

2026

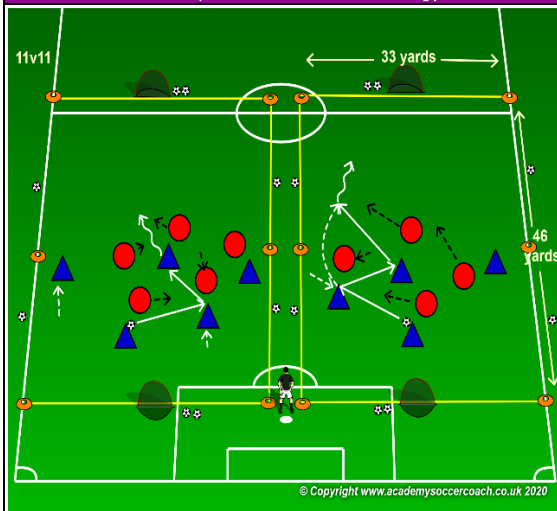


GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half -2			
PLAYER ACTIONS	Pass or dribble forward, Spread out, Support the attack and Change the point of attack			
KEY QUALITIES	Read the game, Take initiative, Optimal technical abilities			
MOMENT	ATTACKING	DURATION	60 minutes	PLAYERS
				18

13+
11V11

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy
– **Receiving:** Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)


DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min

OBJECTIVE: Pass or dribble to move the ball forward.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Support and Change the point of attack.

ORGANIZATION: In our own half set up two or more 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.

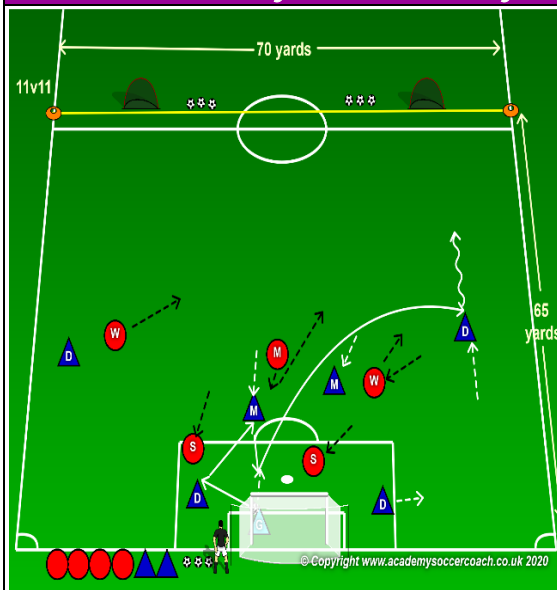
KEY WORDS: Opening, Connect, Take it, Options and Switch.

GUIDED QUESTIONS: 1. What do we do to create an opening? 2. How do we connect forward with a teammate on the other side of the opening? 3. If we have an opening between two defenders how can we take the ball forward? 4. Where do we need to be an option for the player with the ball?

ANSWERS: 1. We spread out to create openings - 2. Passing the ball forward - 3. Dribble the ball forward through the opening - 4. To support we need to be to the sides, in front and behind.

Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 7v5 to goals and two small goals


DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min

OBJECTIVE: Pass or dribble to move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Support and Change the point of attack.

ORGANIZATION: In a 11V11 field, set up a 70Wx65L playing area with a regular goal and two counter goals. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 5 Red players: 1 midfielder, 2 wingers and 2 strikers. Blue team scores by passing into one of two counter goals. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

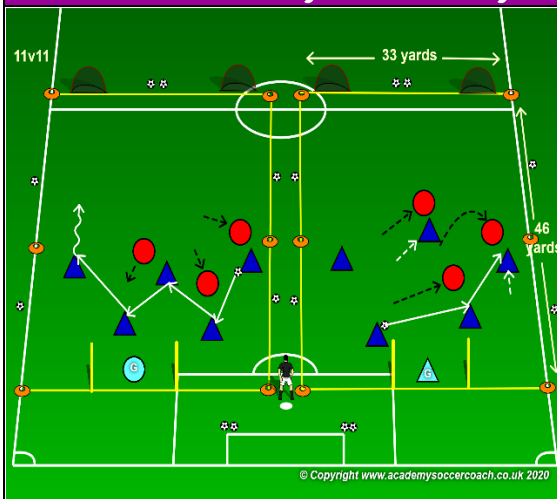
KEY WORDS: Opening, Connect, Take it, Options and Switch.

GUIDED QUESTIONS: 1. Where should we go to create an opening? 2. When is a good time to connect through an opening with a teammate? 3. What do we do to take the ball forward if we have space in front? 4. How can we become a passing option? 5. When do we change the point of attack?

ANSWERS: 1. To create an opening we should spread out to the boundaries - 2. We will connect through an opening with a forward pass when we have a teammate to receive the ball - 3. We dribble the ball forward - 4. By being in front, to the sides and behind creating diagonal passing lanes - 5. When we do not have an opening we change the point of attack by going around or over defenders to the other side.

Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy

LESS CHALLENGING: 6v3 to goal & two small goals


DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min

OBJECTIVE: Pass or dribble to move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Support and Change the point of attack.

ORGANIZATION: In a 11v11 field, set up two 33Wx46L fields with a goal and two dribbling gates. The 6 Blue players will try to score by passing to one of the two counter goals. The 3 Red players will score in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.

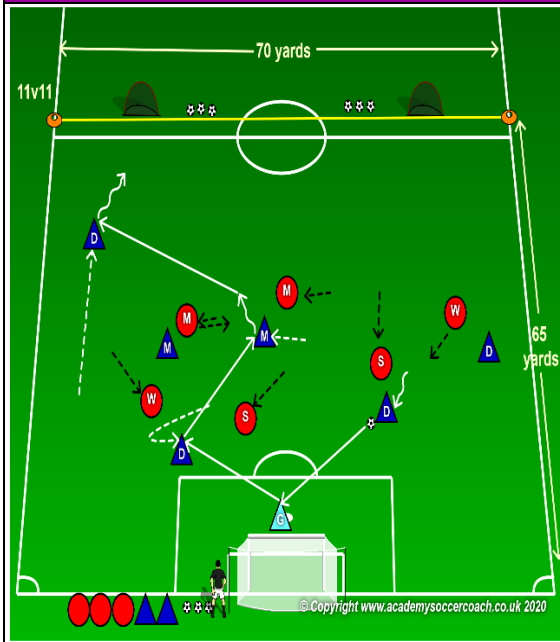
KEY WORDS: Opening, Connect, Take it, Options and Switch.

GUIDED QUESTIONS: 1. What do we do to create an opening? 2. How do we connect forward with a teammate on the other side? 3. If we have an opening between two defenders how can we take the ball forward? 4. Where do we need to be to create an option for the player with the ball?

ANSWERS: 1. When we spread out we create an opening – 2. Passing the ball forward – 3. Dribble the ball forward through the opening – 4. To support we need to be to the sides, in front and behind.

Note – Switch to this activity if the CORE is too difficult for the players.

MORE CHALLENGING: 11v6 to goal and two small goals



DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min

OBJECTIVE: Pass or dribble to move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Support and Change the point of attack.

ORGANIZATION: In a 11V11 field, set up a 70Wx65L playing area with a regular goal and two counter goals. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 6 Red players: 2 midfielders, 2 wingers and 2 strikers. Blue team scores by passing into one of two counter goals. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Connect, Take it, Options and Switch.

GUIDED QUESTIONS: 1. Where should we go to create an opening? 2. When is a good time to connect through an opening with a teammate? 3. What do we do to take the ball forward if we have space in front? 4. How can we become a passing option? 5. When do we change the point of attack?

ANSWERS: 1. To create an opening we should spread out to the boundaries - 2. We will connect through an opening with a forward pass when we have a teammate to receive the ball - 3. We dribble the ball forward - 4. By being in front, to the sides and behind creating diagonal passing lanes - 5. When we do not have an opening we change the point of attack by going around or over defenders to the other side.

Note – Switch to this activity if the CORE is too easy for the players.

2nd PLAY PHASE: The Game – 9V9



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 4 min --REST: 1 min

OBJECTIVE: Pass or dribble to move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Support and Change the point of attack.

ORGANIZATION: In a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-4-3-1 formation and the Red teams will play 1-2-4-2 formation.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Connect, Take it, Options and Switch.

GUIDED QUESTIONS: 1 How should we create an opening between defenders? 2. Where should we be if we want the player with the ball to connect with us? 3. When is a good time to take the ball forward? 4. Why do we need to be behind, to the sides and in front of the ball to be an option? 5. Why do we need to switch the attack some times?

ANSWERS: 1. By spreading out - 2. We should be on the other side of the opening so the player with the ball can pass forward to me - 3. When we have an opening with space to dribble the ball forward - 4. To support the attack - 5. We change the attack when we do not have an opening to go through but there is a bigger opening on the other side.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

- 1.Organized:** Is the exercise organized in the right way?
- 2.Game like:** Is the exercise game like?
- 3.Repetitions:** Are there repetitions 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 the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**