

9v9 Improve Building Up in Own Half- (A)

AGE: U11-U12 / 9v9 / 16 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, Initiative, Optimal technical

16

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 2 v 1 on End Zone

PRACTICE (Less Challenging): 3 v 1 on End Zone

PRACTICE (More Challenging): 2 v 1 on End Zone

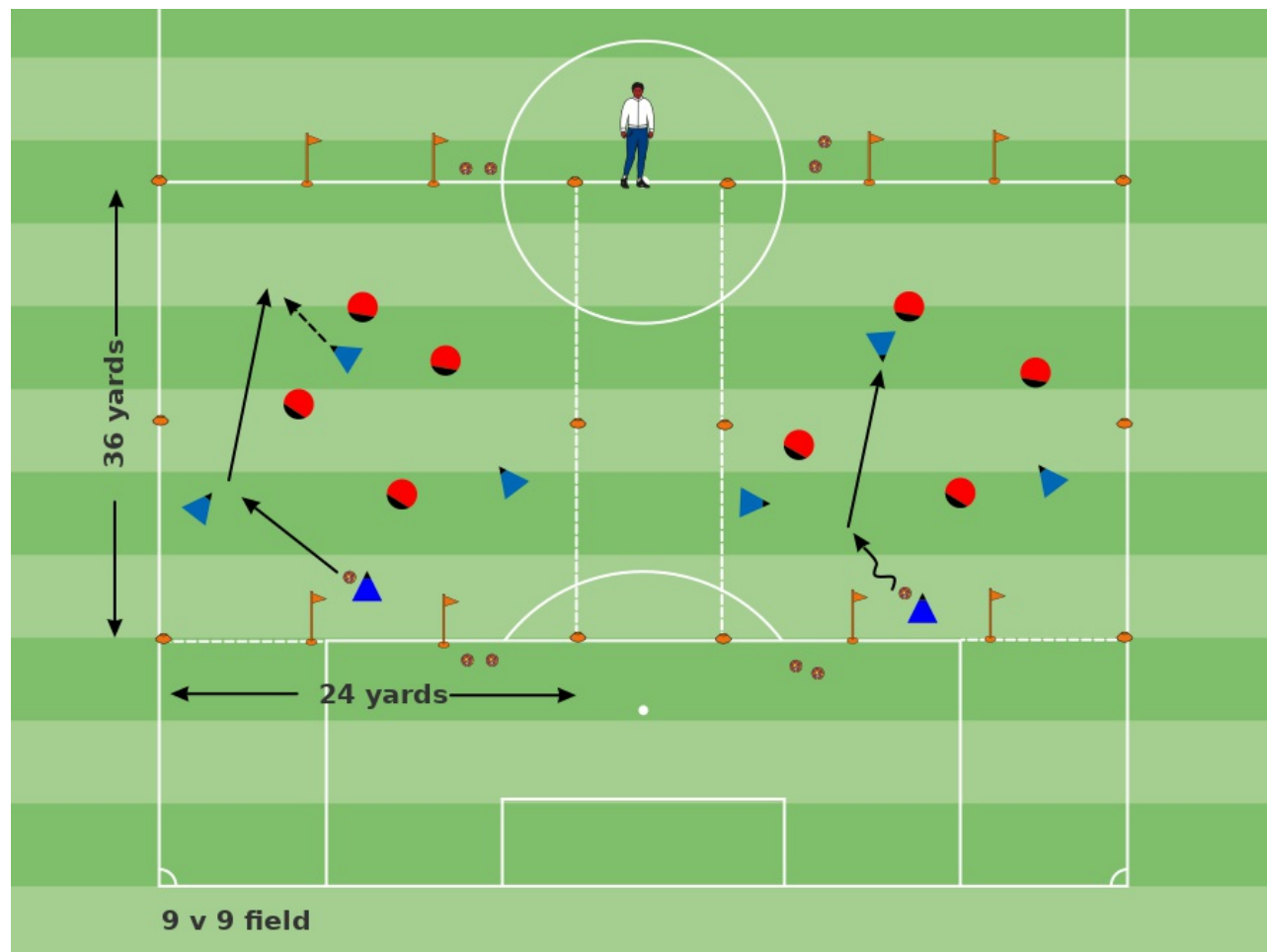
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

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

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

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. Free play: Teams play 4 v 4 on 8-yard goal lines without goalkeepers (pass on the ground to score). Play for 30 minutes with two breaks.

KEY WORDS:

Use space, pass, dribble, hips open

GUIDED QUESTIONS:

1) How do you create the space you need to build a solid attack? 2) What's a good formation to use for that? 3) What are the central defender's options for building the attack? 4) How should wing players receive the ball?

ANSWERS:

1) Make the field as big as possible; push forward (no offside rule) and use the full width of the field. 2) A 1-2-1 diamond formation. 3) Dribbling, square pass, forward pass. 4) Hips open and across the body.

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:
U11-U12 / 9v9

PLAYERS:
4 vs 4

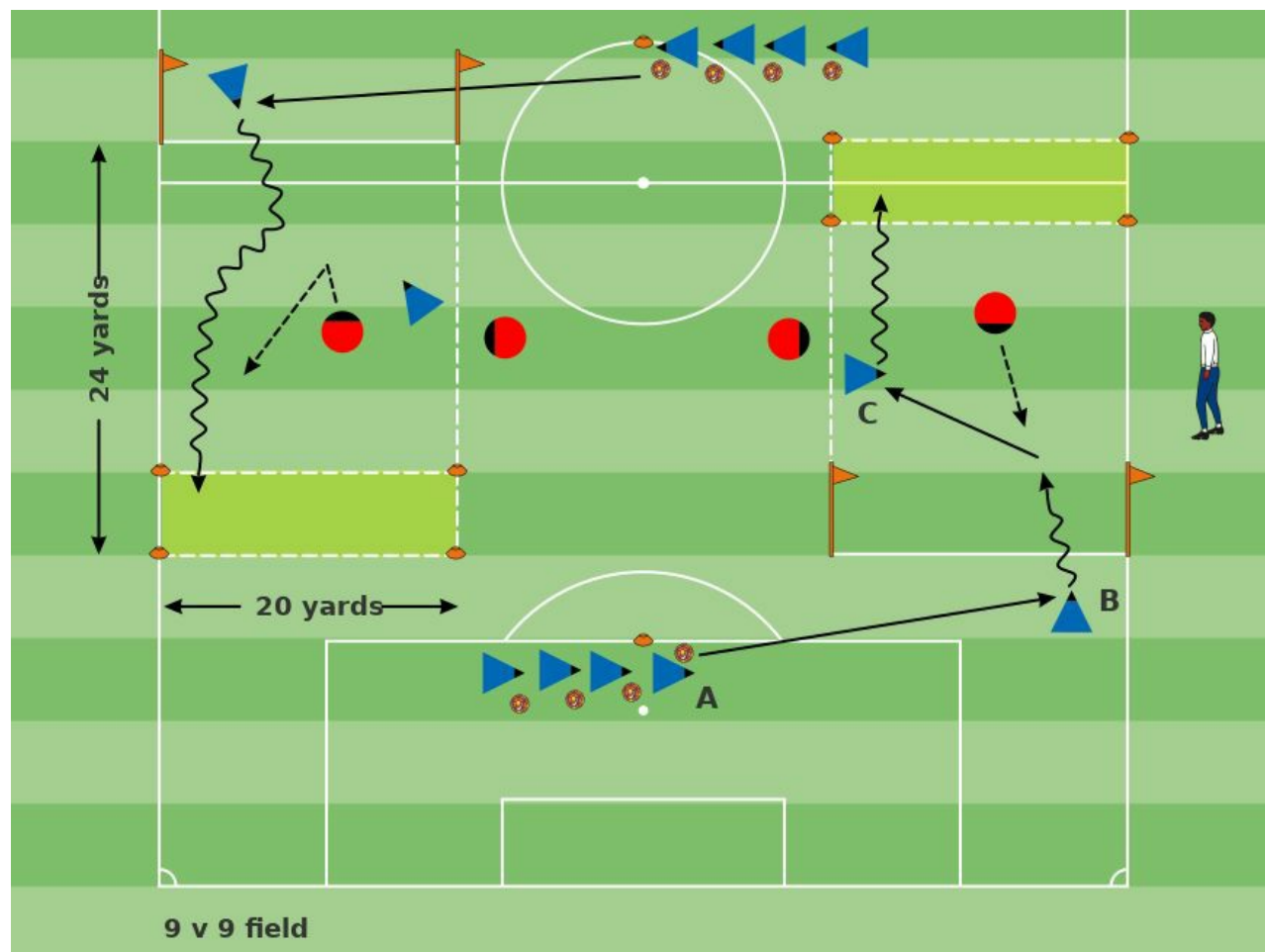
DURATION:
30:0 min

PRACTICE (Core Activity): 2 v 1 on End Zone

OBJECTIVE: To move the ball forward by dribbling or passing

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

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



ORGANIZATION:

Mark out two 24 x 20-yard fields with end zones. Choose four defenders (Red) and 12 attackers (Blue) and position them as shown. Player A passes to B, who dribbles onto the field to join C attack 2 v 1 on the end zone. The defender tries to win the ball and score on the goal line. Afterward, the attackers rotate counterclockwise. Play for 30 minutes with two breaks and rotate the defenders.

KEY WORDS:

Pass, dribble, hips open

GUIDED QUESTIONS:

1) How do you take advantage of a 2 v 1 when you've got the ball? 2) What should you do if the defender steps to your teammate instead? 3) What should your teammate do? 4) How should players receive the ball?

ANSWERS:

1) Quickly dribble forward to engage the defender, then pass the ball off to my teammate. 2) Dribble past the defender on the outside. 3) Get open by showing for passes away from the defender and take the ball directly forward. 4) Hips open and across the body. Use the inside of the foot with heel down/toe up.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
2 vs 1

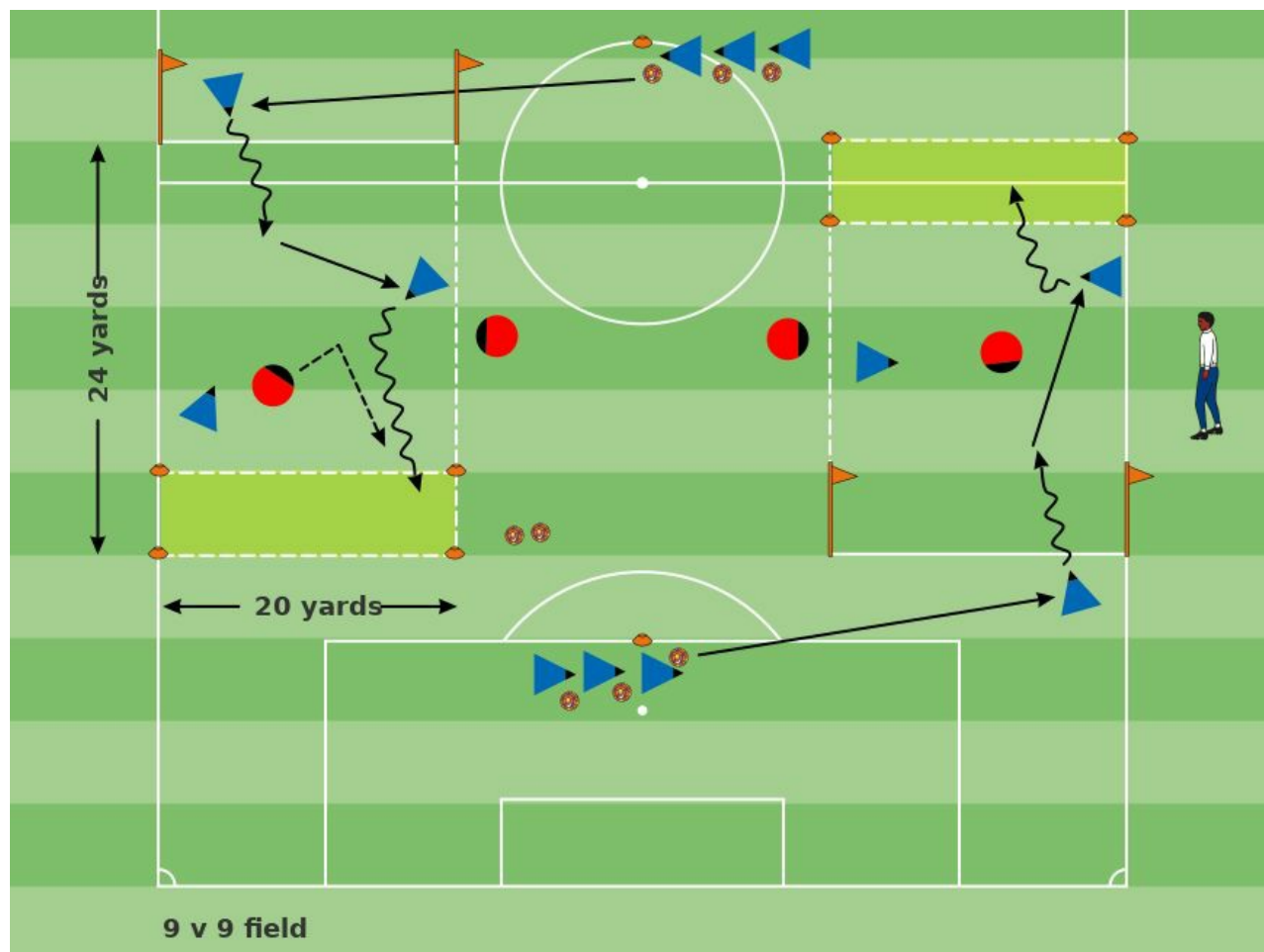
DURATION:
30:0 min

PRACTICE (Less Challenging): 3 v 1 on End Zone

OBJECTIVE: To move the ball forward by dribbling or passing.

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

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



ORGANIZATION:

Same as Core Activity, except players play 3 v 1.

KEY WORDS:

Pass, dribble, hips open

GUIDED QUESTIONS:

1) How do you take advantage of a 2 v 1 when you've got the ball? 2) What should you do if the defender steps to your teammate instead? 3) What should your teammate do? 4) How should players receive the ball?

ANSWERS:

1) Quickly dribble forward to engage the defender, then pass the ball off to my teammate. 2) Dribble past the defender on the outside. 3) Get open by showing for passes away from the defender and take the ball directly forward. 4) Hips open and across the body. Use the inside of the foot 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:
U11-U12 / 9v9

PLAYERS:
3 vs 1

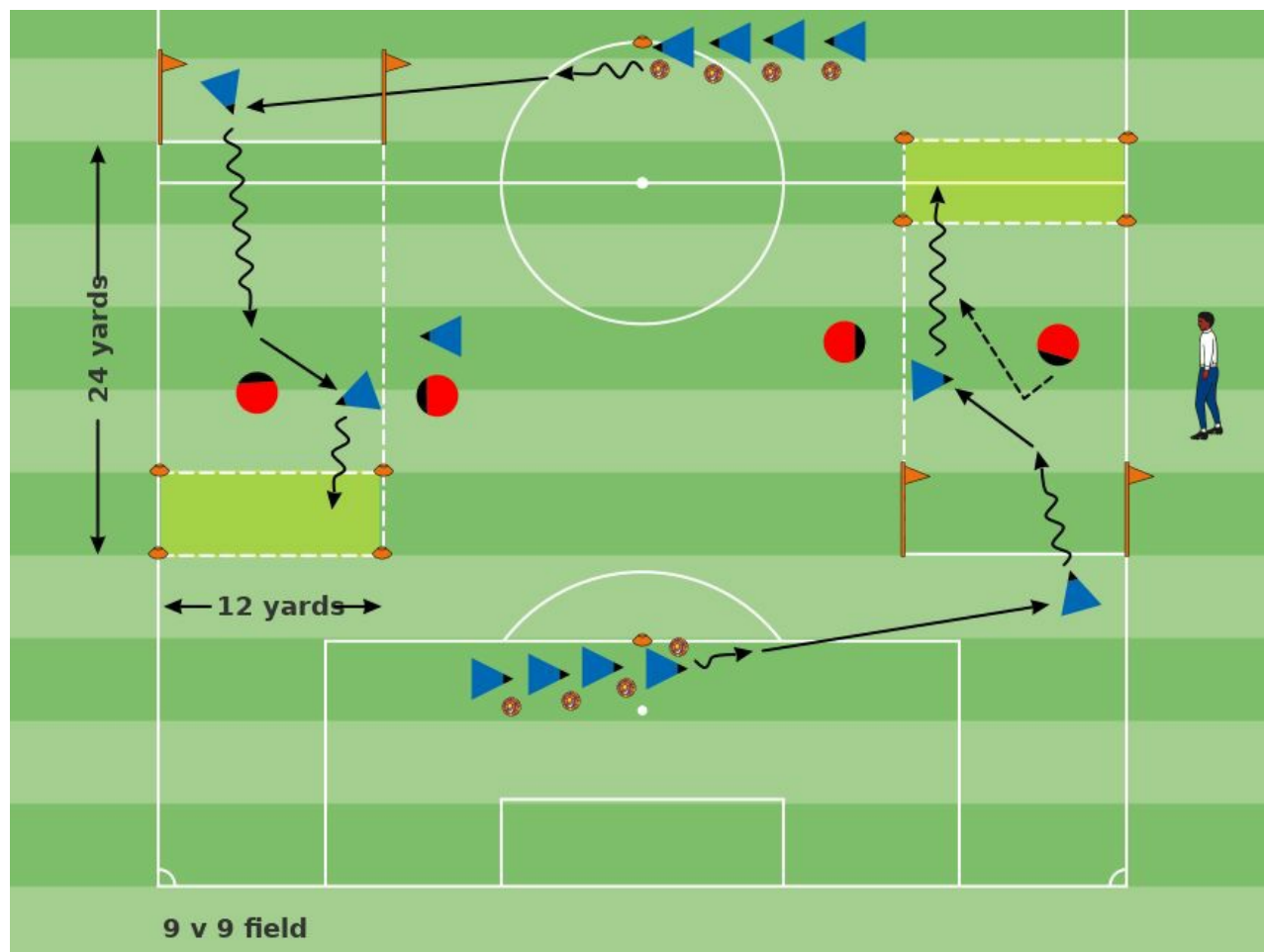
DURATION:
30:0 min

PRACTICE (More Challenging): 2 v 1 on End Zone

OBJECTIVE: To move the ball forward by dribbling or passing

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

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



ORGANIZATION:

Same as Core Activity, except on a 24 x 12-yard field.

KEY WORDS:

Pass, dribble, hips open

GUIDED QUESTIONS:

1) How do you take advantage of a 2 v 1 when you've got the ball? 2) What should you do if the defender steps to your teammate instead? 3) What should your teammate do? 4) How should players receive the ball?

ANSWERS:

1) Quickly dribble forward to engage the defender, then pass the ball off to my teammate. 2) Dribble past the defender on the outside. 3) Get open by showing for passes away from the defender and take the ball directly forward. 4) Hips open and across the body. Use the inside of the foot 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:

U11-U12 / 9v9



PLAYERS:

2 vs 1



DURATION:

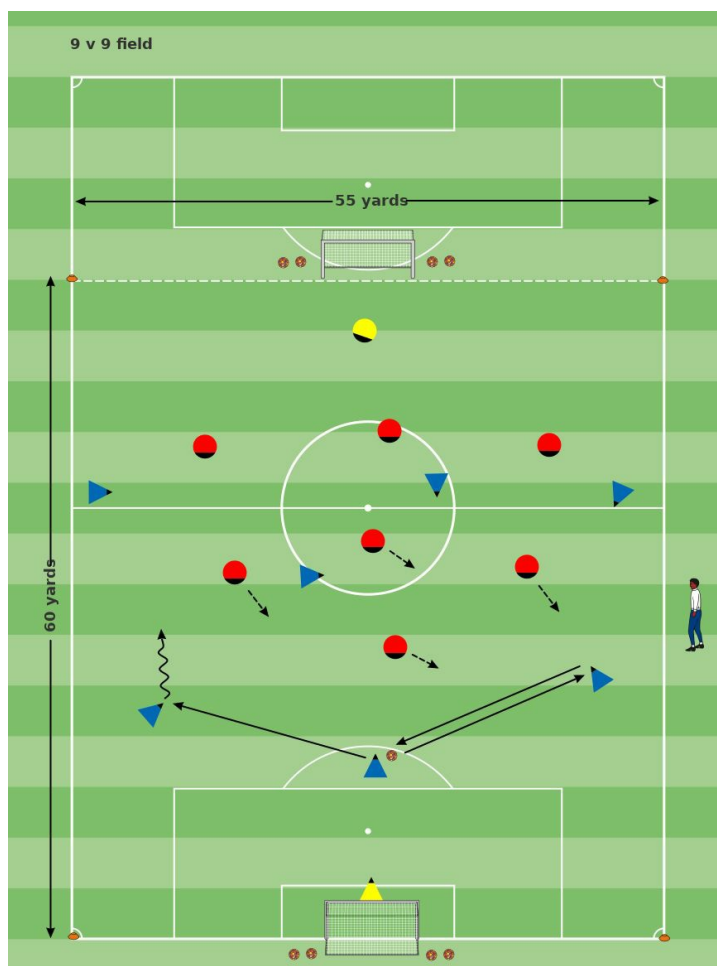
30:0 min

2ND PLAY PHASE: The Game

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

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

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



ORGANIZATION:

Mark out a 60 x 55-yard field. Teams play 8 v 8 in a 1-3-3-1 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, pass, dribble, be open

GUIDED QUESTIONS:

1) How do you create the space you need to build a solid attack? 2) How do you take advantage of a 2 v 1 when you've got the ball? 3) What should your teammate do? 4) How should players receive the ball?

ANSWERS:

1) Make the field as big as possible; push forward and engage individual opponents; use the full width of the field. 2) Quickly dribble forward to tie up the defender, then pass the ball off to my teammate. 3) Get open by showing for passes away from the defender and take the ball directly forward. 4) Hips open and across the body. Use the inside of the foot with heel down/toe up.

MOMENT:
Attacking

AGE:
U11-U12 / 9v9

PLAYERS:
8 vs 8

DURATION:
30:0 min

9v9 Improve Building Up in 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, 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: