

## 7v7 Attacking- Improve Building Up in Our Own Half (A)

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



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

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Optimal technical

12

90 min

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

**PRACTICE (Core Activity): 2 v 1 Forward Passing**

**PRACTICE (Less Challenging): 2 v 1 Forward Passing**

**PRACTICE (More Challenging): 2 v 1 Forward Passing**

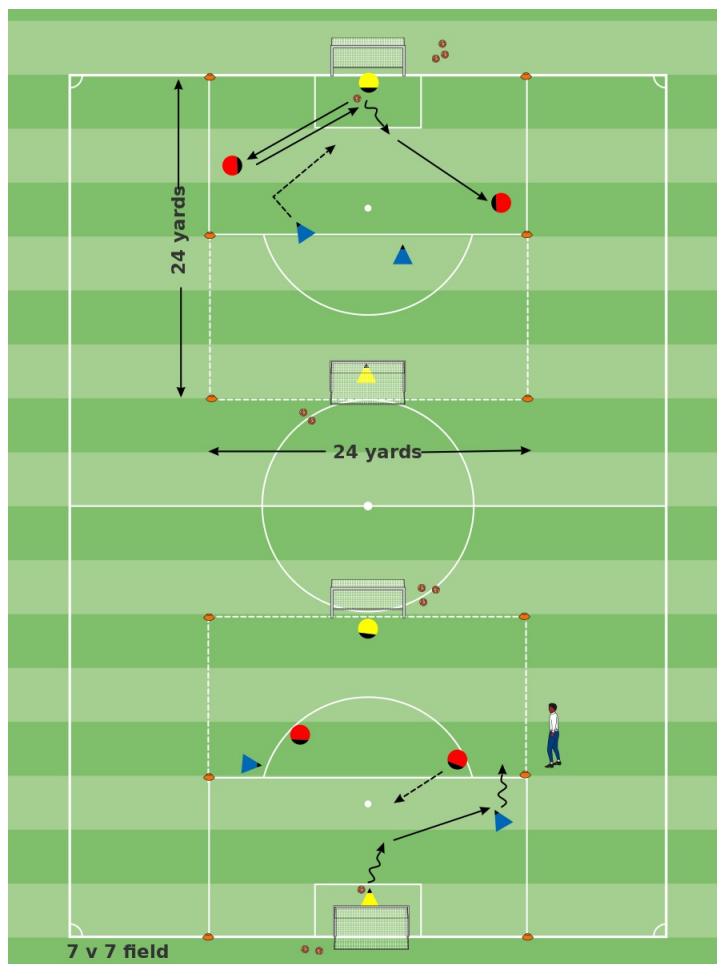
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

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

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Optimal technical



### ORGANIZATION:

Mark out two 24 x 24 yard fields. Divide players into four teams of three. Teams play 3 v 3 on goals with goalkeepers. Play for 30 minutes with two breaks.

### KEY WORDS:

Pass, dribble, use space, get open

### GUIDED QUESTIONS:

1) Attackers, where should you show for the pass from the goalkeeper? 2) Why? 3) How can you build the attack? 4) What's the advantage of involving the keeper?

### ANSWERS:

1) On the wings. 2) So we can get away from the defenders and take the ball forward. 3) Pass or dribble forward. 4) It gives us an extra player.

### NOTES:

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

**MOMENT:**  
Attacking

**AGE:**  
U9-U10 / 7v7

**PLAYERS:**  
3 vs 3

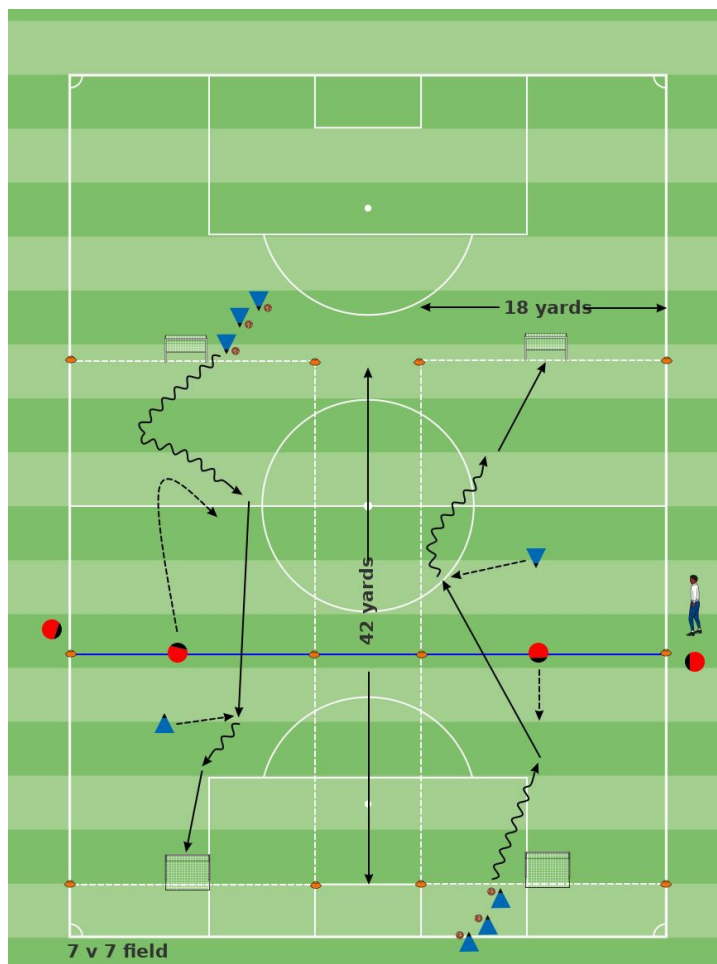
**DURATION:**  
30:0 min

## PRACTICE (Core Activity): 2 v 1 Forward Passing

OBJECTIVE: To move the ball forward

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Optimal technical



### ORGANIZATION:

Mark out two 42 x 18 yard fields, each with build-out lines and two mini goals. Choose eight attackers (Blue) and four defenders (Red) and position them as shown. The first attacker on each field dribbles forward and tries to get the ball past the defender to the second attacker. Play continues until a goal is scored. The attackers rotate counterclockwise. Play for 30 minutes with two breaks.

### KEY WORDS:

Pass, dribble, get open, call for the ball

### GUIDED QUESTIONS:

1) Where is the defender in this exercise? 2. So what does the attacker behind the build-out line need to do to be open? 3) What does the ball carrier need to do before passing? 4) What part of the foot should you use for a short pass?

### ANSWERS:

1) Between the attackers. 2) Move left or right to get away from the defender. 3) Look up to see where the receiver is and make eye contact. 4) Inside with heel down/toe up

**MOMENT:**  
Attacking

**AGE:**  
U9-U10 / 7v7

**PLAYERS:**  
2 vs 1

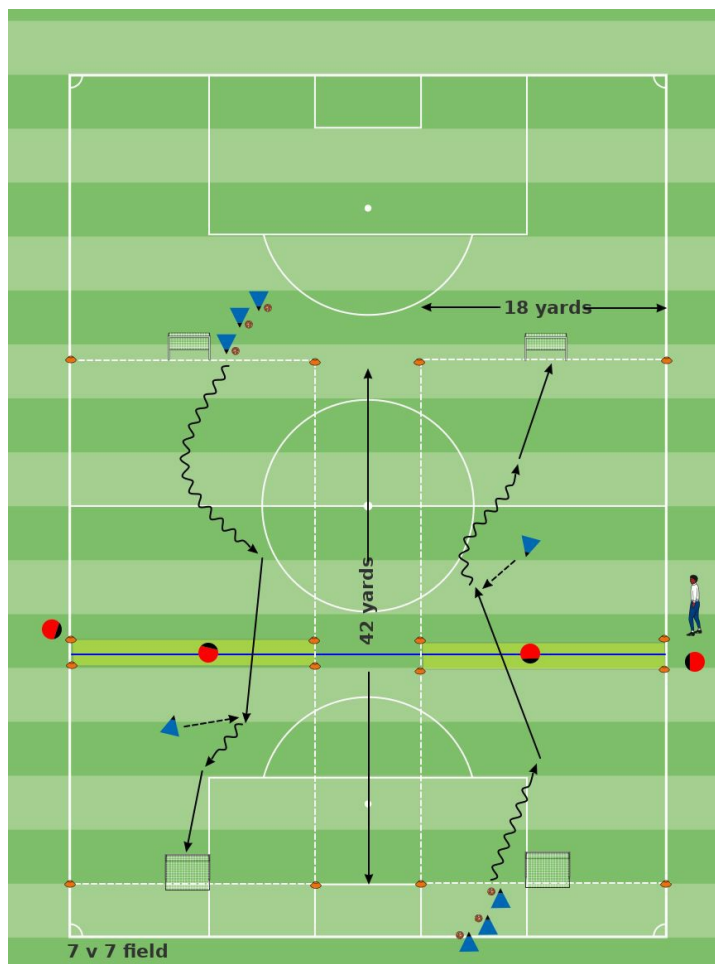
**DURATION:**  
30:0 min

## PRACTICE (Less Challenging): 2 v 1 Forward Passing

OBJECTIVE: To move the ball forward

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Optimal technical



### ORGANIZATION:

Same as Core Activity, except the defender has to stay inside a 5 yard zone in the center.

### KEY WORDS:

Pass, dribble, get open, call for the ball

### GUIDED QUESTIONS:

1) Where is the defender in this exercise? 2) So what does the attacker behind the build-out line need to do to be open? 3) What does the ball carrier need to do before passing? 4) What part of the foot should you use for a short pass?

### ANSWERS:

1) Between the attackers. 2) Move left or right to get away from the defender. 3) Look up to see where the receiver is and make eye contact. 4) Inside with heel down/toe 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.

**MOMENT:**  
Attacking

**AGE:**  
U9-U10 / 7v7

**PLAYERS:**  
2 vs 1

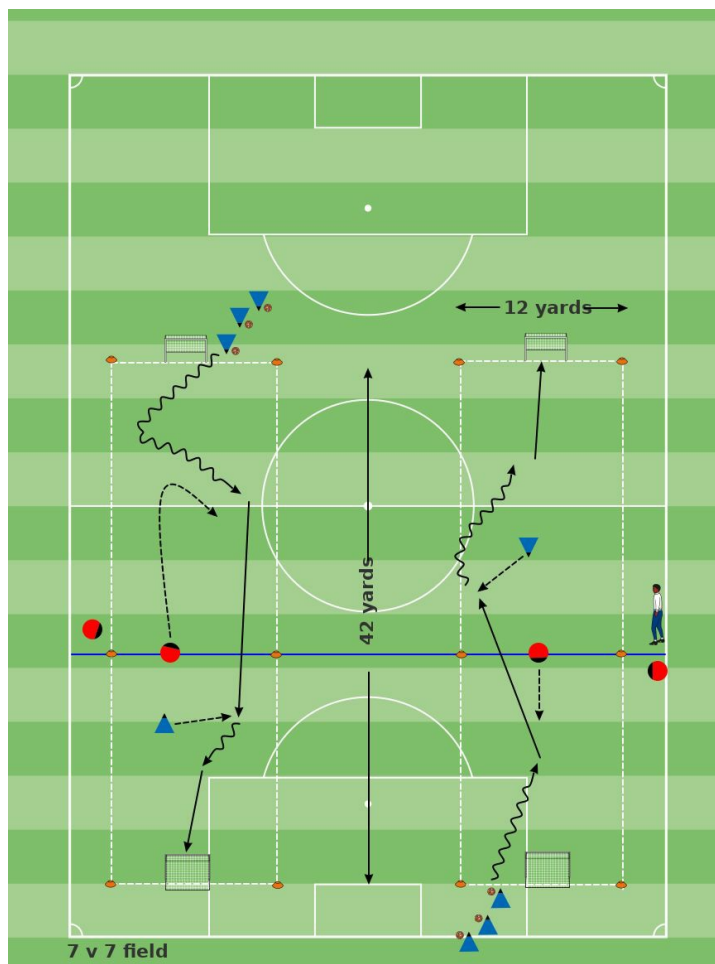
**DURATION:**  
30:0 min

## PRACTICE (More Challenging): 2 v 1 Forward Passing

OBJECTIVE: To move the ball forward

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Optimal technical



### ORGANIZATION:

Same as Core Activity, except the fields are just 12 yards wide.

### KEY WORDS:

Pass, dribble, get open, call for the ball

### GUIDED QUESTIONS:

1) Where is the defender in this exercise? 2) So what does the attacker behind the build-out line need to do to be open? 3) What does the ball carrier need to do before passing? 4) What part of the foot should you use for a short pass?

### ANSWERS:

1) Between the attackers. 2) Move left or right to get away from the defender. 3) Look up and see where the receiver is. 4) Inside with heel down/toe 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.

 **MOMENT:**  
Attacking

 **AGE:**  
U9-U10 / 7v7

 **PLAYERS:**  
2 vs 1

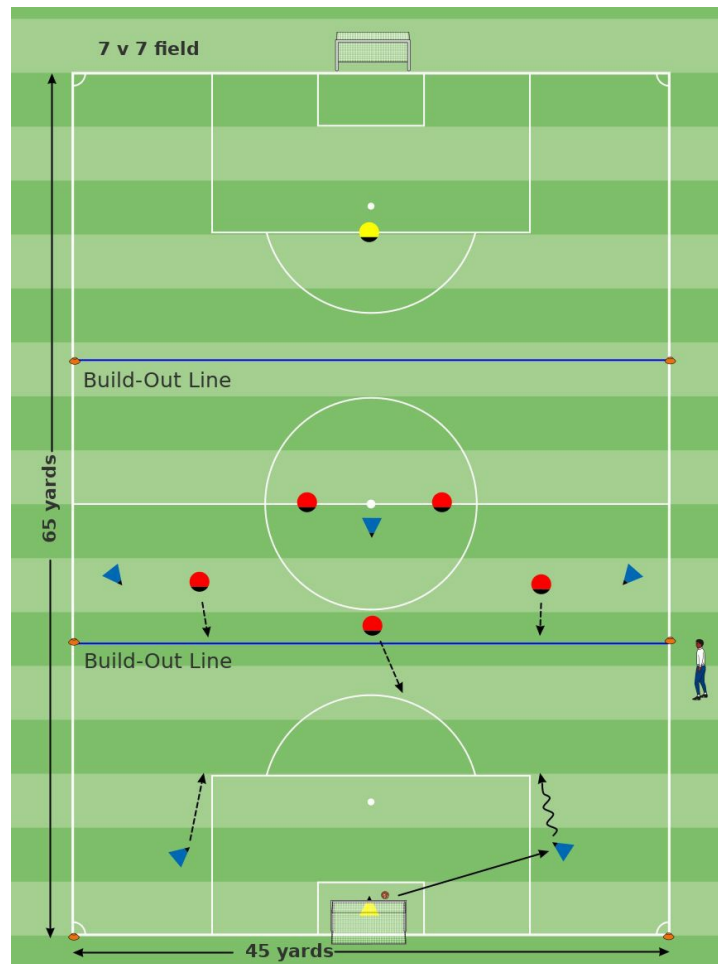
 **DURATION:**  
30:0 min

## 2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Optimal technical



### ORGANIZATION:

Mark out a regular 7 v 7 field to be 65 X 45 yards with build-out lines. Divide players into two teams of six into a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

### KEY WORDS:

Pass, dribble, use space, get open, call for the ball

### GUIDED QUESTIONS:

1) Attackers, how can you make the best use of the field? 2) When do you need to be open? 3) And when do you know you're open? 4) What's the advantage of involving the keeper? 5) What part of the foot should you use for a short pass?

### ANSWERS:

1) By spreading out evenly over it and staying as wide as possible. 2) Always try to get open. 3) When there aren't any defenders between us and the ball; when we can see the ball. 4) It gives us an extra player to build the attack. 5) Inside with heel down/toe up

**MOMENT:**  
Attacking

**AGE:**  
U9-U10 / 7v7

**PLAYERS:**  
6 vs 6

**DURATION:**  
30:0 min

### 7v7 Attacking- Improve Building Up in Our Own Half (A)

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

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Optimal technical

AGE: U9-U10 / 7v7 / 12 players

Attacking

DURATION: 90 min



#### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 player?

#### Training Session Self-Reflection Questions

Do-focus on the situation

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

NOTES: