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

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

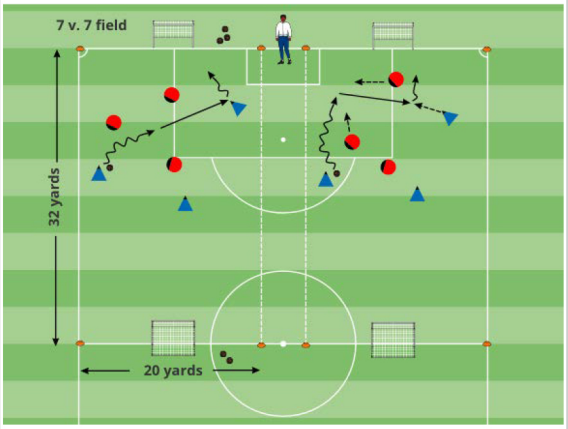
PLAYER ACTIONS: Spread out, create 2v1 and 1v1, pass or dribble forward

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

U9-U10 / 7v7 / 12 players

MOMENT: Attacking

DURATION: 90:00 min



1st PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward and score goals.

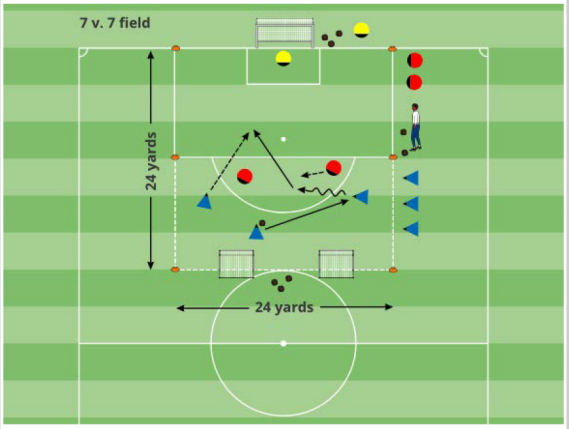
ORGANIZATION: Mark out two 32 x 20-yard fields, each with two mini goals. Play 3 v 3. Free play, kick-ins. Play for 30 minutes with two breaks.

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

GUIDED QUESTIONS: 1) How can you find an opening? 2) What can you do if you see an opening?

ANSWERS: 1) Look at the position of the opponent 2) Pass or dribble through it.

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): 3 v 2

OBJECTIVE: To create 2 v 1 and 1 v 1, pass or dribble forward

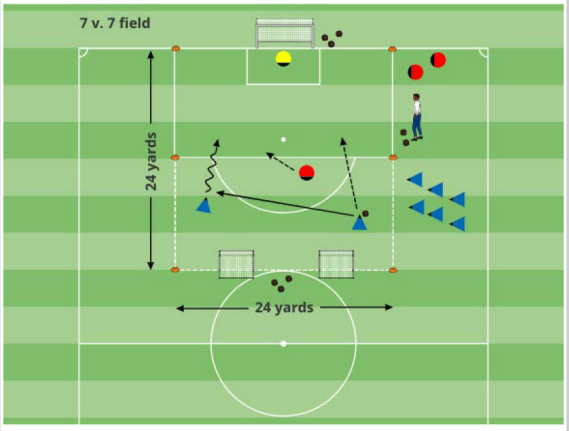
ORGANIZATION: Play 3 v 2 + GK in 24 x 24 yard space with a regular goal and two small goals. Blue players dribble or pass in. Defenders start at the top of the box, try to win ball and score in small goals. Play 2-3 min. reps. Red (including GK) rotates each rep. Blue also rotates each rep. Play for 30 minutes with two breaks.

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

GUIDED QUESTIONS: 1) How can you find an opening? 2) What can you do if you see an opening? 3) How can you create an opening?

ANSWERS: 1) Look at the position of the opponent 2) Pass or dribble through it. 3) Make the opponent move.

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): 2 v 1

OBJECTIVE: To create 2 v 1 and 1 v 1, pass or dribble forward

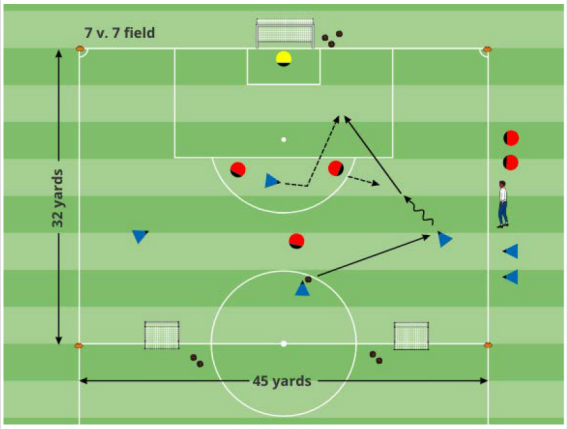
ORGANIZATION: Same as Core Activity, except teams play 2 v 1 + GK. Red (including GK) rotates each rep. Blue also rotates each rep. Blue rotates their two players each time.

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

GUIDED QUESTIONS: 1) How can you find an opening? 2) What can you do if you see an opening? 3) How can you create an opening?

ANSWERS: 1) Look at the position of the opponent 2) Pass or dribble through it. 3) Make the opponent move.

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): 4 v 3

OBJECTIVE: To create 2 v 1 and 1 v 1, pass or dribble forward

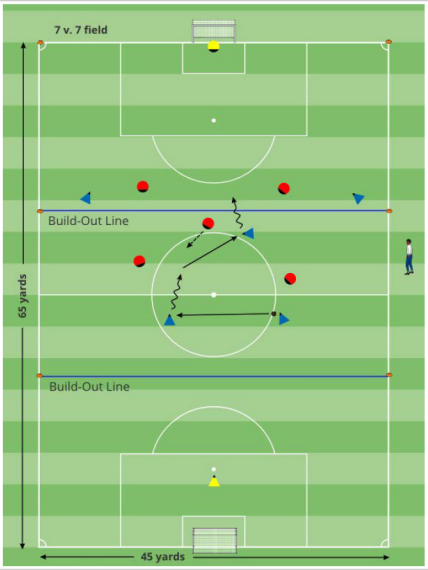
ORGANIZATION: Same as Core Activity, except teams play 4 v 3 + GK. in half of a field. Red (including GK) rotates each rep. Blue also rotates each rep. Blue rotates their two players each time.

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

GUIDED QUESTIONS: 1.) How can you find an opening? 2.) What can you do if you see an opening? 3) How can you create an opening?

ANSWERS: 1) Look at the position of the opponent 2) Pass or dribble through it. 3) Make the opponent move.

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 play forward, create chances and score goals.

ORGANIZATION: Play 6 v 6 game on 65 x 45 yard field with build-out lines and regular goals with goalkeepers. Both teams play a 1-2-1-2 formation. LOTG. Play for 30 minutes including one "halftime" (5 minutes max).

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

GUIDED QUESTIONS: 1) How can you find an opening? 2) What can you do if you see an opening? 3) How can you create an opening?

ANSWERS: 1) Look at the position of the opponent 2) Pass or dribble through it. 3) Make the opponent move.

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?