

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

AGE: U11-U12 / 9v9 / 16 players

MOMENT:



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

PLAYER ACTIONS: Change point, Change pace, Spread out

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

16

90 min

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

**PRACTICE (Core Activity): 9 v 7 on End Zones**

**PRACTICE (Less Challenging): 9 v 6 on One Goal with Goalkeeper**

**PRACTICE (More Challenging): 8 v 8 on End Zones**

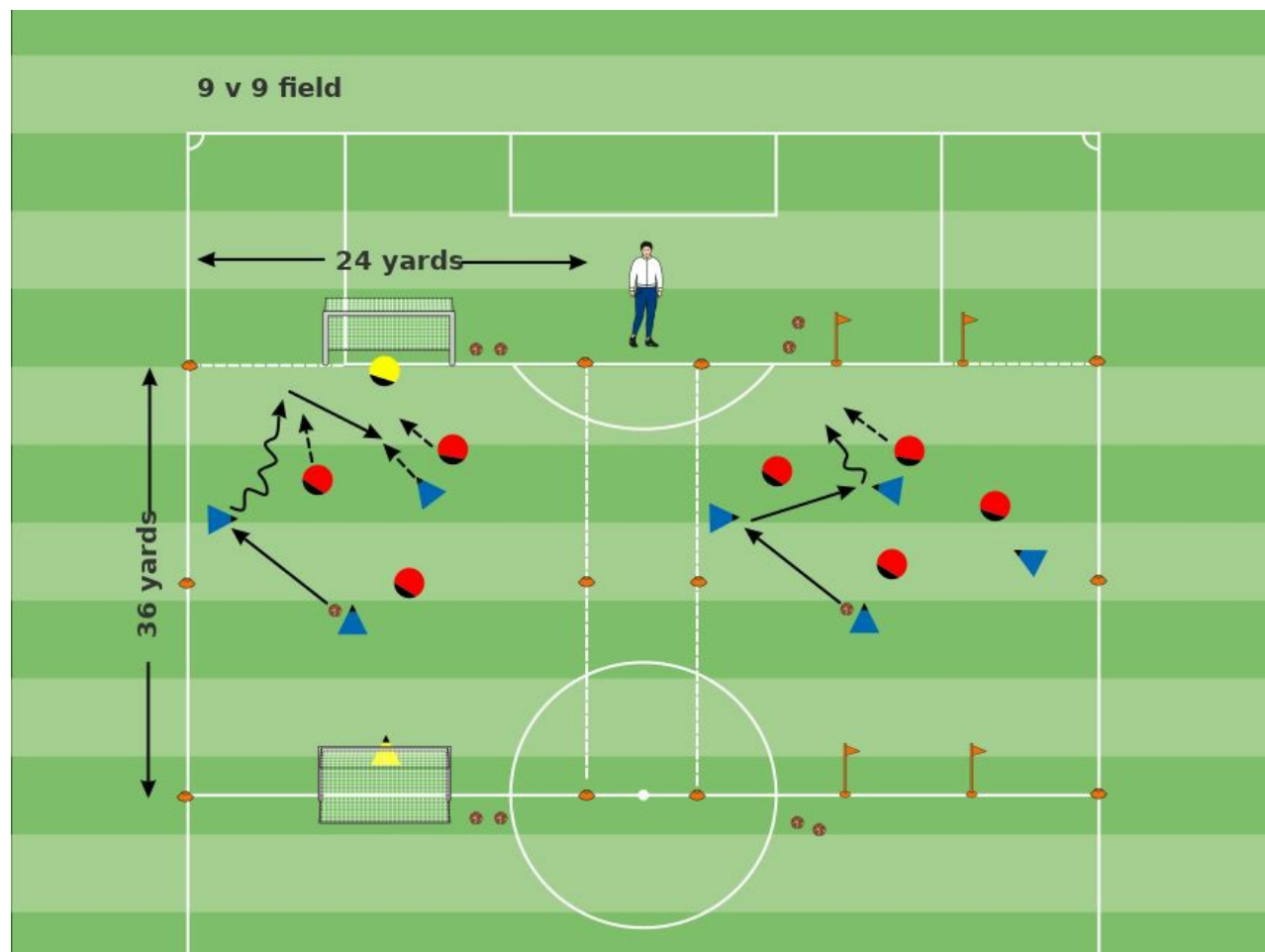
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

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

PLAYER ACTIONS: Change point, Change pace, Spread out

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



### ORGANIZATION:

Mark out two 36 x 24-yard fields. Divide players into four teams of four. Field 1: 3 v 3 on two goals with goalkeepers. Field 2: 4 v 4 on goal lines (pass on the ground to score). Free play: Play for 30 minutes with two breaks.

### KEY WORDS:

Use space, switch it

### GUIDED QUESTIONS:

1) How do you cover the field when you're in possession? 2) How can you set yourselves up to break through on the wings?

### ANSWERS:

1) Spread out as much as possible in all directions. 2) Draw opponents to one side by using slow passes, then quickly switch the attack to the other side.

### NOTES:

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

**MOMENT:**  
Attacking

**AGE:**  
U11-U12 / 9v9

**PLAYERS:**  
4 vs 4

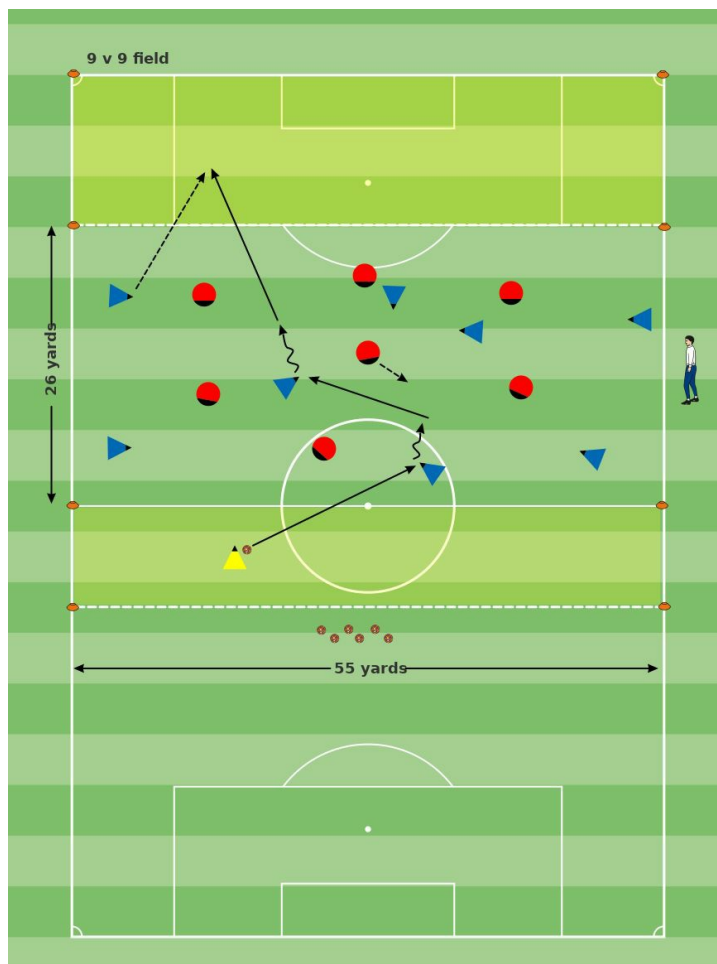
**DURATION:**  
30:0 min

## PRACTICE (Core Activity): 9 v 7 on End Zones

OBJECTIVE: To change the point of attack, create chances and score goals.

PLAYER ACTIONS: Change point, Change pace, Spread out

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



### ORGANIZATION:

Between the centerline and the penalty box, mark out a 26 x 55-yard field with end zones. Teams play 9 v 7. Blue attacks in a 1-3-2-3 formation. To score, they must either dribble or successfully pass into the end zone. Blue's goalkeeper begins the attack with hands or passes (no punting) and remains actively involved (available for back passes and switches of play) throughout the rest of the attack. If Red wins the ball, they can score by dribbling into the end zone. Play for 30 minutes with two breaks.

### KEY WORDS:

Switch, use space, be open, take opponents on

### GUIDED QUESTIONS:

1) Where on the field do you have the best chance of breaking through to the end zone if the opponent is central? 2) How can you set yourselves up to score? 3) How can you best take advantage of a switch of play?

### ANSWERS:

1) On the wings. 2) By quickly switching the point of attack. 3) Dribble forward immediately; use our extra players; create 1 v 1s; use diagonal runs to create passing options behind the opponent's defense.

**MOMENT:**  
Attacking

**AGE:**  
U11-U12 / 9v9

**PLAYERS:**  
9 vs 7

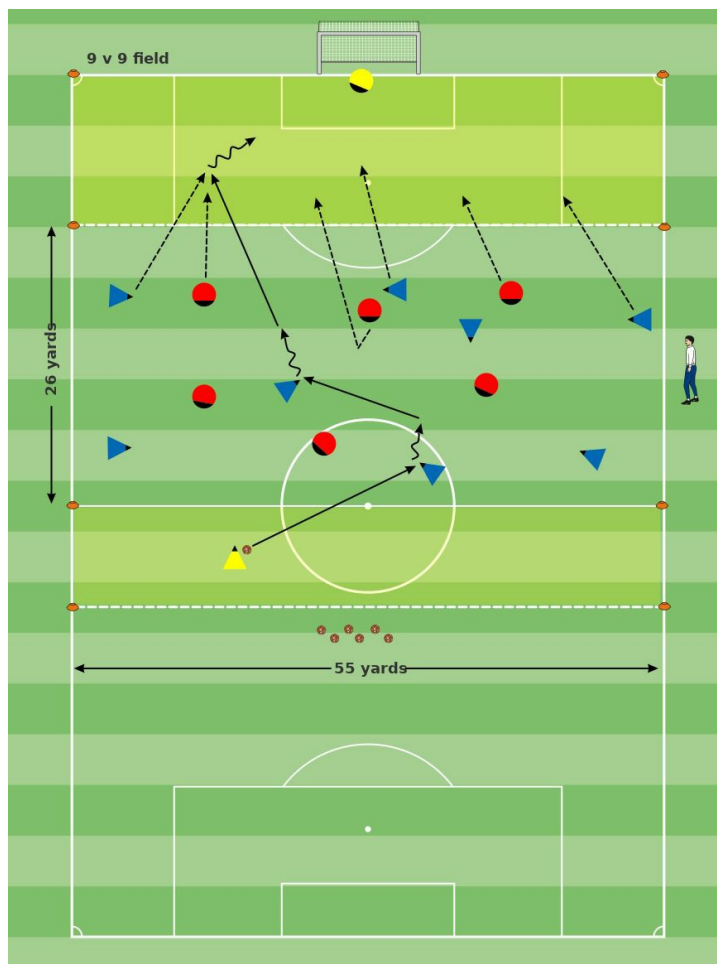
**DURATION:**  
30:0 min

### PRACTICE (Less Challenging): 9 v 6 on One Goal with Goalkeeper

OBJECTIVE: To change the point of attack, create chances and score goals.

PLAYER ACTIONS: Change point, Change pace, Spread out

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



#### ORGANIZATION:

Same as Core Activity, except there is a goal and goalkeeper. Red defends in the center zone. If Blue breaks through, attackers and defenders all follow.

#### KEY WORDS:

Switch, use space, be open, take opponents on

#### GUIDED QUESTIONS:

1) Where on the field do you have the best chance of breaking through to the end zone if the opponent is central? 2) How can you set yourselves up to score? 3) How can you best take advantage of a switch of play?

#### ANSWERS:

1) On the wings. 2) By quickly switching the point of attack. 3) Dribble forward immediately; use our extra players; create 1 v 1s; use diagonal runs to create passing options behind the opponent's defense.

#### 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:**  
U11-U12 / 9v9

**PLAYERS:**  
9 vs 6

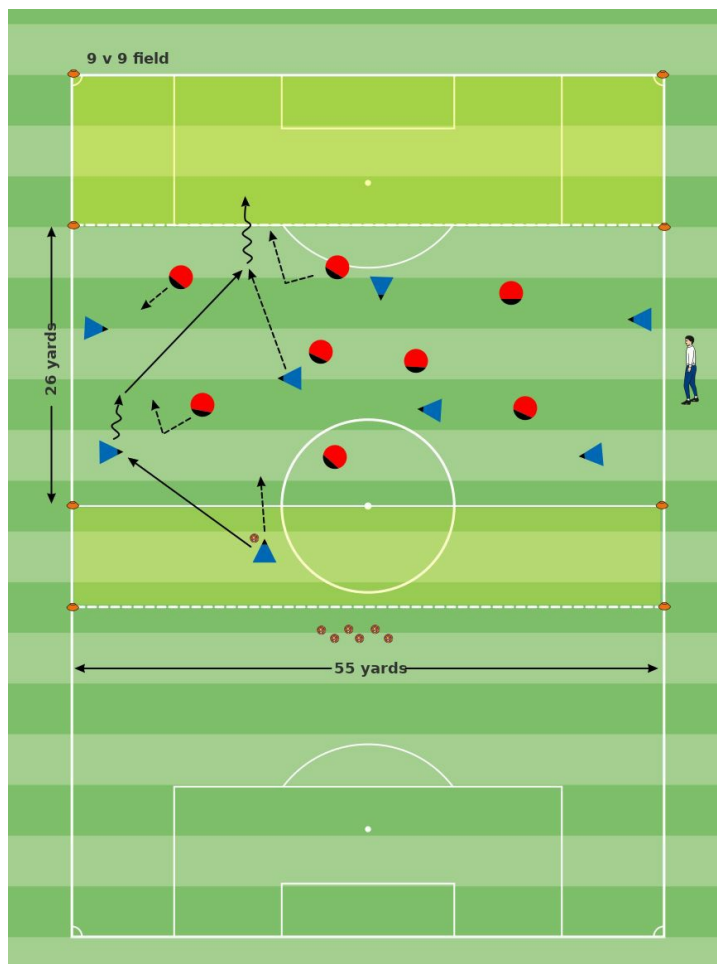
**DURATION:**  
30:0 min

## PRACTICE (More Challenging): 8 v 8 on End Zones

OBJECTIVE: To change the point of attack, create chances and score goals.

PLAYER ACTIONS: Change point, Change pace, Spread out

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



### ORGANIZATION:

Same as Core Activity, except teams play 8 v 8. Blue attacks from the end zone and can use it to build the attack. Red can only defend in the center zone.

### KEY WORDS:

Switch, use space, be open, take opponents on

### GUIDED QUESTIONS:

1) Where on the field do you have the best chance of breaking through to the end zone if the opponent is central? 2) How can you set yourselves up to score? 3) How can you best take advantage of a switch of play?

### ANSWERS:

1) On the wings. 2) By quickly switching the point of attack. 3) Dribble forward immediately; use our extra players; create 1 v 1s; use diagonal runs to create passing options behind the opponent's defense.

### 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:**  
U11-U12 / 9v9

**PLAYERS:**  
8 vs 8

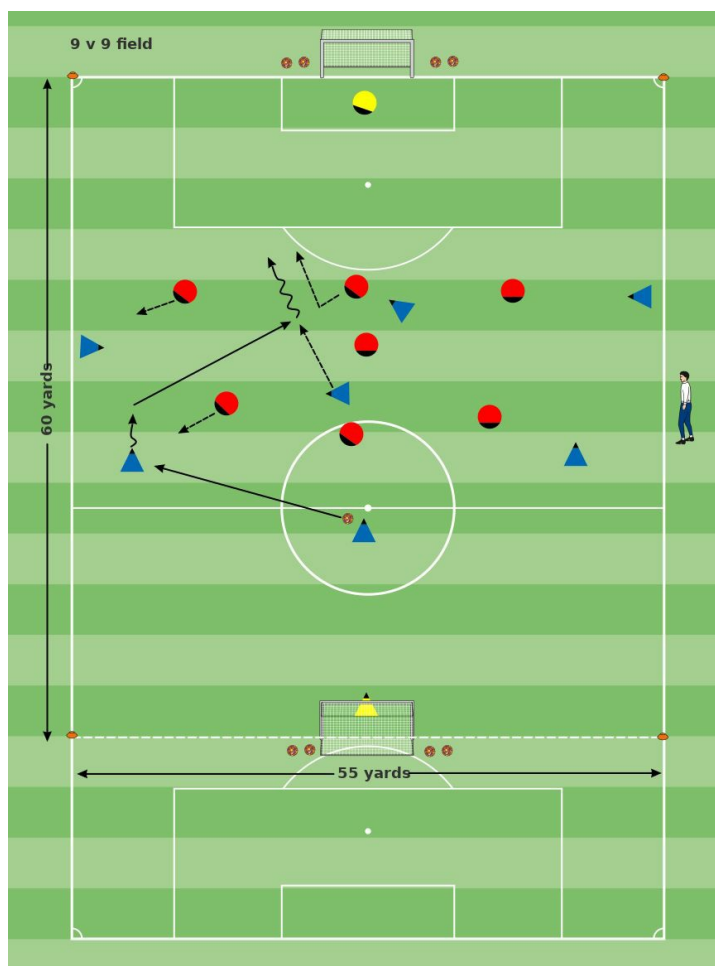
**DURATION:**  
30:0 min

## 2ND PLAY PHASE: The Game

**OBJECTIVE:** To change the point of attack, create chances and score goals.

**PLAYER ACTIONS:** Change point, Change pace, Spread out

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



### ORGANIZATION:

Teams play 8 v 8 on a 60 x 55-yard field. Each plays in a 1-3-1-3 formation. Play 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:

Switch, use space, be open, take opponents on

### GUIDED QUESTIONS:

1) How do you cover the field when you're in possession? 2) Where on the field do you have the best chance of breaking through if the opponent is central? 3) How can you set yourselves up to score? 4) How can you best take advantage of a switch of play?

### ANSWERS:

1) Spread out as much as possible in all directions. 2) On the wings. 3) By switching the point of attack. 4) Dribble forward immediately; use our extra players; create 1 v 1s; use diagonal runs to create passing options behind the opponent's defense.

**MOMENT:**  
Attacking

**AGE:**  
U11-U12 / 9v9

**PLAYERS:**  
8 vs 8

**DURATION:**  
30:0 min

**9v9 Improve Building Up in Opponents Half to Create Chances- (B)**  
GOAL: Improve building-up in opponent's half in order to create chances  
PLAYER ACTIONS: Change point, Change pace, Spread out  
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: