

BYSA COACHES PRACTICE GUIDE





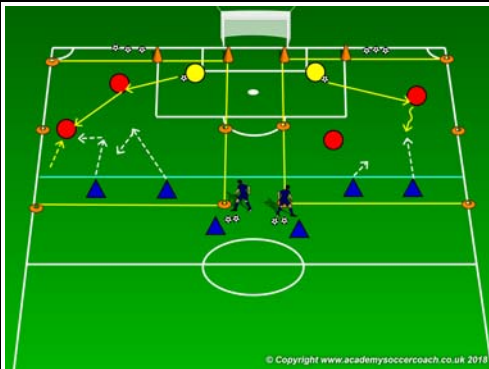

U-11 Division 2018-2019 Season


Produced by Baldwinsville Youth Soccer Association

www.bvillesoccer.com



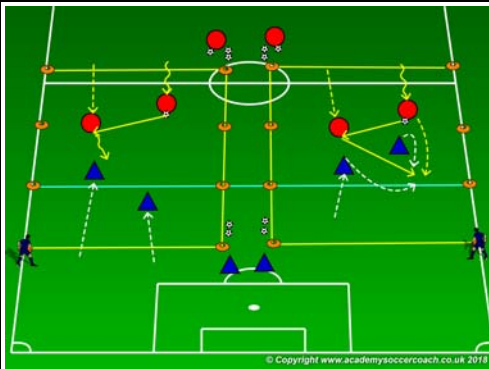
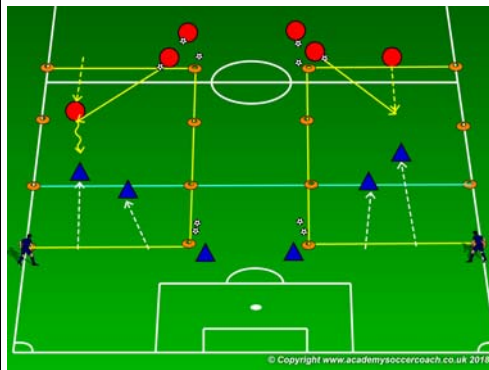

Source Material from Massachusetts Youth Soccer in
conjunction with U.S. Soccer


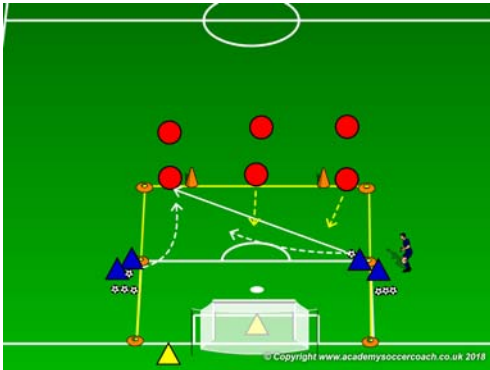
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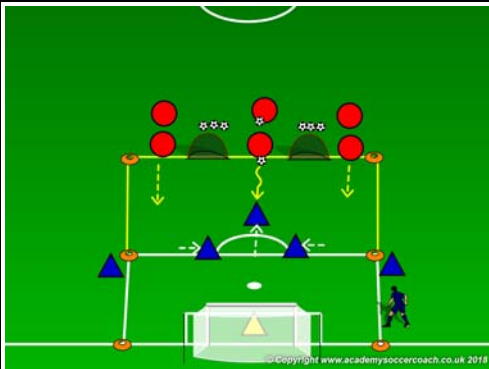


 	GOAL:		Improve preventing the opponent from building up in their own half - 1						
	PLAYER ACTIONS		Steal the ball, pressure/cover/ and stay compact						
	KEY QUALITIES		Read the game, be proactive, focus						
	AGE GROUP		U9-U10 / 7v7 / 12 Players		MOMENT	Defending	DURATION	60 minutes	
1st PLAY PHASE	1v1, 2v1, 2v2...3v3	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	24 min	Activity time:	3 min	Rest time:	1 min	Intervals	6
		2v3 TO GOAL AND END LINE: OBJECTIVE: To disrupt the buildup in the opponent's have and win the ball back to score. ORGANIZATION: Set up two 20Wx25L yard fields with a 6 yard cone goal in the north endline. The Red team has a goalkeeper and two attackers, the Blue team has 2 defenders. The game begins when the goalkeeper passes the ball to a Red player. As soon as the pass is made, the Blue players who are behind at the build out line run in and try to win the ball. The Red team scores by dribbling the ball past the endline. The Blue team scores in the Red team's goal. Rotate players every interval. Every time the ball goes out the Red team restarts with a goal kick. KEY WORDS: Get in front of the ball, tackle (Poke or Block), work together. GUIDED QUESTIONS: 1.- What should you do as soon as the goalkeeper passes the ball? 2.- Where will you force the attacker to go? 3.- How can you get the ball? ANSWERS: 1.- One of us will run forward to get in front of the player receiving the ball, the other will stay a little behind. 2.- Towards his/her own goal. 3.- By stealing the ball with a block tackle or a poke. NOTES: Start with the Core Activity . If it is too difficult, switch to the Less Challenging Activity . If it is too easy, switch to the More Challenging Activity .							
PRACTICE (Less Challenging):		Duration:	24 min	Activity time:	30 sec	Rest time:	30 sec	Intervals	24
		2v3 TO GOAL AND END LINE: OBJECTIVE: To disrupt the buildup in the opponent's have and win the ball back to score. ORGANIZATION: Set up three 14Wx22L yard fields with a 6 yard cone goal in the north endline. The Red team has a goalkeeper and one attacker, the Blue team has one defender. The game begins when the goalkeeper passes the ball to the Red player. As soon as the pass is made, the Blue defender who is behind at the build out line runs in and tries to win the ball. The Red team scores by dribbling the ball past the endline. The Blue team scores in the Red team's goal. Rotate players every interval. Every time the ball goes out, the Red team restarts with a goal kick. KEY WORDS: Get in front of the ball, tackle (Poke or Block), work together. GUIDED QUESTIONS: 1.- What should you do as soon as the goalkeeper passes the ball? 2.- Where will you force the attacker to go? 3. How can you get the ball?? ANSWERS: 1.- Run forward to get in front of the player receiving the ball, the other will stay a little behind. 2.- Towards his/ her own goal. 3.- By stealing the ball with a block tackle or a poke. NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .							
PRACTICE (More Challenging):		Duration:	24 min	Activity time:	7 min	Rest time:	1 min	Intervals	3
		4v5 TO GOAL AND TWO COUNTER GOALS: OBJECTIVE: To disrupt the buildup in the opponent's have and win the ball back to score. ORGANIZATION: In a 45Wx35L yard field with a regular goal and two counter goals. The Red team has a goalkeeper and 5 attackers, the Blue team has four defenders. The game begins when the goalkeeper passes the ball to a Red defender. As soon as the pass is made, the Blue defenders who are behind at the build out line run in and try to win the ball. The Red team scores in either of the two counter goals. The Blue team scores in the Red team's goal. Rotate players every interval. All Laws apply. KEY WORDS: Get in front of the ball, tackle (Poke or Block), work together. GUIDED QUESTIONS: 1.- What should you do as soon as the goalkeeper passes the ball? 2.- Where will you force the attacker to go? 3. How can you get the ball?? ANSWERS: 1.- Run forward to get in front of the player receiving the ball, the others will stay a little behind. 2.- Towards his/ her own goal. 3.- By stealing the ball with a block tackle or a poke. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .							
2nd PLAY PHASE	6v6 (1-2-3 v 1-2-3)	Duration:	26 min	Activity time:	11 min	Rest time:	2 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?					1. How did you do in achieving the goal of the training session? 2. What did you do well? 3. What could you do better?				

 	GOAL:		Improve preventing the opponent from building up in their own half - 2							
	PLAYER ACTIONS		Steal the ball, pressure/cover/balance, outnumber the opponent							
	KEY QUALITIES		Make decisions, take the initiative, focus							
	AGE GROUP		U9-U10 / 7v7 / 12 Players	MOMENT	Defending	DURATION	60 minutes			
1st PLAY PHASE		1v1, 2v1, 2v2...3v3	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description										
PRACTICE (Core Activity):			Duration:	24 min	Activity time:	3 min	Rest time:	1 min	Intervals	6
			3v3 TO GOAL: OBJECTIVE: To disrupt the buildup in the opponent's have and win the ball back to score. ORGANIZATION: Set up two 20Wx25L yard fields with a 6 yard cone goal on the north endline and a small goal on the other endline. The Red team has a goalkeeper and two attackers, the Blue team has three defenders. The game begins when the goalkeeper passes the ball to a Red defender. As soon as the pass is made, the Blue defenders who are behind at the build out line run in and try to win the ball. The Red team scores in the small goal and the Blue team in the cone goal. Rotate players every interval. Every time the ball goes out the Red team restarts with a goal kick. KEY WORDS: Attack the ball, work together, tackle (Poke or Block). GUIDED QUESTIONS: 1.- How should the defenders be set up on the build out line? 2.- Who should press the player with the ball? 3.- Why do we want to outnumber the player with the ball? ANSWERS: 1.- Behind the build out line making a defensive block. 2.- The closest defender presses the player with the ball. 3.- To steal the ball from him/her. NOTES: Start with the Core Activity . If it is too difficult, switch to the Less Challenging Activity . If it is too easy, switch to the More Challenging Activity .							
PRACTICE (Less Challenging):			Duration:	24 min	Activity time:	1 min	Rest time:	1 min	Intervals	12
			2v2 TO GOAL: OBJECTIVE: To disrupt the buildup in the opponent's have and win the ball back to score. ORGANIZATION: Set up three 14Wx22L yard fields with a 6 yard cone goal on the north endline. The Red team has a goalkeeper and one attacker, the Blue team has one defender. The game begins when the goalkeeper passes the ball to a Red defender. As soon as the pass is made, the Blue defender who is behind at the build out line runs in and tries to win the ball. The Red team scores by dribbling the ball past the endline. The Blue team scores in the Red team's goal. Rotate players every interval. Every time the ball goes out the Red team restarts with a goal kick. KEY WORDS: Attack the ball, work together, tackle (Poke or Block). GUIDED QUESTIONS: 1.- How should the defenders be set up on the build out line? 2.- Who should press the player with the ball? 3.- Why do we want to outnumber the player with the ball? ANSWERS: 1.- Behind the build out line making a defensive block. 2.- The closest defender presses the player with the ball. 3.- To steal the ball from him or her. NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .							
PRACTICE (More Challenging):			Duration:	24 min	Activity time:	5 min	Rest time:	1 min	Intervals	4
			5v6 TO A REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To disrupt the buildup in the opponent's have and win the ball back to score. ORGANIZATION: In a 45Wx35L yard field with a regular goal and two counter goals. The Red team has a goalkeeper and 5 attackers, the Blue team has five defenders. The game begins when the goalkeeper passes the ball to a Red defender. As soon as the pass is made, the Blue defenders who are behind at the build out line run in and try to win the ball. The Red team scores in either of the two counter goals. The Blue team scores in the Red team's goal. Rotate players every interval. All Laws apply. KEY WORDS: Attack the ball, work together, tackle (Poke or Block). GUIDED QUESTIONS: 1.- How should the defenders be set up on the build out line? 2.- Who should press the player with the ball? 3.- Why do we want to outnumber the player with the ball? ANSWERS: 1.- Behind the build out line making a defensive block. 2.- The closest defender presses the player with the ball. 3.- To steal the ball from him or her. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .							
2nd PLAY PHASE		6v6 (1-2-3 v 1-2-3)	Duration:	26 min	Activity time:	11 min	Rest time:	2 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.										
FIVE ELEMENTS OF TRAINING ACTIVITY						TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?						1. How did you do in achieving the goal of the training session?				
						2. What did you do well?				
						3.What could you do better?				

 	GOAL: Improve preventing the opponent from building up and creating scoring chances in our half - 2		PLAYER ACTIONS Pressure/cover/balance, make it compact, keep it compact			
	KEY QUALITIES		Reading the game, be proactive, focus			
	AGE GROUP		U11-U12 / 9v9 / 16 Players	MOMENT	Defending	DURATION 60 minutes
	1st PLAY PHASE	1v1, 2v1, 2v2...4v4	Duration: 9 min	Activity time: 2.5 min	Rest time: 30 sec	Intervals 3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description						
PRACTICE (Core Activity):			Duration: 24	Activity time: 5 min	Rest time: 1 min	Intervals 4
 <p>3v3 TO FOUR GOALS: OBJECTIVE: To deny chances, win the ball and score.</p> <p>ORGANIZATION: Set two 20Wx25L yard field with two 6 yard goals on each line. Divide the players into four teams of three players each. Play to score by either dribbling or passing on the ground through one the goals.</p> <p>KEY WORDS: Pressure, cover, move and work together.</p> <p>GUIDED QUESTIONS: 1.- Who pressures the ball and why? 2.- Why do we move together to defend? 3.- Where do we go if we are not pressing the ball? ANSWERS: 1.- The defender closest to the ball, to prevent the player on the ball from moving it forward 2.- To stay compact and deny/close any openings. 3.- We will go to get behind the defender pressing the ball to provide cover.</p> <p>NOTES: Start with the Core Activity. If it is too difficult, switch to the Less Challenging Activity. If it is too easy, switch to the More Challenging Activity.</p>						
PRACTICE (Less Challenging):			Duration: 24	Activity time: 5 min	Rest time: 1 min	Intervals 4
 <p>3V3 TO GOAL: OBJECTIVE: To deny chances, win the ball and score.</p> <p>ORGANIZATION: Set two 20Wx25L yard field with one 9 yard goal on each line. Divide the players into four teams of three players each. Play to score by either dribbling or passing on the ground through one the goals.</p> <p>KEY WORDS: Pressure, cover, move and work together.</p> <p>GUIDED QUESTIONS: 1.- Who pressures the ball and why? 2.- Why do we move together to defend? 3.- Where do we go if we are not pressing the ball? ANSWERS: 1.- The defender closest to the ball, to prevent the player on the ball from moving it forward 2.- To stay compact and deny/close any openings. 3.- We will go to get behind the defender pressing the ball to provide cover.</p> <p>NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.</p>						
PRACTICE (More Challenging):			Duration: 24	Activity time: 7 min	Rest time: 1 min	Intervals 3
 <p>4V4 TO SIX GOALS: OBJECTIVE: To deny chances, win the ball and score.</p> <p>ORGANIZATION: Set one 45Wx25L yard field with three 5 yard goals on each line. Divide the players into two teams of six players each. Play 4v4 and two subs. Score by either dribbling or passing on the ground through either of the three the goals.</p> <p>KEY WORDS: Pressure, cover, move and work together.</p> <p>GUIDED QUESTIONS: 1.- Who pressures the ball and why? 2.- Why do we move together to defend? 3.- Where do we go if we are not pressing the ball? ANSWERS: 1.- The defender closest to the ball, to prevent the player on the ball from moving it forward 2.- To stay compact and deny/close any openings. 3.- We will go to get behind the defender pressing the ball to provide cover.</p> <p>NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.</p>						
2nd PLAY PHASE			Duration: 27 min	Activity time: 11 min	Rest time: 2.5 min	Intervals 2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.						
FIVE ELEMENTS OF TRAINING ACTIVITY				TRAINING SESSION SELF REFLECTION QUESTIONS		
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?				1. How did you do in achieving the goal of the training session? 2. What did you do well? 3. What could you do better?		






 	GOAL: Improve preventing the opponent from building up and creating scoring chances in our half - 1												
	PLAYER ACTIONS		Outnumber the opponent, steal the ball, pressure/cover/balance										
	KEY QUALITIES		Decision making, take initiative, focus										
	AGE GROUP		U9-U10 / 7v7 / 12 Players	MOMENT	Defending	DURATION	60 minutes						
1st PLAY PHASE		1v1, 2v1, 2v2...3v3	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3			
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description													
PRACTICE (Core Activity):			Duration:	24	Activity time:	2 min	Rest time:	2 min	Intervals	6			
			2v2 TO END LINES: OBJECTIVE: To outnumber the opponent, win the ball back and score. ORGANIZATION: Set up two 18Wx25L yard fields. Place the Red team on one end line and the Blue team on the other. Play 2v2. The game starts when the Red team dribbles the ball into the field or passes to his/her partner. Both teams try to score by dribbling across the end line. Switch players every interval. KEY WORDS: Close the attacker down, pressure & cover, work together, tackle (Poke or Block). GUIDED QUESTIONS: 1.- How do you stop the players from dribbling the ball forward? 2.- Who should press the player with the ball? 3.- What does the other defender do?? ANSWERS: 1.- Get in front of the ball to block his/her dribbling forward. 2.- The closest defender to the player with the ball. 3.- He/she will provide cover. NOTES: Start with the Core Activity . If it is too difficult, switch to the Less Challenging Activity . If it is too easy, switch to the More Challenging Activity .										
			PRACTICE (Less Challenging):										
			Duration:	24	Activity time:	45 sec	Rest time:	45 sec	Intervals	16			
						2v1 TO END LINES: OBJECTIVE: To outnumber the opponent, win the ball back and score. ORGANIZATION: Set up two 14Wx25L yard fields. Place the Red team on one end line and the Blue team on the other. Play 2v2. The game starts when the Red team dribbles the ball into the field or passes to his/her partner. Both teams try to score by dribbling across the end line. Switch players every interval. KEY WORDS: Close the attacker down, pressure & cover, work together, tackle (Poke or Block). GUIDED QUESTIONS: 1.- How do you stop the players from dribbling the ball forward? 2.- Who should press the player with the ball? 3.- What does the other defender do?? ANSWERS: 1.- Get in front of the ball to block his/her dribbling forward. 2.- The closest defender to the player with the ball. 3.- He/she will provide cover. NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .							
						PRACTICE (More Challenging):							
Duration:	24	Activity time:				5 min	Rest time:	1 min	Intervals	4			
						3v3 TO END LINES: OBJECTIVE: To outnumber the opponent, win the ball back and score. ORGANIZATION: Set up two 20Wx25L yard fields. Place the Red team and Blue team players as shown in the diagram. Play 3v3. The game starts when the Red team dribbles the ball into the field or passes to his/her partner, the Blue defender on the Red team's end line will recover back and try to regain the ball working together with the other two defenders. KEY WORDS: Close the attacker down, pressure & cover, work together, tackle (Poke or Block). GUIDED QUESTIONS: 1.- How do you stop the players from dribbling the ball forward? 2.- Who should press the player with the ball? 3.- What does the other defender do?? ANSWERS: 1.- Get in front of the ball to block his/her dribbling forward. 2.- The closest defender to the player with the ball. 3.- He/she will provide cover. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .							
						2nd PLAY PHASE							
			6v6(1-1-3-1v1-1-3-1)	Duration:	27 min	Activity time:	11 min	Rest time:	2.5 min	Intervals	2		
			Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.										
			FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS					
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?					1. How did you do in achieving the goal of the training session?								
					2. What did you do well?								
					3. What could you do better?								

	GOAL: Improve preventing the opponent from scoring goals - 1					
	PLAYER ACTIONS Decision making, focus, take initiative					
	KEY QUALITIES Protect the goal, press/cover, make it and keep it compact					
	AGE GROUP	U9-U10 / 7V7 / 12 Players	MOMENT	Defending	DURATION	60 min
1st PLAY PHASE	1V1, 2V1, 2V2...3V3	Duration: 9 min	Activity time: 2.5 min	Rest time: 30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description						
PRACTICE (Core Activity):		Duration: 24	Activity time: 2 min	Rest time: 2 min	Intervals	6
		2v3 TO A REGULAR GOAL AND A CONE GOAL: OBJECTIVE: To prevent the opponent from scoring. ORGANIZATION: Set up a 24Wx20L yard field with a regular goal on one end line and a 10 yard cone goal on the opposite end line. After receiving the ball, Red team attacks to score in the regular goal and the Blue team scores by dribbling through the cone goal. Play until one team scores. Afterwards, start a new 2v3 game. KEY WORDS: Defend the goal, pressure, block the shot. GUIDED QUESTIONS: 1.- Why do we want to protect the goal? 2.- What can you do to protect the goal? 3.- What should the other defender do? ANSWERS: 1.- To keep the opponent from scoring. 2.- Go after the ball, get in front of the attacker and block the way to the goal and force him/her to the outside. 3.- Double team the attacker with the ball, tackle or steal the ball. NOTES: Start with the Core Activity. If it is too difficult, switch to the Less Challenging Activity. If it is too easy, switch to the More Challenging Activity.				
PRACTICE (Less Challenging):		Duration: 24	Activity time: 1min	Rest time: 1 min	Intervals	12
		1v3 TO GOAL: OBJECTIVE: To prevent the opponent from scoring. ORGANIZATION: Set up a 16Wx20L yard field with a cone goal with a keeper on the end line and a 10 yard cone goal on the opposite end line. After receiving the ball, the Red player will attack to score in the regular goal and the Blue team scores by dribbling through the cone goal. Play until one team scores. Afterwards, start a new 1v3 game. KEY WORDS: Defend the goal, pressure, block the shot GUIDED QUESTIONS: 1.- Why do we want to protect the goal? 2.- What can you do to protect the goal? 3.- What should the other defender do? ANSWERS: 1.- To keep the opponent from scoring. 2.- Go after the ball, get in front of the attacker and block the way to the goal and force him/her to the outside. 3.- Double team the attacker with the ball, tackle or steal the ball. NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.				
PRACTICE (More Challenging):		Duration: 24	Activity time: 2 min	Rest time: 2 min	Intervals	6
		3v3 TO REGULAR GOAL AND A CONE GOAL: OBJECTIVE: To prevent the opponent from scoring. ORGANIZATION: Set up a 24Wx20L yard field with a regular goal on one end line and a 10 yard cone goal on the opposite end line. After receiving the ball, the Red team attacks to score in the regular goal and the Blue team scores by dribbling through the cone goal. Play until one team scores. Afterwards, start a new 3v3 game. KEY WORDS: Defend the goal, pressure, block the shot. GUIDED QUESTIONS: 1.- Why do we want to protect the goal? 2.- What can you do to protect the goal? 3.- What should the other defender do? ANSWERS: 1.- To keep the opponent from scoring. 2.- Go after the ball, get in front of the attacker and block the way to the goal and force him/her to the outside. 3.- Double team the attacker with the ball, tackle or steal the ball. NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the Less Challenging Activity.				
2nd PLAY PHASE	6v6 (1-2-3 v 1-2-3)	Duration: 27 min	Activity time: 11 min	Rest time: 2.5 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.						
FIVE ELEMENTS OF TRAINING ACTIVITY			TRAINING SESSION SELF REFLECTION QUESTIONS			
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?			1. How did you do in achieving the goal of the training session? 2. What did you do well? 3. What could you do better?			


 	GOAL:		Improve preventing the opponent from scoring goals - 2								
	PLAYER ACTIONS		Protect the goal, press/cover/balance, make it and keep it compact								
	KEY QUALITIES		Reading the game, focus, take initiative								
	AGE GROUP		U9-U10 / 7V7 / 12 Players		MOMENT	Defending	DURATION	60 min			
1st PLAY PHASE		1V1, 2V1, 2V2...3V3		Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description											
PRACTICE (Core Activity):				Duration:	24	Activity time:	3 min	Rest time:	1min	Intervals	6
				3v4 TO A REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To outnumber the opponent, win the ball back and score. ORGANIZATION: Set up two 18Wx25L yard fields. Place the Red team on one end line and the Blue team on the other. Play 2v2. The game starts when the Red team dribbles the ball into the field or passes to his/her partner. Both teams try to score by dribbling across the end line. Switch players every interval. KEY WORDS: Close the attacker down, pressure & cover, work together, tackle (Poke or Block). GUIDED QUESTIONS: 1.- How do you stop the players from dribbling the ball forward? 2.- Who should press the player with the ball? 3.- What does the other defender do?? ANSWERS: 1.- Get in front of the ball to block his/her dribbling forward. 2.- The closest defender to the player with the ball. 3.- He/she will provide cover. NOTES: Start with the Core Activity . If it is too difficult, switch to the Less Challenging Activity . If it is too easy, switch to the More Challenging Activity .							
PRACTICE (Less Challenging):				Duration:	24	Activity time:	2 min	Rest time:	1 min	Intervals	8
				2v4 TO A REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To outnumber the opponent, win the ball back and score. ORGANIZATION: Set up two 18Wx25L yard fields. Place the Red team on one end line and the Blue team on the other. Play 2v2. The game starts when the Red team dribbles the ball into the field or passes to his/her partner. Both teams try to score by dribbling across the end line. Switch players every interval. KEY WORDS: Close the attacker down, pressure & cover, work together, tackle (Poke or Block). GUIDED QUESTIONS: 1.- How do you stop the players from dribbling the ball forward? 2.- Who should press the player with the ball? 3.- What does the other defender do? ANSWERS: 1.- Get in front of the ball to block his/her dribbling forward. 2.- The closest defender to the player with the ball. 3.- He/she will provide cover. NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .							
PRACTICE (More Challenging):				Duration:	24	Activity time:	3 min	Rest time:	1 min	Intervals	6
				3v4 TO A REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To outnumber the opponent, win the ball back and score. ORGANIZATION: Set up two 18Wx25L yard fields. Place the Red team on one end line and the Blue team on the other. Play 2v2. The game starts when the Red team dribbles the ball into the field or passes to his/her partner. Both teams try to score by dribbling across the end line. Switch players every interval. KEY WORDS: Close the attacker down, pressure & cover, work together, tackle (Poke or Block). GUIDED QUESTIONS: 1.- How do you stop the players from dribbling the ball forward? 2.- Who should press the player with the ball? 3.- What does the other defender do? ANSWERS: 1.- Get in front of the ball to block his/her dribbling forward. 2.- The closest defender to the player with the ball. 3.- He/she will provide cover. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .							
2nd PLAY PHASE		6v6 (1-3-2 v 1-3-2)		Duration:	27 min	Activity time:	11 min	Rest time:	2.5 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.											
FIVE ELEMENTS OF TRAINING ACTIVITY						TRAINING SESSION SELF REFLECTION QUESTIONS					
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?						1. How did you do in achieving the goal of the training session?					
						2. What did you do well?					
						3. What could you do better?					

 	GOAL:		Improve the build up in the opponent's half in order to create scoring chances - 1																				
	PLAYER ACTIONS		Pass or dribble forward, create passing options, create 1v1's and 2v1's																				
	KEY QUALITIES		Read the game, be proactive, focus																				
	AGE GROUP		U9-U10 / 7v7 / 12 Players		MOMENT	Attacking	DURATION	60 min															
1st PLAY PHASE		1v1, 2v1, 2v2...3v3		Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3												
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description																							
PRACTICE (Core Activity):				Duration:	24 min	Activity time:	5 min	Rest time:	1 min	Intervals	4												
				3V2 TO GOAL: OBJECTIVE: To create 2v1's or 1v1 and pass or dribble forward. ORGANIZATION: Set up two 20Wx30L yard fields with a small goal at each end line. Play 3 Blue attackers against 2 Red defenders to score in the opponents goal. Rotate defenders every interval. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines. KEY WORDS: Pass, take opponents on, support (behind, sides or in front of the ball) GUIDED QUESTIONS: 1.- How can you create an opening? 2.- What can you do if you see an opening? 3.- When should we combine? ANSWERS: 1.- Move the ball to move the opponent. 2.- Can pass or dribble through 3.- When we have a 2v1. NOTES: Start with the Core Activity . If is too difficult, switch to the Less Challenging Activity . If it is too easy, switch to the More Challenging Activity .																			
				PRACTICE (Less Challenging):								Duration:	24 min	Activity time:	3 min	Rest time:	1 min	Intervals	6				
								2V1 TO GOAL: OBJECTIVE: To create 2v1's or 1v1 and pass or dribble forward. ORGANIZATION: Set up three 14Wx30L yard fields with a small goal at each end line. Play 2 Blue attackers against 1 Red defender to score in the opponents goal. Rotate defenders every interval. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines. KEY WORDS: Pass, take opponents on, support (behind, sides or in front of the ball) GUIDED QUESTIONS: 1.- When can you dribble forward? 2.- Why should you pass forward? 3.- Where will you support your teammate with the ball? ANSWERS: 1.- When you have space in front or when you have an opening between the defender and the side line. 2.- Because my teammate is forward and close to the opponent's goal 3.- Away from the defender, behind, to the sides or in front of the ball. NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .															
								PRACTICE (More Challenging):								Duration:	24 Min	Activity time:	7 min	Rest time:	1 min	Intervals	3
												4V4 :TO GOAL AND TWO COUNTER GOALS OBJECTIVE: To create 2v1's or 1v1 and pass or dribble forward. ORGANIZATION: In a 45Wx35L yard field with a regular goal and two small goals at the midline. The 4 Blue players attack the regular goal and the 3 Red players score in either of the two counter goals on the midline. Switch two defenders and attackers every interval. All FIFA Laws apply. KEY WORDS: Pass, take opponents on, support (behind, sides or in front of the ball) GUIDED QUESTIONS: 1.- When can you dribble forward? 2.- Why should you pass forward? 3.- Where will you support your teammate with the ball? ANSWERS: 1.- When you have space in front or when you have an opening between the defender and the side line. 2.- Because my teammate is forward and close to the opponent's goal 3.- Away from the defender, behind, to the sides or in front of the ball. NOTES: Start with the Core Activity ; if it is too easy or your players, then switch to the More Challenging Activity .											
2nd PLAY PHASE		6v6(1-1-3-1v1-1-3-1)		Duration:	26 min	Activity time:	11 min					Rest time:	2 min	Intervals	2								
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.																							
FIVE ELEMENTS OF TRAINING ACTIVITY						TRAINING SESSION SELF REFLECTION QUESTIONS																	
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?						1. How did you do in achieving the goal of the training session?																	
						2. What did you do well?																	
						3.What could you do better?																	

 	GOAL:	Improve the build up in the opponent's half in order to create scoring chances - 2							
	PLAYER ACTIONS	Spread out, pass or dribble forward, support the attack, create 1v1's or 2v1's							
	KEY QUALITIES	Make decisions, be proactive, focus							
	AGE GROUP	U9-U10 / 7v7 / 12 Players	MOMENT	Attacking	DURATION	60 min			
1st PLAY PHASE	1v1, 2v1, 2v2...3v3	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	24 min	Activity time:	5 min	Rest time:	1 min	Intervals	4
		3V3 TO GOAL AND TWO COUNTER GOALS: OBJECTIVE: To pass or dribble forward in order to score goals. ORGANIZATION: Set up two 20Wx35L yard fields with a small goal at each end line. Play 3 Blue attackers against 2 Red defenders and a goalkeeper. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines. Rotate the goalkeeper every interval. KEY WORDS: Make the field bigger, pass, dribble, support (behind, sides or in front of the ball) GUIDED QUESTIONS: 1.- What would happen if you spread out? 2.- Why do you need to look up when you have the ball? 3.- Why do you need to help your teammate with the ball? ANSWERS: 1.- We make the defenders spread out and create openings for us. 2.- Because this way I can see where my teammates are and find an opening to pass or dribble forward. 3.- To Create a 2v1. NOTES: Start with the Core Activity . If is too difficult, switch to the Less Challenging Activity . If it is too easy, switch to the More Challenging Activity .							
PRACTICE (Less Challenging):		Duration:	24 min	Activity time:	3 min	Rest time:	1 min	Intervals	6
		3V3 RECIEIVE, DRIBBLE AND PASS TO FOUR GOALS: OBJECTIVE: To pass or dribble forward in order to score goals. ORGANIZATION: Set up two 20Wx35L yard fields with two small goals on each end line. Place 6 players in each field and divide them into 2 groups of 3 players, each group has a ball. Players will perform the following tasks: 1. Interval 1 and 2: How many passes can you make in 3 minutes? 2. Interval 3 and 4: How many passes and goals can you score in 3 minutes? (The teams can't score in the same goal until they have scored in a different one). 3. Intervals 5 and 6: How many passes can you make through and around the other teams to score a goal? KEY WORDS: Pass, take opponents on, support (behind, sides or in front of the ball) GUIDED QUESTIONS: 1.- What would happen if you spread out? 2.- Why do you need to look up when you have the ball? 3.- Why do you need to help your teammate with the ball? ANSWERS: 1.- We make the defenders spread out and create openings for us. 2.- Because this way I can see where my teammates are and find an opening to pass or dribble forward. 3.- To Create a 2v1. NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .							
PRACTICE (More Challenging):		Duration:	24 Min	Activity time:	7 min	Rest time:	1 min	Intervals	3
		4V4 TO A REGULAR GOALS AND TWO COUNTER GOALS: OBJECTIVE: To pass or dribble forward in order to score goals. ORGANIZATION: Set up two 20Wx35L yard fields with a small goal at each end line. Play 3 Blue attackers against 2 Red defenders and a goalkeeper. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines. Rotate the goalkeeper every interval. KEY WORDS: Make the field bigger, pass, dribble, support (behind, sides or in front of the ball) GUIDED QUESTIONS: 1.- What would happen if you spread out? 2.- Why do you need to look up when you have the ball? 3.- Why do you need to help your team mate with the ball? ANSWERS: 1.- We make the defenders spread out and create openings for us. 2.- Because this way I can see where my teammates are and find an opening to pass or dribble forward. 3.- To Create a 2v1. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .							
2nd PLAY PHASE	6v6(1-1-3-1v1-1-3-1)	Duration:	26 min	Activity time:	11 min	Rest time:	2 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way?					1. How did you do in achieving the goal of the training session?				
2. Game like: Is the activity game like?					2. What did you do well?				
3. Repetitions: Are there repetitions when looking at the overall goal of the session?					3.What could you do better?				
4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?)									
5. Coaching: Is there the right coaching based on the age/level of the players?									

 	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 1							
	PLAYER ACTIONS	Pass or dribble forward, create passing options, support the attack							
	KEY QUALITIES	Make decisions, focus, technical execution							
	AGE GROUP	U9-U10 / 7V7 / 12 Players	MOMENT	Attacking	DURATION	60 min			
1st PLAY PHASE	1v1, 2v1, 2v2...3v3	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	21 min	Activity time:	1.5 min	Rest time:	1.5min	Intervals	7
		2v1 TO GOALS: OBJECTIVE: To move the ball forward into the opponent's half. ORGANIZATION: Set up to 20Wx35L yard fields with build out lines and two mini goals as shown in the diagram. Select 4 attackers and 2 defenders for each field. The first two attackers start the game with a goal kick from the GK box to the player outside the penalty box. The two attackers will try to move the ball past the build up line and score in the opponent's goal. As soon as the goal kick is taken, the defender comes in and tries to get the ball to score in the blue team's goal. If the ball goes out of bounds, the blue team restarts the game with a goal kick. Change defenders every interval. KEY WORDS: Pass, dribble, support (behind, sides or in front of the ball) GUIDED QUESTIONS: 1.- What options does the player with the ball have? 2.- Where should the other attacker be to support his/her teammate? ANSWERS: 1.- The player with the ball can dribble past the defender into open space or pass the ball to his attacking partner. 2.- He/she should be in an open space either to the sides or in front of the ball. NOTES: Start with the Core Activity . If it is too difficult switch to the Less Challenging Activity . If it is too easy switch to More Challenging Activity .							
PRACTICE (Less Challenging):		Duration:	21 min	Activity time:	3 min	Rest time:	30 sec	Intervals	6
		FIND THE OPENING TO GET THROUGH: OBJECTIVE: To move the ball forward past the build up line. ORGANIZATION: Set up two 20Wx35L yard fields with build out lines and a 5 yard center zone. Place two blue attackers on each end line with a soccer ball and two red defenders inside a 5 yard central zone. 1.- At coaches command the blue players will try to dribble from their own end line, across the central zone to the other end line and back. The two defenders in the zone try to block and intercept the ball. 2.- After a while attacker will work with one ball and try to pass the ball though the central zone. Change the defenders every interval. KEY WORDS: Look up, Dribble forward, Pass. GUIDED QUESTIONS: 1.- When can the players dribble through the zone? 2.- What should my teammate do in order for me to pass to him/her? ANSWERS: 1.- When the players find an opening between the two defenders or the side line and a defender. 2.- Get in an open space. NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .							
PRACTICE (More Challenging):		Duration:	21 min	Activity time:	3 min	Rest time:	30 sec	Intervals	6
		3v2 TO GOALS: OBJECTIVE: To move the ball forward into the opponent's half. ORGANIZATION: Set up two 20Wx35L yard fields with build out lines and two mini-goals as shown in the diagram. Place two blue players in the bottom half of the field and one red defender on the build up line. Place one defender and one attacker in the upper half. The 3 attackers start with a goal kick from the GK box and try to get the ball past the build up line and score in the opponent's goal. As soon as the goal kick is taken, the defenders come in and try to get the ball and score in the blue team's goal. Change defenders every two intervals (7min). KEY WORDS: Pass, dribble, support (behind, sides or in front of the ball) GUIDED QUESTIONS: 1.- What options does the attacker with the ball have? 2.- How do you support your teammate with the ball? ANSWERS: 1.- The attacker with the ball can dribble past the defender into open space or pass the ball to his/her attacking partner. 2.- By getting in an opened position where there aren't any defenders between the attacker with the ball and us. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .							
2nd PLAY PHASE	6v6 (1-2-3 v 1-2-3)	Duration:	30 min	Activity time:	12 min	Rest time:	3 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?					1. How did you do in achieving the goal of the training session? 2. What did you do well? 3.What could you do better?				

 	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 2									
	PLAYER ACTIONS	Spread out, pass or dribble forward, create passing options, switch the point of attack									
	KEY QUALITIES	Reading the game, be proactive, technical execution									
	AGE GROUP	U9-U10 / 7V7 / 12 Players	MOMENT	Attacking	DURATION	60 min					
1st PLAY PHASE	1v1, 2v1, 2v2...3v3	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3		
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description											
PRACTICE (Core Activity):		Duration:	24 min	Activity time:	5 min	Rest time:	1min	Intervals	4		
		3v2 TO GOAL: OBJECTIVE: To move the ball forward into the opponent's half. ORGANIZATION: Set up two 20Wx35L yard fields with build out lines and two mini-goals as shown in the diagram. Play a 3v2 to score in the opponent's goal. The 3 Blue attackers always start with a goal kick and try to get the ball past the build out line and score in the opponent's goal. As soon as the goal kick is taken, the defenders come in and try to get the ball and score. KEY WORDS: Get wide, pass, dribble, support (behind, sides or in front of the ball) GUIDED QUESTIONS: 1.- Why should we get wide? 2.- Where should the other attackers be to support his/her teammate? 3.- What should we do if we have an opponent in front that does not let us pass the ball forward? ANSWERS: 1.- By spreading out we create openings to dribble or pass forward. 2.- Creating passing options in behind, to the sides and in front of the ball 3.- Pass the ball sideways or backwards. NOTES: Start with the Core Activity . If is too difficult switch to the Less Challenging Activity . If it is too easy switch to More Challenging Activity .									
		PRACTICE (Less Challenging):									
		Duration:	24 min	Activity time:	3 min	Rest time:	1 min	Intervals	6		
				RECEIVE, DRIBBLE OR PASS TO SCORE: OBJECTIVE: To connect passes in order to move the ball forward past the Build out line. into the opponent's half. ORGANIZATION: Set up two 20Wx35L yard fields with small goals on each end line. Place 6 players in each field and divide them into 3 groups of 2 players, each group has a ball. Players will perform the following tasks: 1. Interval 1 and 2: How many passes can you make in 3 minutes? 2. Interval 3 and 4: How many passes and goals can you score in 3 minutes? 3. Intervals 5 and 6: Can you improve by you 5? KEY WORDS: Look up, Dribble forward, Pass forward. GUIDED QUESTIONS: 1.- When can a player dribble forward? 2. Where should his/her teammate be to receive a pass? ANSWERS: 1.- When the player has open space in front or can dribble between two defenders. 2.- In open space between two defenders or the sideline and a defender to the side or in front of the ball. NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .							
				PRACTICE (More Challenging):							
Duration:	24 min			Activity time:	6.5 min	Rest time:	1.5 min	Intervals	3		
				6V3+1 TO A REGULAR GOAL AND TWO COUNTER GOALS WITH AN END ZONE GUARD: OBJECTIVE: To move the ball forward into the opponent's half. ORGANIZATION: Set up a 40Wx35L yard field with an extra 5 yard end zone with 2 counter goals as shown in the diagram. Select 6 Blue attackers and 3 Red defenders plus an end zone guard. Blue team tries to get the ball into the attacking half and score in either of the two counter goals. Red tries to win the ball and score in the regular goals. KEY WORDS: Get wide, pass, dribble, support (behind, sides or in front of the ball) GUIDED QUESTIONS: 1.- Why should we get wide? 2.- Where should the other attackers be to support his/her teammate? 3.- What should we do if we have an opponent in front that does not let us pass or dribble forward? ANSWERS: 1.- By spreading out we create openings to dribble or pass forward. 2.- Creating passing options behind, to the sides and in front the ball 3.- Pass the ball sideways or backwards. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .							
				2nd PLAY PHASE							
		6v6 (1-2-3 v 1-2-3)	Duration:	26 min	Activity time:	11 min	Rest time:	2 min	Intervals	2	
		Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
		FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way?					1. How did you do in achieving the goal of the training session?						
2. Game like: Is the activity game like?					2. What did you do well?						
3. Repetitions: Are there repetitions when looking at the overall goal of the session?					3.What could you do better?						
4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?)											
5. Coaching: Is there the right coaching based on the age/level of the players?											

 	GOAL:		Improve scoring goals - 1								
	PLAYER ACTIONS		Shoot, pass or dribble forward, create 1v1's or 2v1's								
	KEY QUALITIES		Decision making, take the initiative, technical execution								
	AGE GROUP		U9-U10 / 7v7 / 12 Players		MOMENT	Attacking	DURATION	60 min			
1st PLAY PHASE		1v1, 2v1, 2v2...3v3		Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description											
PRACTICE (Core Activity):				Duration:	24 min	Activity time:	2 min	Rest time:	1 min	Intervals	8
				2V2 TO GOAL AND TWO COUNTER GOALS: OBJECTIVE: To score goals.							
				ORGANIZATION: Set up two 24Wx24L yard fields with a 6 yard goal at each end line. Play 2 Blue attackers against 1 Red defender and a goalkeeper. The Blue team scores in the goal and the Red team scores in either of the counter goals. Rotate the goalkeeper every interval. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines.							
				KEY WORDS: Pass, dribble past an opponent, shoot.							
				GUIDED QUESTIONS: 1.- When should you dribble forward? 2.- How do you dribble past a defender in 1v1? 3.- When should you shoot?							
				ANSWERS: 1.- When you have space in front or you find an opening between two defenders . 2.- Dribble at the defender, execute a fake and then accelerate past him/her 3.- As soon as you have an opening.							
NOTES: Start with the Core Activity . If it is too difficult, switch to the Less Challenging Activity . If it is too easy switch to the More Challenging Activity .											
PRACTICE (Less Challenging):				Duration:	24 min	Activity time:	30 sec	Rest time:	30 sec	Intervals	24
				1V1 TO GOAL: OBJECTIVE: To score goals.							
				ORGANIZATION: Set up three 14Wx20L yard fields with two 6 yard goals at each end line . Play 1v1 for no more 30 seconds, then change the players. The players waiting outside stand behind the goals to prevent the ball from rolling away.							
				KEY WORDS: Pass, dribble past an opponent, shoot.							
				GUIDED QUESTIONS: 1.- When should you dribble forward? 2.- How do you dribble past a defender in 1v1? 3.- When should you shoot?							
				ANSWERS: 1.- When you have space in front or you find an opening between two defenders . 2.- Dribble at the defender, execute a fake and then accelerate past him/her 3.- As soon as you have an opening.							
NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .											
PRACTICE (More Challenging):				Duration:	24 min	Activity time:	2 min	Rest time:	2 min	Intervals	6
				3V3 TO GOAL AND TWO COUNTER GOALS: OBJECTIVE: To pass or dribble forward in order to score goals.							
				ORGANIZATION: Set up two 24Wx24L yard fields with a regular goal and two counter goals. Select 6 attackers for the Blue team and 6 players to be the Red defenders and goalkeepers. The Blue team scores in the regular goals and the Red team in either of the two counter goals.							
				KEY WORDS: Pass, dribble past an opponent, shoot.							
				GUIDED QUESTIONS: 1.- When should you dribble forward? 2.- How do you dribble past a defender in 1v1? 3.- When should you shoot?							
				ANSWERS: 1.- When you have space in front or you find an opening between two defenders . 2.- Dribble at the defender, execute a fake and then accelerate past him/her 3.- As soon as you have an opening.							
NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .											
2nd PLAY PHASE		6v6 (1-2-3 v 1-2-3)		Duration:	26 min	Activity time:	11 min	Rest time:	2 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.											
FIVE ELEMENTS OF TRAINING ACTIVITY						TRAINING SESSION SELF REFLECTION QUESTIONS					
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?						1. How did you do in achieving the goal of the training session?					
						2. What did you do well?					
						3.What could you do better?					

 	GOAL:		Improve scoring goals - 2								
	PLAYER ACTIONS		Shoot, Pass or dribble forward, create 1v1's or 2v1's								
	KEY QUALITIES		Reading the game, focus, technical execution								
	AGE GROUP		U9-U10 / 7v7 / 12 Players		MOMENT	Attacking	DURATION	60 min			
1st PLAY PHASE		1v1, 2v1, 2v2...3v3		Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description											
PRACTICE (Core Activity):				Duration:	24 min	Activity time:	5 min	Rest time:	1 min	Intervals	4
				3V3 TO GOAL: OBJECTIVE: To score goals. ORGANIZATION: Set up two 24Wx24L yard fields with a 6 yard goal at each end line. Make two teams of 2 players and a goalkeeper each. Play to score in the opponent's goal. Rotate the goalkeeper every interval. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines. KEY WORDS: Dribble an opponent, pass, shoot. GUIDED QUESTIONS: 1.- What should you do if confronted by one defender near the goal? 2.- If you see an opening what should you do? 3.- How can you prevent being offside? ANSWERS: 1.- Try to dribble past the defender with a burst of speed and shoot low. 2.- Dribble through, pass through or shoot at goal. 3.- By being in line with the last defender. NOTES: Start with the Core Activity . If is too difficult, switch to the Less Challenging Activity . If it is too easy, switch to the More Challenging Activity .							
PRACTICE (Less Challenging):				Duration:	24 min	Activity time:	3 min	Rest time:	1 min	Intervals	6
				3V2 TO GOAL: OBJECTIVE: To score goals. ORGANIZATION: Set up two 24Wx24L yard fields with two 6 yard goal at each end line . Make two teams, the Blue team with 2 players and a goalkeeper, the Red team a player, a goalkeeper and a standby player. Players to score in the opponent's goal. Use kick ins and dribble ins instead of throw ins. KEY WORDS: Pass, dribble past an opponent, shoot GUIDED QUESTIONS: 1.- What should you do if confronted by one defender near the goal? 2.- if you see an opening what would you do? 3.- How can you prevent being offside? ANSWERS: 1.- Try to dribble the defender with a burst of speed and shoot low. 2.- Dribble through, pass through or shoot at goal. 3.- By being in line with the last defender. NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .							
PRACTICE (More Challenging):				Duration:	24 min	Activity time:	5 min	Rest time:	1 min	Intervals	4
				4V4 TO GOAL: OBJECTIVE: To pass or dribble forward in order to score goals. ORGANIZATION: Set up two 24Wx24L yard fields with a regular goal and two counter goals. The Blue and Red team plays with 3 players and a goalkeeper on the field with two players ready to rotate every interval. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines. KEY WORDS: Pass, dribble past an opponent, shoot. GUIDED QUESTIONS: 1.- What should you do if confronted by one defender near the goal? 2.- If you see an opening what should you do? 3.- How can you prevent being off-sides? ANSWERS: 1.- Try to beat the defender with a burst of speed and shoot low. 2.- Dribble through, pass through or shoot at goal. 3.- By being in line with the last defender. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .							
2nd PLAY PHASE		6v6 (1-2-3 v 1-2-3)		Duration:	26 min	Activity time:	11 min	Rest time:	2 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.											
FIVE ELEMENTS OF TRAINING ACTIVITY						TRAINING SESSION SELF REFLECTION QUESTIONS					
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?						1. How did you do in achieving the goal of the training session?					
						2. What did you do well?					
						3.What could you do better?					