

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

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

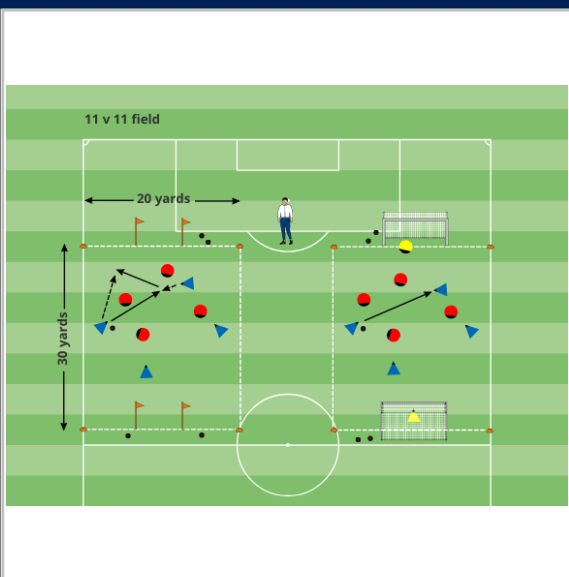
PLAYER ACTIONS: Create 1 v 1s and 2 v 1s, pass or dribble forward, change the pace/rhythm

KEY QUALITIES: Decision-making, reading the game, initiative, proactive play, technical execution, focus

U13+ / 11 v 11 / 18 players

MOMENT: Attacking

DURATION: 90:00 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward and score goals.

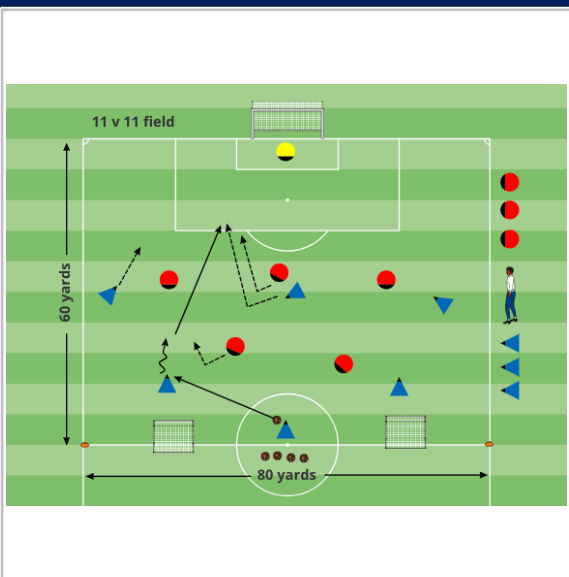
ORGANIZATION: Mark out two 30 x 20-yard fields, each with two goals. Divide players into four teams. Teams play 4 v 4 or 5 v 5 including goalkeepers. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Opening, take opponents on, go!

GUIDED QUESTIONS: 1) How do you find or create openings to move the ball forward and score?

ANSWERS: 1) By pulling opponents out of position.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second 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 standard goal and two small goals. Teams play 6 v 5 + GK. If the defenders (Red) win the ball, they counterattack on the small goals. Play to five goals, then switch sides and reset. Play for 30 minutes with two breaks. Rotate new players in every few minutes so everyone gets to play.

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

GUIDED QUESTIONS: 1) How do you find or create openings to move the ball forward and score? 2) How do you force opponents to make errors?

ANSWERS: 1) By pulling opponents out of position and then quickly passing. 2) By creating 1 v 1s or 2 v 1s and then passing or dribbling forward.

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



PRACTICE (Less Challenging): 6 v 4 + GK

OBJECTIVE: To create passing options and pass or dribble forward.

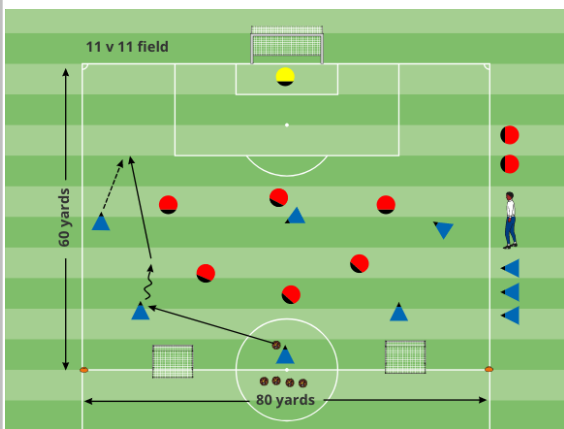
ORGANIZATION: Same as Core Activity, except teams play 6 v 4 + GK.

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

GUIDED QUESTIONS: 1) How do you find or create openings to play forward and score? 2) How do you force opponents to make errors?

ANSWERS: 1) By pulling opponents out of position and then quickly passing. 2) By creating 1 v 1s or 2 v 1s and then passing or dribbling forward.

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



PRACTICE (More Challenging): 6 v 6 + GK

OBJECTIVE: To create passing options and pass or dribble forward.

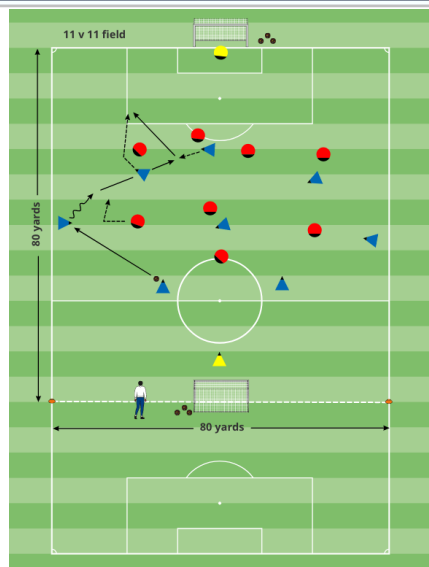
ORGANIZATION: Same as Core Activity, except teams play 6 v 6 + GK.

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

GUIDED QUESTIONS: 1) How do you find or create openings to play forward and score? 2) How do you force opponents to make errors?

ANSWERS: 1) By pulling opponents out of position and then quickly passing. 2) By creating 1 v 1s or 2 v 1s and then passing or dribbling forward.

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



2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble forward and score goals.

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

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

GUIDED QUESTIONS: 1) How do you find or create openings to move the ball forward and score? 2) How do you force opponents to make errors?

ANSWERS: 1) By pulling opponents out of position and then quickly passing. 2) By creating 1 v 1s or 2 v 1s and then passing or dribbling forward.

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

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building up and creating chances in our half

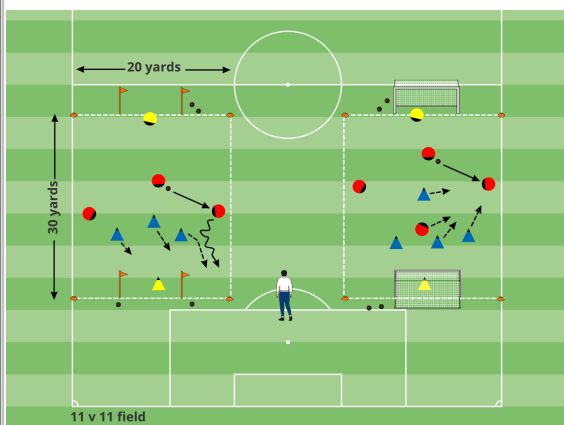
PLAYER ACTIONS: Pressure/cover/balance, keep it compact

KEY QUALITIES: Read and understand the game, take initiative, focus

U13+ / 11 v 11 / 18 players

MOMENT: Defending

DURATION: 90:00 min



1ST PLAY PHASE: Small-Sided Games

OBJECTIVE: To deny chances, win the ball back and score.

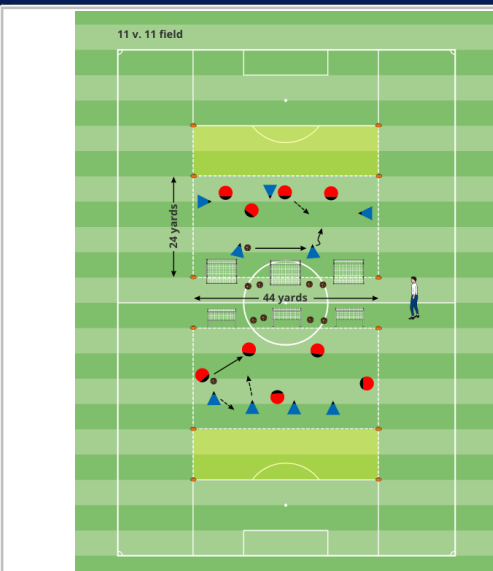
ORGANIZATION: Mark out two 30 x 20-yard fields. Free play: Divide players into two teams of four and two of five. Teams play 4 v 4 and 5 v 5 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball

GUIDED QUESTIONS: 1) How can you prevent the opponent from creating chances? 2) How do you close the gaps? 3) How do you keep them closed?

ANSWERS: 1) Close the gaps and keep them closed. 2) Form a compact unit (stay close to all nearby teammates). 3) Copy the movements of the ball, following it from side to side.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 5 v 4 on End Zone and Three Mini Goals

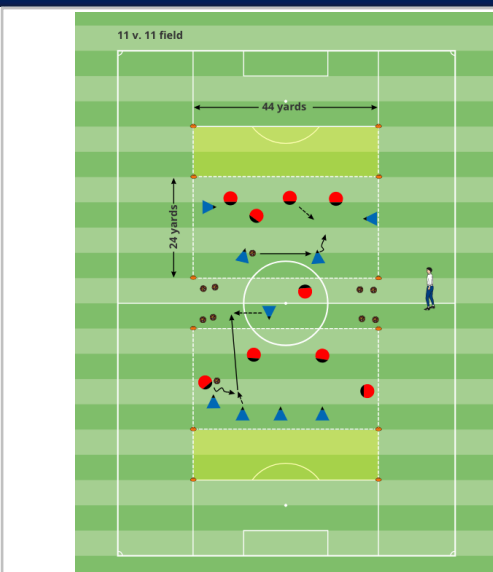
OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: For every 5 attackers and 4 defenders, mark out a 24 x 44-yard field with an end zone and three mini goals. The attackers can score by dribbling or completing a pass into the end zone. The defenders form a flat four and try to keep the attackers from breaking through. If they win the ball, they counterattack on the mini goals. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What's the best formation for the defenders to cover the width of the field? 2) What should the flat four do on attacks up the middle? 3) What if the ball carrier passes to a teammate?

ANSWERS: 1) A flat four. 2) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover. 3) The defender in front drops back, the flat four moves with the ball, and whoever is closest now steps up.



PRACTICE (Less Challenging): 4 v 4 on End Zone and Target Player

OBJECTIVE: To deny chances, win the ball back and score.

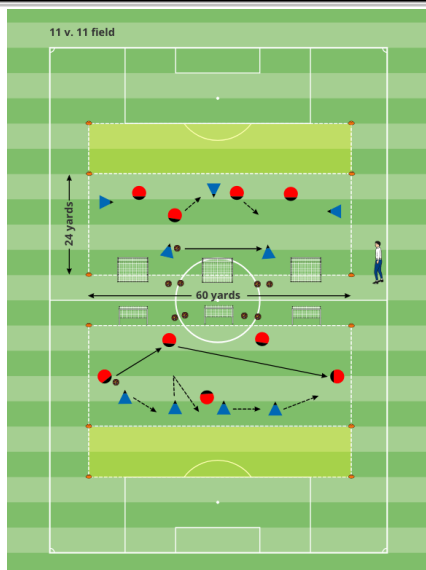
ORGANIZATION: Same as Core Activity, except teams play 4 v 4, and the defenders have to pass to the target player to score.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What's the best formation for the defenders to cover the width of the field? 2) What should the flat four do on attacks up the middle? 3) What if the ball carrier passes to a teammate?

ANSWERS: 1) A flat four. 2) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover. 3) The defender in front drops back, the flat four moves with the ball, and whoever is closest now steps up.

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



PRACTICE (More Challenging): 5 v 4 on End Zone and Three Mini Goals

OBJECTIVE: To deny chances, win the ball back and score.

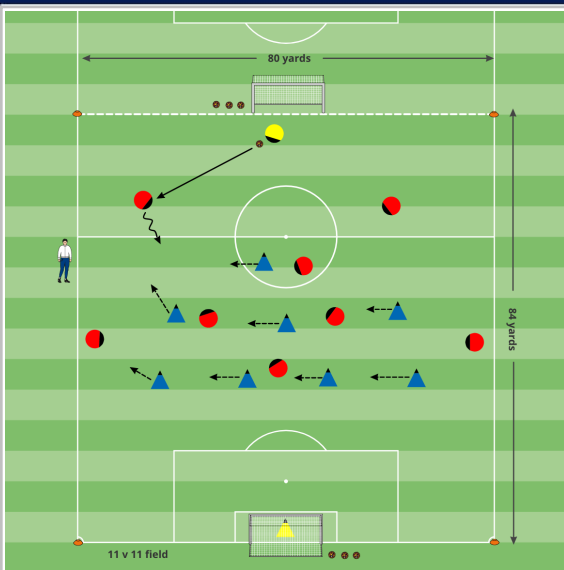
ORGANIZATION: Same as Core Activity, except the field is 60 yards wide.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What's the best formation for the defenders to cover the width of the field? 2) What should the flat four do on attacks up the middle? 3) What if the ball carrier passes to a teammate?

ANSWERS: 1) A flat four. 2) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover. 3) The defender in front drops back, the flat four moves with the ball, and whoever is closest now steps up.

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



2ND PLAY PHASE: The Game

OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: Mark out an 80 x 84-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) How can you keep opponents from creating chances? 2) How do you close the gaps? 3) How do you keep them closed? 4) What should the flat four do on attacks up the middle?

ANSWERS: 1) Close the gaps and keep them closed. 2) Form a compact unit (stay close to all nearby teammates). 3) Copy the movements of the ball, following it from side to side. 4) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover.

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 proper coaching, based on the age and level of the players?

Training Session Self-Reflection Questions

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve building up from own half in order to move the ball to the opponent's half

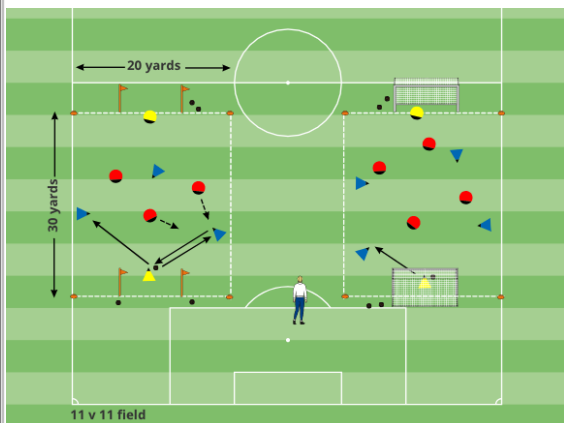
PLAYER ACTIONS: Pass or dribble forward, create passing options, spread out

KEY QUALITIES: Decision-making, reading the game, initiative, focus

U13+ / 9 v 9 / 18 players

MOMENT: Attacking

DURATION: 90:00 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build a solid attack, move the ball forward and score.

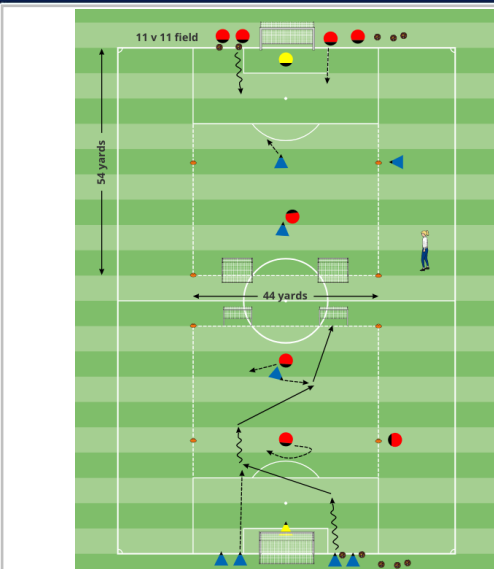
ORGANIZATION: Mark out two 30 x 20-yard fields. Free play: Field 1: Teams play 4 v 4 on goal lines with goalkeepers. Field 2: Teams play 5 v 5 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How can you outnumber your opponents during the building phase? 2) How can you create space during the building phase? 3) Which positions should attackers cover during the building phase? 4) What formation is that?

ANSWERS: 1) By involving the goalkeeper. 2) Spread out across the width of the field; push forward and tie up the opposing defenders. 3) Central defender, right wing, left wing, central attacker. 4) A diamond.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 3 v 2 on Two Small Goals

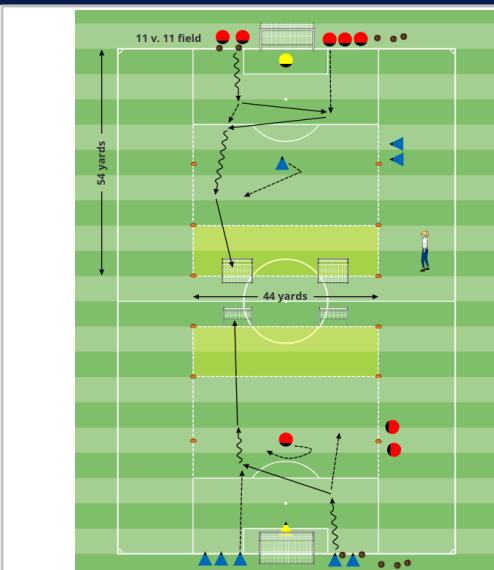
OBJECTIVE: To get through your defensive third and move the attack forward.

ORGANIZATION: Mark out two 54 x 44-yard fields. Assign attackers and defenders to starting positions as shown. Two attackers run in from the endline and try to get through their defensive third, move into the midfield and finish on one of the mini goals with the help of the central midfielder. The defenders try to win the ball and score on the attackers' goal. Rotate attackers and defenders after each round. Play for 30 minutes with two breaks.

KEY WORDS: Pass, dribble, be open

GUIDED QUESTIONS: 1) How do you build the attack? 2) How can the inside defenders get through the defensive third? 3) What does the central midfielder need to do?

ANSWERS: 1) Play safe combinations from defense to midfield, get the ball past the opponent's forwards and start attacking the goal. 2) By dribbling or passing into the midfield. 3) Act as a link player and create passing options behind the opposing forward; focus on moving the attack forward after receiving a pass.



PRACTICE (Less Challenging): 2 v 1 on Two Small Goals

OBJECTIVE: To get through your defensive third and move the attack forward.

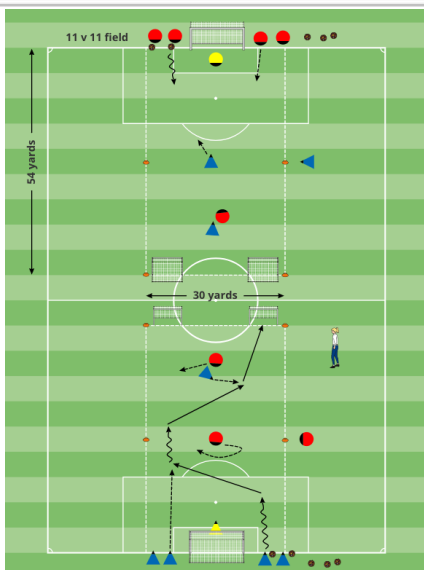
ORGANIZATION: Same as Core Activity, except teams play 2 v 1 (no midfielders), and attackers must shoot from outside the marked end zones.

KEY WORDS: Pass, dribble, be open

GUIDED QUESTIONS: 1) How do you build the attack? 2) How can the inside defenders get through the defensive third?

ANSWERS: 1) Play safe combinations from defense to midfield, get the ball past the opponent's forwards and start attacking the goal. 2) By dribbling or passing into the midfield.

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



PRACTICE (More Challenging): 3 v 2 on Two Small Goals

OBJECTIVE: To get through your defensive third and move the attack forward.

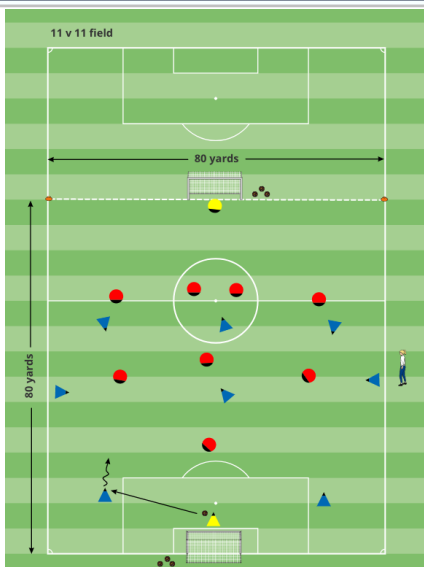
ORGANIZATION: Same as Core Activity, except the field is just 30 yards wide.

KEY WORDS: Pass, dribble, be open

GUIDED QUESTIONS: 1) How do you build the attack? 2) How can the inside defenders get through the defensive third? 3) What does the central midfielder need to do?

ANSWERS: 1) Play safe combinations from defense to midfield, get the ball past the opponent's forwards and start attacking the goal. 2) By dribbling or passing into the midfield. 3) Act as a link player and create passing options behind the opposing forward; focus on moving the attack forward after receiving a pass.

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



2ND PLAY PHASE: The Game

OBJECTIVE: To build a solid attack, move the ball forward and score.

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1 and tries to disrupt the other's buildup as quickly as possible. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

KEY WORDS: Be open, pass, dribble, use space

GUIDED QUESTIONS: 1) How do you build the attack? 2) How can the inside defenders get through the defensive third? 3) What does the central midfielder need to do?

ANSWERS: 1) Play safe combinations from defense to midfield, get the ball past the opponent's forwards and start attacking the goal. 2) By dribbling or passing into the midfield. 3) Act as a link player and create passing options behind the opposing forward; focus on moving the attack forward after receiving a pass.

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building in their own half

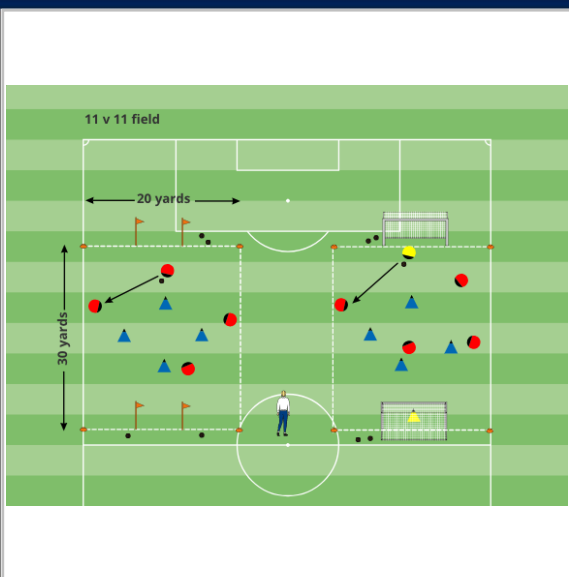
PLAYER ACTIONS: Steal the ball, pressure/cover/balance, outnumber opponents

KEY QUALITIES: Read and understand the game, take initiative, focus

U13+ / 11 v 11 / 18 players

MOMENT: Defending

DURATION: 90:00 min



1ST PLAY PHASE: Small-Sided Games

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

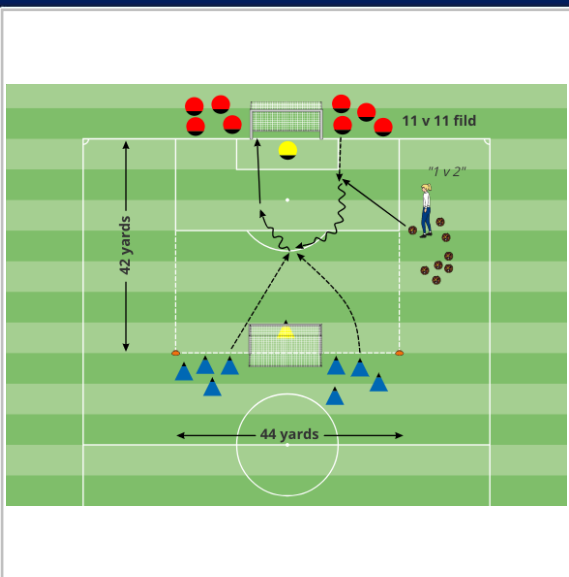
ORGANIZATION: Mark out two 30 x 20-yard fields. Free play: Field 1: Teams play 4 v 4 on 8-yard goal lines without goalkeepers (pass on the ground to score). Field 2: Teams play 4 v 4 on goals with goalkeepers. Goals scored after winning the ball in the opponent's half count double. Play for 30 minutes with two breaks,

KEY WORDS: Stay compact, pressure, cover, balance, attack the ball

GUIDED QUESTIONS: 1) Why is it good to win the ball in the opponent's half? 2) What do you need to do to be able to disrupt their buildup right away?

ANSWERS: 1) We're close to their goal (shorter transition time). 2) Form a compact unit, block forward passing lanes, make them play square passes, work together (on command) to put pressure on the opponent.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): Win the Ball (Defenders Numbers-Up)

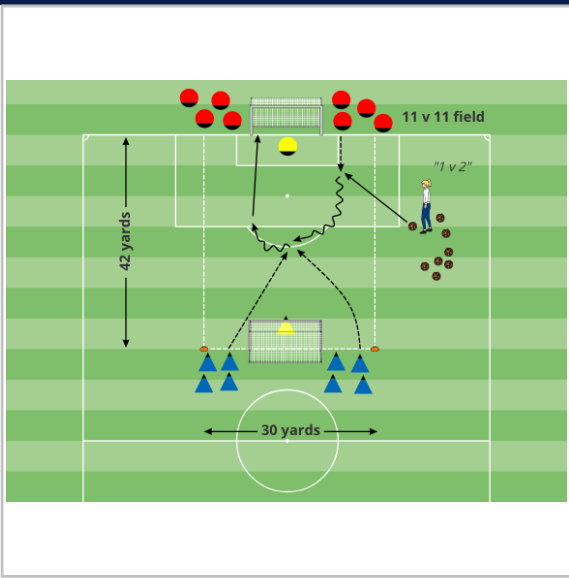
OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

ORGANIZATION: Mark out a 42 x 44-yard field with goals and goalkeepers. Choose eight attackers (Blue) and eight defenders (Red) and assign each team to a goal. The coach calls out the game (1 v 2, 2 v 3 or 3 v 4) and then plays the ball in to Blue. The appropriate number of players run onto the field and play until a goal is scored by either team. Then a new round begins. Play for 30 minutes with two breaks.

KEY WORDS: Outnumber the opponent, pressure, cover, attack the ball

GUIDED QUESTIONS: 1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS: 1) Disrupt the buildup in the opponent's half, win the ball and score. 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball.



PRACTICE (Less Challenging): Win the Ball (Defenders Numbers-Up)

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

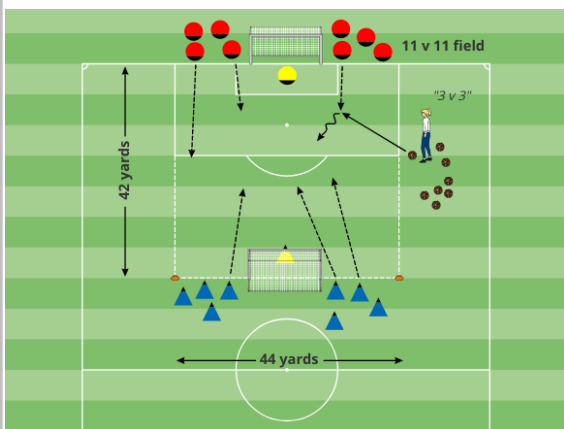
ORGANIZATION: Same as Core Activity, except the field is only 30 yards wide.

KEY WORDS: Outnumber the opponent, pressure, cover, attack the ball

GUIDED QUESTIONS: 1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS: 1) Disrupt the buildup in the opponent's half, win the ball and score. 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball.

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



PRACTICE (More Challenging): Win the Ball (Equal Teams)

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

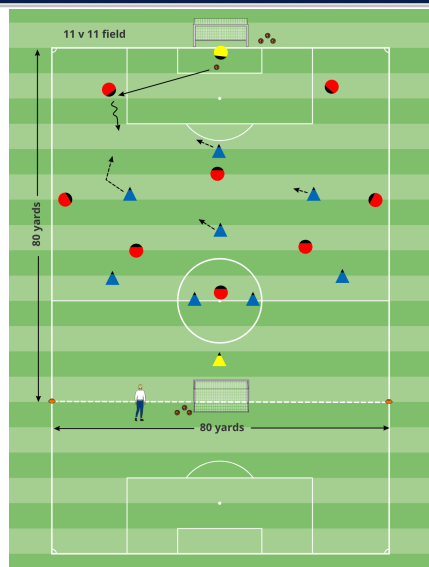
ORGANIZATION: Same as Core Activity, except both teams are equal: Options are 1 v 1, 2 v 2, 3 v 3 or 4 v 4.

KEY WORDS: Outnumber the opponent, pressure, cover, attack the ball

GUIDED QUESTIONS: 1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS: 1) Disrupt the buildup in the opponent's half, win the ball and score. 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball.

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



2ND PLAY PHASE: The Game

OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of eight. Each plays a 1-4-1-3 and tries to disrupt the other's buildup as quickly as possible. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Why is it good to win the ball in the opponent's half? 2) What do you need to do to be able to disrupt their buildup right away? 3) What are your signals to start pressing?

ANSWERS: 1) We're close to their goal (shorter transition time). 2) Form a compact unit, block forward passing lanes, make them play square passes, work together (on command) to put pressure on the opponent. 3) Missed passes, square passes, passes that go behind their receivers.

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 proper coaching, based on the age and level of the players?

Training Session Self-Reflection Questions

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve scoring goals

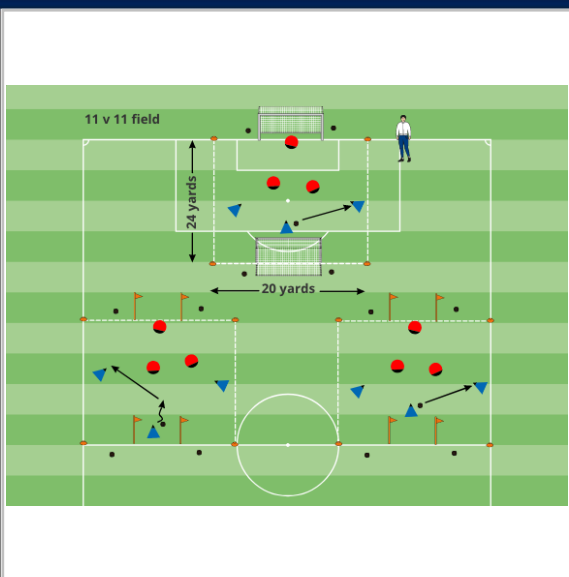
PLAYER ACTIONS: Shoot, create 1 v 1s and 2 v 1s

KEY QUALITIES: Decision-making, reading the game, initiative, focus, technical execution

U13+ / 9 v 9 / 18 players

MOMENT: Attacking

DURATION: 90:00 min

**1ST PLAY PHASE: Intentional Free Play**

OBJECTIVE: To create shooting opportunities and score.

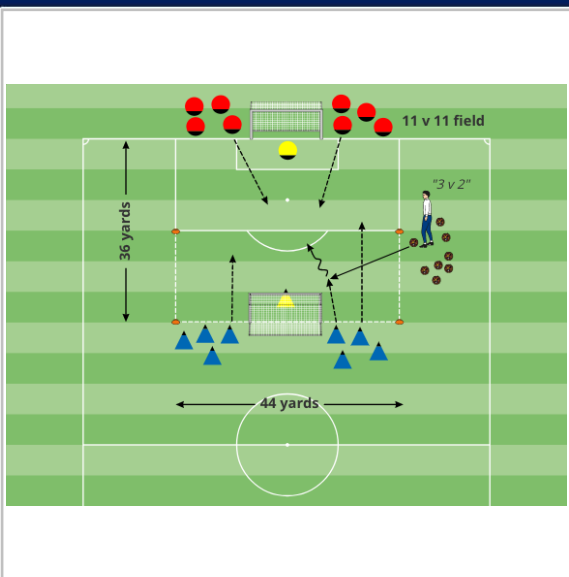
ORGANIZATION: Mark out three 24 x 20-yard fields. Teams play 3 v 3, either on goals (Field 1) or on goal lines (Fields 2 and 3). There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS: Shoot, take opponents on

GUIDED QUESTIONS: 1) How do you take advantage of a good shooting position? 2) What do you do when the opponent closes down one wing?

ANSWERS: 1) Spread the field and pass to a wing player, who pushes forward and shoots. 2) Break off the attack, play the ball out of pressure and switch to the other wing.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.

**PRACTICE (Core Activity): Attackers One-Up on Two Goals with Goalkeepers**

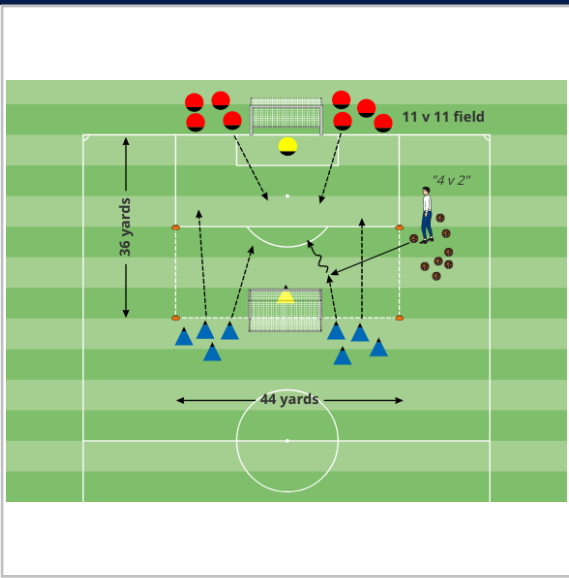
OBJECTIVE: To create shooting opportunities and score.

ORGANIZATION: Mark out a 36 x 44-yard field with goals and goalkeepers. Choose eight attackers (Blue) and eight defenders (Red) and position them as shown. The coach calls out the game (2 v 1, 3 v 2 or 4 v 3) and then plays the ball in to Blue. The appropriate number of players run onto the field and play until a goal is scored by either team. If a round ends too quickly, play in a second ball. Then break off the attack and start a new round. Play for 30 minutes with two breaks.

KEY WORDS: Shoot, pass, dribble, take opponents on

GUIDED QUESTIONS: 1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot?

ANSWERS: 1) When you're in a good position and you have a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary.

**PRACTICE (Less Challenging): Attackers Two-Up on Two Goals with Goalkeepers**

OBJECTIVE: To create shooting opportunities and score.

ORGANIZATION: Same as Core Activity, except the attackers play two-up: Options are 3 v 1, 4 v 2 or 5 v 3.

KEY WORDS: Shoot, pass, dribble, take opponents on

GUIDED QUESTIONS: 1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot?

ANSWERS: 1) When you're in a good position and you have a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary.

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

PRACTICE (More Challenging): Equal Teams on Two Goals with Goalkeepers

OBJECTIVE: To create shooting opportunities and score.

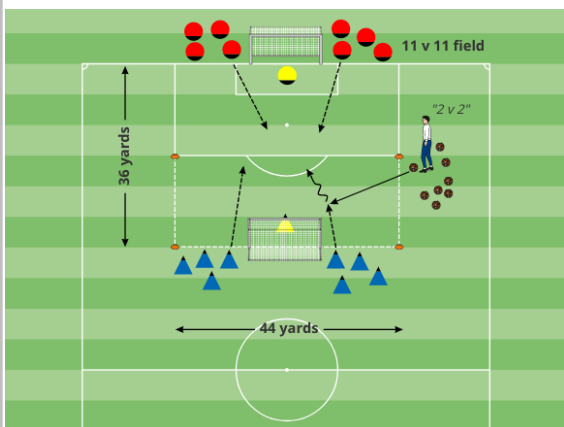
ORGANIZATION: Same as Core Activity, except both teams are equal: Options are 1 v 1, 2 v 2, 3 v 3 or 4 v 4.

KEY WORDS: Shoot, pass, dribble, take opponents on

GUIDED QUESTIONS: 1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot?

ANSWERS: 1) When you're in a good position and you have a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary.

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



2ND PLAY PHASE: The Game

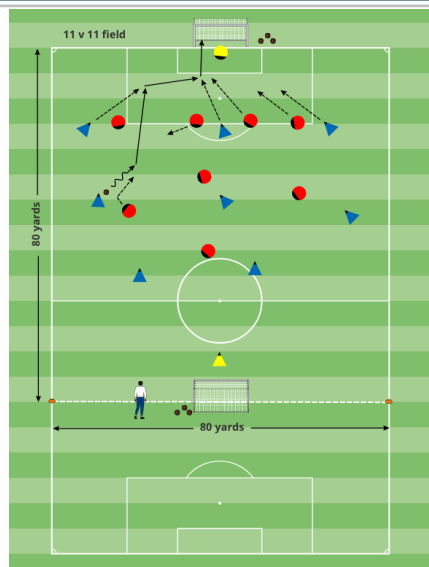
OBJECTIVE: To move the ball forward, create chances and score goals.

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each plays a 1-4-1-3. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

KEY WORDS: Be open, pass, dribble, use space

GUIDED QUESTIONS: 1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot?

ANSWERS: 1) When you're in a good position and you have a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary.



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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from scoring

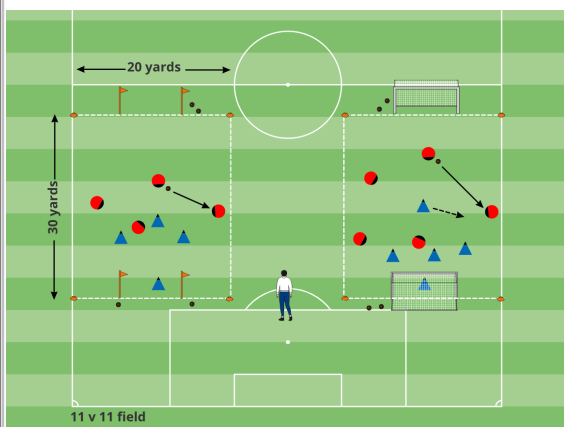
PLAYER ACTIONS: Outnumber the opponent, stay involved, protect the goal, steal the ball

KEY QUALITIES: Read and understand the game, focus, take responsibility

U13+ / 11 v 11 / 18 players

MOMENT: Defending

DURATION: 90:00 min



1ST PLAY PHASE: Small-Sided Games

OBJECTIVE: To deny chances, win the ball back and score.

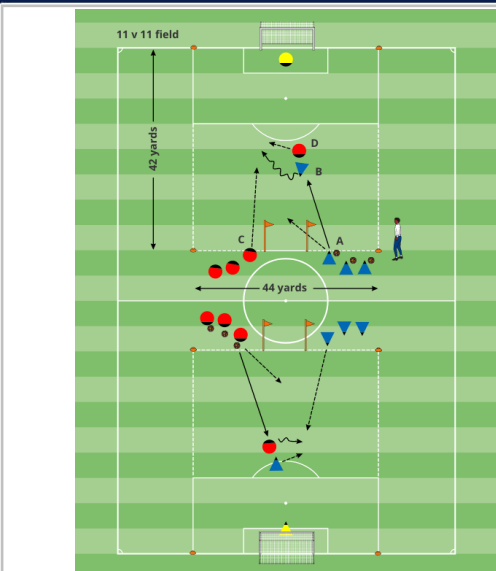
ORGANIZATION: Mark out two 30 x 20-yard fields. Free play: Teams play 4 v 4 on goal lines or 5 v 5 on goals. There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS: Defend the goal, stay compact, move with the ball

GUIDED QUESTIONS: 1) What's your top priority when you're outnumbered? 2) How can you keep the opponent away from the goal even though you're outnumbered?

ANSWERS: 1) To defend the goal. 2) Form a compact unit, block the direct path to the goal; steer attackers onto the wings; play ball-oriented defense; cover each other; block shots.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): From 1 v 2 to 2 v 2

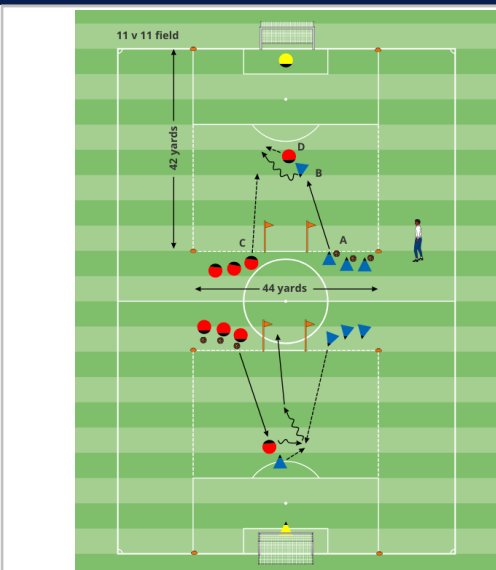
OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out two 42 x 44-yard fields. Divide players into two teams and position them as shown. Play begins with a pass from A to B. As soon as the pass is played, C runs in to help D. If the defenders win the ball, they counterattack on the goal line, Player A runs in to help B, and teams play 2 v 2 until a goal is scored. Afterward, A rotates to B's position and C rotates to D's. Play for 30 minutes with two breaks.

KEY WORDS: Close opponents down, defend the goal, attack the ball

GUIDED QUESTIONS: 1) What's the job of the defender behind the attacker? 2) What's the job of the other defender?

ANSWERS: 1) Intercept the ball if possible; otherwise stop the attacker from turning around to face the goal. 2) Support the first defender, pressure the attacker and win the ball.



PRACTICE (Less Challenging): 1 v 2 after Forward Pass

OBJECTIVE: To prevent the opponent from scoring.

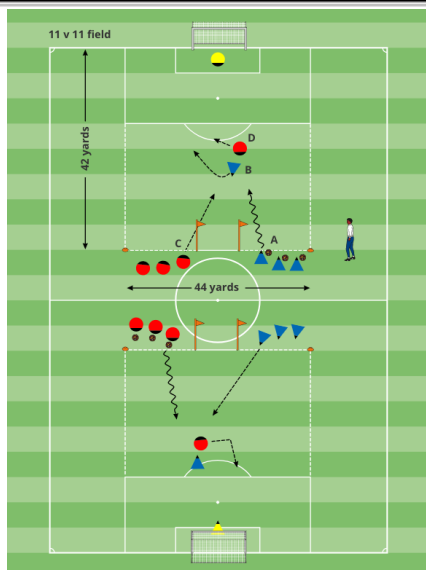
ORGANIZATION: Same as Core Activity, except teams play 1 v 2, and Player A stays out of the game after the opening pass, even if the defenders win the ball.

KEY WORDS: Close opponents down, defend the goal, attack the ball

GUIDED QUESTIONS: 1) What's the job of the defender behind the attacker? 2) What's the job of the other defender?

ANSWERS: 1) Intercept the ball if possible; otherwise stop the attacker from turning around to face the goal. 2) Support the first defender, pressure the attacker and win the ball.

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



PRACTICE (More Challenging): 2 v 2 in Middle

OBJECTIVE: To prevent the opponent from scoring.

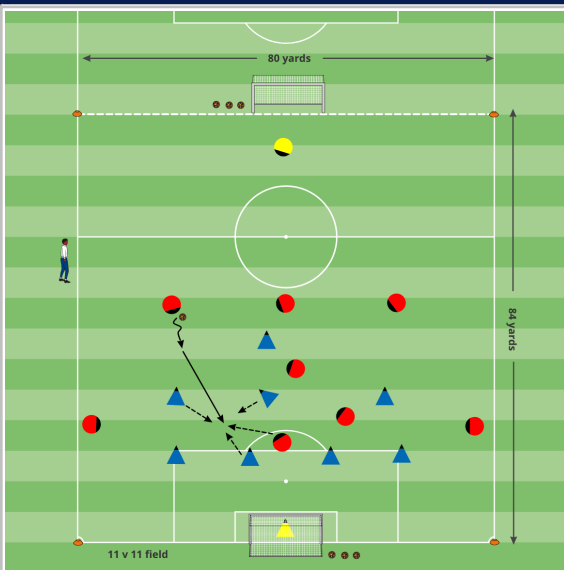
ORGANIZATION: Same as Core Activity, except teams play 2 v 2 (Player A dribbles onto the field). Play continues until a goal is scored by either team.

KEY WORDS: Close opponents down, defend the goal, attack the ball

GUIDED QUESTIONS: 1) What's the job of the defender behind the attacker? 2) What's the job of the other defender?

ANSWERS: 1) Intercept the ball if possible; otherwise stop the attacker from turning around to face the goal. 2) Support the first defender, pressure the attacker and win the ball.

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



2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out an 80 x 84-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes with two breaks.

KEY WORDS: Close opponents down, defend the goal, maintain contact, attack the ball

GUIDED QUESTIONS: 1) How can you keep the opponent from scoring? 2) What do the inside defenders need to do on forward passes? 3) How can the midfielders help in this situation?

ANSWERS: 1) Form a compact unit, block the direct path to the goal; steer attackers onto the wings; play ball-oriented defense; cover each other; block shots. 2) Intercept the pass if possible; otherwise stop the receiver from turning around to face the goal. 3) Support the first defender, pressure the attacker and win the ball.

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 proper coaching, based on the age and level of the players?

Training Session Self-Reflection Questions

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

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

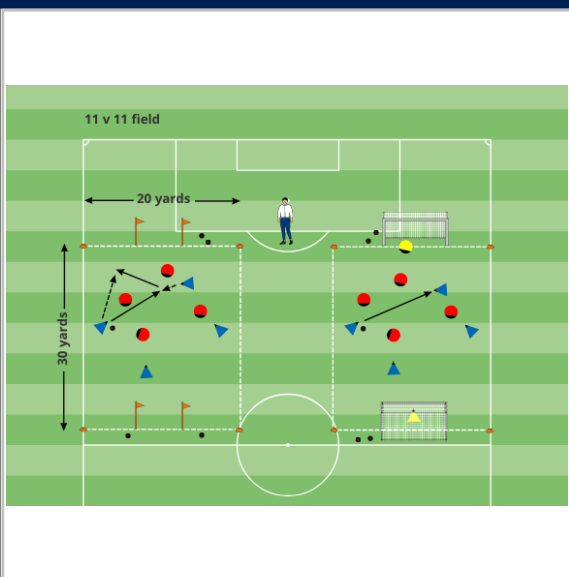
PLAYER ACTIONS: Spread out, create passing options, change the point of attack

KEY QUALITIES: Decision-making, reading the game, initiative, proactive play, technical execution, focus

U13+ / 11 v 11 / 18 players

MOMENT: Attacking

DURATION: 90:00 min



1ST PLAY PHASE: Intentional Free Play

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

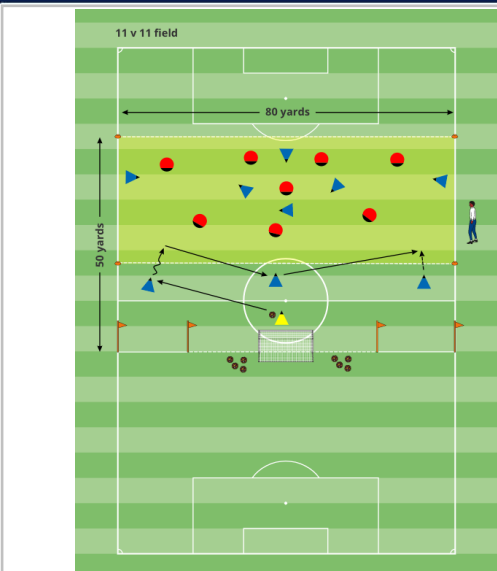
ORGANIZATION: Mark out two 30 x 20-yard fields, each with two goals. Divide players into four teams. Teams play 4 v 4 or 5 v 5 including goalkeepers. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Use space, be open, switch, take opponents on

GUIDED QUESTIONS: 1) How do you cover space when you're in possession? 2) What can you do to get past the opponent and break through to the goal?

ANSWERS: 1) Make the field as wide as possible (spread out). 2) Tie up defenders by dribbling at them, then pass to a teammate; switch the point of attack and pass the ball out of pressure; show for through passes behind the defensive line.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 10 v 8 on Endline

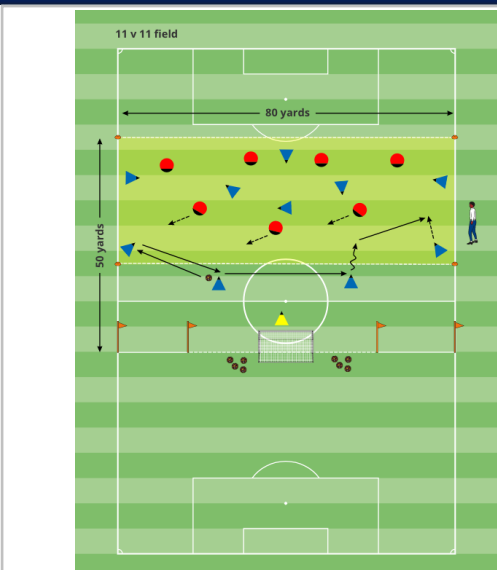
OBJECTIVE: To move the ball forward and break through the last line of defense.

ORGANIZATION: Mark out a 50 x 80-yard field with a 30-yard-deep defensive zone. Divide players into teams of 10 and 8 (Blue and Red). The attackers (Blue) play a 1-3-3-3 formation, and the defenders (Red) play a 4-3-1. To score, Blue has to either dribble across Red's endline or successfully pass across it into a receiver's path. Red can only defend inside the defensive zone. If they win the ball, they counterattack on Blue's goal or goal lines. Play for 30 minutes with two breaks.

KEY WORDS: Use space, be open, switch the field, pass, dribble

GUIDED QUESTIONS: 1) How can you get through the defense? 2) Where can you get through the defense? 3) What do you need to do to break through on the wings?

ANSWERS: 1) Pass or chip the ball into the end zone, or dribble into the end zone. 2) On the wings or in the middle. 3) Draw opponents to one side, then switch the attack to the other side.



PRACTICE (Less Challenging): 11 v 7 on Endline

OBJECTIVE: To move the ball forward and break through the last line of defense.

ORGANIZATION: Same as Core Activity, except teams play 11 v 7. Blue plays a 1-4-3-3, and Red has a back four and three midfielders.

KEY WORDS: Use space, be open, switch the field, pass, dribble

GUIDED QUESTIONS: 1) How can you get through the defense? 2) Where can you get through the defense? 3) What do you need to do to break through on the wings?

ANSWERS: 1) Pass or chip the ball into the end zone, or dribble into the end zone. 2) On the wings or in the middle. 3) Draw opponents to one side, then switch the attack to the other side.

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

PRACTICE (More Challenging): 9 v 9 on Endline and Goal

OBJECTIVE: To move the ball forward and break through the last line of defense.

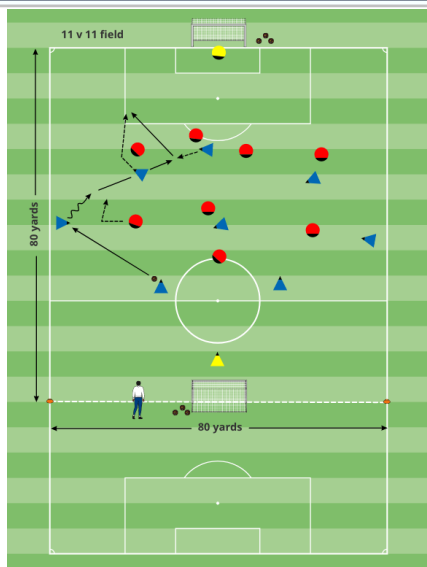
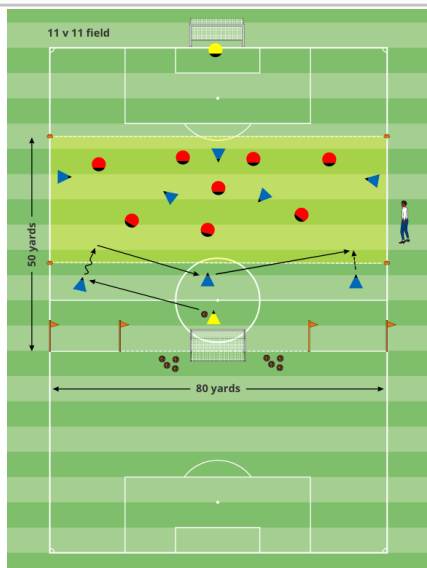
ORGANIZATION: Same as Core Activity, except Red also has a goal with goalkeeper. Teams play 9 v 9. Red is still restricted to the defensive zone. If Blue breaks through, all players follow to finish the game on Red's goal.

KEY WORDS: Use space, be open, switch the field, pass, dribble

GUIDED QUESTIONS: 1) How can you get through the defense? 2) Where can you get through the defense? 3) What do you need to do to break through on the wings?

ANSWERS: 1) Pass or chip the ball into the end zone, or dribble into the end zone. 2) On the wings or in the middle. 3) Draw opponents to one side, then switch the attack to the other side.

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



2ND PLAY PHASE: The Game

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

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1-formation. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Use space, be open, switch the field, pass, dribble

GUIDED QUESTIONS: 1) How do you cover space when you're in possession? 2) What can you do to get past the opponent and break through to the goal? 3) Where can you get through the defense? 4) What do you need to do to break through on the wings?

ANSWERS: 1) Make the field as wide as possible (spread out). 2) Tie up defenders by dribbling at them, then pass to a teammate; switch the point of attack and pass the ball out of pressure; show for through passes behind the defensive line. 3) On the wings or in the middle. 4) Draw opponents to one side, then switch the attack to the other side.

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building up and creating chances in our half

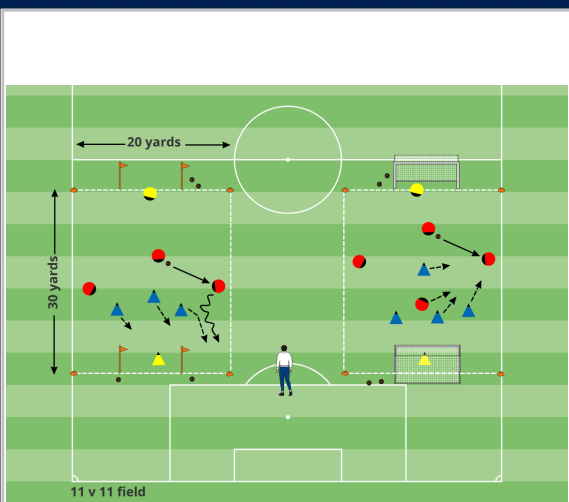
PLAYER ACTIONS: Make it compact, keep it compact, steal the ball

KEY QUALITIES: Read and understand the game, take initiative, focus

U13+ / 11 v 11 / 18 players

MOMENT: Defending

DURATION: 90:00 min



1ST PLAY PHASE: Small-Sided Games

OBJECTIVE: To deny chances, win the ball back and score.

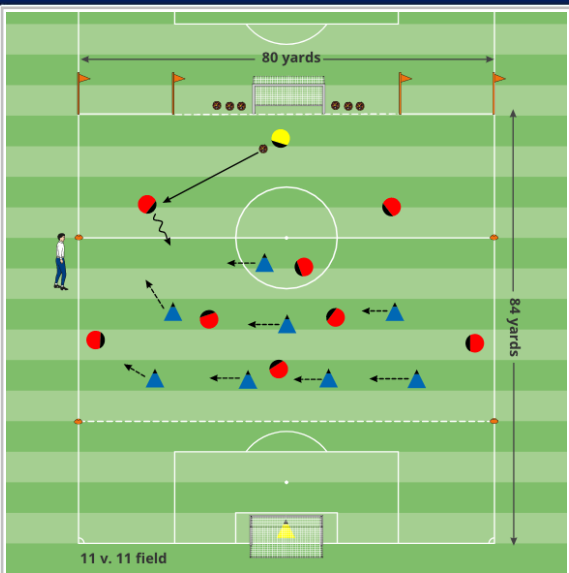
ORGANIZATION: Mark out two 30 x 20-yard fields. Free play: Divide players into two teams of four and two of five. Teams play 4 v 4 and 5 v 5 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball

GUIDED QUESTIONS: 1) How can you prevent the opponent from creating chances? 2) How do you close the gaps? 3) How do you keep them closed?

ANSWERS: 1) Close the gaps and keep them closed. 2) Form a compact unit (stay close to all nearby teammates). 3) Copy the movements of the ball, following it from side to side.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 9 v 9

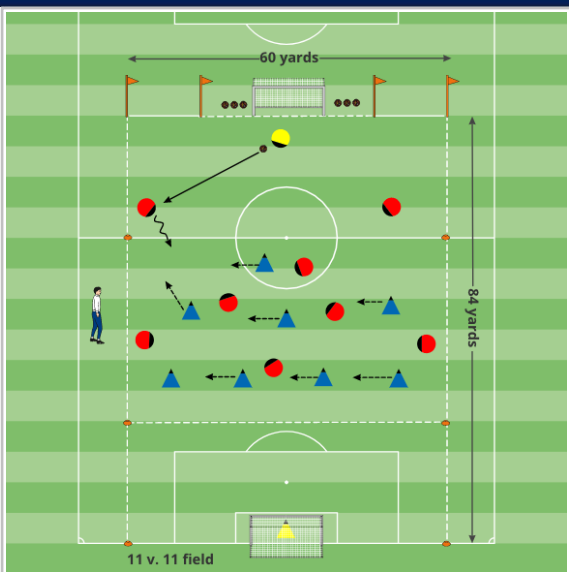
OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: Mark out an 80 x 84-yard field. Teams play 9 v 9. Red plays a 1-2-3-3 formation, and Blue plays a 1-4-3-1. Play starts with a pass from Red's goalkeeper. Blue starts out in the marked middle zone. If they win the ball, they counterattack on the goal in the middle or the goal lines on the wings. After interruptions, players return to their starting positions and play is restarted by Red's goalkeeper. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS: 1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Focus on defending: form a compact block between the penalty box and the centerline; stay close to all nearby teammates; move with the ball.



PRACTICE (Less Challenging): 9 v 9 on Narrow Field

OBJECTIVE: To deny chances, win the ball back and score.

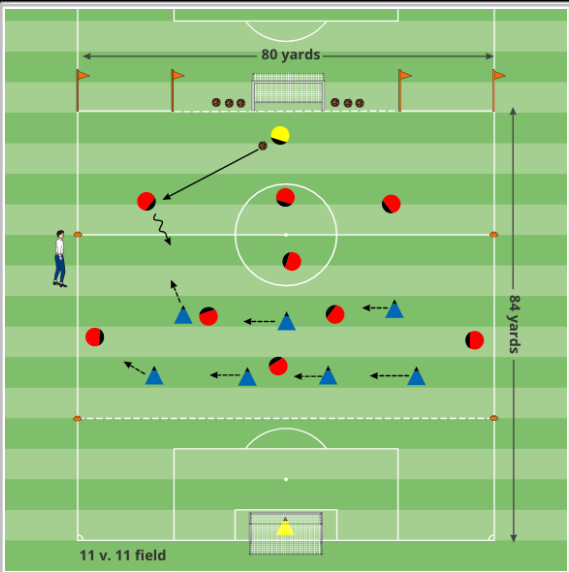
ORGANIZATION: Same as Core Activity, except the field is only 60 yards wide.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS: 1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Focus on defending: form a compact block between the penalty box and the centerline; stay close to all nearby teammates; move with the ball.

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



PRACTICE (More Challenging): 10 v 8

OBJECTIVE: To deny chances, win the ball back and score.

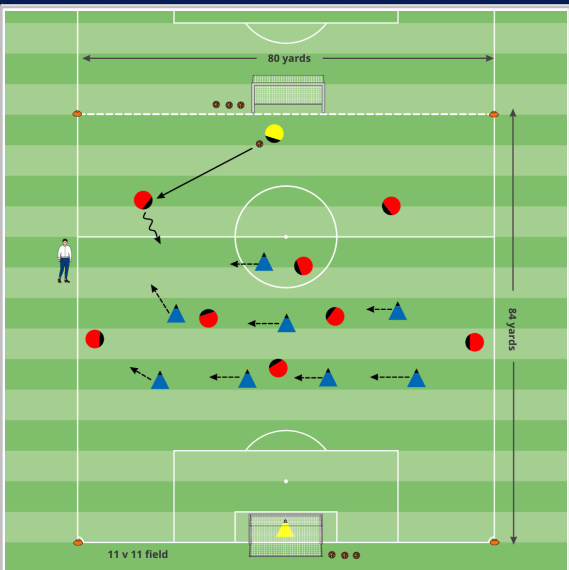
ORGANIZATION: Same as Core Activity, except Red has 10 players and Blue has 8. Formations are 1-3-3-3 (Red) and 1-4-3 (Blue).

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS: 1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Focus on defending; form a compact block between the penalty box and the centerline; stay close to all nearby teammates; move with the ball.

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



2ND PLAY PHASE: The Game

OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: Mark out an 80 x 84-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What are you trying to do in this activity? 2) Which part of the field do you need to cover when the other team has the ball? 3) How can you prevent the opponent from creating chances? 4) How do you close the gaps? 5) How do you keep them closed?

ANSWERS: 1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Our own half in front of the penalty box. 3) Close the gaps and keep them closed. 4) Form a compact unit (stay close to all nearby teammates). 5) Copy the movements of the ball, following it from side to side.

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 proper coaching, based on the age and level of the players?

Training Session Self-Reflection Questions

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve building up from own half in order to move the ball to the opponent's half

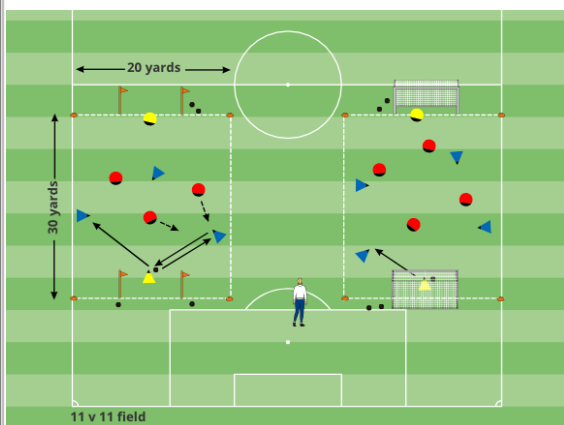
PLAYER ACTIONS: Spread out, create passing options, pass or dribble forward

KEY QUALITIES: Decision-making, reading the game, initiative, focus

U13+ / 9 v 9 / 18 players

MOMENT: Attacking

DURATION: 90:00 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build a solid attack, move the ball forward and score.

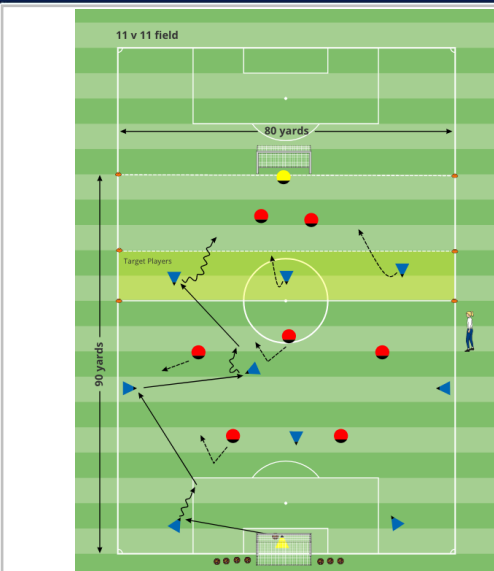
ORGANIZATION: Mark out two 30 x 20-yard fields. Free play: Field 1: Teams play 4 v 4 on goal lines with goalkeepers. Field 2: Teams play 5 v 5 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How can you outnumber your opponents during the building phase? 2) How can you create space during the building phase? 3) Which positions should attackers cover during the building phase? 4) What formation is that?

ANSWERS: 1) By involving the goalkeeper. 2) Spread out across the width of the field; push forward and tie up the opposing defenders. 3) Central defender, right wing, left wing, central attacker. 4) A diamond.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 6 v 5 to 3 v 2 + GK

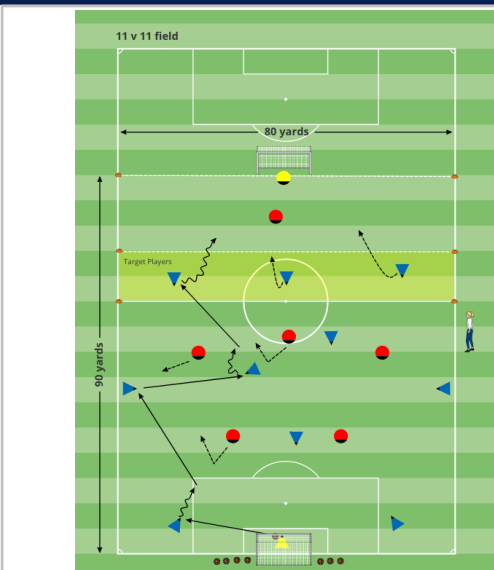
OBJECTIVE: To get past the opponent's first two lines of defense.

ORGANIZATION: Mark out an 80 x 90-yard field divided into three zones. Divide players into teams of 10 and 8 (Blue and Red) and position them as shown. Blue plays 6 v 5 against Red in the attack-building zone. Blue's three target players can only receive ground balls. After they receive the ball, they attack 3 v 2 on Red's goal. If Red wins the ball, they counterattack on Blue's goal. Play for 30 minutes with two breaks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) On distributions, where should the inside defenders show for the ball? 2) What do the outside defenders need to do? 3) What should the inside midfielders do? 4) What do the target players need to do?

ANSWERS: 1) Just outside the penalty box sidelines, close to the endline. 2) Push forward and create space to build the attack. 3) Act as link players and show for passes behind the opposing forwards; focus on moving the attack forward after receiving a pass. 4) Find holes and stay open for ground balls at all times.



PRACTICE (Less Challenging): 7 v 5 to 3 v 1 + GK

OBJECTIVE: To get past the opponent's first two lines of defense.

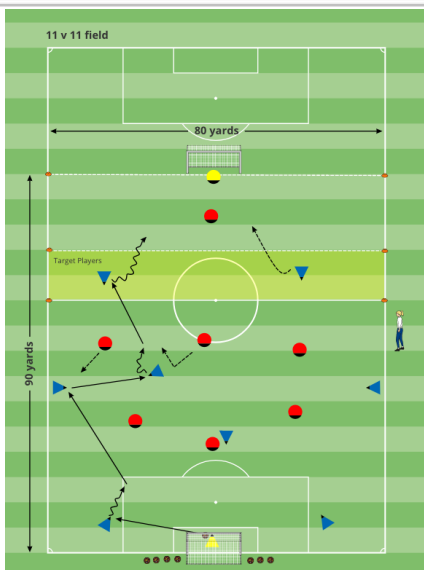
ORGANIZATION: Same as Core Activity, except teams play 7 v 5 / 3 v 1 + GK.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) On distributions, where should the inside defenders show for the ball? 2) What do the outside defenders need to do? 3) What should the inside midfielders do? 4) What do the target players need to do?

ANSWERS: 1) Just outside the penalty box sidelines, close to the endline. 2) Push forward and create space to build the attack. 3) Act as link players and show for passes behind the opposing forwards; focus on moving the attack forward after receiving a pass. 4) Find holes and stay open for ground balls at all times.

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



PRACTICE (More Challenging): 6 v 6 to 2 v 1 + GK

OBJECTIVE: To get past the opponent's first two lines of defense.

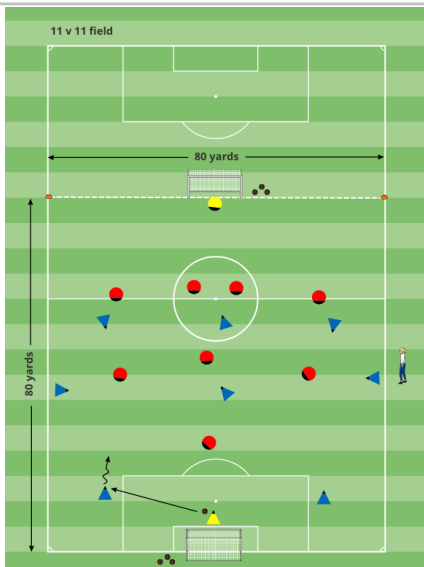
ORGANIZATION: Same as Core Activity, except teams play 6 v 6 / 2 v 1 + GK.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) On distributions, where should the inside defenders show for the ball? 2) What do the outside defenders need to do? 3) What should the inside midfielders do? 4) What do the target players need to do?

ANSWERS: 1) Just outside the penalty box sidelines, close to the endline. 2) Push forward and create space to build the attack. 3) Act as link players and show for passes behind the opposing forwards; focus on moving the attack forward after receiving a pass. 4) Find holes and stay open for ground balls at all times.

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



2ND PLAY PHASE: The Game

OBJECTIVE: To build a solid attack, move the ball forward and score.

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How can you outnumber your opponents during the building phase? 2) How can you create space during the building phase? 3) On distributions, where should the inside defenders show for the ball? 4) What do the outside defenders need to do? 5) What should the inside midfielders do?

ANSWERS: 1) By involving the goalkeeper. 2) Spread out across the width of the field; push forward and tie up the opposing defenders. 3) Just outside the penalty box sidelines, close to the endline. 4) Push forward and create space to build the attack. 5) Act as link players and show for passes behind the opposing forwards; focus on moving the attack forward after receiving a pass.

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from building in their own half

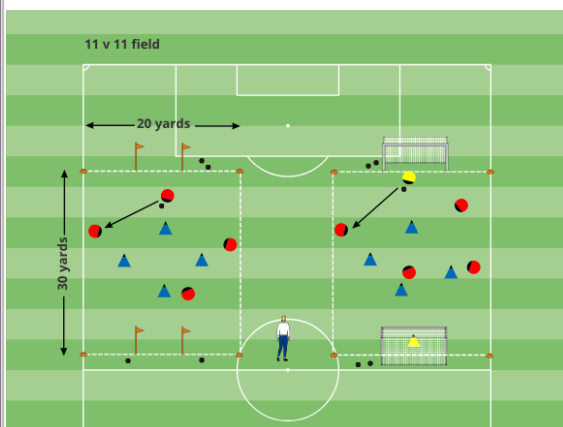
PLAYER ACTIONS: Make it compact, keep it compact, steal the ball

KEY QUALITIES: Read and understand the game, take initiative, focus

U13+ / 11 v 11 / 18 players

MOMENT: Defending

DURATION: 90:00 min



1ST PLAY PHASE: Small-Sided Games

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

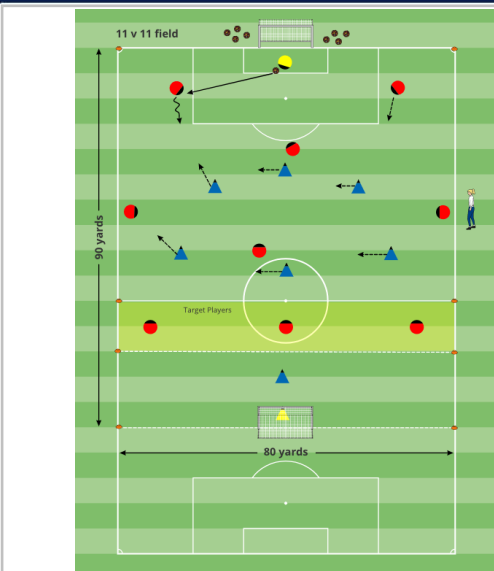
ORGANIZATION: Mark out two 30 x 20-yard fields. Free play: Field 1: Teams play 4 v 4 on 8-yard goal lines (pass on the ground to score). Field 2: Teams play 4 v 4 on goals with goalkeepers. Play for 30 minutes with two breaks,

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What do you need to do to be able to disrupt the opponent's buildup right away? 2) What should you do after a turnover?

ANSWERS: 1) Form a compact unit, block forward passing lanes, make them play square passes, and work together (on command) to put pressure on them. 2) Immediately switch to offense and finish as quickly as possible.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 6 v 6 to 3 v 1 on Two Goals with Goalkeepers

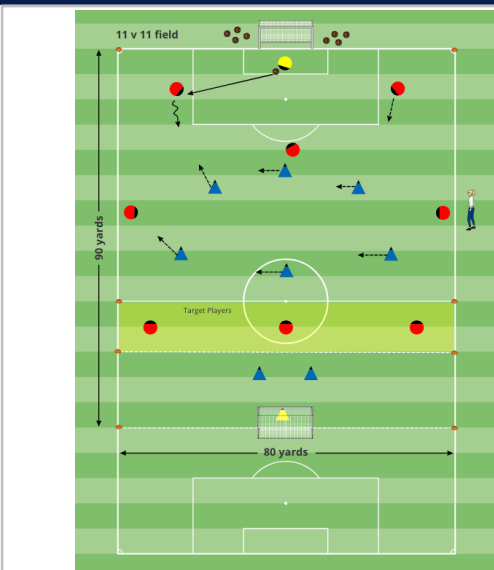
OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

ORGANIZATION: Mark out an 80 x 90-yard field divided into three zones. Divide players into teams of 9 and 7 (Red and Blue) and position them as shown. Red plays 6 v 6 against Blue in the attack-building zone. Red's three target players can only receive ground balls. After they receive the ball, they attack 3 v 1 on Blue's goal. If Blue wins the ball, they counterattack on Red's goal. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Why is it a bad idea to try to block a goalkeeper kick? 2) What should we do when the initial buildup is short? 3) When and where do we want to win the ball?

ANSWERS: 1) Because if we do, the keeper might kick it long. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender.



PRACTICE (Less Challenging): 5 v 6 to 3 v 2 on Two Goals with Goalkeepers

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

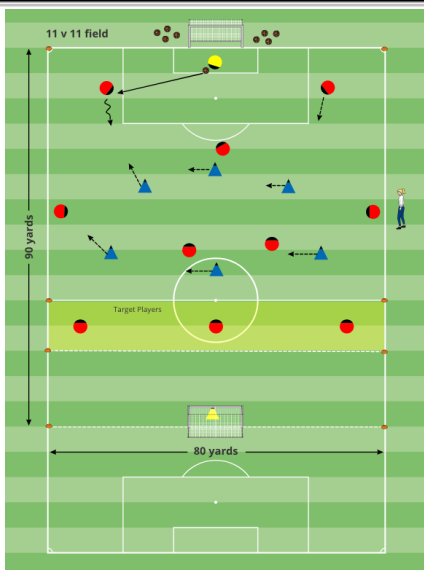
ORGANIZATION: Same as Core Activity, except teams play 5 v 6 in the attack-building zone, and the target players attack 3 v 2 on Blue's goal.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Why is it a bad idea to try to block a goalkeeper kick? 2) What should we do when the initial buildup is short? 3) When and where do we want to win the ball?

ANSWERS: 1) Because if we do, the keeper might kick it long. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender.

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



PRACTICE (More Challenging): 7 v 6 to 3 v 0 on Two Goals with Goalkeepers

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

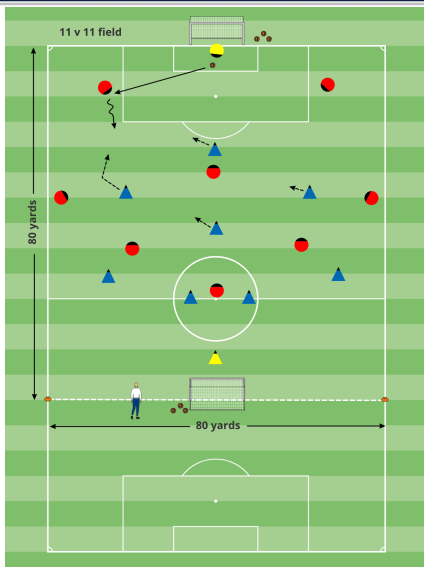
ORGANIZATION: Same as Core Activity, except teams play 7 v 6 in the attack-building zone, and the target players have three seconds to finish on Blue's goal.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Why is it a bad idea to try to block a goalkeeper kick? 2) What should we do when the initial buildup is short? 3) When and where do we want to win the ball?

ANSWERS: 1) Because if we do, the keeper might kick it long. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender.

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



2ND PLAY PHASE: The Game

OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of eight. Each plays a 1-4-1-3 and tries to disrupt the other's buildup as quickly as possible. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Why is it a bad idea to try to block a goalkeeper kick? 2) What should we do when the initial buildup is short? 3) When and where do we want to win the ball?

ANSWERS: 1) Because if we do, the keeper might kick it long. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender.

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 proper coaching, based on the age and level of the players?

Training Session Self-Reflection Questions

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve scoring goals

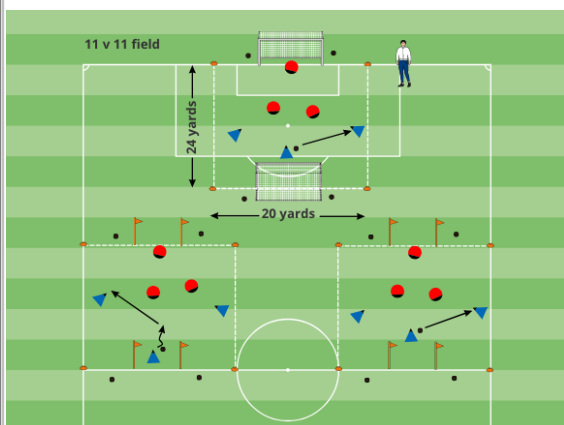
PLAYER ACTIONS: Shoot, create 1 v 1s and 2 v 1s

KEY QUALITIES: Decision-making, reading the game, initiative, focus, technical execution

U13+ / 9 v 9 / 18 players

MOMENT: Attacking

DURATION: 90:00 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create shooting opportunities and score.

ORGANIZATION: Mark out three 24 x 20-yard fields. Teams play 3 v 3, either on goals (Field 1) or on goal lines (Fields 2 and 3). There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS: Shoot, take opponents on

GUIDED QUESTIONS: 1) How many goals did you score? What can you do to score more goals? 2) How do you take advantage of a good shooting position?

ANSWERS: 1) Focus on attacking; create 1 v 1s and 2 v 1s; finish faster; be ready to jump on rebounds after shots. 2) Spread the field and pass to a wing player, who pushes forward and shoots.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 11 v 7 on Two Goals with GKs

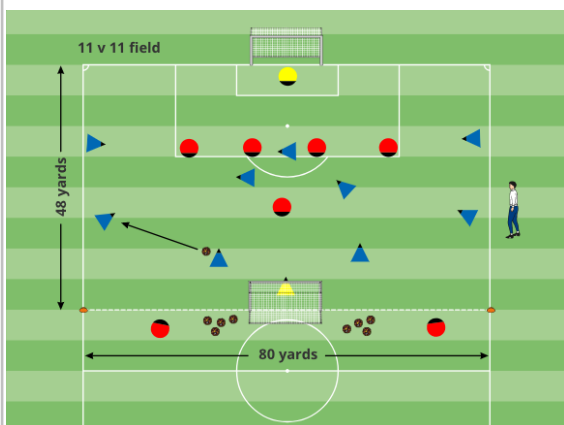
OBJECTIVE: To create chances and score by rapidly circulating the ball.

ORGANIZATION: Mark out a 48 x 80-yard field with goals and goalkeepers. Divide players into teams of 11 and 7 (Blue and Red). Blue attacks in a 1-4-3-3 formation, and Red defends in a 1-4-2 positioned deep around the penalty box. If Red wins the ball, they counterattack on Blue's goal. Play for 30 minutes with two breaks.

KEY WORDS: Shoot, pass, dribble, take opponents on, get in the box

GUIDED QUESTIONS: 1) How can you score when the opponent is deep in their own half? 2) How many players do you need in the middle on attacks up the wings? 3) Where should you be on the last pass? 4) What should you do after losing the ball?

ANSWERS: 1) Attack up the wings and play crosses; keep the ball moving, always changing rhythms and shifting the point of attack; shoot from outside the penalty box; be patient. 2) At least three. 3) Near post, far post and in front of goal. 4) Try to win it back right away and launch a new attack.



PRACTICE (Less Challenging): 10 v 6 on Two Goals with GKs plus Target Players

OBJECTIVE: To create chances and score by rapidly circulating the ball.

ORGANIZATION: Same as Core Activity, except teams play 10 v 6, and if Red wins the ball, they can also score by playing a pass or flighted ball to a target player.

KEY WORDS: Shoot, pass, dribble, take opponents on, get in the box

GUIDED QUESTIONS: 1) How can you score when the opponent is deep in their own half? 2) How many players do you need in the middle on attacks up the wings? 3) How can you keep Red from scoring?

ANSWERS: 1) Attack up the wings and play crosses; keep the ball moving, always changing rhythms and shifting the point of attack; shoot from outside the penalty box. 2) At least three. 3) By pressuring them immediately.

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

PRACTICE (More Challenging): 10 v 8 on Two Goals with GKs

OBJECTIVE: To create chances and score by rapidly circulating the ball.

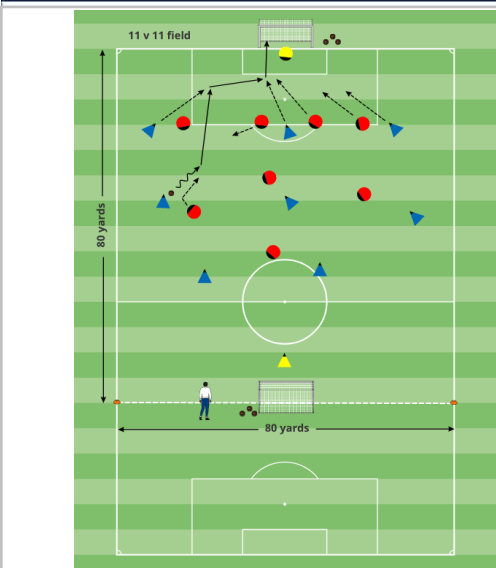
ORGANIZATION: Same as Core Activity, except teams play 10 v 8.

KEY WORDS: Shoot, pass, dribble, take opponents on, get in the box

GUIDED QUESTIONS: 1) How can you score when the opponent is deep in their own half? 2) How many players do you need in the middle on attacks up the wings? 3) Where should you be on the last pass? 4) What should you do after losing the ball?

ANSWERS: 1) Attack up the wings and play crosses; keep the ball moving, always changing rhythms and shifting the point of attack; shoot from outside the penalty box; be patient. 2) At least three. 3) Near post, far post and in front of goal. 4) Try to win it back right away and launch a new attack.

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



2ND PLAY PHASE: The Game

OBJECTIVE: To move the ball forward, create chances and score goals.

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each plays a 1-4-1-3. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

KEY WORDS: Shoot, pass, dribble, take opponents on, get in the box

GUIDED QUESTIONS: 1) How can you score when the opponent is deep in their own half? 2) How many players do you need in the middle on attacks up the wings? 3) Where should you be on the last pass? 4) What should you do after losing the ball?

ANSWERS: 1) Attack up the wings and play crosses; keep the ball moving, always changing rhythms and shifting the point of attack; shoot from outside the penalty box; be patient. 2) At least three. 3) Near post, far post and in front of goal. 4) Try to win it back right away and launch a new attack.

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?

TITLE: PLAY/PRACTICE/PLAY TRAINING SESSION

GOAL: Improve preventing the opponent from scoring

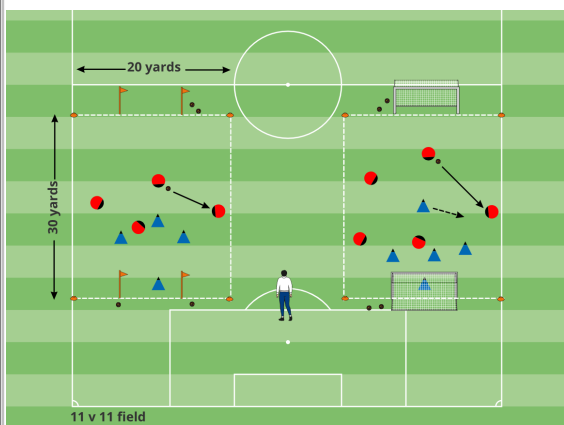
PLAYER ACTIONS: Mark the player/area, make it compact, protect the goal

KEY QUALITIES: Read and understand the game, focus, take responsibility

U13+ / 11 v 11 / 18 players

MOMENT: Defending

DURATION: 90:00 min



1ST PLAY PHASE: Small-Sided Games

OBJECTIVE: To deny chances, win the ball back and score.

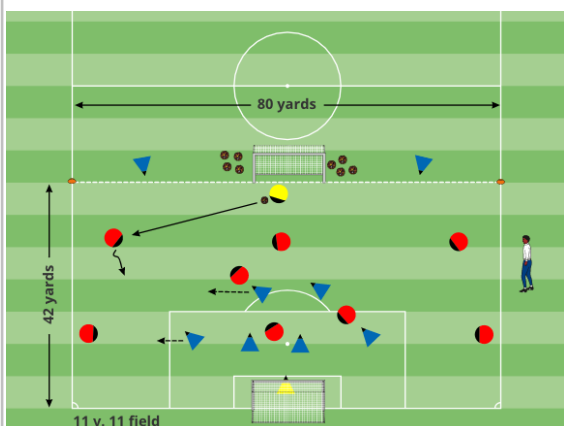
ORGANIZATION: Mark out two 30 x 20-yard fields. Free play: Teams play 4 v 4 on goal lines or 5 v 5 on goals. There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball

GUIDED QUESTIONS: 1) What's your top priority when you're outnumbered? 2) How can you keep the opponent away from the goal even though you're outnumbered?

ANSWERS: 1) To defend the goal. 2) Form a compact unit, block the direct path to the goal; steer attackers onto the wings; play ball-oriented defense; cover each other; block shots.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 8 v 6 on Goals with Goalkeepers and Target Players

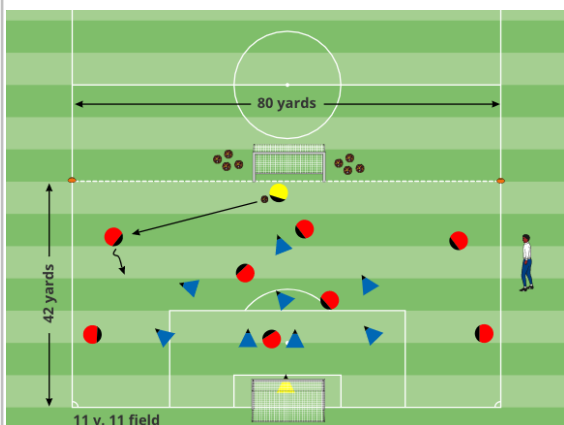
OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out a 42 x 80-yard field with goals and goalkeepers. Divide players into two teams of nine. Red attacks in a 1-3-2-3 formation, and Red defends in a 1-4-2 positioned deep around the penalty box. If Blue wins the ball, they counterattack on Red's goal or pass to the target players on the wings. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, defend the player, defend the area, defend the goal

GUIDED QUESTIONS: 1) How can you keep the opponent away from the goal even though you're outnumbered? 2) What do you need to do when they're attacking up the wings? 3) So what should the inside defenders do?

ANSWERS: 1) Form a compact unit, block the direct path to the goal and steer attackers onto the wings. 2) Stop the ball carrier; stop crosses; stay tight on players in good scoring positions. 3) Don't just run out after the ball; keep an eye on the opposing forwards and mark them tightly when they're in position to receive the ball.



PRACTICE (Less Challenging): 8 v 8 on Goals with Goalkeepers

OBJECTIVE: To prevent the opponent from scoring.

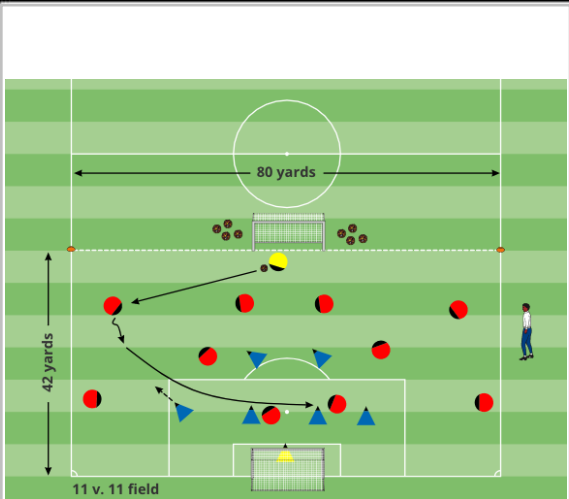
ORGANIZATION: Same as Core Activity, except 8 v 8 (Red 1-3-2-3, Blue 1-4-3-1).

KEY WORDS: Stay compact, defend the player, defend the area, defend the goal

GUIDED QUESTIONS: 1) How can you keep the opponent away from the goal even though you're outnumbered? 2) What do you need to do when they're attacking up the wings? 3) So what should the inside defenders do?

ANSWERS: 1) Form a compact unit, block the direct path to the goal and steer attackers onto the wings. 2) Stop the ball carrier; stop crosses; stay tight on players in good scoring positions. 3) Don't just run out after the ball; keep an eye on the opposing forwards and mark them tightly when they're in position to receive the ball.

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



PRACTICE (More Challenging): 10 v 6 on Goals with Goalkeepers

OBJECTIVE: To prevent the opponent from scoring.

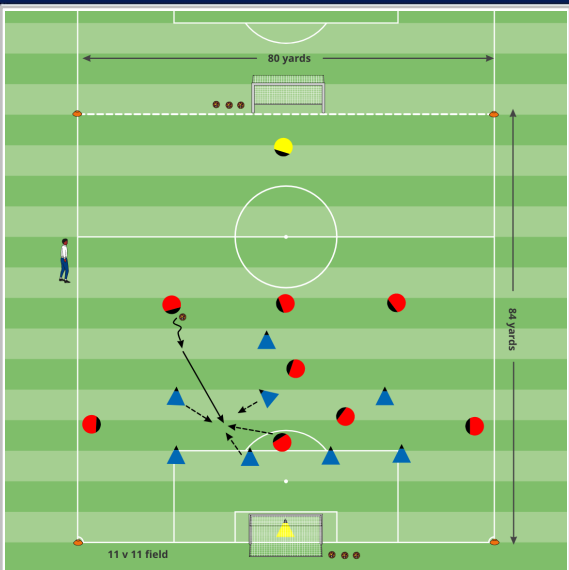
ORGANIZATION: Same as Core Activity, except teams play 10 v 6 + GKs.

KEY WORDS: Stay compact, defend the player, defend the area, defend the goal

GUIDED QUESTIONS: 1) How can you keep the opponent away from the goal even though you're outnumbered? 2) What do you need to do when they're attacking up the wings? 3) So what should the inside defenders do?

ANSWERS: 1) Form a compact unit, block the direct path to the goal and steer attackers onto the wings. 2) Stop the ball carrier; stop crosses; stay tight on players in good scoring positions. 3) Don't just run out after the ball; keep an eye on the opposing forwards and mark them tightly when they're in position to receive the ball.

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



2ND PLAY PHASE: The Game

OBJECTIVE: To deny chances, win the ball back and score.

ORGANIZATION: Mark out an 80 x 84-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) Where are most goals scored from? 2) How are those goals usually scored? 3) So what do you need to do to defend the goal?

ANSWERS: 1) The middle of the penalty box. 2) On passes from the wings, by dribbling into the penalty box and on rebounds. 3) Stop passes to potential scorers; mark opponents tightly in the penalty box; don't let them beat you 1 v 1 and break through; follow the ball to the goal and clear rebounds.

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 proper coaching, based on the age and level of the players?

Training Session Self-Reflection Questions

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?