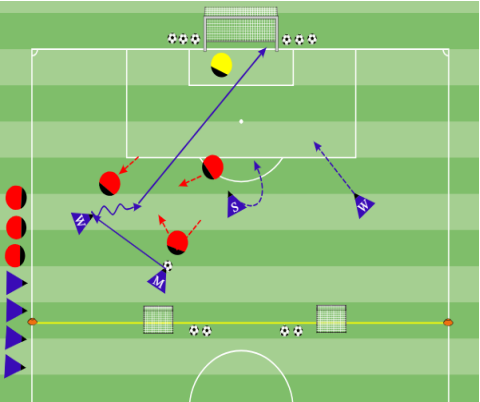
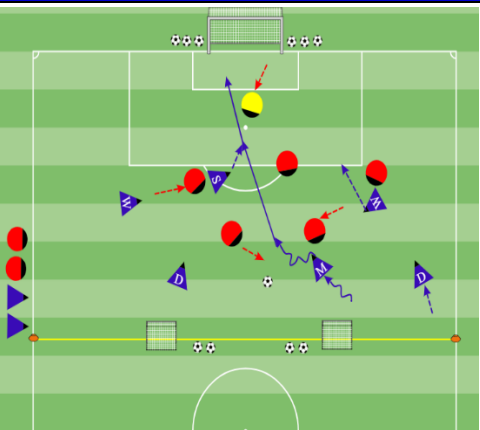
1. How did you do in achieving the goal of the training session?

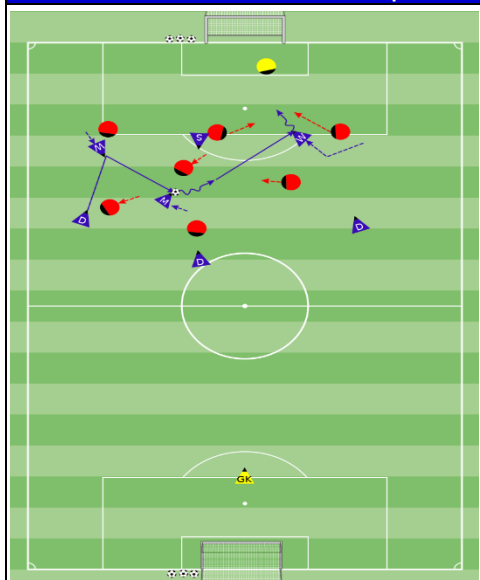
2. What did you do well?

3. What could you do better?

 	GOAL:		Improve Scoring Goals - 1					AGE GROUP
	PLAYER ACTIONS		Shoot, Pass/dribble forward, Create 2v1 or 1v1					11U-12U
	KEY QUALITIES		Make Decisions, Be proactive, Optimal technical abilities					
	MOMENT		Attacking	DURATION	60 min	PLAYERS	16	9v9
1st PLAY PHASE (Intentional Free Play): 4v4 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min					
			OBJECTIVE: To create chances and score goals. ORGANIZATION: Set up two or more 23Wx35L fields with a goal at each end with Goalkeepers. Play 1v1, 2v1 up to 4v4. 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 open, Shoot, Pass, Take opponents. GUIDED QUESTIONS: 1. How can you get open? 2. What should you do if confronted by a defender? 3. What should you do if you find an opening? ANSWERS: 1. Move to open space or away from defenders. 2. Dribble at him, either take him on or pass the ball. 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): 6v5 to Goal and One Counter Goal			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min					
			OBJECTIVE: To create chances and score goals. ORGANIZATION: Set up a 40Wx32L field with a regular goal and one counter goal as shown in the diagram. Select 6 Blue attackers and 4 Red defenders and their GK. Blue team scores in the regular goal, Red team scores in the counter goal. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Get open, Shoot, Pass, Take opponents. GUIDED QUESTIONS: 1. How can you get open? 2. What should you do if confronted by a defender? 3. What should you do if you find an opening? ANSWERS: 1. Move to open space or away from defenders. 2. Dribble at them, either take them on or pass the ball. 3. We should pass forward, dribble forward or shoot 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): 5v4 to Goals and One Counter			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To create chances and score goals. ORGANIZATION: Set up a 40Wx32L field with a regular goal and one counter goal as shown in the diagram. Select 5 Blue attackers and 3 Red defenders and their GK. Blue team scores in the regular goal, Red team scores in the counter goal. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Get open, Shoot, Pass, Take opponents. GUIDED QUESTIONS: 1. How can you get open? 2. What should you do if confronted by a defender? 3. What should you do if you find an opening? ANSWERS: 1. Move to open space or away from defenders. 2. Dribble at them, either take them on or pass the ball. 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): 6v6 to Goal and One Counter			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min					
			OBJECTIVE: To create chances and score goals. ORGANIZATION: Set up a 40Wx32L field with a regular goal and one counter goal as shown in the diagram. Select 6 Blue attackers and 4 Red defenders and their GK. Blue team scores in the regular goal, Red team scores in the counter goal. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Get open, Shoot, Pass, Take on opponents. GUIDED QUESTIONS: 1. How can you get open? 2. What should you do if confronted by a defender? 3. What should you do if you find an opening? ANSWERS: 1. Move to open space or away from defenders. 2. Dribble at them, either take them on or pass the ball. 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 – 8v8 (GK+7v7+GK)**DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min****OBJECTIVE:** To create chances and score goals.**ORGANIZATION:** In a 50Wx80L field play 8v8. The Blue team will play in 1-3-3-1 formation and the Red team will play in 1-3-3-1 formation.**KEY WORDS:** Get open, Shoot, Pass, Take opponents.**GUIDED QUESTIONS:** 1. How can you get open? 2. What should you do if confronted by a defender? 3. What should you do if you find an opening?**ANSWERS:** 1. Move to open space or away from defenders. 2. Dribble at them, either take them on or pass the ball. 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					11U-12U
	KEY QUALITIES		Read the game, Take initiative, Optimal technical abilities					
	MOMENT		Attacking	DURATION	60 min	PLAYERS	16	9v9
1st PLAY PHASE (Intentional Free Play): 4v4 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min					
			OBJECTIVE: To create chances and score goals. ORGANIZATION: Set up two or more 23Wx35L fields with a goal at each end with Goalkeepers. Play 1v1, 2v1 up to 4v4. 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 or combine, Take opponents. GUIDED QUESTIONS: 1. When should you shoot? 2. What should you do if confronted by a defender? 3. What should you do if you find an opening? ANSWERS: 1. We have the ball and can see the goal through an opening 2. Dribble at them, either take him on or pass the ball. 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): 5v5 to Goal and Two Counter Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min					
			OBJECTIVE: To create chances and score goals. ORGANIZATION: Set up a 40Wx32L field with a regular goal and one counter goal as shown in the diagram. Select 5 Blue attackers and 4 Red defenders and their GK. Blue team scores in the regular goal, Red team scores in either of the two counter goals. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Finish, Pass or combine, Take on opponents. 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 Less Challenging if this activity is too difficult or to More Challenging if it is too easy.					
PRACTICE (Less Challenging): 4v4 to Goals & 2 Counter Goals			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To create chances and score goals. ORGANIZATION: Set up a 40Wx32L field with a regular goal and one counter goal 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. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Finish, Pass or combine, Take opponents. 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): 6v6 to Goal & 2 Counter Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min					
			OBJECTIVE: To create chances and score goals. ORGANIZATION: Set up a 40Wx32L field with a regular goal and one counter goal as shown in the diagram. Select 6 Blue attackers and 5 Red defenders and their GK. Blue team scores in the regular goal, Red team scores in either of the two counter goals. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Finish, Pass or combine, Take on opponents. 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.					



OBJECTIVE: To create chances and score goals.

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

KEY WORDS: Finish, Pass or combine, Take on opponents.

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?

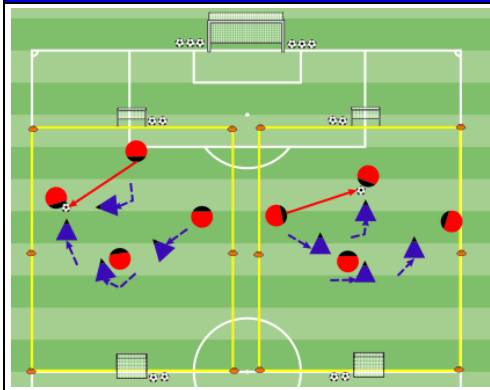
3. What could you do better?



GOAL:	Improve preventing the opponent from building up in their own half - 1					AGE GROUP
PLAYER ACTIONS	Pressure, cover and balance, Get and make it compact, Steal the ball					11U-12U
KEY QUALITIES	Understand the game, Focus, Take initiative					
MOMENT	Defending	DURATION	60 min	PLAYERS	16	
						9v9

1st PLAY PHASE (Intentional Free Play): 4v4 to Small Goals

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



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

ORGANIZATION: Set up two or more 20Wx30L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. 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.

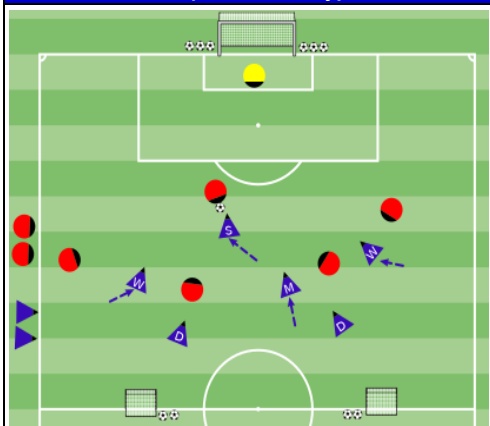
GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender press 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): 6v6 to Goal and End Zone

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



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

ORGANIZATION: Set up a 50Wx40L field with a regular goal and two counter goals. Select 5 Red attackers and their goalkeeper, and 6 Blue defenders. The Red team scores in either of the two counter goals. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Attack the ball, Work together, Tackle or poke.

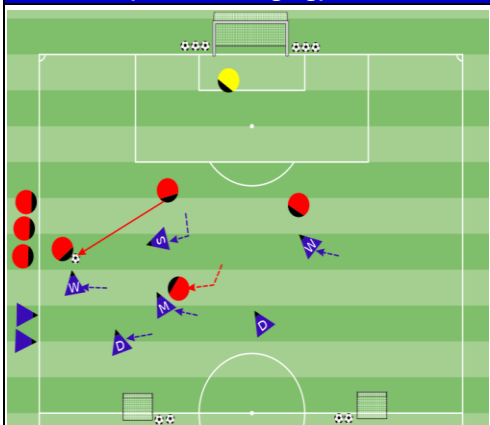
GUIDED QUESTIONS: 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses 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): 6v5 to Goal & Two Counter Goals

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



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

ORGANIZATION: Set up a 50Wx40L field with a regular goals and two counter goals. Select 4 Red attackers and their goalkeeper, and 6 Blue defenders. The Red team scores in either of the two counter goals. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Attack the ball, Work together, Tackle or poke.

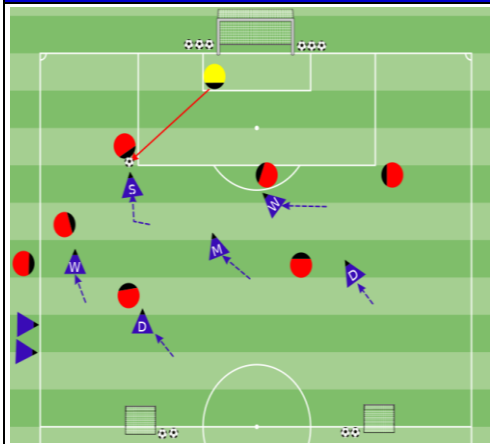
GUIDED QUESTIONS: 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses 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): 6v7 to Goal & Two Counter Goals

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



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

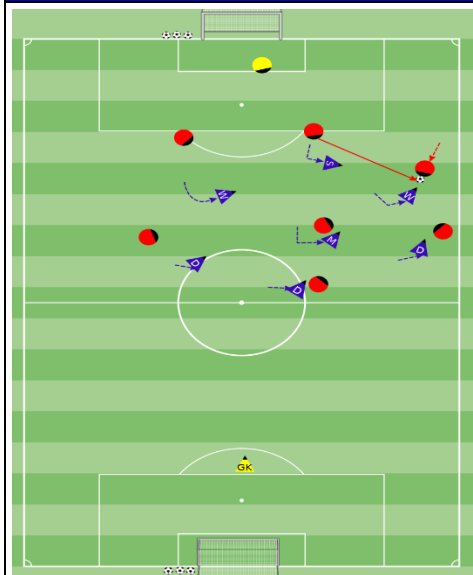
ORGANIZATION: Set up a 50Wx40L field with a regular goal and two counter goals. Select 6 Red attackers and their goalkeeper, and 6 Blue defenders. The Red team scores in either of the two counter goals. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

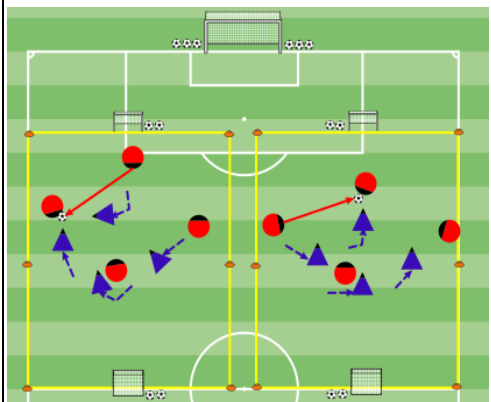
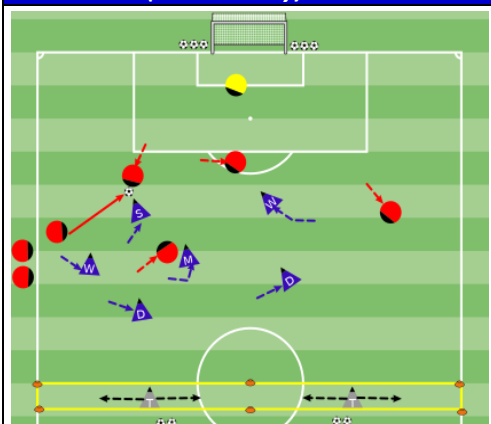
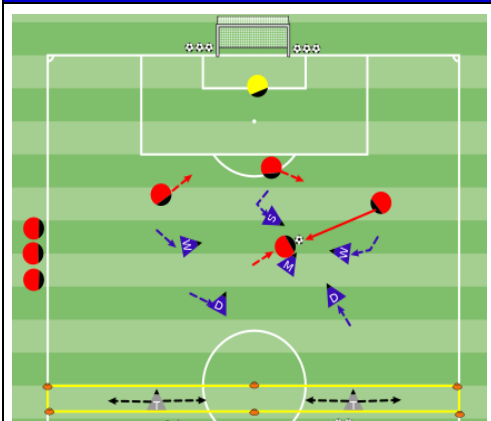
KEY WORDS: Attack the ball, Work together, Tackle or poke.

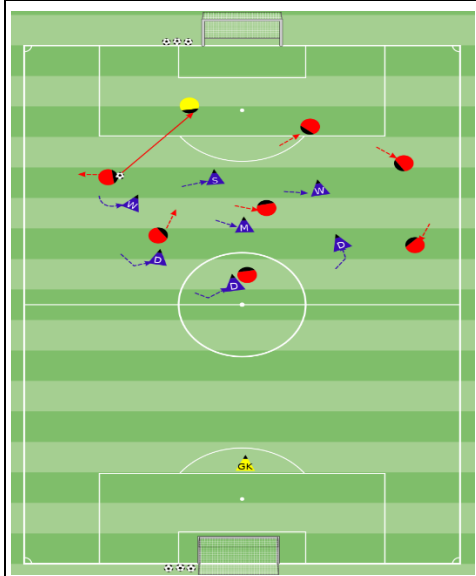
GUIDED QUESTIONS: 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

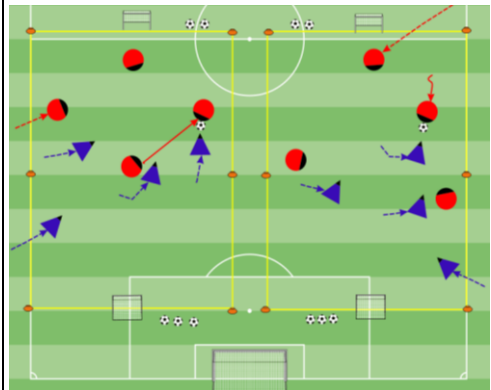
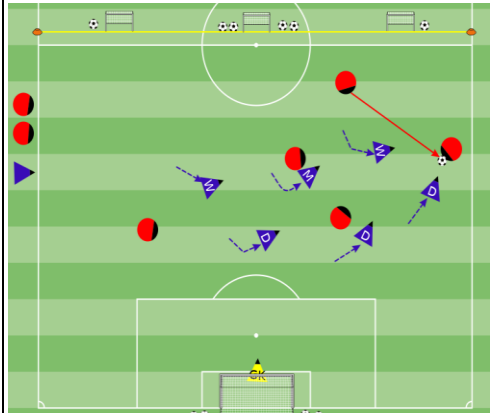
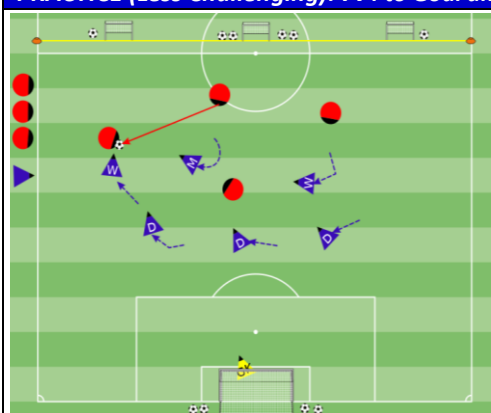
ANSWERS: 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

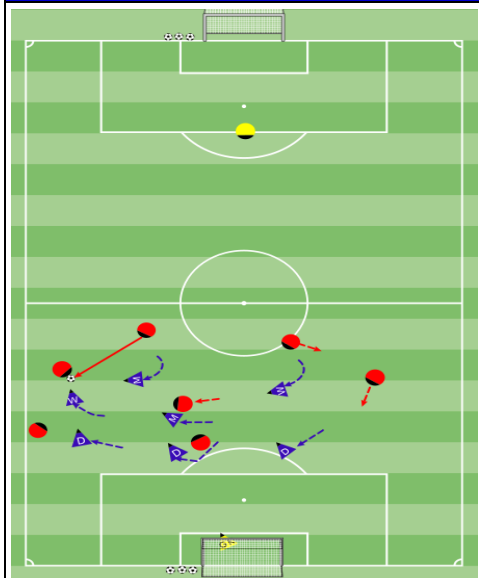
Note – Switch to this activity if the CORE is not challenging enough.

2nd. PLAY PHASE: The Game – 8v8 (GK+7v7+GK)**DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min****OBJECTIVE:** To keep the opposition from moving the ball forward and try to regain the ball.**ORGANIZATION:** In a 50Wx80L field play 8v8. The Blue team will play in 1-3-3-1 formation and the Red team will play in 1-3-3-1 formation.**KEY WORDS:** Attack the ball, Work together, Tackle or poke.**GUIDED QUESTIONS:** 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?**ANSWERS:** 1. The closest defender presses 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				11U-12U	
	KEY QUALITIES		Read the Game, Be proactive, Focus					
	MOMENT		Attacking	DURATION	60 min	PLAYERS	16	9v9
1st PLAY PHASE (Intentional Free Play): 4v4 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min					
			OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball. ORGANIZATION: Set up two or more 22Wx30L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. KEY WORDS: Condense, Attack the ball, Double team. GUIDED QUESTIONS: 1. How can you make a condensed defensive block? 2. Who pressures the ball and who provides cover? 3. Why should you double team if you outnumber the opponent? ANSWERS: 1. By getting and staying compact to close all the openings. 2. The closest player to the ball pressures it, the player behind him/her provides cover. 3. Because with a double team we can 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): 6v6 to Goal and 2 Target Players			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To keep the opposition from moving the ball forward and trying to regain the ball. ORGANIZATION: Set up a 50Wx40L field with a regular goal and two target players as shown in the diagram. Select 5 Red attackers and their goalkeeper, and 6 Blue defenders. The Red team scores by passing to either target player. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Condense, Attack the ball, Double team. GUIDED QUESTIONS: 1. How can you make a condensed defensive block? 2. Who pressures the ball and who provides cover? 3. Why should you double team if you outnumber the opponent? ANSWERS: 1. By getting and staying compact to close all the openings. 2. The closest player to the ball pressures it, the player behind him/her provides cover. 3. Because with a double team we have a good chance to 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): 6v5 to Goal and 2 Target Players			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To keep the opposition from moving the ball forward and trying to regain the ball. ORGANIZATION: Set up a 50Wx40L field with a regular goal and two target players as shown in the diagram. Select 4 Red attackers and their goalkeeper, and 6 Blue defenders. The Red team scores by passing to either target player. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Condense, Attack the ball, Double team. GUIDED QUESTIONS: 1. How can you make a condensed defensive block? 2. Who pressures the ball and who provides cover? 3. Why should you double team if you outnumber the opponent? ANSWERS: 1. By getting and staying compact to close all the openings. 2. The closest player to the ball pressures it, the player behind him/her provides cover. 3. Because with a double team we have a good chance to steal the ball. Note – Switch to this activity if the CORE is too difficult for the players.					
PRACTICE (More Challenging): 6v7 to Goal and 2 Target Players			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To keep the opposition from moving the ball forward and trying to regain the ball. ORGANIZATION: Set up a 50Wx40L field with a regular goal and two target players as shown in the diagram. Select 6 Red attackers and their goalkeeper, and 6 Blue defenders. The Red team scores by passing to either target players. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Condense, Attack the ball, Double team. GUIDED QUESTIONS: 1. How can you make a condensed defensive block? 2. Who pressures the ball and who provides cover? 3. Why should you double team if you outnumber the opponent? ANSWERS: 1. By getting and staying compact to close all the openings. 2. The closest player to the ball pressures it, the player behind him/her provides cover. 3. Because with a double team we have a good chance to steal the ball. Note – Switch to this activity if the CORE is not challenging enough.					

2nd. PLAY PHASE: The Game – 8v8 (GK+7v7+GK)**DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min****OBJECTIVE:** To keep the opposition from moving the ball forward and trying to regain the ball.**ORGANIZATION:** In a 50Wx80L field play 8v8. The Blue team will play in 1-3-3-1 formation and the Red team will play in 1-3-3-1 formation.**KEY WORDS:** Condense, Attack the ball, Double team.**GUIDED QUESTIONS:** 1. How can you make a condensed defensive block? 2. Who pressures the ball and who provides cover? 3. Why should you double team if you outnumber the opponent?**ANSWERS:** 1. By getting and staying compact to close all the openings. 2. The closest player to the ball pressures it, the player behind him/her provides cover. 3. Because with a double team we have a good chance to 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					11U-12U	
	KEY QUALITIES Understand the game, Focus, Optimal technical abilities						
	MOMENT		Defending	DURATION	60 min	PLAYERS	16
1st PLAY PHASE (Intentional Free Play): 4v4 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 22Wx30L fields with a goal at each end. Play 1v1, 2v1 up to 4v4 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, Move together. GUIDED QUESTIONS: 1. How can we protect the ball? 2. Who should pressure the ball and provide cover? 3. Why do you need to move together as a defensive block? ANSWERS: 1. By obstructing the path forward. 2. The closest defender to the ball, the defenders behind him/her provides the cover. 3. To stay compacted and prevent the ball from moving forward. 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): 7v5 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 50Wx42L field with a regular goal and three counter goals. Select 5 Red attackers, and 6 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in either of the three counter goals. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Obstruct the ball, Attack the ball, Move together. GUIDED QUESTIONS: 1. How can we protect the ball? 2. Who should pressure the ball and provide cover? 3. Why do you need to move together as a defensive block? ANSWERS: 1. By obstructing the path forward. 2. The closest defender to the ball, the defenders behind him/her provides the cover. 3. To stay compacted prevent the ball from moving forward. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.				
PRACTICE (Less Challenging): 7v4 to Goal and 3 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 50Wx42L field with a regular goal and three counter goals. Select 4 Red attackers, and 6 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in either of the three counter goals. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Obstruct the ball, Attack the ball, Move together. GUIDED QUESTIONS: 1. How can we protect the ball? 2. Who should pressure the ball and provide cover? 3. Why do you need to move together as a defensive block? ANSWERS: 1. By obstructing the path forward. 2. The closest defender to the ball, the defenders behind him/her provides the cover. 3. To stay compacted and prevent the ball from moving forward. Note – Switch to this activity if the CORE is too difficult for the players.				
PRACTICE (More Challenging): 7v6 to Goal and 3 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 50Wx42L field with a regular goal and three counter goals. Select 6 Red attackers, and 6 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team in either of the three counter goals. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Obstruct the ball, Attack the ball, Move together. GUIDED QUESTIONS: 1. How can we protect the ball? 2. Who should pressure the ball and provide cover? 3. Why do you need to move together as a defensive block? ANSWERS: 1. By obstructing the path forward. 2. The closest defender to the ball, the defenders behind him/her provides the cover. 3. To stay compacted prevent the ball from moving forward. Note – Switch to this activity if the CORE is not challenging enough.				



OBJECTIVE: To prevent the opposition from moving the ball forward and regain the ball back.

ORGANIZATION: In a 50Wx80L field play 8v8. The Blue team will play in 1-3-4 formation and the Red team will play in 1-3-3-1 formation.

KEY WORDS: Obstruct the ball, Attack the ball, Move together.

GUIDED QUESTIONS: 1. How can we protect the ball? 2. Who should pressure the ball and provide cover? 3. Why do you need to move together as a defensive block?

ANSWERS: 1. By obstructing the path forward. 2. The closest defender to the ball, the defenders behind him/her provides the cover. 3. To stay compacted and prevent the ball from moving forward.

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?)

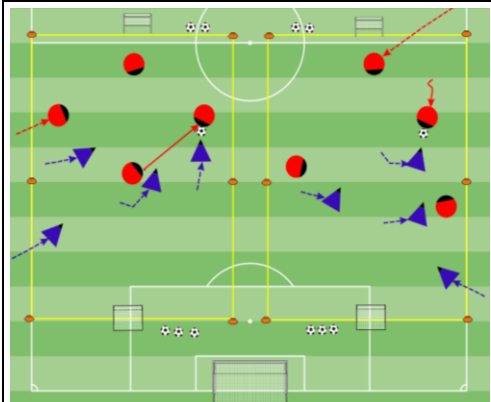
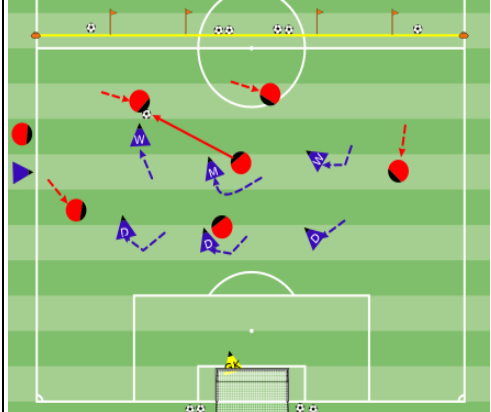
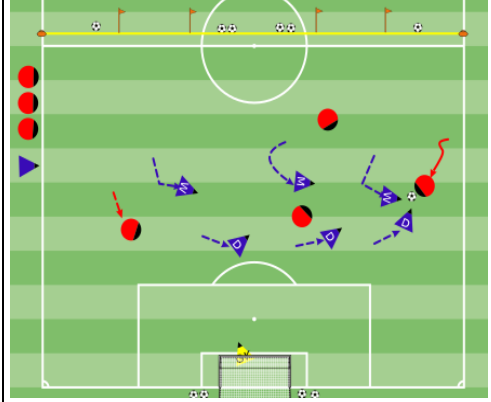
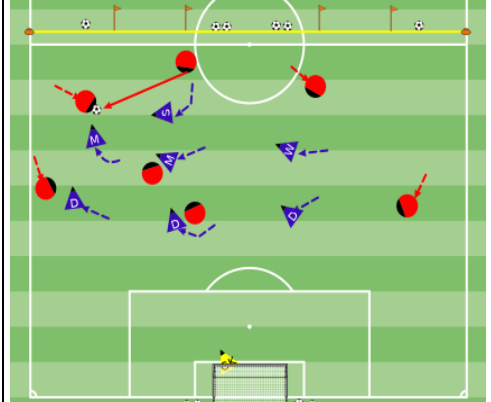
5. **Coaching:** Is there effective coaching based on the age and level of the players?

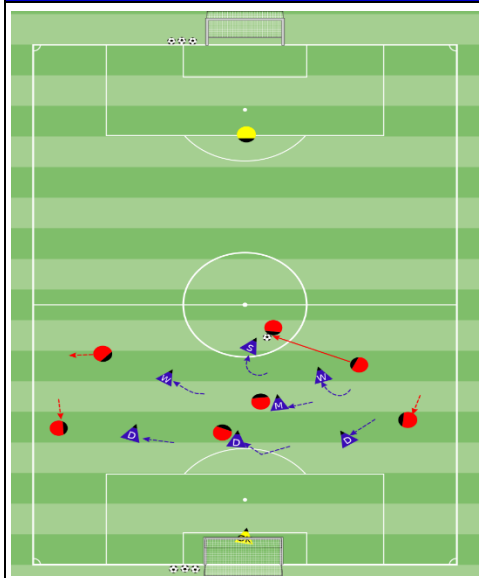
Training Session Self-Reflection Questions

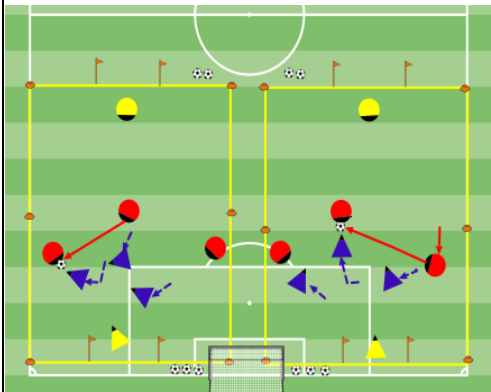
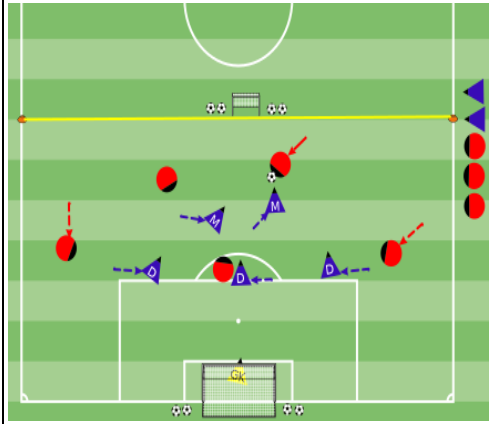
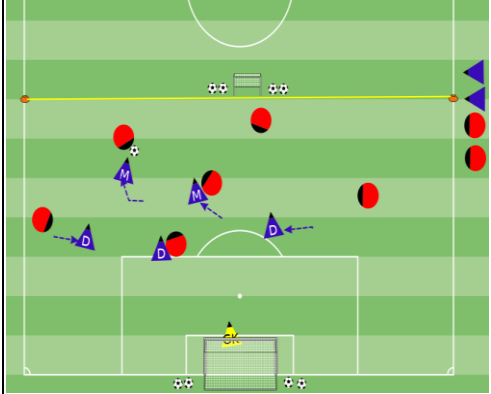
1. How did you do in achieving the goal of the training session?

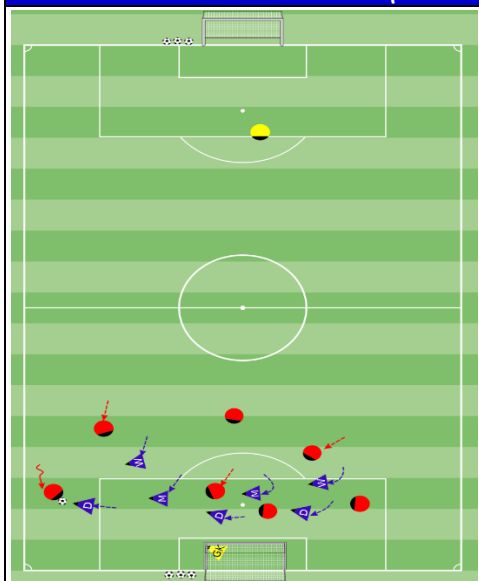
2. What did you do well?

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				
	KEY QUALITIES		Make decisions, Focus, Optimal technical abilities				
	MOMENT		Defending	DURATION	60 min	PLAYERS	16
1st PLAY PHASE (Intentional Free Play): 4v4 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 22Wx30L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. KEY WORDS: Shield the goal, Double team, Move together. GUIDED QUESTIONS: 1. What do you need to do to shield the goal? 2. When is a good time to double team and steal the ball? 3. Why do you need to move together as a defensive block? ANSWERS: 1. Protect the goal by getting defenders in between the ball and the goal. 2. When we outnumber the opponent around the ball. 3. To stay compacted and prevent the ball from moving forward. 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): 7v6 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 50Wx42L field with a regular goal and two 6 yard dribbling gates. Select 6 Red attackers, and 6 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by dribbling through either gate. All Laws of the game in effect. KEY WORDS: Shield the goal, Double team, Move together. GUIDED QUESTIONS: 1. What do you need to do to shield the goal? 2. When is a good time to double team and steal the ball? 3. Why do you need to move together as a defensive block? ANSWERS: 1. Protect the goal by getting defenders in between the ball and the goal. 2. When we outnumber the opponent around the ball. 3. To stay compacted and prevent the ball from moving forward. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.				
PRACTICE (Less Challenging): 7v4 to Goal and 3 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 50Wx42L field with a regular goal and two 6 yard dribbling gates. Select 4 Red attackers, and 6 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by dribbling through either gate. All Laws of the game in effect. KEY WORDS: Shield the goal, Double team, Move together. GUIDED QUESTIONS: 1. What do you need to do to shield the goal? 2. When is a good time to double team and steal the ball? 3. Why do you need to move together as a defensive block? ANSWERS: 1. Protect the goal by getting defenders in between the ball and the goal. 2. When we outnumber the opponent around the ball. 3. To stay compacted and prevent the ball from moving forward. Note – Switch to this activity if the CORE is too difficult for the players.				
PRACTICE (More Challenging): 8v7 to Goal and 3 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 50Wx42L field with a regular goal and two 6 yard dribbling gates. Select 7 Red attackers, and 7 Blue defenders and their goalkeeper. The Red team scores in the regular goal and the Blue team scores by dribbling through either gate. All Laws of the game in effect. KEY WORDS: Shield the goal, Double team, Move together. GUIDED QUESTIONS: 1. What do you need to do to shield the goal? 2. When is a good time to double team and steal the ball? 3. Why do you need to move together as a defensive block? ANSWERS: 1. Protect the goal by getting defenders in between the ball and the goal. 2. When we outnumber the opponent around the ball. 3. To stay compacted and prevent the ball from moving forward. Note – Switch to this activity if the CORE is not challenging enough.				

2nd. PLAY PHASE: The Game – 8v8 (GK+7v7+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 50Wx80L field play 8v8. The Blue team will play in 1-3-3-1 formation and the Red team will play in 1-3-3-1 formation.**KEY WORDS:** Obstruct the ball, Attack the ball, Move together.**GUIDED QUESTIONS:** 1. How can we protect the ball? 2. Who should pressure the ball and provide cover? 3. Why do you need to move together as a defensive block?**ANSWERS:** 1. By obstructing the path forward. 2. The closest defender to the ball, the defenders behind him/her provides the cover. 3. To stay compacted prevent the ball from moving forward.**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, Outnumber the opponent, Mark the player, mark the area					11U-12U
	KEY QUALITIES		Make decisions, Be proactive, Focus					
	MOMENT		Defending	DURATION	60 min	PLAYERS	12	7v7
1st PLAY PHASE (Intentional Free Play): 4v4 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 23Wx30L fields with a goal at each end with Goalkeepers. Play 1v1, 2v1 up to 4v4. 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, Surround the ball, Zone or man. GUIDED QUESTIONS: 1. Why do you want to block the ball? 2. When do you surround the ball? 3. When do you mark the opponent? ANSWERS: 1. To prevent the shot and protect the goal. 2. When we outnumber the attackers, this way we can double team and steal the ball. 3. When him/her are close to the goal and 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): 6v5 to Goal & One Counter Goal			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To deny scoring chances. ORGANIZATION: Set up a 50Wx32L field with a regular goal and one counter goal. 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 passing to either target player. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Block the shot, Surround the ball, Zone or man. GUIDED QUESTIONS: 1. Why do you want to block the ball? 2. When do you surround the ball? 3. When do you mark the opponent? ANSWERS: 1. To prevent the shot and protect the goal. 2. When we outnumber the attackers, this way we can double team and steal the ball. 3. When him/her are close to the goal and 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): 6v4 to Goal & One Counter Goal			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To deny scoring chances. ORGANIZATION: Set up a 50Wx32L field with a regular goal and one counter goal. 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 passing to either target player. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Block the shot, Surround the ball, Zone or man. GUIDED QUESTIONS: 1. Why do you want to block the ball? 2. When do you surround the ball? 3. When do you mark the opponent? ANSWERS: 1. To prevent the shot and protect the goal. 2. When we outnumber the attackers, this way we can double team and steal the ball. 3. When him/her are close to the goal and the ball. Note – Switch to this activity if the CORE is too difficult for the players.					
PRACTICE (More Challenging): 6v6 to Goal & One Counter Goal			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
			OBJECTIVE: To deny scoring chances. ORGANIZATION: Set up a 50Wx32L field with a regular goal and one counter goal. 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 passing to either target player. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Block the shot, Surround the ball, Zone or man. GUIDED QUESTIONS: 1. Why do you want to block the ball? 2. When do you surround the ball? 3. When do you mark the opponent? ANSWERS: 1. To prevent the shot and protect the goal. 2. When we outnumber the attackers, this way we can double team and steal the ball. 3. When him/her are close to the goal and the ball. Note – Switch to this activity if the CORE is not challenging enough.					



OBJECTIVE: To deny scoring chances.

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

KEY WORDS: Block the shot, Surround the ball, Zone or man.

GUIDED QUESTIONS: 1. Why do you want to block the ball? 2. When do you surround the ball? 3. When do you mark the opponent?

ANSWERS: 1. To prevent the shot and protect the goal. 2. When we outnumber the attackers, this way we can double team and steal the ball. 3. When him/her are close to the goal and 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?)

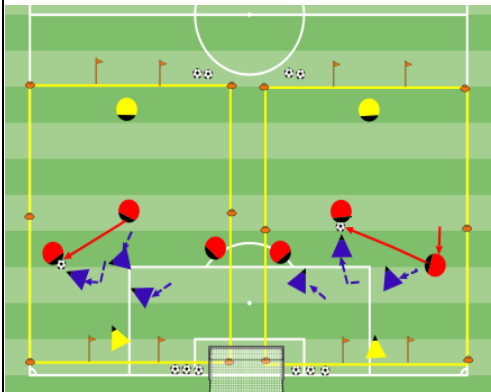
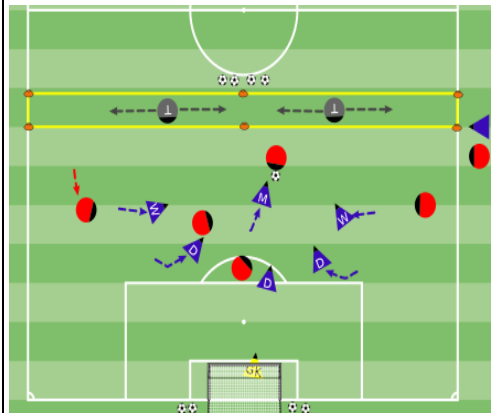
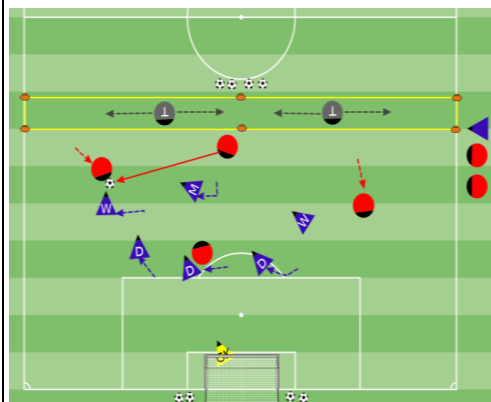
5. **Coaching:** Is there effective coaching based on the age and level of the players?

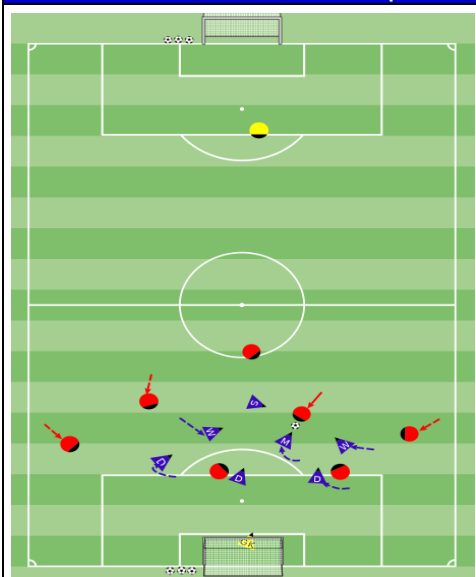
Training Session Self-Reflection Questions

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 scoring goals - 2					AGE GROUP
	PLAYER ACTIONS		Protect the goal, Pressure, cover and balance, Stay involved					11U-12U
	KEY QUALITIES		Make decisions, Be proactive, Focus					
	MOMENT		Defending	DURATION	60 min	PLAYERS	12	7v7
1st PLAY PHASE (Intentional Free Play): 4v4 to Small Goals			DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min					
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PRACTICE (Core Activity): 7v5 to Goal to Target Players			DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min					
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			OBJECTIVE: To deny scoring chances. ORGANIZATION: Set up a 50Wx32L field with a regular goal and one counter goal. 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 passing to either target player. Rotate players every interval. All Laws of the game in effect. KEY WORDS: Block the shot, Pressure the ball, Focus. GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What helps you to stay focused defensively? ANSWERS: 1. By getting in front of the ball and block the shot or pass forward. 2. Pressure the ball. 3. Staying involved. Note – Switch to this activity if the CORE is not challenging enough.					



OBJECTIVE: To deny scoring chances.

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

KEY WORDS: Block the shot, Pressure the ball, Focus.

GUIDED QUESTIONS: 1. How can you protect the goal? 2. What should the closest player to the ball do? 3. What helps you to stay focused defensively?

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

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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?