

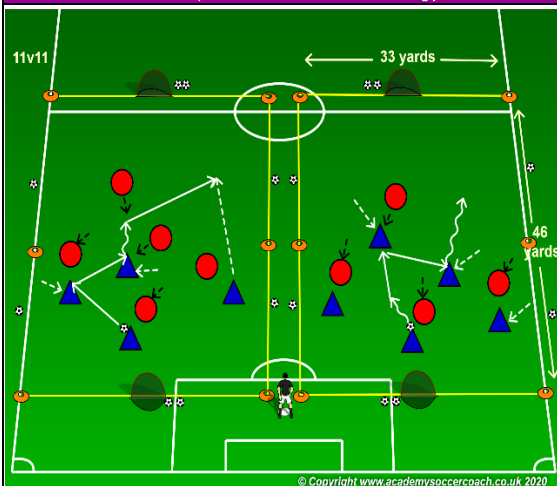
2026

**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, Spread out, Create passing options**KEY QUALITIES** Read the game, Take initiative, Demonstrate Focus**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:** Move the ball forward.**PLAYER ACTIONS:** Pass or dribble forward, Spread out, and Create passing options.

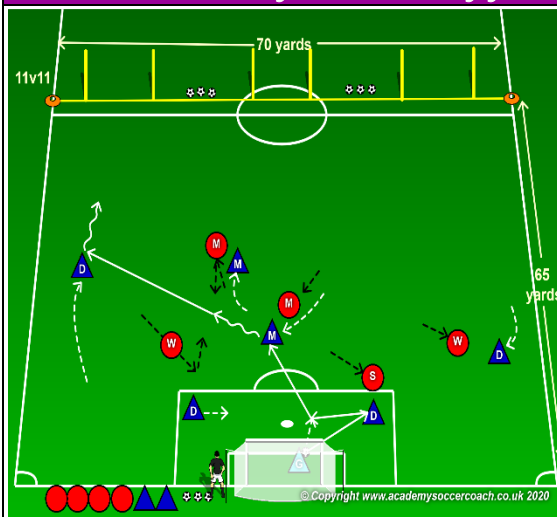
ORGANIZATION: In our own half set up two or more 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.**KEY WORDS:** Opening, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do to penetrate an opening? 3. Where should we help the attack?

ANSWERS: 1. Spread out - 2. We can dribble through or pass through the opening - 3. We should create passing option to the right, left, back and in front of the player with the ball.

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: 1v5 to goal and dribbling gates**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min****OBJECTIVE:** Move the ball forward into the opponent's half.**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Create passing options.

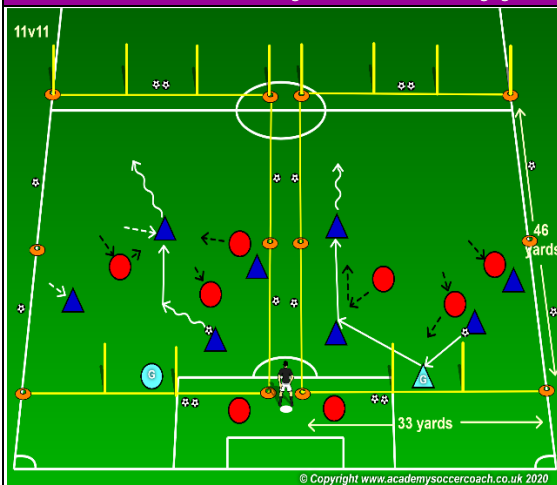
ORGANIZATION: In a 11V11 field, set up a 70Wx65L playing area with a regular goal and three 8-yard dribbling gates. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 5 Red players: 2 midfielders, 2 wingers and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. Red 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: Dribbling, receiving and passing.**KEY WORDS:** Get wide, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How do we get wide? 2. When should we penetrate with a pass? 3. When should we penetrate on the dribble? 4. What should we do if we don't have the ball to help the attack?

ANSWERS: 1. Spread out - 2. When we have an opening to pass forward to a teammate on the other side - 3. When we can dribble through an opening between two defenders - 4. We should create passing options.

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

LESS CHALLENGING: 5v3 to goals and dribbling gates**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min****OBJECTIVE:** Move the ball forward into the opponent's half.**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Create passing options.

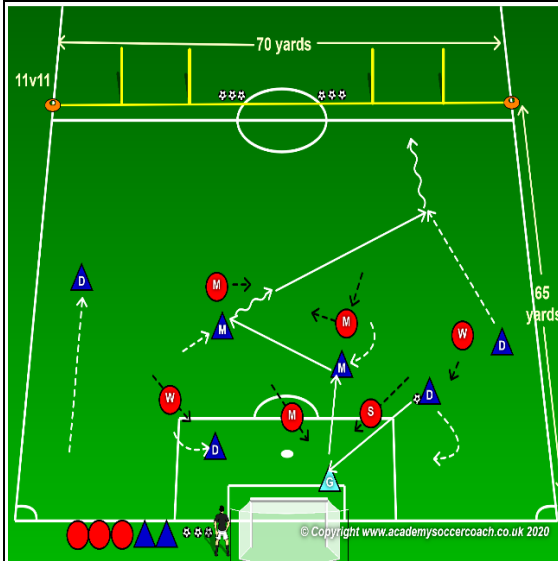
ORGANIZATION: In a 11v11 field, set up two 30Wx45L fields with a goal and two dribbling gates. The 5 Blue players will try to score by dribbling through one of the two gates. The 3 Red players will score in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

SKILL ACQUISITION: Dribbling, receiving and passing.**KEY WORDS:** Opening, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do to penetrate an opening? 3. Where should we help the attack?

ANSWERS: 1. Spread out - 2. We can dribble through or pass through the opening - 3. We should create passing options to the right, left, back and in front of the player with the ball.

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

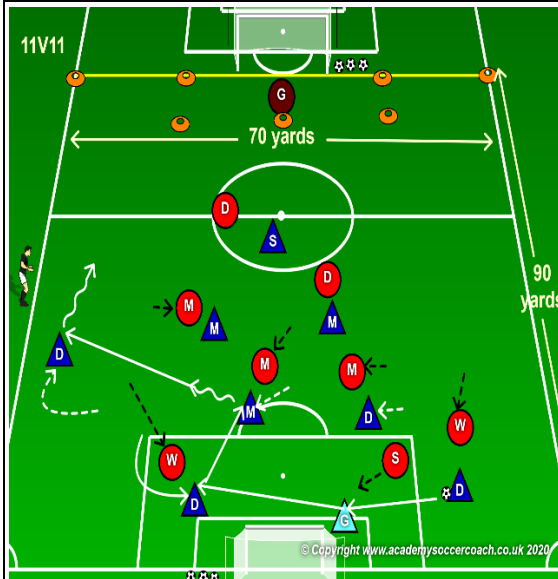
MORE CHALLENGING: 7v6 to goal & dribbling gates**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min****OBJECTIVE:** Move the ball forward into the opponent's half.**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In a 11v11 field, set up a 70Wx65L playing area with a regular goal and two 8-yard dribbling gates. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 6 Red players: 3 midfielders, 2 wingers and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. 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: Dribbling, receiving and passing.**KEY WORDS:** Opening, Get wide, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How do we get wide? 2. When should we penetrate with a pass? 3. When should we penetrate on the dribble? 4. What should we do if we don't have the ball to help the attack?

ANSWERS: 1. Spread out - 2. When we have an opening and we pass forward to a teammate on the other side - 3. When we can dribble through an opening between two defenders - 4. We should create passing options.

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:** Move the ball forward into the opponent's half.**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Create passing options.

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 1-2-3-3 formation.

SKILL ACQUISITION: Dribbling, receiving and passing.**KEY WORDS:** Opening, Get wide, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. Why do we need to get wide? 2. How do we penetrate an opening? 3. Where should you move to help the attack every time the ball moves?

ANSWERS: 1. We spread out to create openings to pass or dribble the ball forward - 2. We can pass or dribble the ball forward though the opening - 3. We should create passing options in the form of diagonal passing lanes.

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?