

9v9 Improve Building Up in Opponents Half to Create Chances- (A)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



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

PLAYER ACTIONS: Support, 2v1/1v1, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

16

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 6 v 4 on Two Goals Each

PRACTICE (Less Challenging): 6 v 3 on Two Goals Each

PRACTICE (More Challenging): 6 v 5 on Two Goals Each

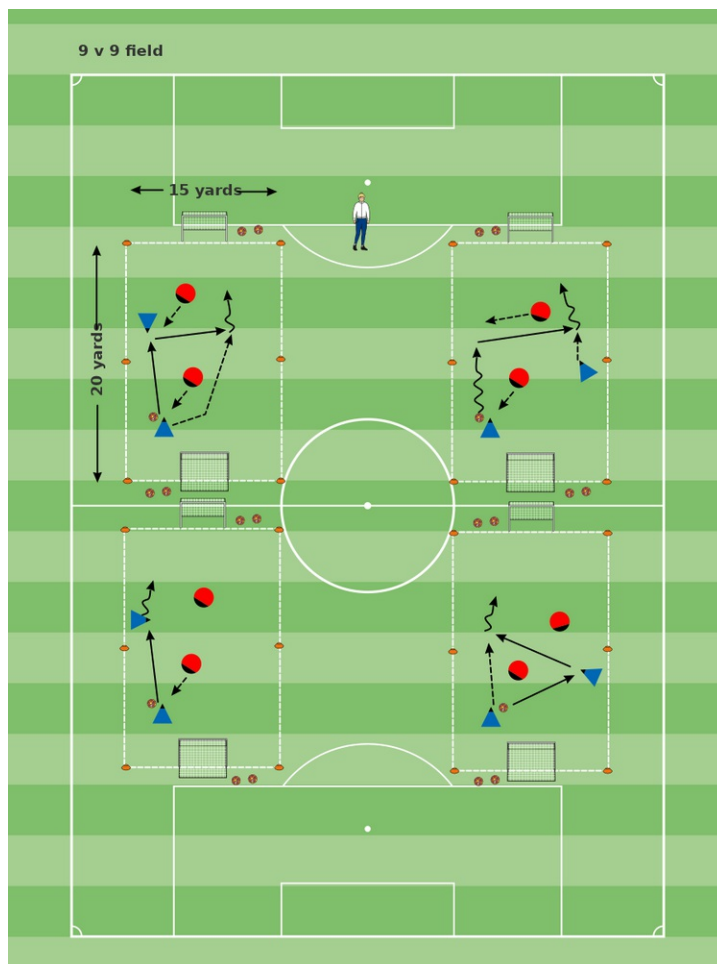
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

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

PLAYER ACTIONS: 2v1/1v1, Support, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



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 to three breaks. Rotate players/teams as needed according to the Five Elements.

KEY WORDS:

Opening, move forward, pass, dribble

GUIDED QUESTIONS:

1) How can you beat the defender 1 v 1? 2) How should you do that? 3) How can you beat the defender 2 v 1?

ANSWERS:

1) Dribble past him/her. 2) Try a move or a fake to get the opponent to move in one direction, and then accelerate past the defender in another direction. 3) Force him/her to move.

NOTES:

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

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
2 vs 2

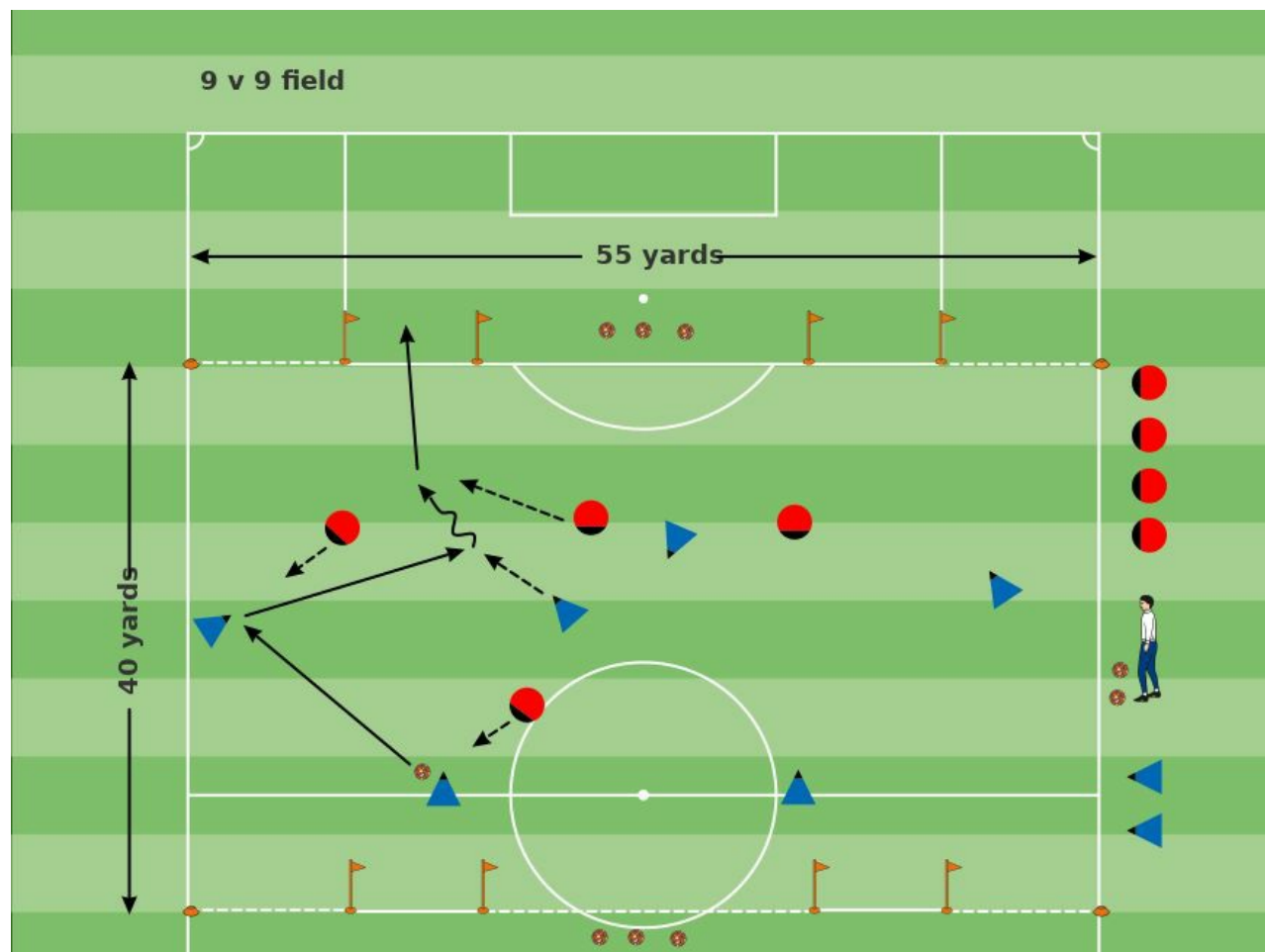
DURATION:
30:0 min

PRACTICE (Core Activity): 6 v 4 on Two Goals Each

OBJECTIVE: To beat defenders and score goals by creating 1 v 1s and 2 v 1s.

PLAYER ACTIONS: Support, 2v1/1v1, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Mark out a 40 x 50-yard field with two goals per team. Teams play 6 v 4. The attackers (Blue) must dribble or pass on the ground to score. The defenders can only score on ground balls. After a goal, Blue starts a new attack. Use kick-ins for restarts. Play for 30 minutes with two to three breaks. Rotate players every three minutes.

KEY WORDS:

Take opponents on, support, switch it

GUIDED QUESTIONS:

1) Where is your best chance to score? 2) Why? 3) How can you help the ball carrier?

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 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. Refer to the Training Session Manual.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
6 vs 4

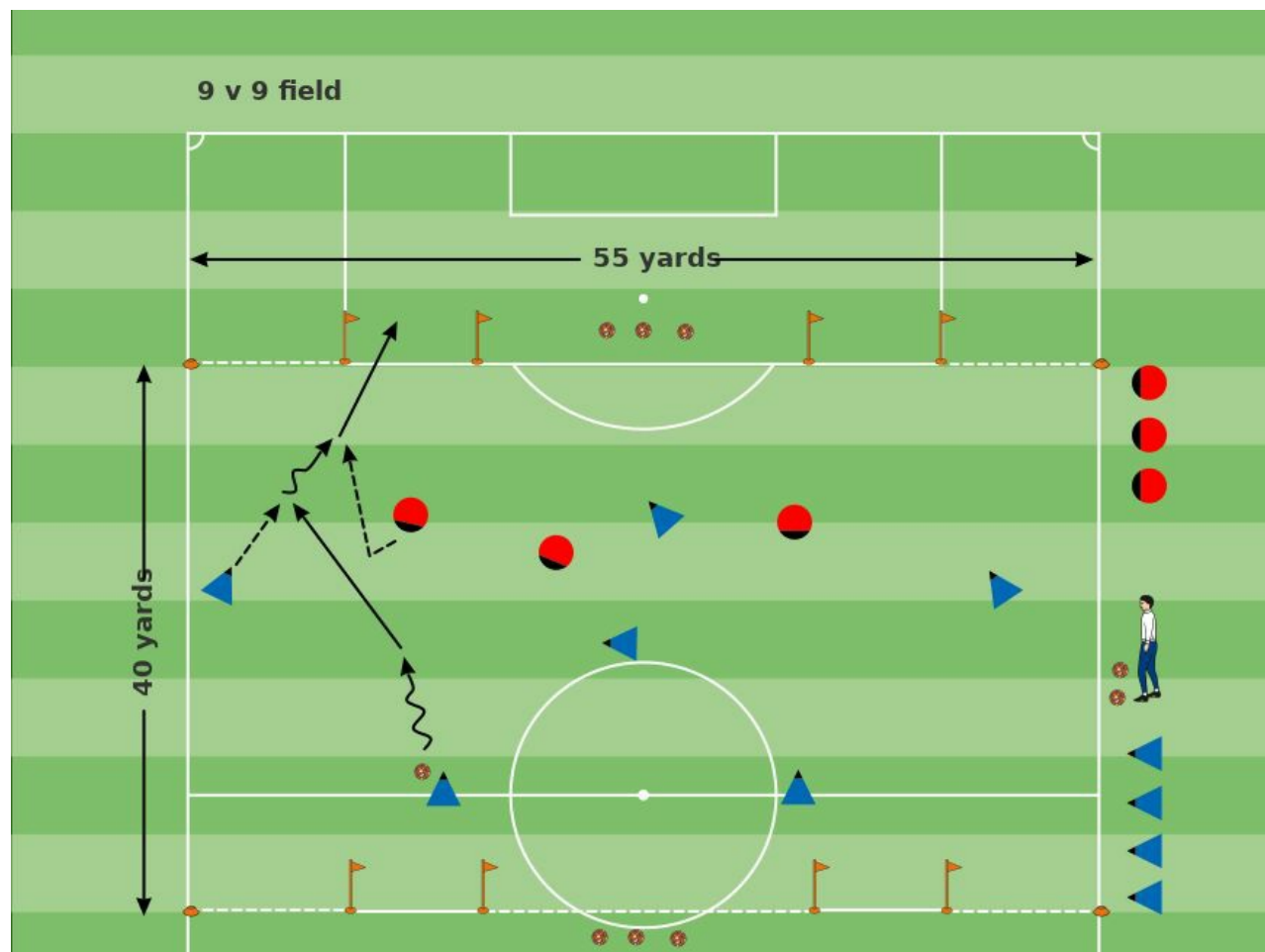
DURATION:
30:0 min

PRACTICE (Less Challenging): 6 v 3 on Two Goals Each

OBJECTIVE: To beat defenders and score goals by creating 1 v 1s and 2 v 1s.

PLAYER ACTIONS: Support, 2v1/1v1, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Same as Core Activity, except teams play 6 v 3 and can only score on ground balls.

KEY WORDS:

Take opponents on, support, switch it

GUIDED QUESTIONS:

1) Where is your best chance to score? 2) Why? 3) How can you help the ball carrier?

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. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.



MOMENT:

Attacking



AGE:

U11-U12 / 9v9



PLAYERS:

6 vs 3



DURATION:

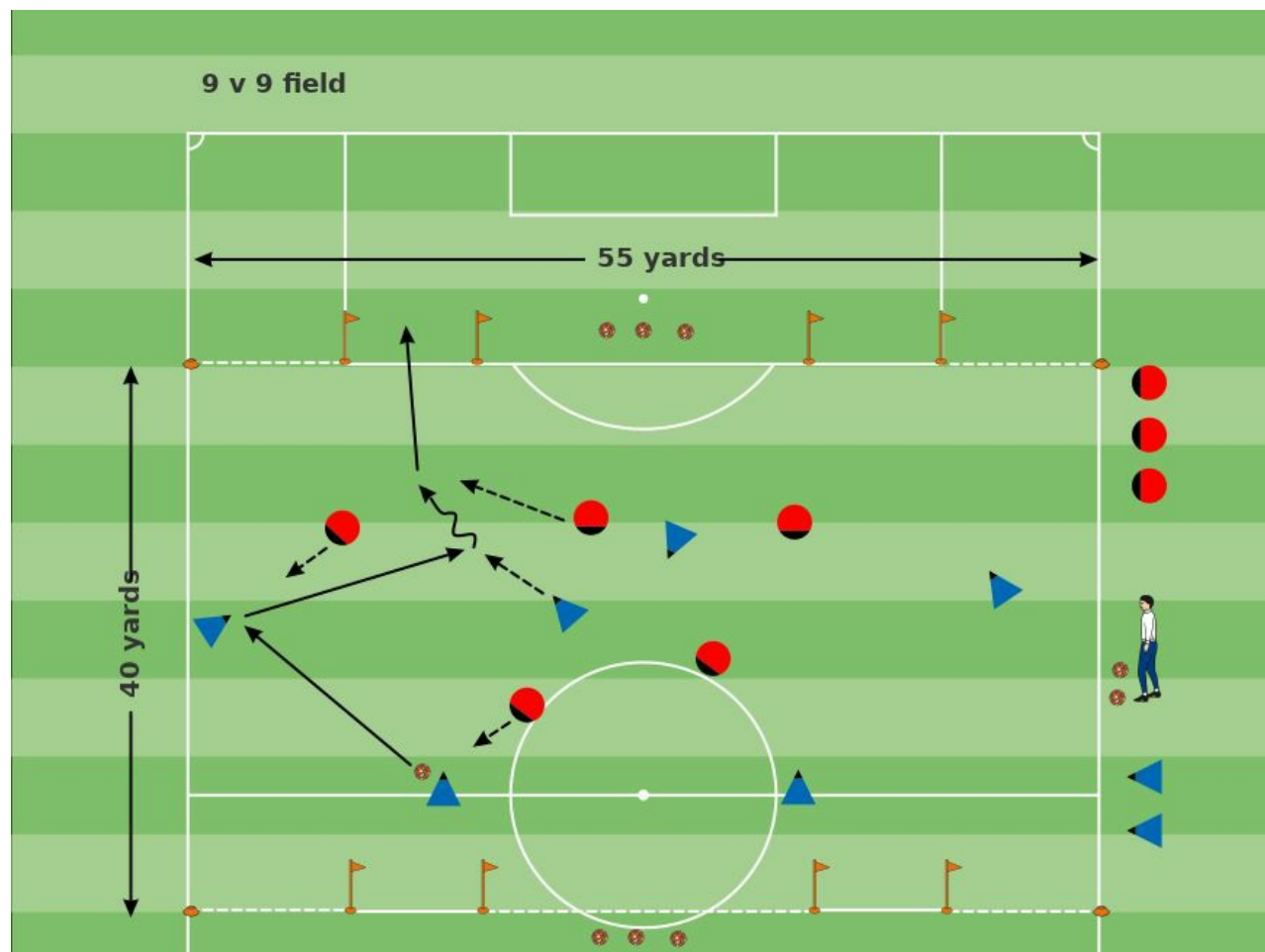
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PRACTICE (More Challenging): 6 v 5 on Two Goals Each

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

PLAYER ACTIONS: Support, 2v1/1v1, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

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

KEY WORDS:

Take opponents on, support, switch it

GUIDED QUESTIONS:

1) Where is your best chance to score? 2) Why? 3) How can you help the ball carrier?

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. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.



MOMENT:

Attacking



AGE:

U11-U12 / 9v9



PLAYERS:

6 vs 5



DURATION:

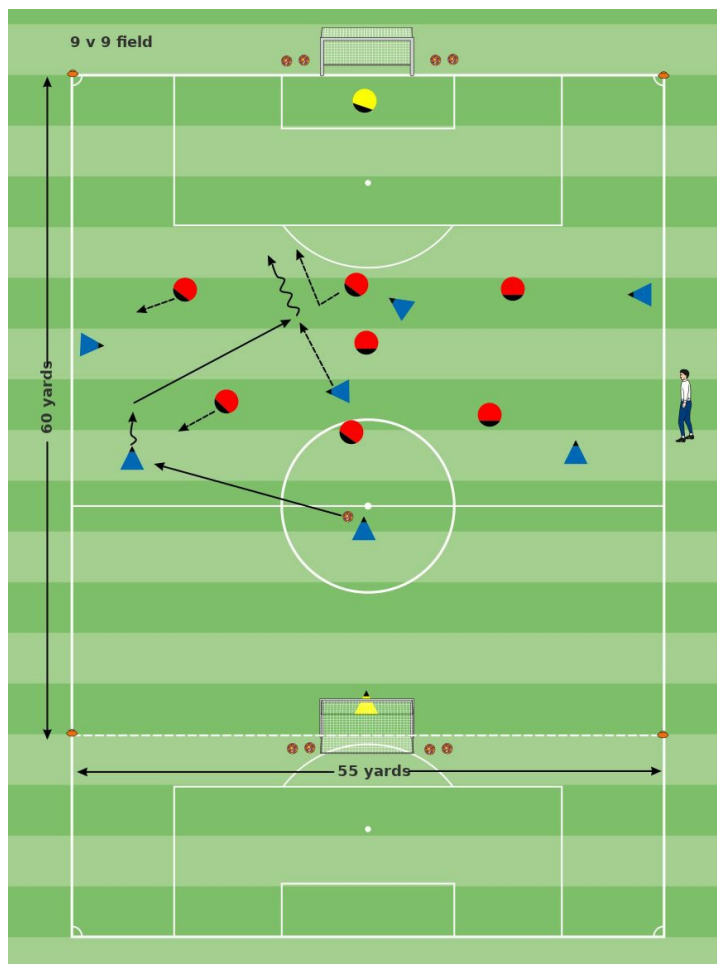
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To beat defenders and score goals by creating 1 v 1s and 2 v 1s.

PLAYER ACTIONS: Support, 2v1/1v1, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Teams play 8 v 8 on a 60 x 55-yard field. Each plays a 1-3-1-3 formation for 30 minutes including one "halftime" (5 minutes max) Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

KEY WORDS:

Take opponents on, support, switch it

GUIDED QUESTIONS:

1) How can you beat the defender 1 v 1? 2) How can you beat the defender 2 v 1? 3) Where is your best chance to score? 4) Why? 5) How can you help the ball carrier?

ANSWERS:

1) Get the defender off balance. 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.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

9v9 Improve Building Up in Opponents Half to Create Chances- (A)

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

PLAYER ACTIONS: Support, 2v1/1v1, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U11-U12 / 9v9 / 16 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: