

1st PLAY PHASE Intentional Free Play

OBJECTIVE: To beat the defender(s) and score goals.

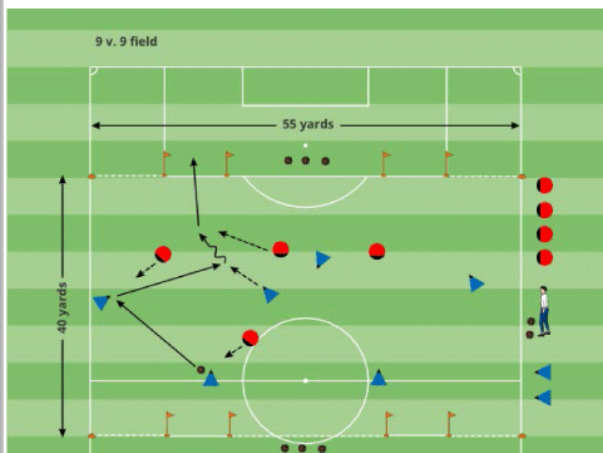
ORGANIZATION: Mark out four 20 x 15-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Free Play. Play for 30 minutes with two breaks. Rotate players/teams as needed according to the 5 Elements.

KEY WORDS: Opening, move forward, pass, dribble

GUIDED QUESTIONS: 1) How can you beat the defender 1v1? 2) How can you beat the defender in 2v1?

ANSWERS: 1) Dribble past him/her. 2) Force him/her to move.

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 4 on two goals each

OBJECTIVE: Create 2v1 and 1v1 in order to beat defenders and score goals.

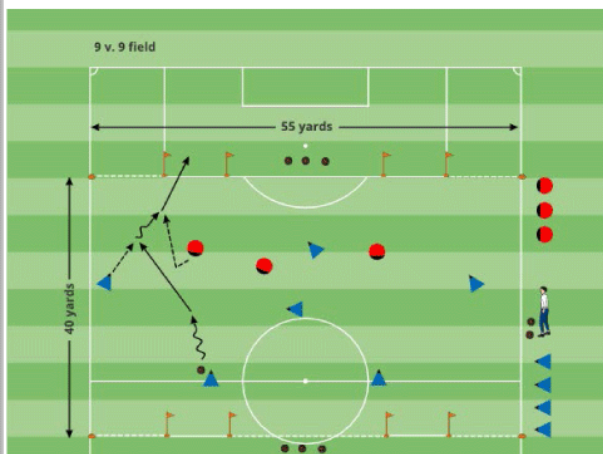
ORGANIZATION: Mark out a 40 x 50-yard field with four goals. Play 6 v 4 in favor of blue team. Blue team attempts to score in the two goals by either dribbling or passing on the ground. Defending team tries to score on the ground in the other two goals. Blue starts with ball following a goal. Use kick-ins to restart play. Play 3 min reps for 30 minutes with two breaks. Rotate players each rep.

KEY WORDS: Take him/her on, support, switch it

GUIDED QUESTIONS: 1) Where is the best chance to score? 2) Why? 3) How can you help the player with the ball?

ANSWERS: 1) "Over there." 2) Because it's less crowded. 3) Try to get more attackers than defenders around the ball.

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 3 on two goals each

OBJECTIVE: Create 2v1 and 1v1 in order to beat defenders and score goals.

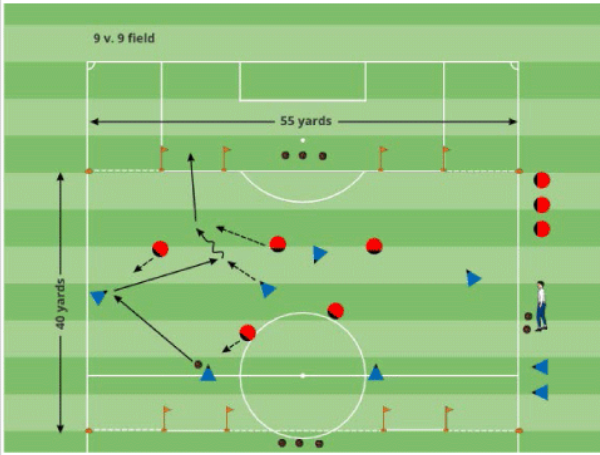
ORGANIZATION: Same as Core Activity, except teams play 6 v 3. Shoot on the ground to score.

KEY WORDS: Take him/her on, support, switch it

GUIDED QUESTIONS: 1) Where is the best chance to score? 2) Why? 3.) How can you help the player with the ball?

ANSWERS: 1) "Over there." 2.) Because it's less crowded. 3) Try to get more attackers than defenders around the ball.

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 5 on two goals each

**OBJECTIVE:** Create 2v1 and 1v1 in order to beat defenders and score goals.

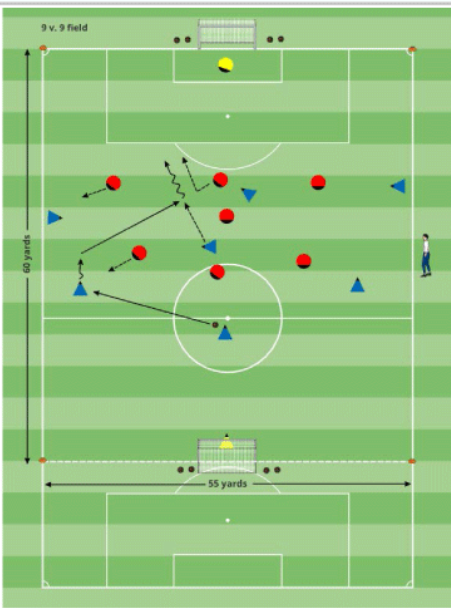
**ORGANIZATION:** Same as Core Activity, except teams play 6 v 5.

**KEY WORDS:** Take him/her on, support, switch it

**GUIDED QUESTIONS:** 1) Where is the best chance to score? 2) Why? 3) How can you help the player with the ball?

**ANSWERS:** 1) "Over there." 2) Because it's less crowded. 3) Try to get more attackers than defenders around the ball.

**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:** Create 1v1 and 2v1 in order to beat defenders and score goals.

**ORGANIZATION:** 8 v 8 game on 60 x 55 yard field. Both teams play a 1-3-1-3 formation. LOTG Play for 30 minutes including one "half time" (5 minutes max).

**KEY WORDS:** Take him/her on, support, switch it

**GUIDED QUESTIONS:** 1) How can you beat the defender 1v1? 2) How can you beat the defender in 2v1? 3) Where is the best chance to score? 4) Why? 5) How can you help the player with the ball?

**ANSWERS:** 1) Dribble past him/her. 2) Force him/her to move. 3) "Over there". 4) Because it's less crowded. 5) Try to get more attackers than defenders around the ball.

**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?