TITLE: U.S. SOCCER PLAY - PRACTICE - PLAY TRAINING SESSION

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

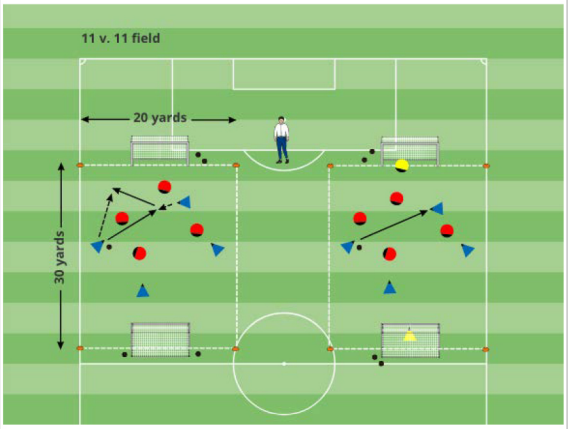
PLAYER ACTIONS: Create 2v1 or 1v1, pass or dribble forward, change the pace/rhythm

KEY QUALITIES: Read game/make decisions, take initiative/be proactive, technical execution, focus

U13+/11v11/ 18 players

MOMENT: Attacking

DURATION: 90:00 min



1st PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward and score goals.

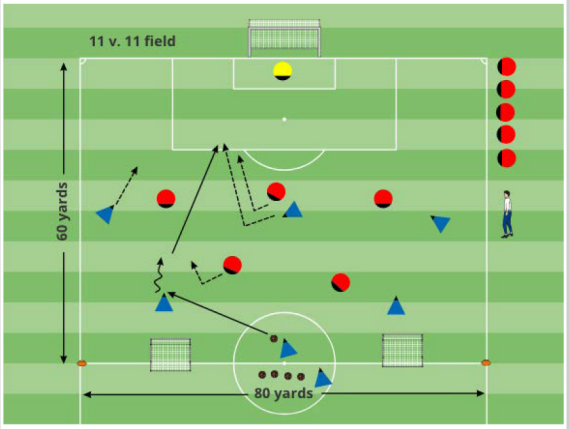
ORGANIZATION: Mark out two 30 x 20-yard fields, each with two goals. Divide players into four teams. Play 4 v 4 or 5 v 5 including goalkeepers. Free play, kick-ins. Play for 30 minutes with two breaks.

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

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

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

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



PRACTICE (core activity): 6 v 5 + GK

OBJECTIVE: To create passing options and pass or dribble forward

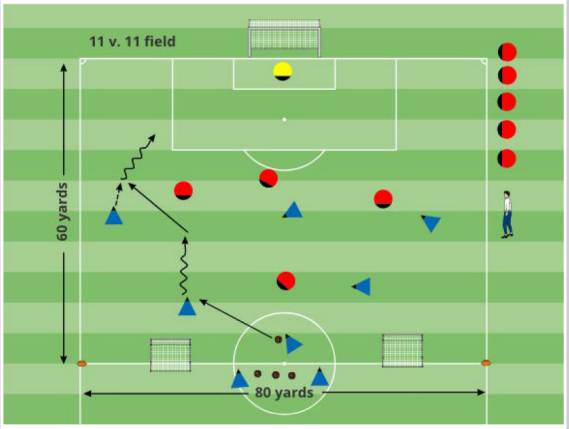
ORGANIZATION: Mark out a 60 x 80-yard field with one full-sized to two counter goals. Play 6 v 5 + GK in favor of blue team (one blue start the play). If opponent wins ball they score in counter goals. First to five goals, then switch sides and reset. Play for 30 minutes with two breaks. Rotate players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

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

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

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

NOTES: Start here at the Core Activity after the first play phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase.



PRACTICE (less challenging): 6 v 4 + GK

OBJECTIVE: To create passing options and pass or dribble forward

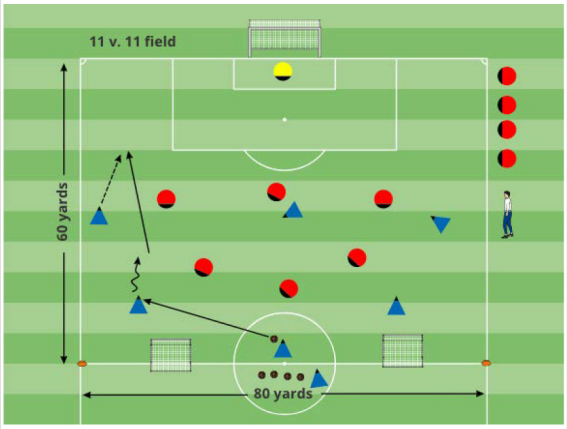
ORGANIZATION: Same as Core Activity, except teams play 6 v 4 + GK. Two extra blue players can start beside the extra balls and pass the ball in to start the play. Rotate players every few minutes so that all players play.

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

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

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

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



PRACTICE (more challenging): 6 v 6 + GK

OBJECTIVE: To create passing options and pass or dribble forward

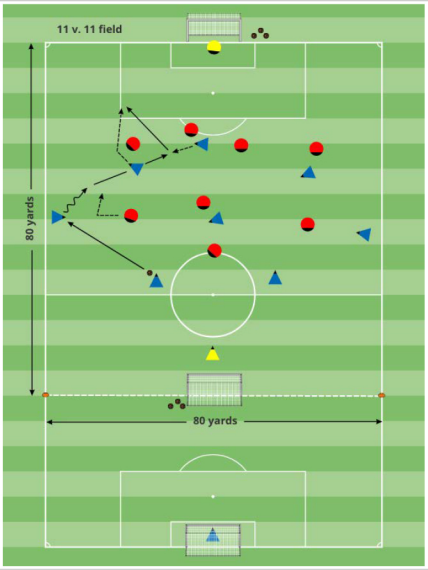
ORGANIZATION: Same as Core Activity, except teams play 6 v 6 + GK. One extra blue players can start beside the extra balls and pass the ball in to start the play. Rotate players every few minutes so that all players play.

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

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

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

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



2nd PLAY PHASE: The Game

OBJECTIVE: To pass or dribble forward and score goals.

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

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

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

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

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

Five Elements of a Training Activity

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

Training Session Self-Reflection Questions

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

2. What did you do well?

3. What could you do better?