

7v7- Attacking- Improve Building Up in Opponents Half (A)

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



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

PLAYER ACTIONS: Pass/dribble, Spread out, 2v1/1v1

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

 12

 90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 3 v 2

PRACTICE (Less Challenging): 2 v 1

PRACTICE (More Challenging): 4 v 3

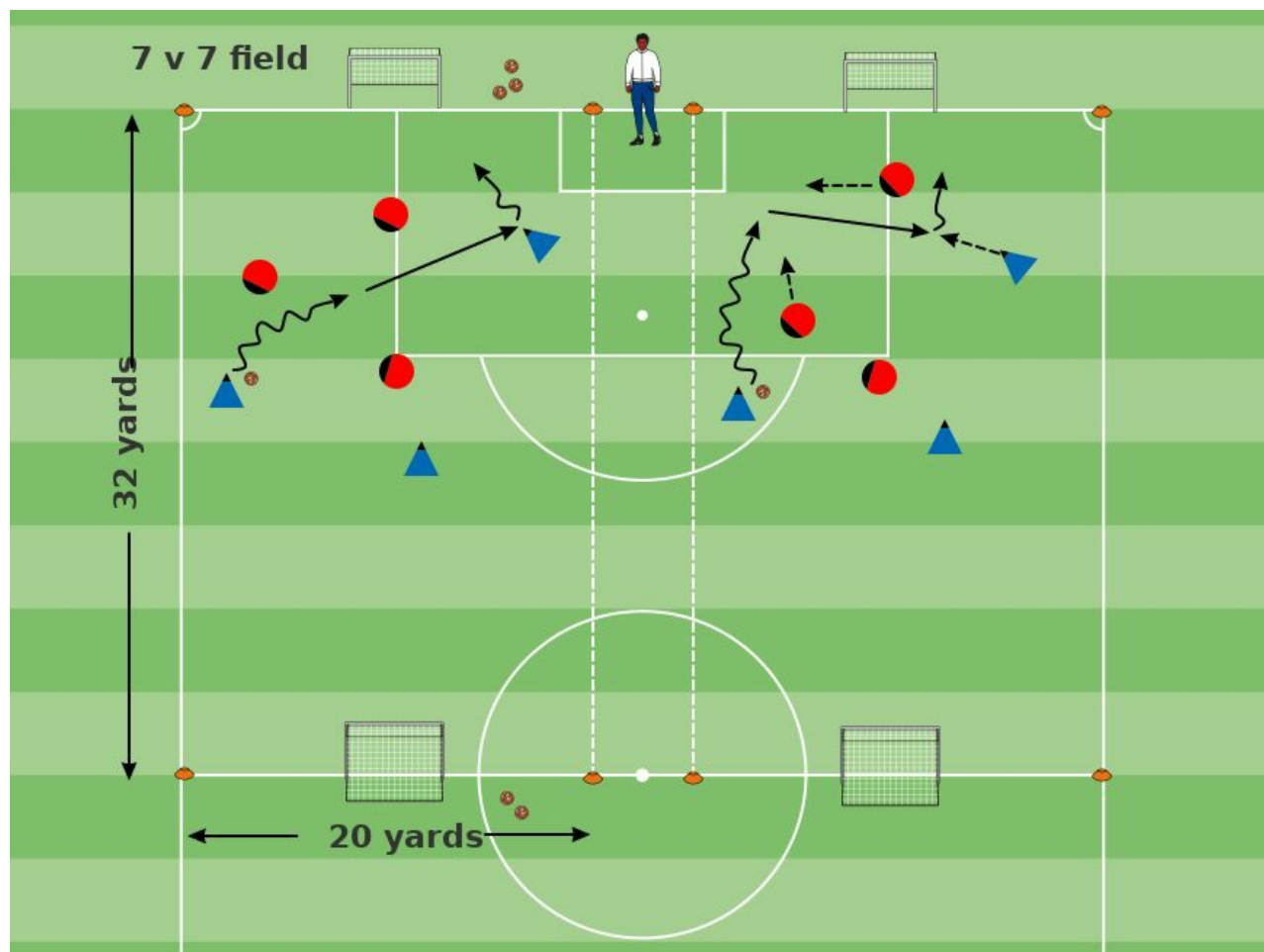
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward and score goals.

PLAYER ACTIONS: Pass/dribble, Spread out, 2v1/1v1

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



ORGANIZATION:

Mark out two 32 x 20 yard fields, each with two mini goals. Teams play 3 v 3. Free play, kick-ins. Play for 30 minutes with two to three breaks.

KEY WORDS:

Opening, take opponents on, head up, go!

GUIDED QUESTIONS:

1) How do you find an opening? 2) What should you do if you see an opening?

ANSWERS:

1) Look at the opponent's position. 2) Pass or dribble through it.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 3

DURATION:
30:0 min

PRACTICE (Core Activity): 3 v 2

OBJECTIVE: To create 1 v 1s and 2 v 1s and pass or dribble forward.

PLAYER ACTIONS: Pass/dribble, Spread out, 2v1/1v1

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

**ORGANIZATION:**

Teams play 3 v 2 + GK on a 24 x 24 yard field with a standard goal and two small goals. Blue (attacking team) dribbles or passes in. Red starts from the top of the box and tries to win the ball and score on the small goals. All players (including the keeper) rotate every 2-3 minutes. Play for 30 minutes with two to three breaks.

KEY WORDS:

Opening, take opponents on, head up, pass/dribble, go!

GUIDED QUESTIONS:

1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

ANSWERS:

1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

NOTES:

Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 2

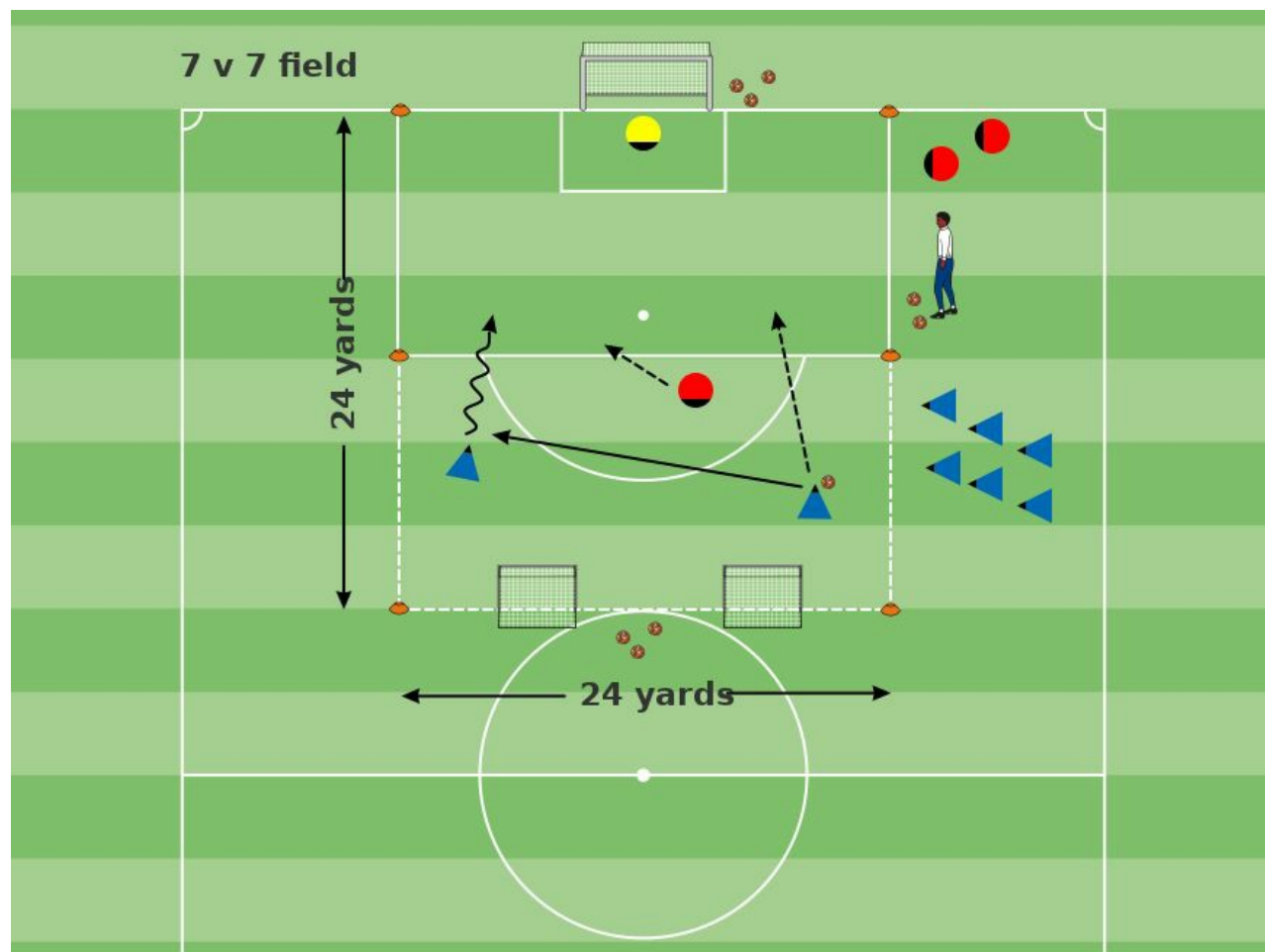
DURATION:
30:0 min

PRACTICE (Less Challenging): 2 v 1

OBJECTIVE: To create 1 v 1s and 2 v 1s and pass or dribble forward.

PLAYER ACTIONS: Pass/dribble, Spread out, 2v1/1v1

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



ORGANIZATION:

Same as Core Activity, except teams play 2 v 1 + GK. All players (including the keeper) rotate every 2-3 minutes. If space is available, set-up two activities.

KEY WORDS:

Opening, take opponents on, head up, pass/dribble, go!

GUIDED QUESTIONS:

1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

ANSWERS:

1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

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. Refer to the Training Session Manual.



MOMENT:
Attacking



AGE:
U9-U10 / 7v7



PLAYERS:
2 vs 1



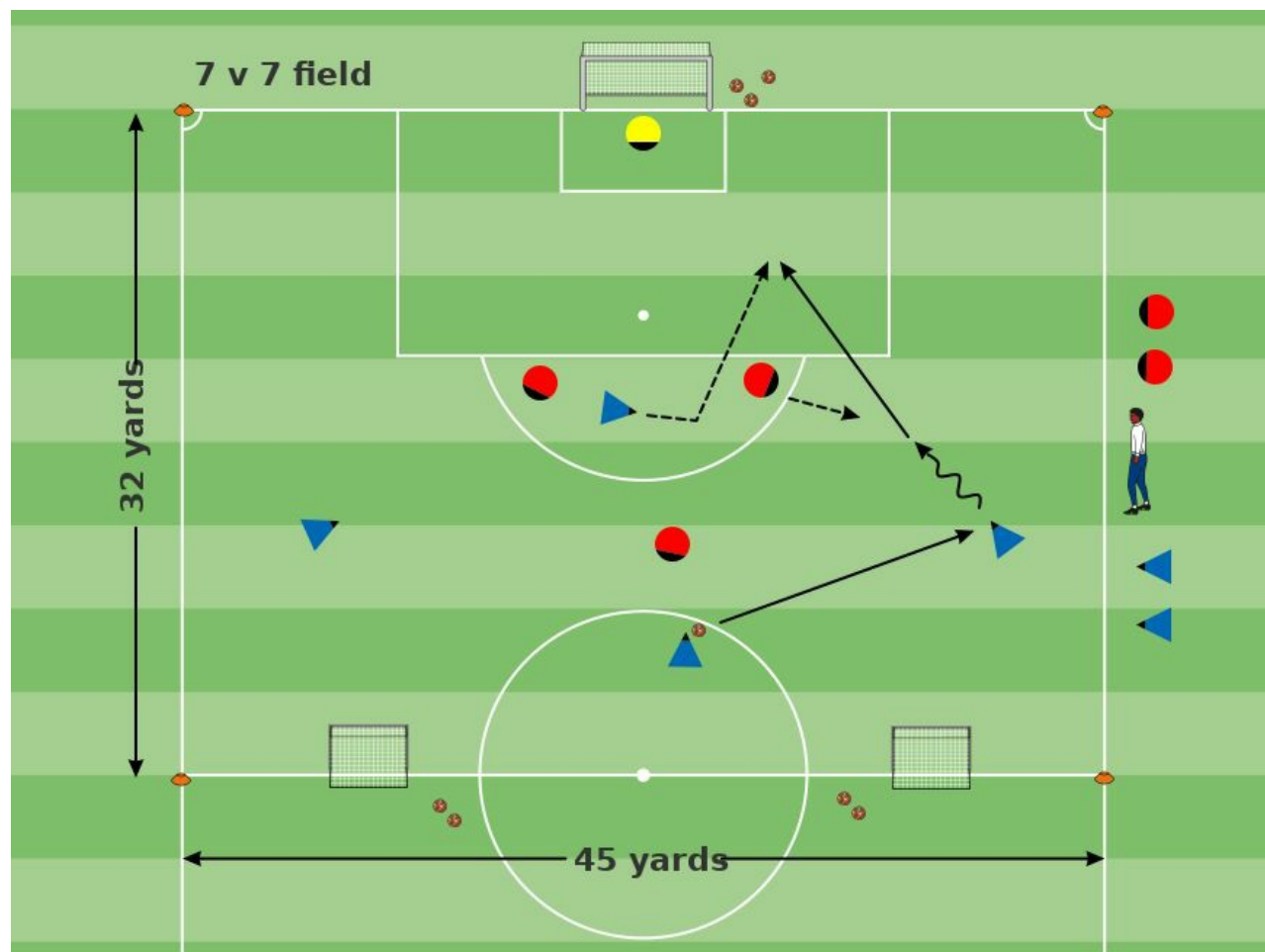
DURATION:
30:0 min

PRACTICE (More Challenging): 4 v 3

OBJECTIVE: To create 1 v 1s and 2 v 1s and pass or dribble forward.

PLAYER ACTIONS: Pass/dribble, Spread out, 2v1/1v1

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



ORGANIZATION:

Same as Core Activity, except teams play 4 v 3 + GK on half of a standard 7v7 field. All players (including the keeper) rotate every 2-3 minutes.

KEY WORDS:

Opening, take opponents on, head up, pass/dribble, go!

GUIDED QUESTIONS:

1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

ANSWERS:

1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

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. Refer to the Training Session Manual.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
4 vs 3

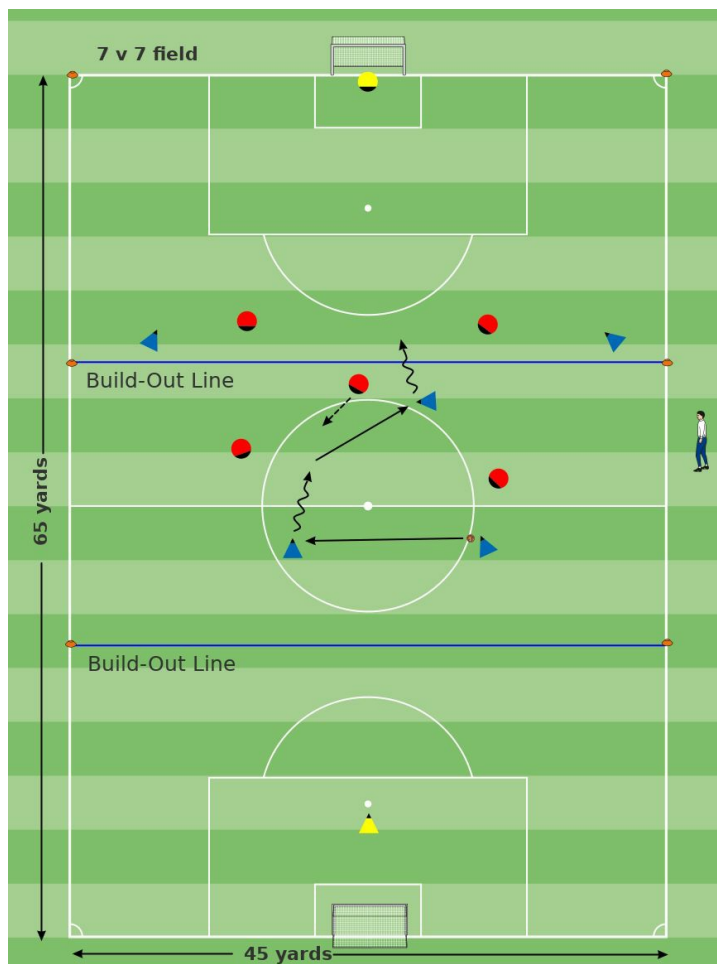
DURATION:
30:0 min

2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Pass/dribble, Spread out, 2v1/1v1

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



ORGANIZATION:

Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS:

Opening, take opponents on, head up, pass/dribble, go!

GUIDED QUESTIONS:

1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

ANSWERS:

1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

DURATION:
30:0 min

7v7- Attacking- Improve Building Up in Opponents Half (A)

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

PLAYER ACTIONS: Pass/dribble, Spread out, 2v1/1v1

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

AGE: U9-U10 / 7v7 / 12 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:

7v7 Attacking- Improve Building Up in Opponents Half (B)

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



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

PLAYER ACTIONS: Pass/dribble, Pass options, 2v1/1v1

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

12

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 3 v 1 on Double-Wide Goals

PRACTICE (Less Challenging): 3 v 1 Four Goal Game

PRACTICE (More Challenging): 3 v 2 Four Goal Game

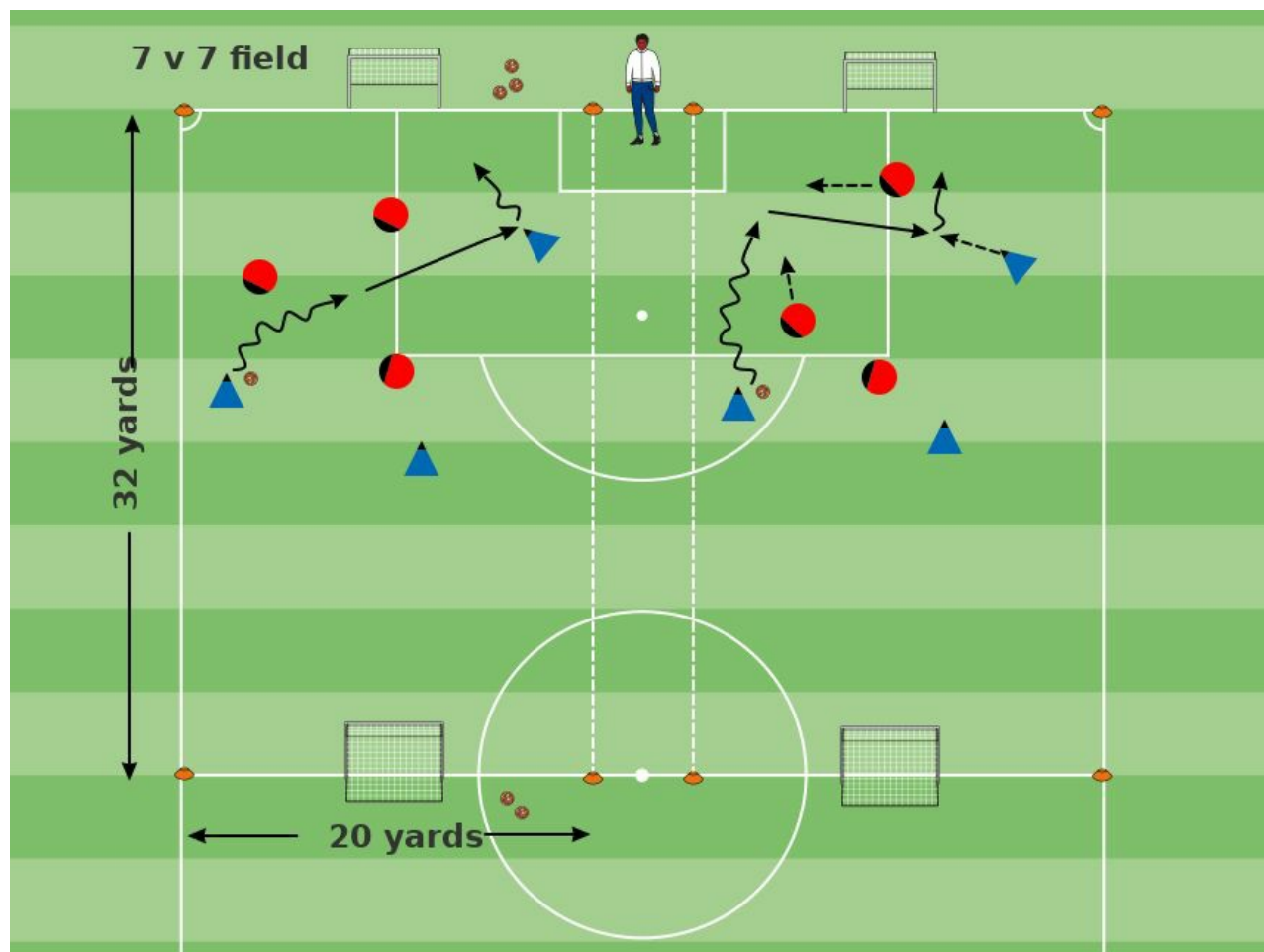
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward and score goals

PLAYER ACTIONS: Pass/dribble, Pass options, 2v1/1v1

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



ORGANIZATION:

Mark out two 32 x 20 yard fields, each with two mini goals. Teams play 3 v 3. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS:

Pass, dribble, take opponents on

GUIDED QUESTIONS:

1) How do you find an opening? 2) What should you do if you see an opening?

ANSWERS:

1) Look at the opponent's position. 2) Pass or dribble through it.

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:
U9-U10 / 7v7

PLAYERS:
3 vs 3

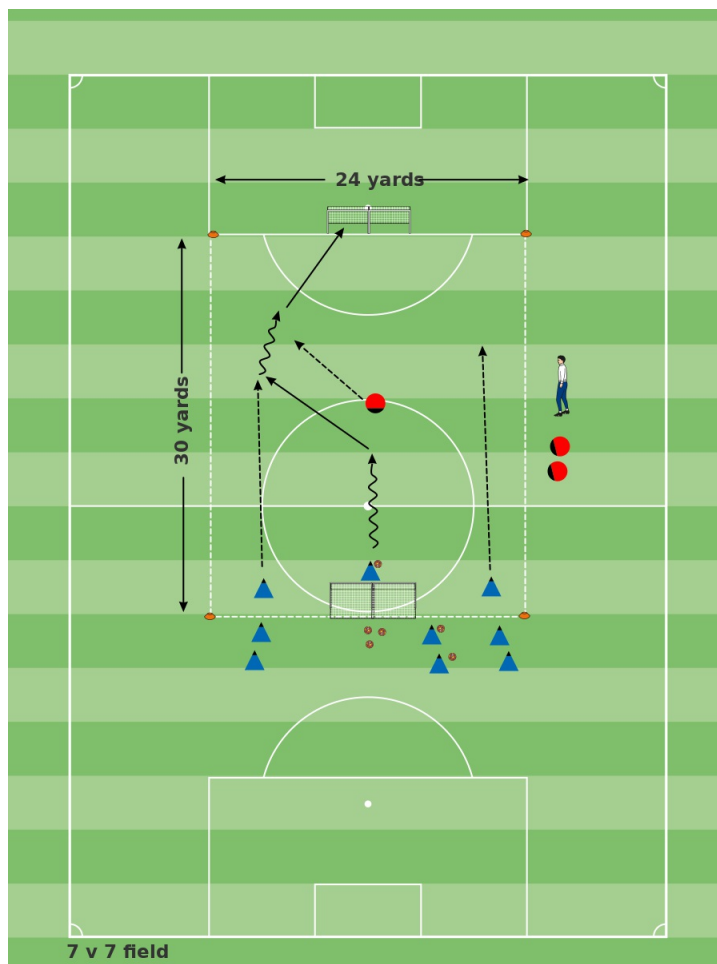
DURATION:
30:0 min

PRACTICE (Core Activity): 3 v 1 on Double-Wide Goals

OBJECTIVE: To move the ball forward and score goals

PLAYER ACTIONS: Pass/dribble, Pass options, 2v1/1v1

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



ORGANIZATION:

Mark out a 30 x 24 yard field. Place two youth goals side by side on each endline to create a double-wide goal. Choose nine attackers and three defenders and position them as shown. Teams play 3 v 1. The defender tries to win the ball and counterattack. Rotate attackers and defenders after each round. Play for 30 minutes with two breaks.

KEY WORDS:

Use space, keep hips open, pass, dribble

GUIDED QUESTIONS:

- 1) Which player should start out with the ball, and why?
- 2) What should the middle player do, dribble or pass?
- 3) What should the wing players do?

ANSWERS:

1) Start out with the ball in the middle. The middle player has two passing options (left and right). The wing players have just one. 2) Dribble straight toward the defender's front foot, then pass off to a wing player. 3) Spread out and create passing options by opening up wide to not let the defender mark them too closely.

NOTES:

Start here at the Core Activity. Spend a total of 30 minutes in Practice Phase.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
7 vs 5

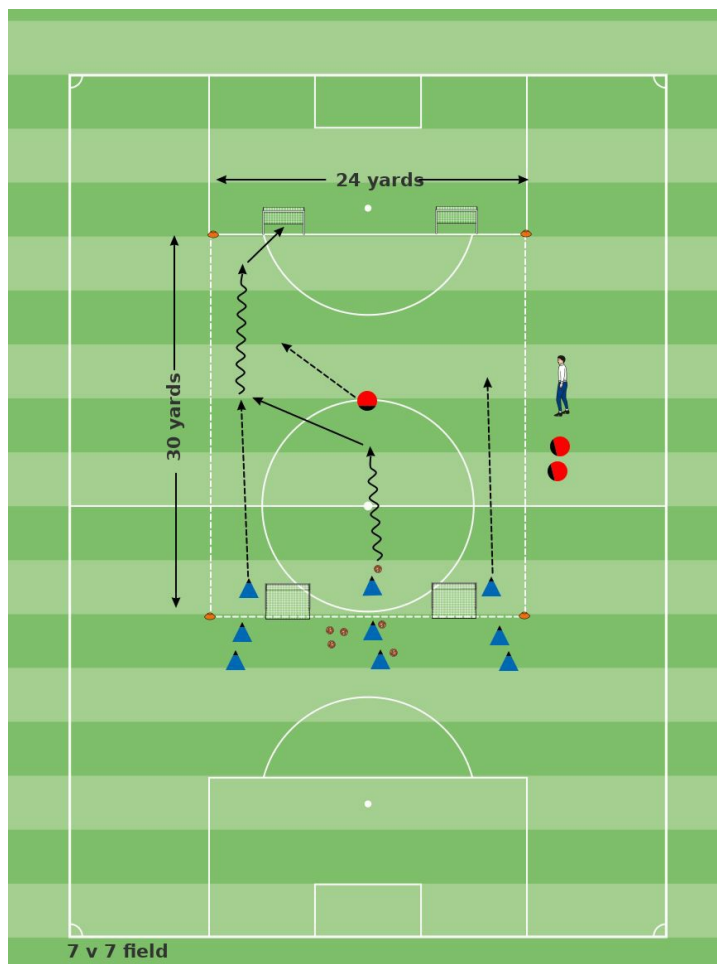
DURATION:
30:0 min

PRACTICE (Less Challenging): 3 v 1 Four Goal Game

OBJECTIVE: To move the ball forward and score goals

PLAYER ACTIONS: Pass/dribble, Pass options, 2v1/1v1

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



ORGANIZATION:

Same as Core Activity, except there are two separate mini goals on each endline. Be sure to rotate players.

KEY WORDS:

Use space, keep hips open, pass, dribble

GUIDED QUESTIONS:

- 1) Which player should start out with the ball, and why?
- 2) What should the middle player do, dribble or pass?
- 3) What should the wing players do?

ANSWERS:

1) Start out with the ball in the middle. The middle player has two passing options (left and right). The wing players have just one. 2) Dribble straight toward the defender's front foot, then pass off to a wing player. 3) Spread out and create passing options by opening up wide to not let the defender mark them too closely.

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:
U9-U10 / 7v7

PLAYERS:
7 vs 5

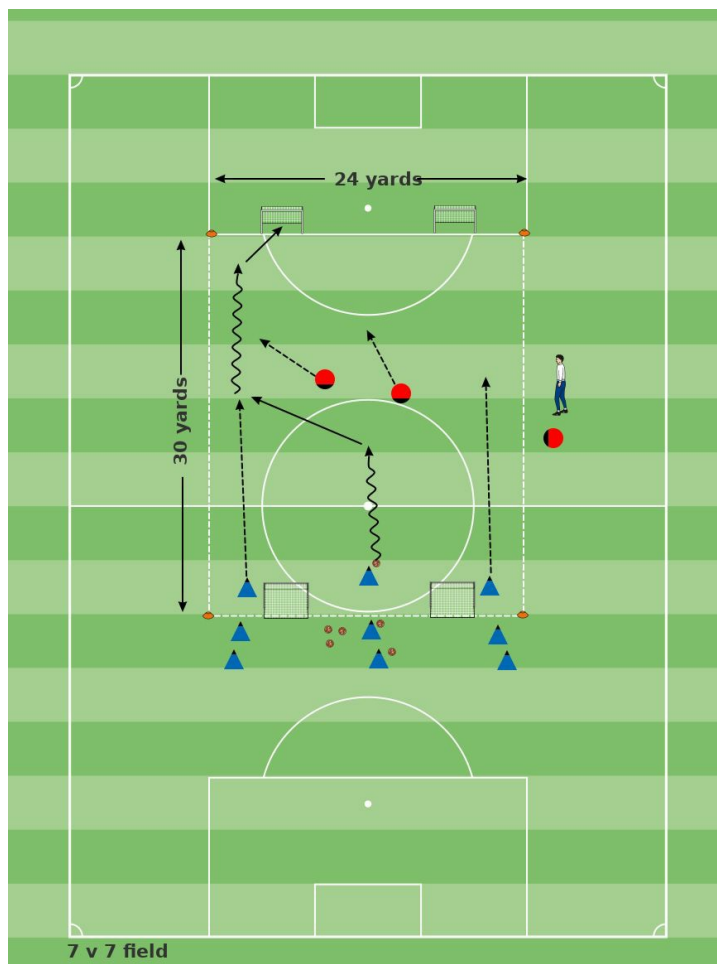
DURATION:
30:0 min

PRACTICE (More Challenging): 3 v 2 Four Goal Game

OBJECTIVE: To move the ball forward and score goals

PLAYER ACTIONS: Pass/dribble, Pass options, 2v1/1v1

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



ORGANIZATION:

Same as Core Activity, except players play 3 v 2 on two goals each.

KEY WORDS:

Use space, keep hips open, pass, dribble

GUIDED QUESTIONS:

1) Which player should start out with the ball, and why? 2) What should the middle player do, dribble or pass? 3) What happens if the middle attacker dribbles to a defender on one side? 4) What should the wing players do?

ANSWERS:

1) Start out with the ball in the middle for more passing options. 2) Dribble straight toward the defender's front foot or between both to draw them in and then pass off to a wing player. 3) He/she can create a 2v1. 4) Spread out and create passing options by opening up wide to not let the defender mark them too closely.

NOTES:

Start with the Core Activity and decide whether the level of challenge

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
7 vs 5

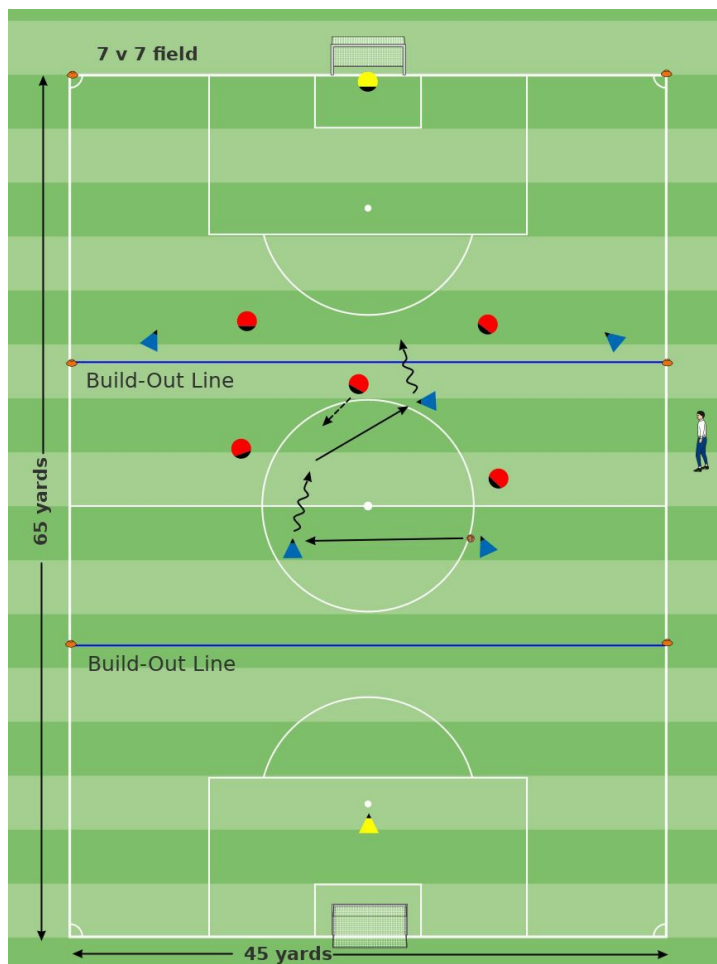
DURATION:
30:0 min

2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Pass/dribble, Pass options, 2v1/1v1

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



ORGANIZATION:

Mark out a regular 7 v 7 field to be 65 X 45 yards with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS:

Pass, dribble, take opponents on, use space, keep hips open

GUIDED QUESTIONS:

1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening? 4) How do you create a 2 v 1 situation?

ANSWERS:

1) Look at the opponent's position. 2) Pass or dribble through it. 3) Spread out and create passing options by opening up wide to not let the defender mark them too closely. 4) Dribble straight toward the defender, then pass off to a teammate.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

DURATION:
30:0 min

7v7 Attacking- Improve Building Up in Opponents Half (B)

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

PLAYER ACTIONS: Pass/dribble, Pass options, 2v1/1v1

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

AGE: U9-U10 / 7v7 / 12 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:

7v7 Attacking- Improve Building Up in Our Own Half (A)

AGE: U9-U10 / 7v7 / 12 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, Optimal technical

12

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 2 v 1 Forward Passing

PRACTICE (Less Challenging): 2 v 1 Forward Passing

PRACTICE (More Challenging): 2 v 1 Forward Passing

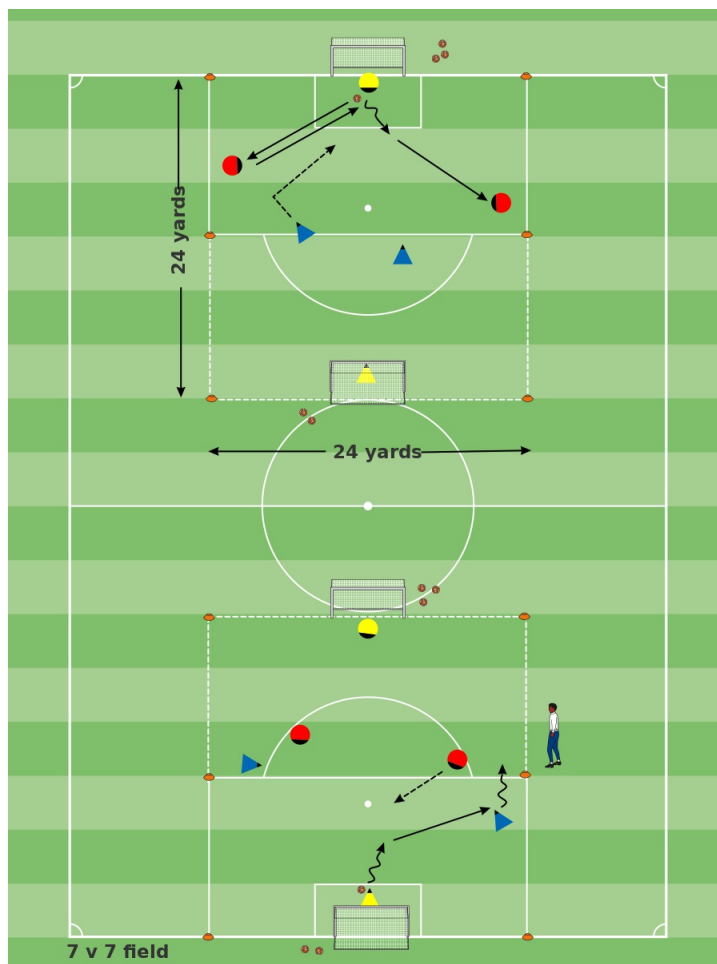
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

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

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

KEY QUALITIES: Read game/make decisions, Optimal technical



ORGANIZATION:

Mark out two 24 x 24 yard fields. Divide players into four teams of three. Teams play 3 v 3 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS:

Pass, dribble, use space, get open

GUIDED QUESTIONS:

1) Attackers, where should you show for the pass from the goalkeeper? 2) Why? 3) How can you build the attack? 4) What's the advantage of involving the keeper?

ANSWERS:

1) On the wings. 2) So we can get away from the defenders and take the ball forward. 3) Pass or dribble forward. 4) It gives us an extra player.

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:
U9-U10 / 7v7

PLAYERS:
3 vs 3

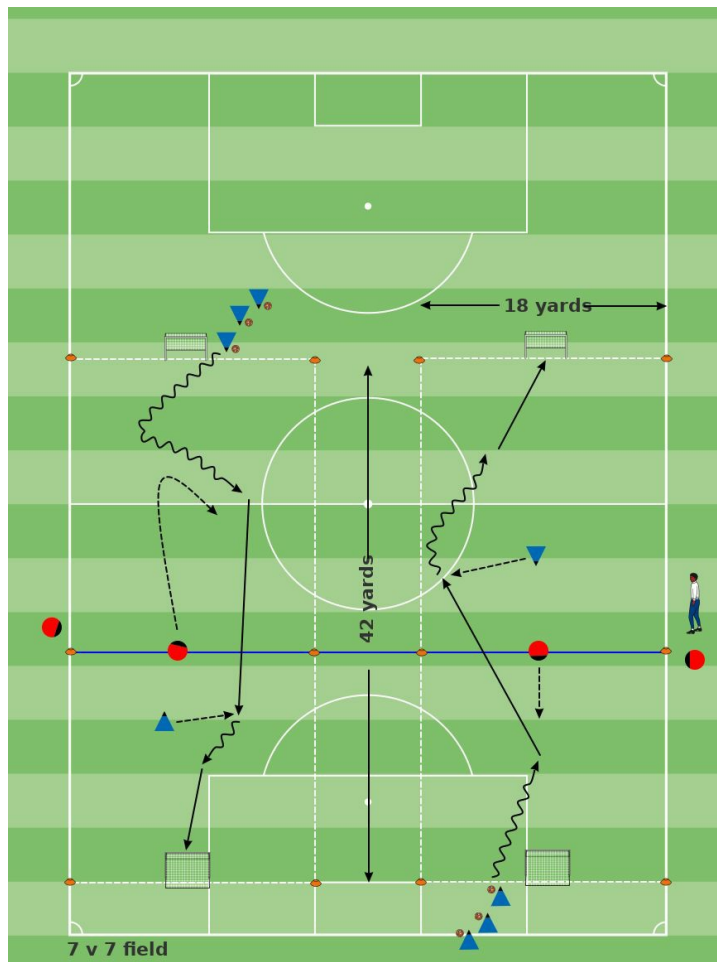
DURATION:
30:0 min

PRACTICE (Core Activity): 2 v 1 Forward Passing

OBJECTIVE: To move the ball forward

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

KEY QUALITIES: Read game/make decisions, Optimal technical



ORGANIZATION:

Mark out two 42 x 18 yard fields, each with build-out lines and two mini goals. Choose eight attackers (Blue) and four defenders (Red) and position them as shown. The first attacker on each field dribbles forward and tries to get the ball past the defender to the second attacker. Play continues until a goal is scored. The attackers rotate counterclockwise. Play for 30 minutes with two breaks.

KEY WORDS:

Pass, dribble, get open, call for the ball

GUIDED QUESTIONS:

1) Where is the defender in this exercise? 2. So what does the attacker behind the build-out line need to do to be open? 3) What does the ball carrier need to do before passing? 4) What part of the foot should you use for a short pass?

ANSWERS:

1) Between the attackers. 2) Move left or right to get away from the defender. 3) Look up to see where the receiver is and make eye contact. 4) Inside with heel down/toe up

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
2 vs 1

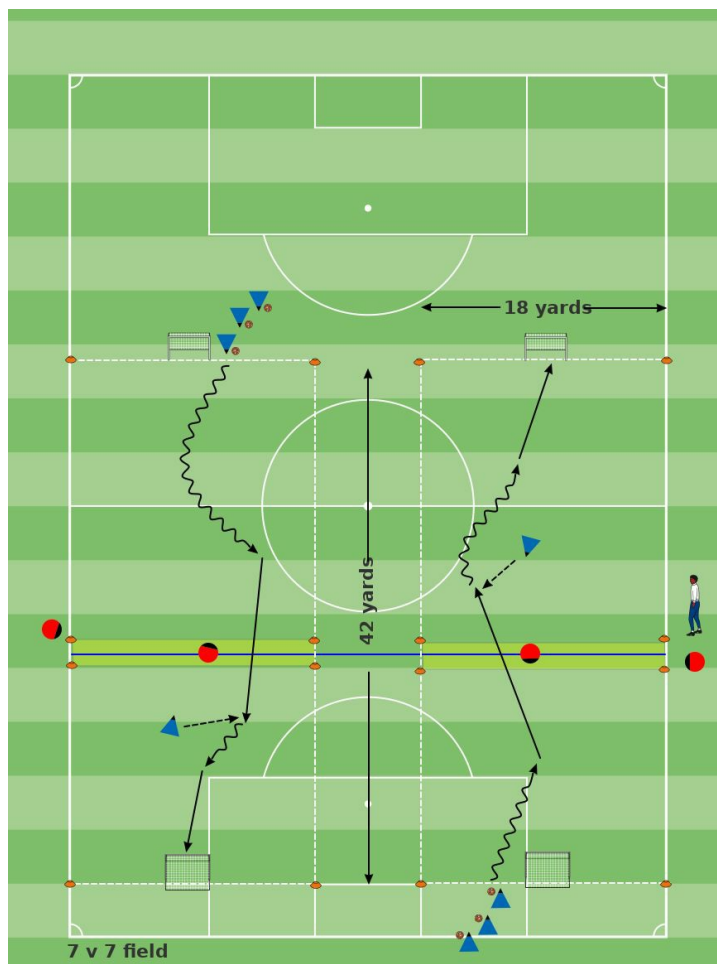
DURATION:
30:0 min

PRACTICE (Less Challenging): 2 v 1 Forward Passing

OBJECTIVE: To move the ball forward

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

KEY QUALITIES: Read game/make decisions, Optimal technical



ORGANIZATION:

Same as Core Activity, except the defender has to stay inside a 5 yard zone in the center.

KEY WORDS:

Pass, dribble, get open, call for the ball

GUIDED QUESTIONS:

1) Where is the defender in this exercise? 2) So what does the attacker behind the build-out line need to do to be open? 3) What does the ball carrier need to do before passing? 4) What part of the foot should you use for a short pass?

ANSWERS:

1) Between the attackers. 2) Move left or right to get away from the defender. 3) Look up to see where the receiver is and make eye contact. 4) Inside 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:
U9-U10 / 7v7

PLAYERS:
2 vs 1

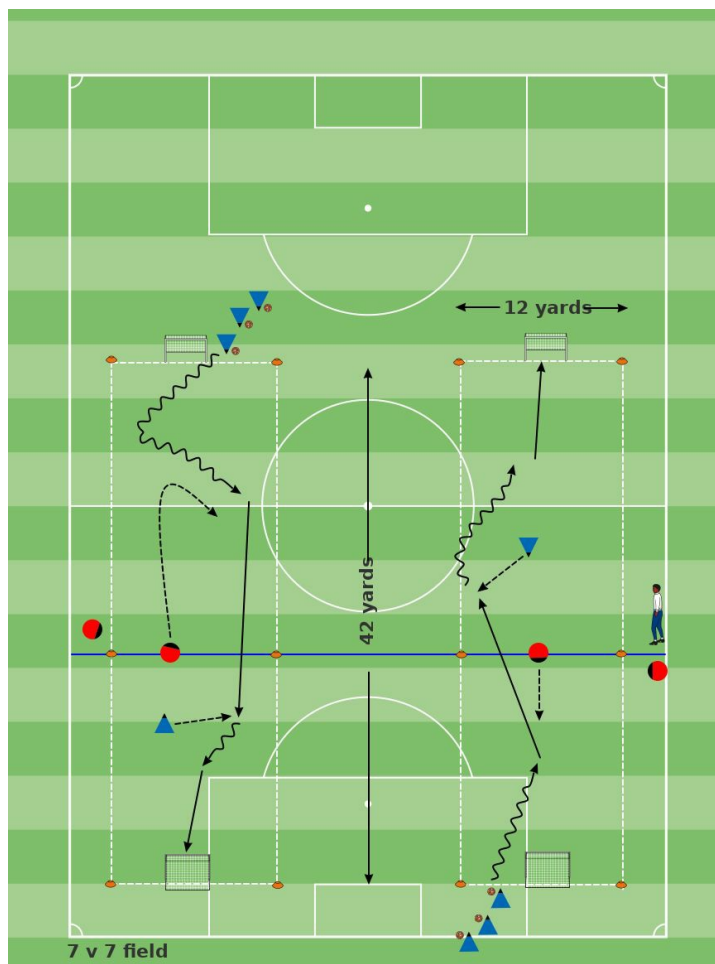
DURATION:
30:0 min

PRACTICE (More Challenging): 2 v 1 Forward Passing

OBJECTIVE: To move the ball forward

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

KEY QUALITIES: Read game/make decisions, Optimal technical



ORGANIZATION:

Same as Core Activity, except the fields are just 12 yards wide.

KEY WORDS:

Pass, dribble, get open, call for the ball

GUIDED QUESTIONS:

1) Where is the defender in this exercise? 2) So what does the attacker behind the build-out line need to do to be open? 3) What does the ball carrier need to do before passing? 4) What part of the foot should you use for a short pass?

ANSWERS:

1) Between the attackers. 2) Move left or right to get away from the defender. 3) Look up and see where the receiver is. 4) Inside 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:**
U9-U10 / 7v7

 **PLAYERS:**
2 vs 1

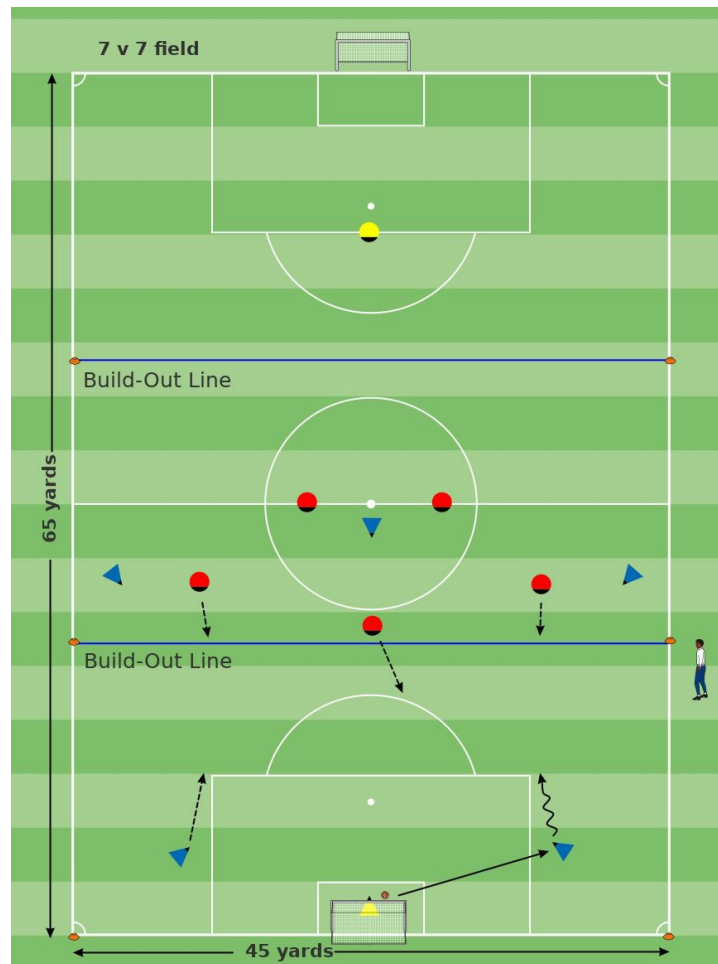
 **DURATION:**
30:0 min

2ND PLAY PHASE: The Game

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

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

KEY QUALITIES: Read game/make decisions, Optimal technical



ORGANIZATION:

Mark out a regular 7 v 7 field to be 65 X 45 yards with build-out lines. Divide players into two teams of six into a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS:

Pass, dribble, use space, get open, call for the ball

GUIDED QUESTIONS:

1) Attackers, how can you make the best use of the field? 2) When do you need to be open? 3) And when do you know you're open? 4) What's the advantage of involving the keeper? 5) What part of the foot should you use for a short pass?

ANSWERS:

1) By spreading out evenly over it and staying as wide as possible. 2) Always try to get open. 3) When there aren't any defenders between us and the ball; when we can see the ball. 4) It gives us an extra player to build the attack. 5) Inside with heel down/toe up

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

DURATION:
30:0 min

7v7 Attacking- Improve Building Up in Our 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, Optimal technical

AGE: U9-U10 / 7v7 / 12 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:

7v7 Attacking- Improve Building Up in Our Own Half (B)

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Spread out, Support, Change point

KEY QUALITIES: Read game/make decisions, Initiative

 12

 90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 7 v 5 on One Goal and Two Goal Lines

PRACTICE (Less Challenging): 7 v 5 on One Goal with Goalkeeper and Two Goal Lines

PRACTICE (More Challenging): 7 v 5 on Two Goal Lines

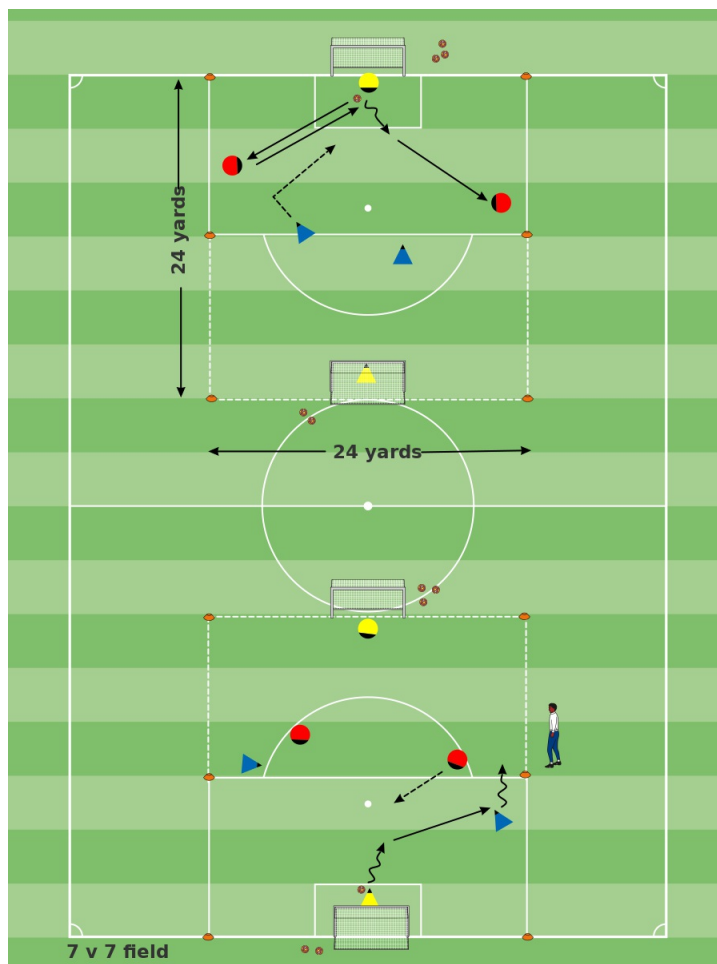
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

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

PLAYER ACTIONS: Spread out, Change point, Support

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Mark out two 24 x 24 yard fields. Divide players into four teams of three. Teams play 3 v 3 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS:

Use the space, hips open, pass, dribble

GUIDED QUESTIONS:

1) Attackers, where should you show for the pass from the goalkeeper? 2) What if the defenders mark you on the wings? 3) How can you build the attack? 4) What's the advantage of involving the keeper in the build-up?

ANSWERS:

1) On the wings. 2) I need to move to get away from the defenders and get to where I can see as much of the field as possible. 3) Pass or dribble forward. 4) It gives us an extra player.

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:
U9-U10 / 7v7

PLAYERS:
3 vs 3

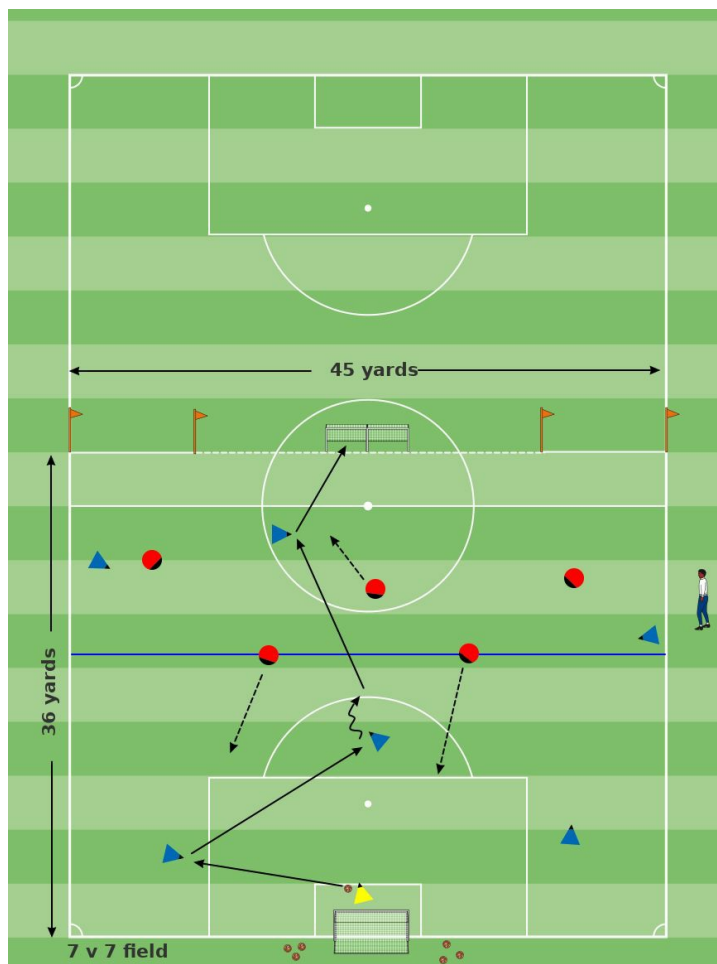
DURATION:
30:0 min

PRACTICE (Core Activity): 7 v 5 on One Goal and Two Goal Lines

OBJECTIVE: Build a solid attack, switch the field and move the ball forward

PLAYER ACTIONS: Spread out, Support, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Mark out a 36 x 45 yard field as shown. Choose 7 Blue attackers and 5 Red defenders. Formations are 1-2-3-1 (Blue) against 3-2 (Red). Blue attacks on the goal in the middle or the goal lines on the wings. Red tries to win the ball and score on Blue's goal. Play is restarted by Blue's goalkeeper after interruptions. Play for 30 minutes with two breaks. Switch the players around between the teams.

KEY WORDS:

Use the space, hips open, switch the field

GUIDED QUESTIONS:

1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) Where should your plant foot face? 4) What do you do when the opponent is keeping you from moving forward? 5) Once you've built the attack, what do you do next?

ANSWERS:

1) By spreading out evenly and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 4) Towards the target. Switch to the other side. 5) Move forward and support the forwards.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
7 vs 5

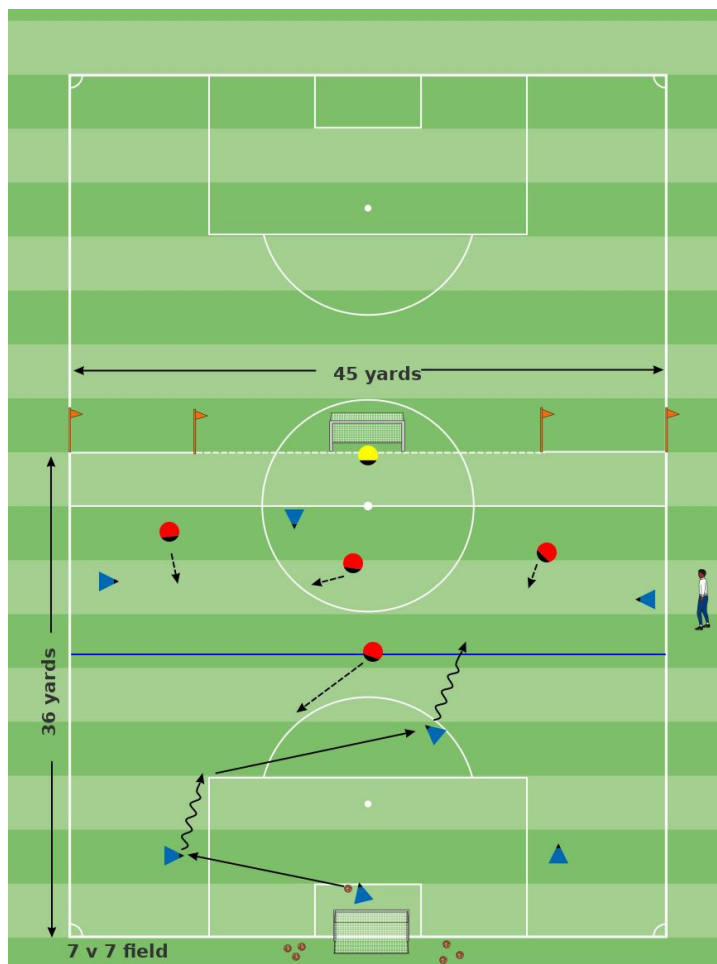
DURATION:
30:0 min

PRACTICE (Less Challenging): 7 v 5 on One Goal with Goalkeeper and Two Goal Lines

OBJECTIVE: Build a solid attack, switch the field and move the ball forward.

PLAYER ACTIONS: Spread out, Support, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Same as Core Activity, except Red's goal has a goalkeeper.

KEY WORDS:

Use the space, hips open, switch the field

GUIDED QUESTIONS:

1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) Where should your plant foot face? 4) What do you do when the opponent is keeping you from moving forward? 5) Once you've built the attack, what do you do next?

ANSWERS:

1) By spreading out evenly and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 4) Towards the target. Switch to the other side. 5) Move forward and support the forwards.

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:
U9-U10 / 7v7

PLAYERS:
7 vs 5

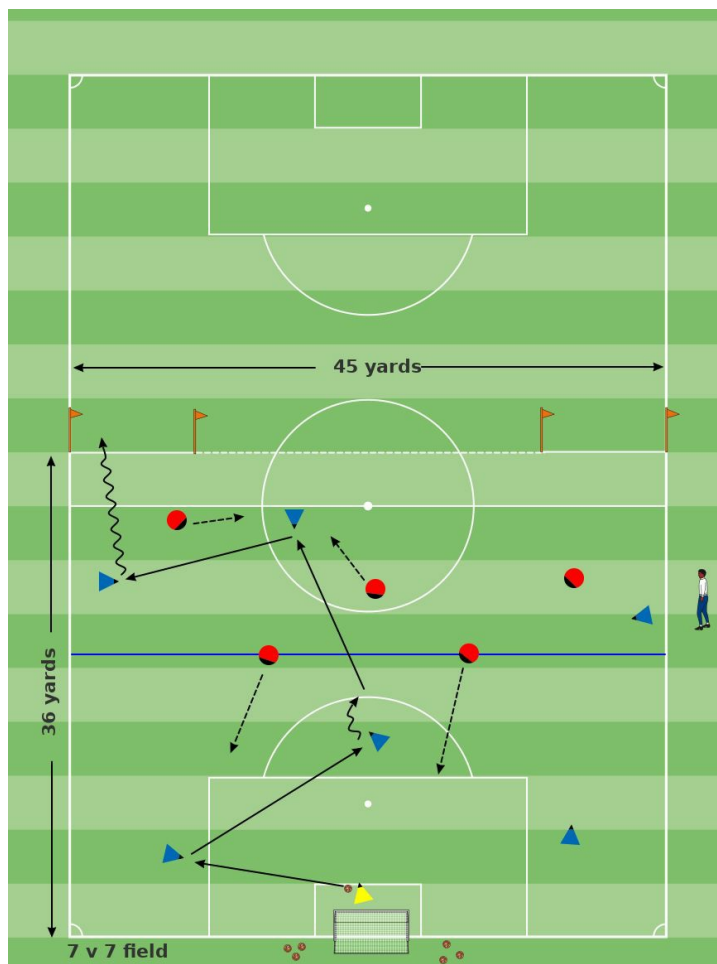
DURATION:
30:0 min

PRACTICE (More Challenging): 7 v 5 on Two Goal Lines

OBJECTIVE: Build a solid attack, switch the field and move the ball forward.

PLAYER ACTIONS: Spread out, Support, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Same as Core Activity, except Red only defends the two goal lines.

KEY WORDS:

Use the space, hips open, switch the field

GUIDED QUESTIONS:

1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) Where should your plant foot face? 4) What do you do when the opponent is keeping you from moving forward? 5) Once you've built the attack, what do you do next?

ANSWERS:

1) By spreading out evenly and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 4) Towards the target. Switch to the other side. 5) Move forward and support the forwards.

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:

U9-U10 / 7v7



PLAYERS:

7 vs 5



DURATION:

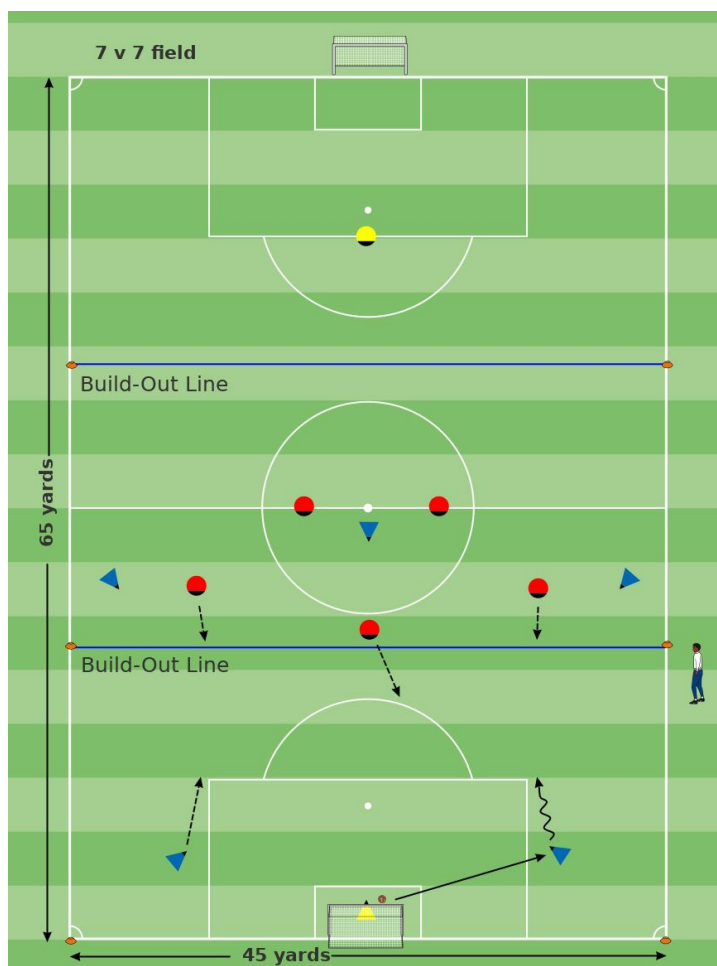
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To build a solid attack, switch the field and move the ball forward..

PLAYER ACTIONS: Spread out, Support, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

To build a solid attack, switch the field and move the ball forward..

KEY WORDS:

Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

GUIDED QUESTIONS:

Use the space, hips open, switch the field

ANSWERS:

1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) Where should you plant foot face? 4) What do you do when the opponent is keeping you from moving forward? 5) Once you've built the attack, what do you do next?

NOTES:

1) By spreading out evenly and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 4) Towards the target. Switch to the other side. 5) Move forward and support the forwards.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

DURATION:
30:0 min

7v7 Attacking- Improve Building Up in Our Own Half (B)

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Spread out, Support, Change point

KEY QUALITIES: Read game/make decisions, Initiative

AGE: U9-U10 / 7v7 / 12 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:

7v7 Attacking- Improve Scoring Goals (A)

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



GOAL: Improve scoring goals

PLAYER ACTIONS: 2v1/1v1, Shoot

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

12

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 1 v 1 on Two Goals with Goalkeepers

PRACTICE (Less Challenging): 1 v 1 on Two Goals with Goalkeepers

PRACTICE (More Challenging): 1 v 1 on Two Goals with Goalkeepers

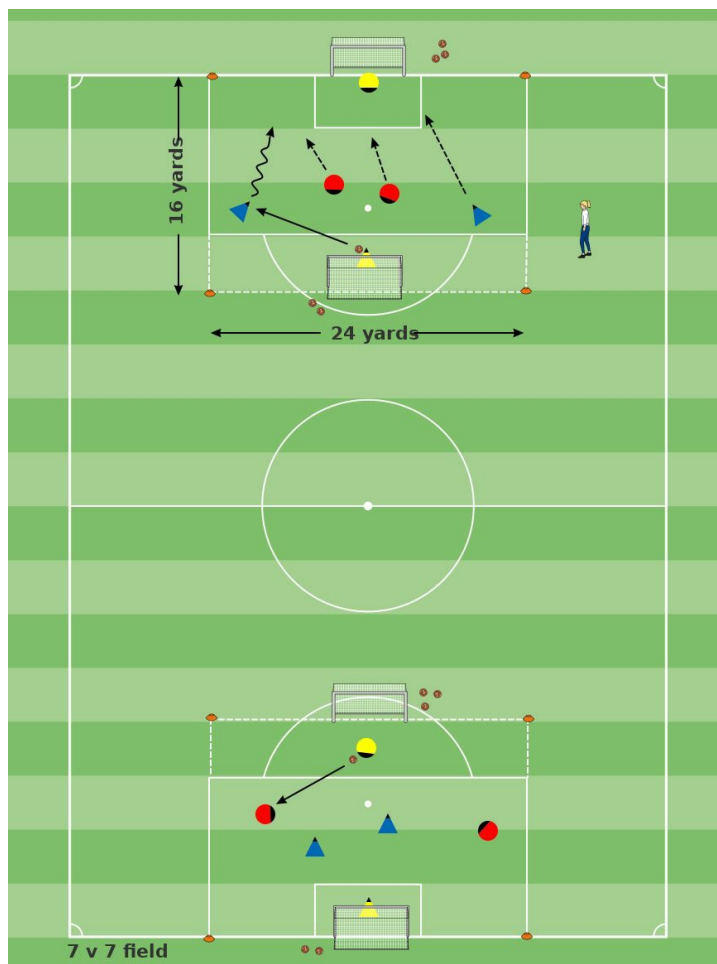
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

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



ORGANIZATION:

Mark out two 16 x 24 yard fields. Teams play 3 v 3 on goals with goalkeepers. The attacking team's keeper can help build the attack and even score goals. Play for 30 minutes with two breaks.

KEY WORDS:

Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS:

1) What is the number of players when the keeper joins the attack? 2) How can you take advantage of this situation?

ANSWERS:

1) A 3 v 2 with attackers outnumbering defenders. 2) Spread out and use both wings or our extra player; be brave and attack 1 v 1; shoot.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. If you do not have goals, use flags or cones.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 3

DURATION:
30:0 min

PRACTICE (Core Activity): 1 v 1 on Two Goals with Goalkeepers

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

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



ORGANIZATION:

Mark out two 24 x 24 yard fields, each with two goals with goalkeepers. Divide players into four teams of three and assign two to each field. Teams play 1 v 1 + GKs. Play 30-second rounds. After each round, the goalkeeper moves onto the field, the field players go off and the extra players rotate into the goals. Play for 30 minutes with two breaks.

KEY WORDS:

Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS:

1) How do you beat a defender 1 v 1? 2) What fakes do you know? 3) What do you need to do after you fake? 4) How much room do you need to shoot?

ANSWERS:

1) Dribble quickly toward his/her front foot and break through on the open side, or fake a breakthrough on one side and then take the ball to the other side. 2) Shooting fake, step-over, lunge step, etc. 3) Accelerate past the defender as fast as possible and shoot. 4) The size of the ball.

NOTES:

Start here at the Core Activity. If you do not have goals, use flags or cones.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
2 vs 2

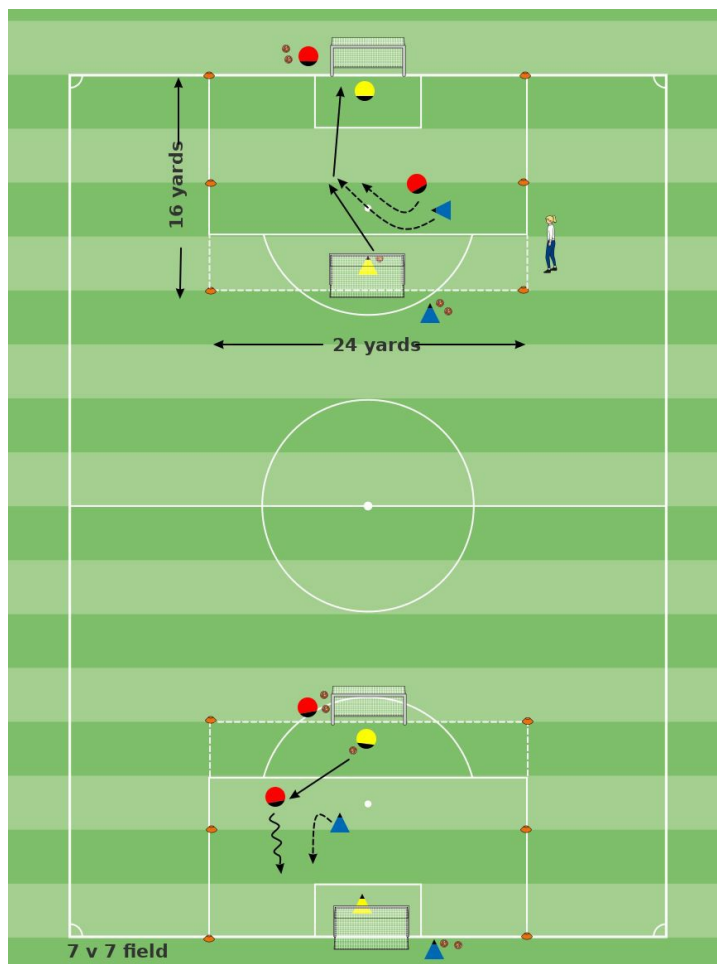
DURATION:
30:0 min

PRACTICE (Less Challenging): 1 v 1 on Two Goals with Goalkeepers

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

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



ORGANIZATION:

Same as Core Activity, except on a 16 x 24 yard field.

KEY WORDS:

Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS:

1) How do you beat a defender 1 v 1? 2) How can you fake the defender? 3) What do you need to do after you fake? 4) How much room do you need to shoot?

ANSWERS:

1) Dribble quickly toward his/her front foot and break through on the open side. 2) Step one way and then quickly go the other. 3) Accelerate past the defender as fast as possible and shoot. 4) The size of the ball.

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:

U9-U10 / 7v7



PLAYERS:

2 vs 2



DURATION:

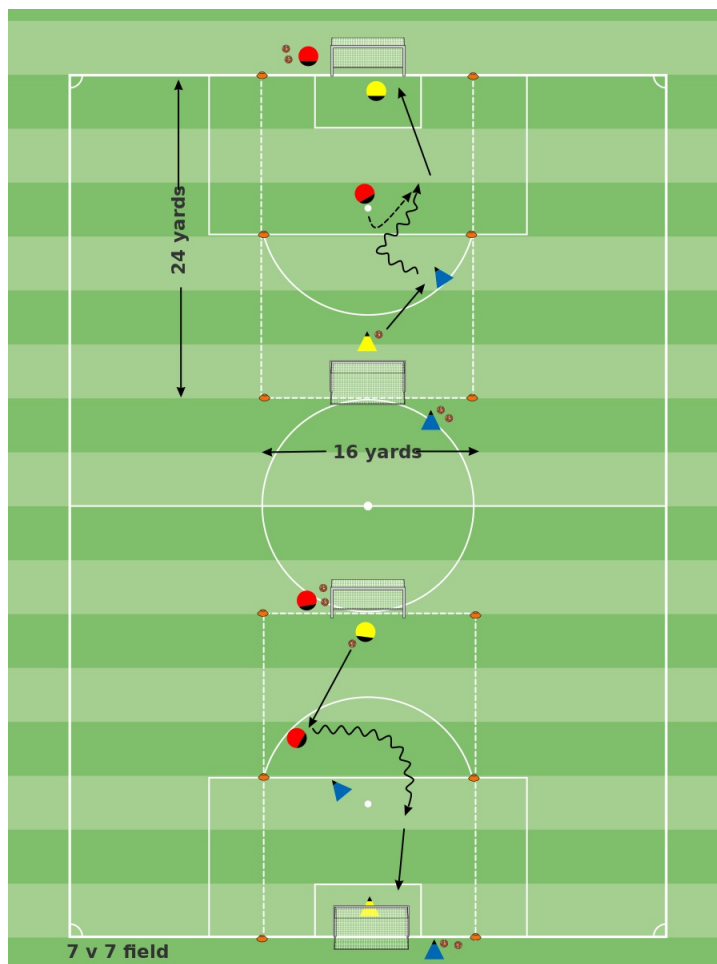
30:0 min

PRACTICE (More Challenging): 1 v 1 on Two Goals with Goalkeepers

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

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



ORGANIZATION:

Same as Core Activity, except on a 24 x 16yard field.

KEY WORDS:

Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS:

1) How do you beat a defender 1 v 1? 2) How can you fake the defender? 3) What do you need to do after you fake? 4) How much room do you need to shoot?

ANSWERS:

1) Dribble quickly toward his/her front foot and break through on the open side. 2) Step one way and then quickly go the other. 3) Accelerate past the defender as fast as possible and shoot. 4) The size of the ball.

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:
U9-U10 / 7v7

PLAYERS:
2 vs 2

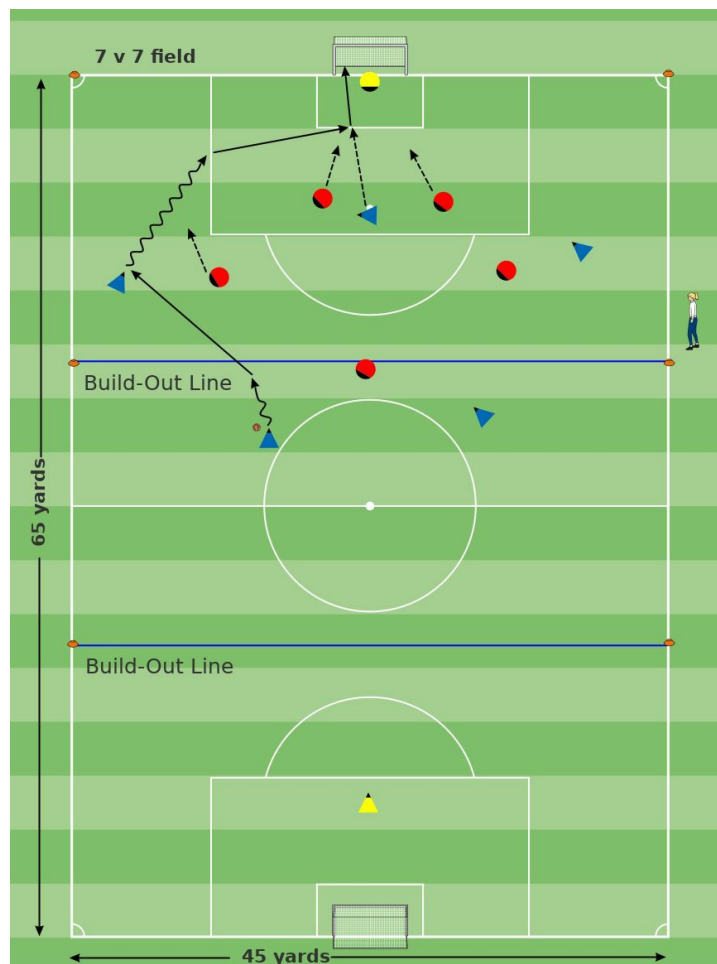
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

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



ORGANIZATION:

Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS:

Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS:

1) How do you beat a defender 1 v 1? 2) How can you fake the defender? 3) What do you need to do after you fake? 4) How much room do you need to shoot?

ANSWERS:

1) Dribble quickly toward his/her front foot and break through on the open side. 2) Step one way and then quickly go the other. 3) Accelerate past the defender as fast as possible and shoot. 4) The size of the ball.

NOTES: If an uneven numbers of players are present, make sure that all players are on the field even if one team has more players.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

DURATION:
30:0 min

7v7 Attacking- Improve Scoring Goals (A)

GOAL: Improve scoring goals

PLAYER ACTIONS: 2v1/1v1, Shoot

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

AGE: U9-U10 / 7v7 / 12 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:

7v7 Attacking- Improve Scoring Goals (B)

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



GOAL: Improve scoring goals

PLAYER ACTIONS: 2v1/1v1, Shoot

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

 12

 90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 2 v 1 on One Goal with Goalkeeper

PRACTICE (Less Challenging): 3 v 1 on One Goal with Goalkeeper

PRACTICE (More Challenging): 3 v 2 on One Goal with Goalkeeper

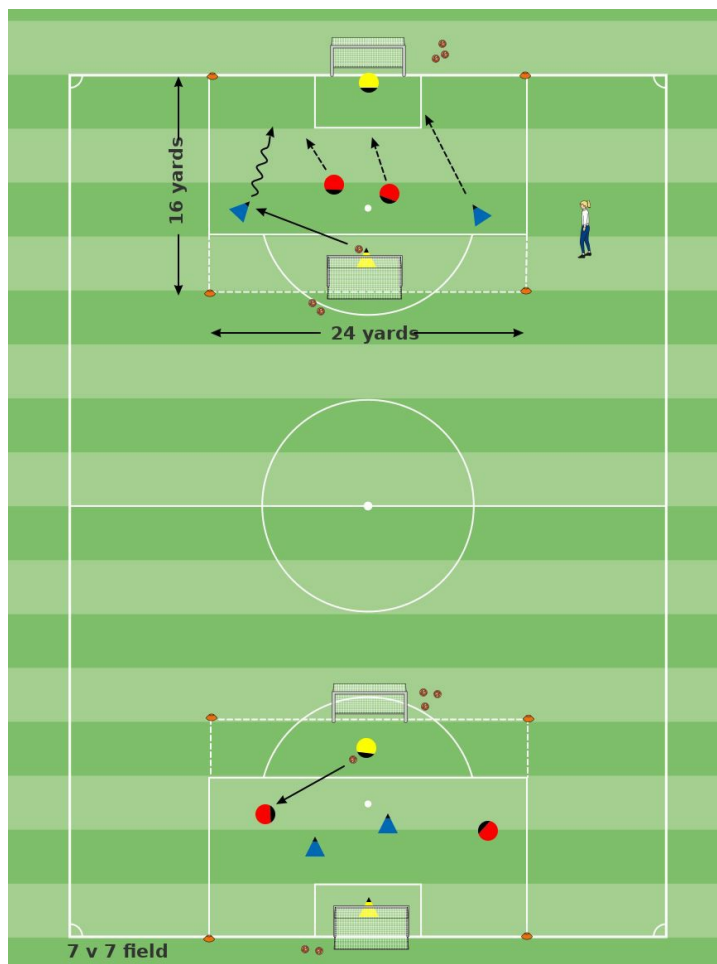
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

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



ORGANIZATION:

Mark out two 16 x 24 yard fields. Teams play 3 v 3 on goals with goalkeepers. The attacking team's keeper can help build the attack and even score goals. Play for 30 minutes with two breaks.

KEY WORDS:

Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS:

1) When the attackers' keeper helps build the attack, what kind of numbers situation does that create? 2) How can you take advantage of this situation?

ANSWERS:

1) A 3 v 2 with attackers outnumbering defenders. 2) Spread out and create or find openings; use our extra player and don't be afraid to attack 1 v 1 or shoot.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. If you do not have goals, use flags or cones.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 3

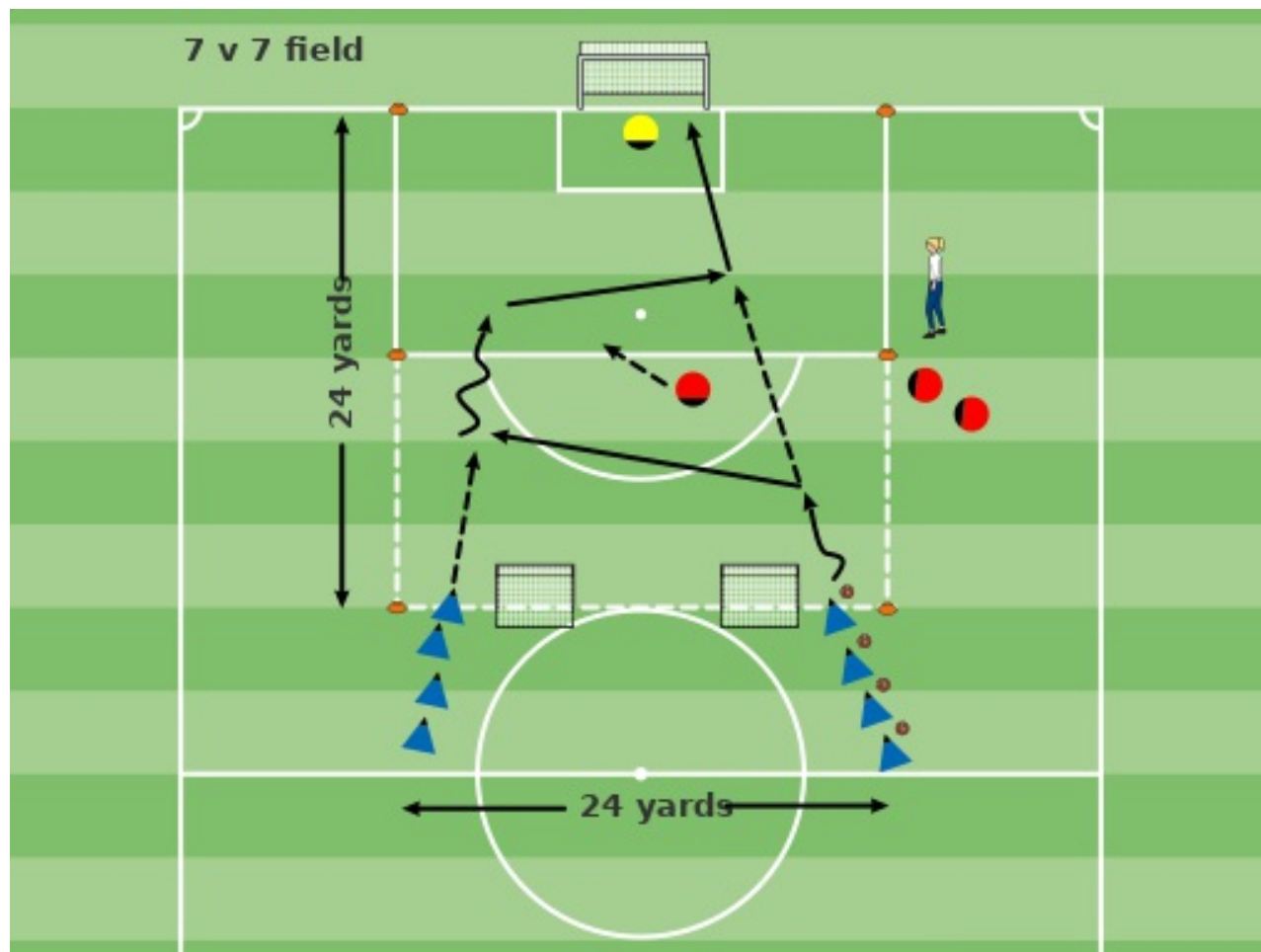
DURATION:
30:0 min

PRACTICE (Core Activity): 2 v 1 on One Goal with Goalkeeper

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

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



ORGANIZATION:

Mark out a 22 x 24 yard field with one goal with goalkeeper and two mini goals. Assign attackers (Blue) and defenders (Red) to starting positions as shown. Players play 2 v 1 until a goal is scored. The defender tries to win the ball and score on the mini goals. Afterward, the next defender starts. Play for 30 minutes with two breaks. Rotate players after every few minutes so that everyone gets opportunities to attack/defend/play keeper.

KEY WORDS:

Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS:

1) What should you do when you have the ball? 2) Why? 3) What do you need to watch out for when you're passing? 4) What do you do if the defender steps to your teammate?

ANSWERS:

1) Dribble forward to engage the defender, 2) To make the defender choose to step to the ball or my teammate. 3) The position of the defender and my teammates position for offside. 4) Dribble forward into the opening and shoot.

NOTES:

Start here at the Core Activity. Spend a total of 30 minutes in Practice Phase.

MOMENT:
Attacking

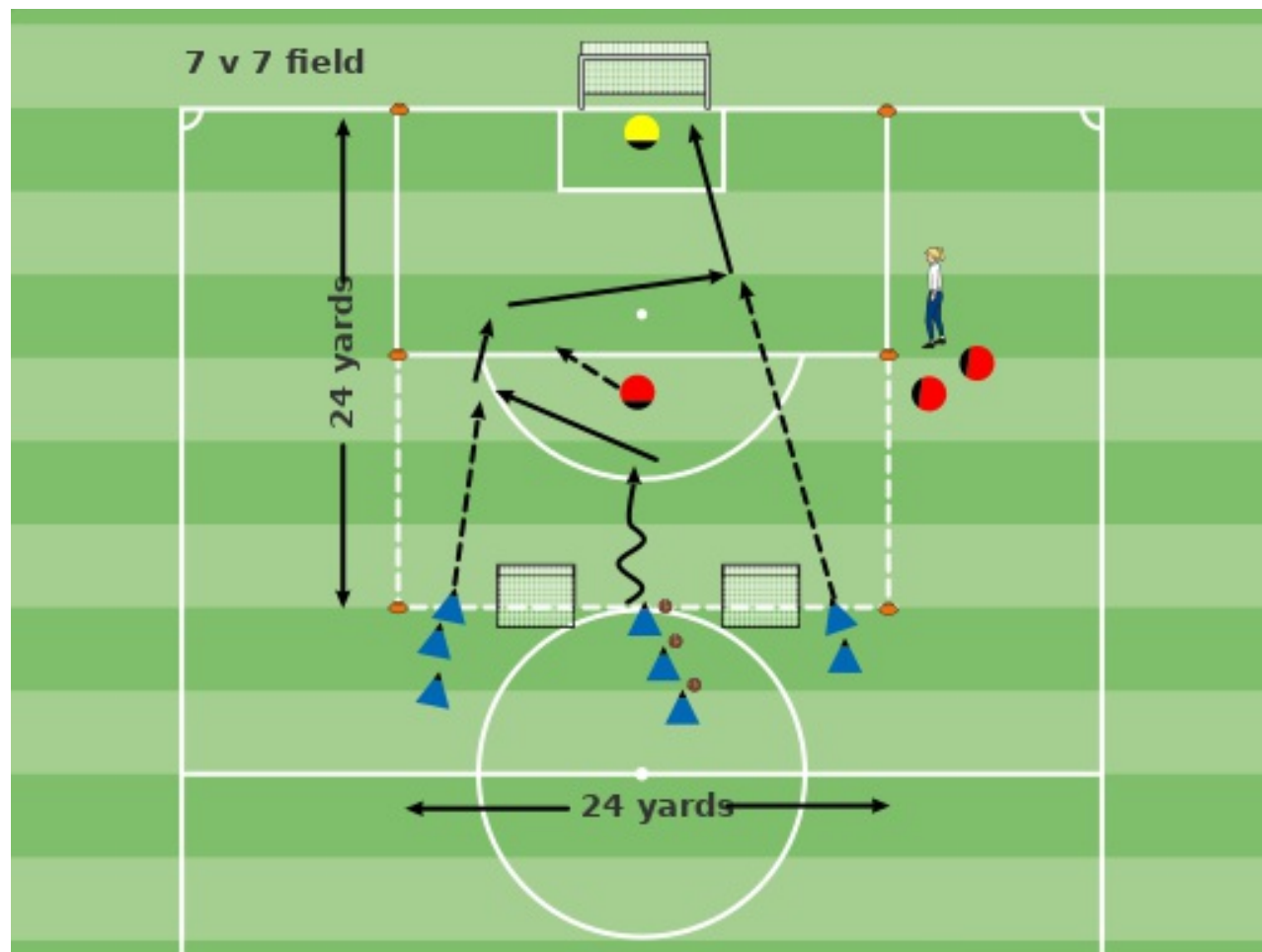
AGE:
U9-U10 / 7v7

PLAYERS:
2 vs 1

DURATION:
30:0 min

PLAYER ACTIONS: 2v1/1v1, Shoot

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



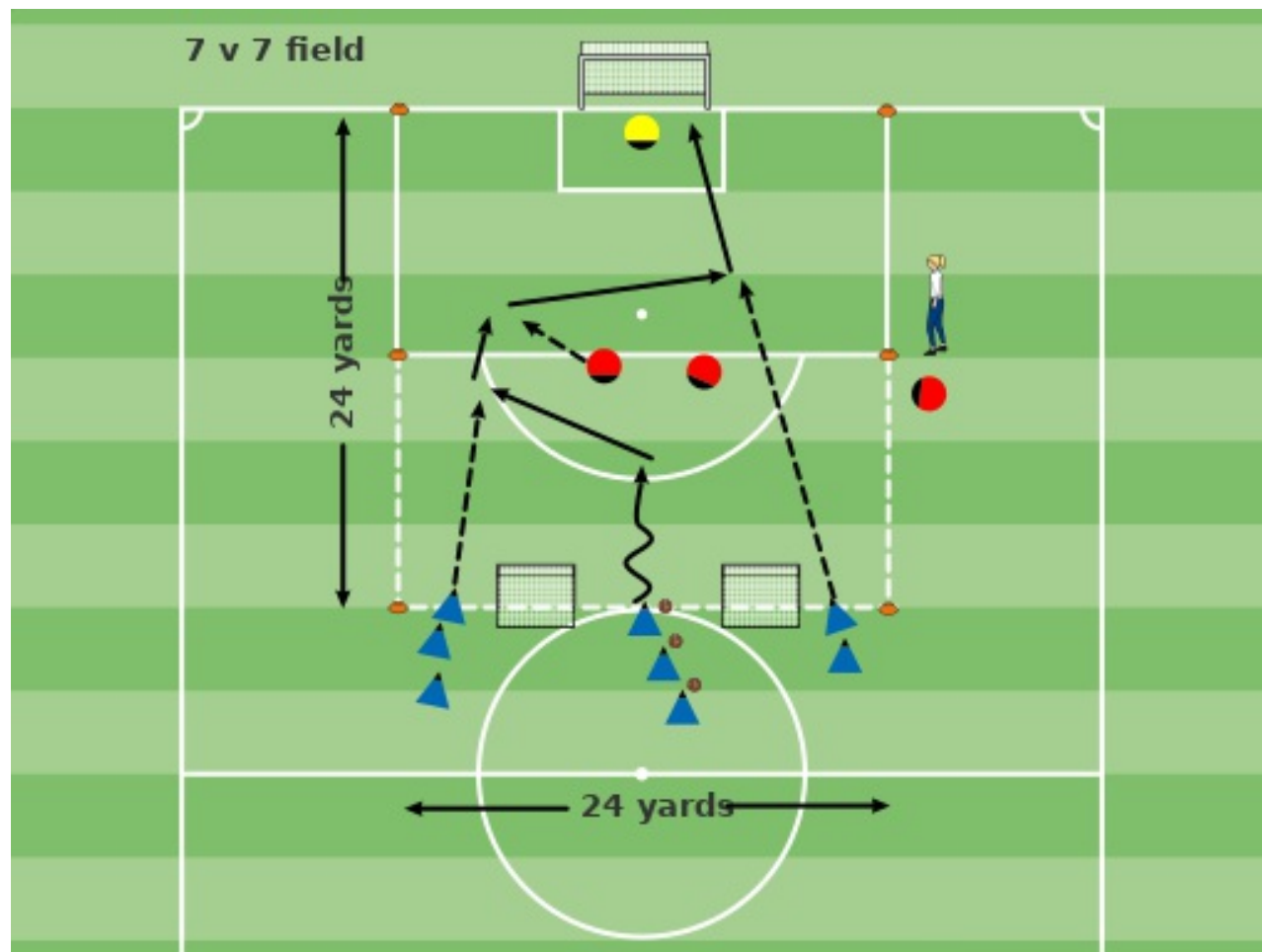
 DURATION:
30:0 min

PRACTICE (More Challenging): 3 v 2 on One Goal with Goalkeeper

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

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



ORGANIZATION:

Same as Core Activity, except players play 3 v 2. Rotate players after every few minutes so that everyone gets opportunities to attack/defend/play keeper.

KEY WORDS:

Dribble, take opponents on, shoot

GUIDED QUESTIONS:

1) What should you do when you have the ball? 2) Why? 3) What do you need to watch out for when you're passing? 4) What do you do if the defender steps to your teammate?

ANSWERS:

1) Dribble forward to engage the defender, 2) To make the defender choose to step to the ball or my teammate. 3) The position of the defender and my teammates position for offside. 4) Dribble forward into the opening and shoot.

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

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 2

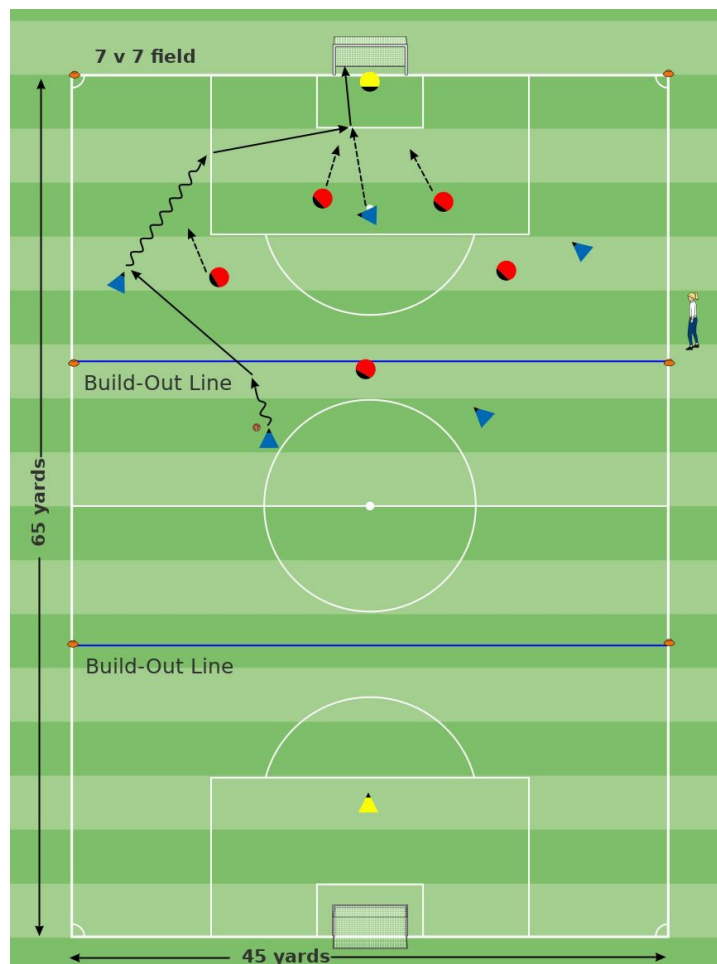
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

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



ORGANIZATION:

Mark out a regular 7 v 7 field to be 65X45 yards with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS:

Dribble, take opponents on, shoot

GUIDED QUESTIONS:

1) What should you do when you have the ball? 2) Why? 3) What do you need to watch out for when you're passing? 4) What do you do if the defender steps to your teammate?

ANSWERS:

1) Dribble forward to engage the defender, 2) To make the defender choose to step to the ball or my teammate. 3) The position of the defender and my teammates position for offside. 4) Dribble forward into the opening and shoot.

NOTES:

If an uneven numbers of players are present, make sure that all players are on the field even if one team has more players.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

DURATION:
30:0 min

7v7 Attacking- Improve Scoring Goals (B)

GOAL: Improve scoring goals

PLAYER ACTIONS: 2v1/1v1, Shoot

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

AGE: U9-U10 / 7v7 / 12 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:

7v7 Defending- Improve Preventing the Opponent from Building Up in Our Own Half- (A)

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Outnumber, Steal, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Focus, Initiative

 12

 90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 1 v 2 on Goal Lines

PRACTICE (Less Challenging): 1 v 2 on Goal Lines

PRACTICE (More challenging): 1 v 2 on Goal Lines

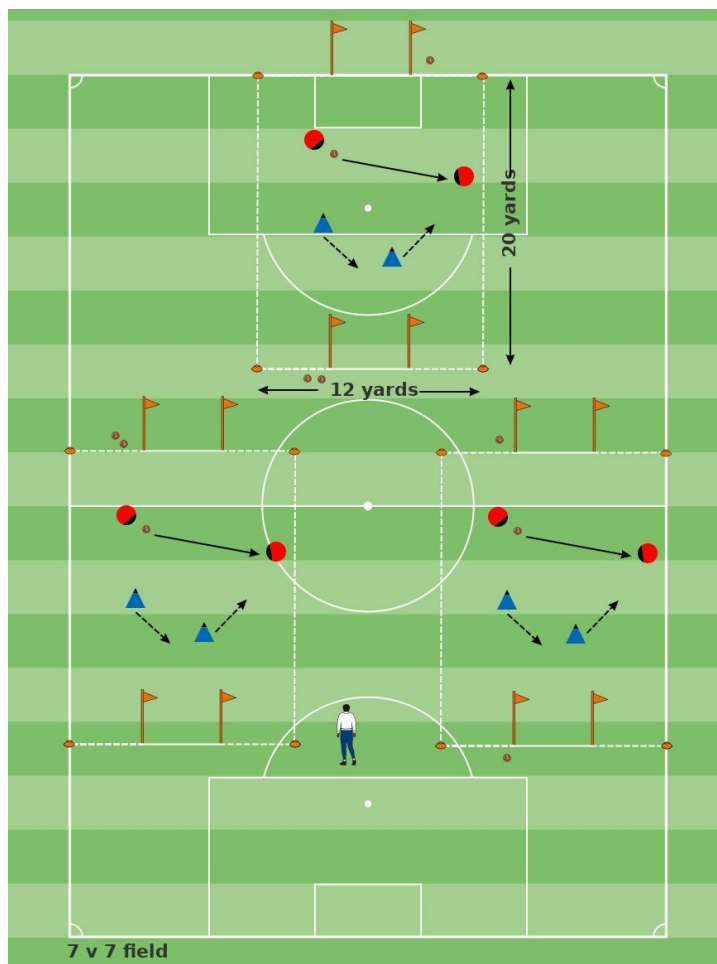
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To deny chances, win the ball back and score

PLAYER ACTIONS: Outnumber, Steal, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Focus, Initiative



ORGANIZATION:

Mark out three 20 x 12-yard fields. Divide players into six pairs, who play 2 v 2 on goal lines (pass on the ground to score). Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS:

Pressure and cover, attack the ball, communicate

GUIDED QUESTIONS:

1) How can you keep the opponent away from your goal? 2) How can you help each other defend? 3) How close should the cover be?

ANSWERS:

1) Block the path to it; stop attackers and force them away from the goal. 2) The closest defender stops the ball carrier while the other defender provides cover. 3) Close enough to step to the ball if the other defender gets beat off the dribble, but also close enough to cut off the pass to the other attacker.

NOTES:

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

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
2 vs 2

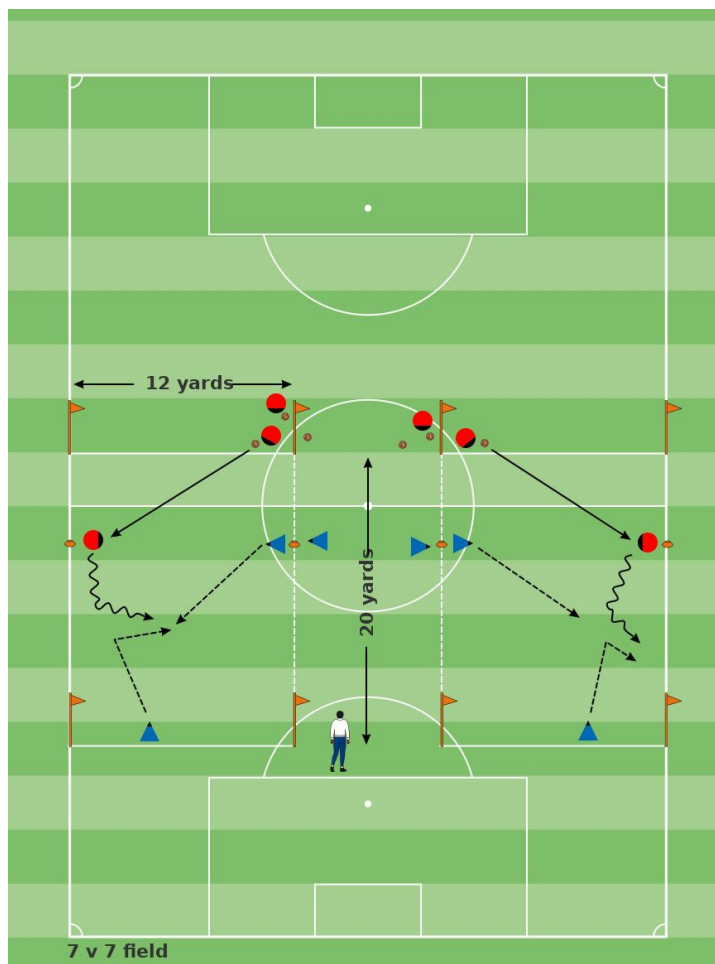
DURATION:
30:0 min

PRACTICE (Core Activity): 1 v 2 on Goal Lines

OBJECTIVE: To outnumber opponents, win the ball back and score

PLAYER ACTIONS: Outnumber, Steal, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Focus, Initiative



ORGANIZATION:

Mark out two 20 x 12-yard fields. Assign attackers and defenders to starting positions as shown. Play begins with a pass to the first attacker. Players play 1 v 2 on the endlines (dribble across to score). Play for 30 minutes with two breaks.

KEY WORDS:

Close the attacker down, attack the ball, pressure and cover

GUIDED QUESTIONS:

1) What's the job of the defender closest to the ball? 2) What does the second defender do? 3) How close should the cover be?

ANSWERS:

1) To apply pressure and to stop or slow down the attack. 2) Drop back, cover the first defender. 3) Close enough to step to the ball if the other defender gets beat off the dribble.

NOTES:

Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
1 vs 2

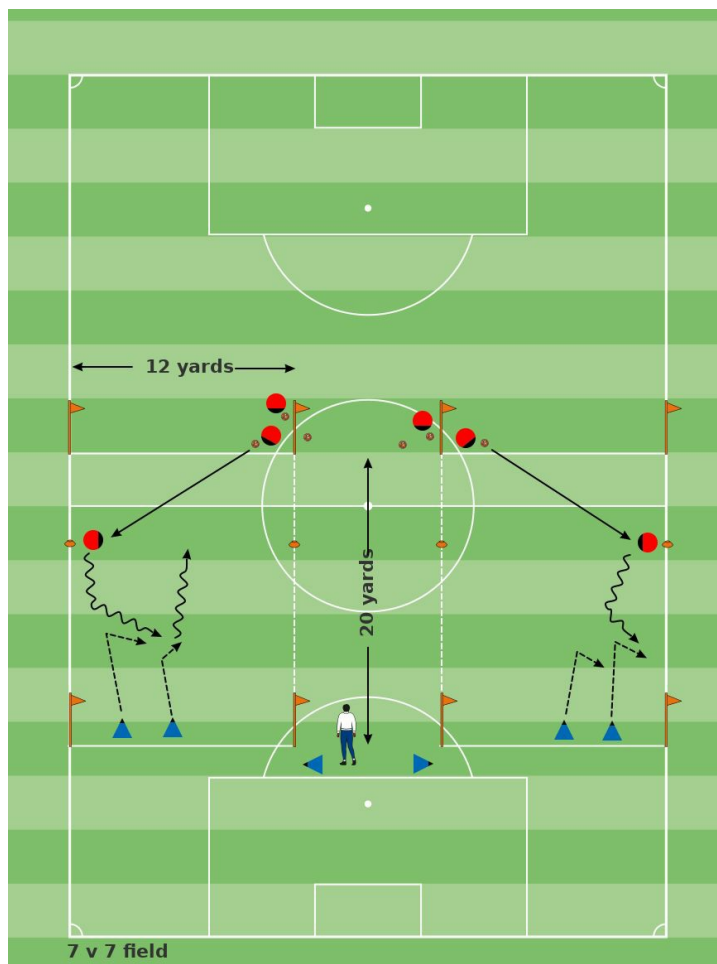
DURATION:
30:0 min

PRACTICE (Less Challenging): 1 v 2 on Goal Lines

OBJECTIVE: To outnumber opponents, win the ball back and score.

PLAYER ACTIONS: Outnumber, Steal, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Focus, Initiative



ORGANIZATION:

Same as core activity, except both defenders start out on the endline. Play for 30 minutes with two breaks.

KEY WORDS:

Close the attacker down, attack the ball, pressure and cover

GUIDED QUESTIONS:

1) What's the job of the defender closest to the ball? 2) What does the second defender do? 3) How close should the cover be?

ANSWERS:

1) To apply pressure and to stop or slow down the attack. The first defender steers the attacker toward the second. 2) Drop back, cover the first defender. 3) Close enough to step to the ball if the other defender gets beat off the dribble.

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:

Defending



AGE:

U9-U10 / 7v7



PLAYERS:

1 vs 2



DURATION:

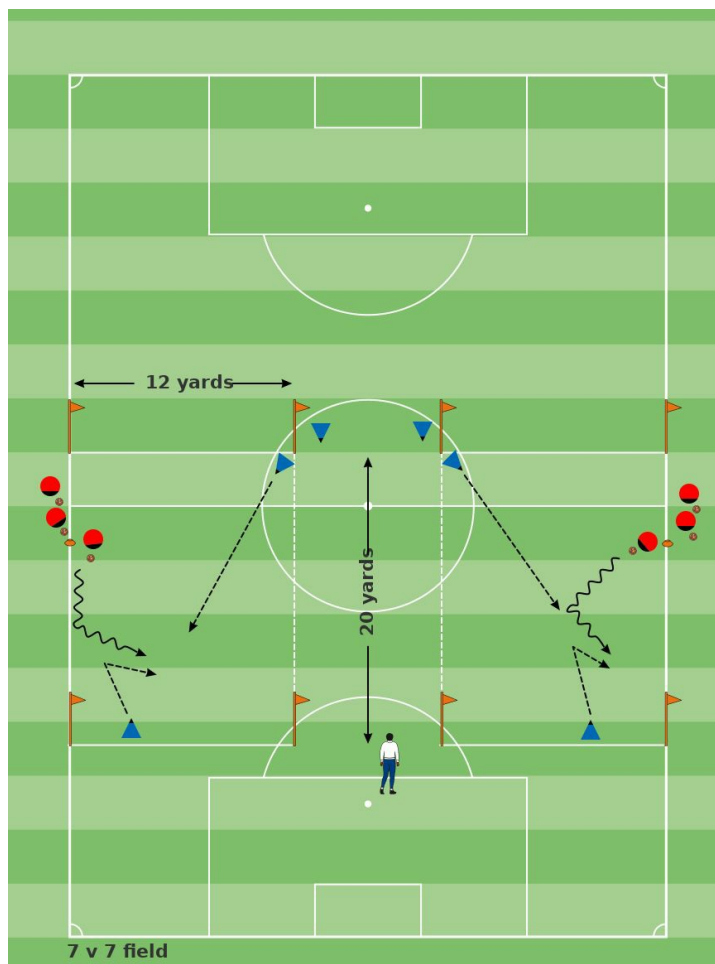
30:0 min

PRACTICE (More challenging): 1 v 2 on Goal Lines

OBJECTIVE: To outnumber opponents, win the ball back and score

PLAYER ACTIONS: Outnumber, Steal, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Focus, Initiative



ORGANIZATION:

Same as core activity, except the second defender starts from the other endline and the first attacker dribbles onto the field.

KEY WORDS:

Close the attacker down, attack the ball, pressure and cover

GUIDED QUESTIONS:

1) What's the job of the defender closest to the ball? 2) What does the second defender do? 3) How close should the cover be?

ANSWERS:

1) To apply pressure and to stop or slow down the attack. The first defender steers the attacker toward the second. 2) Drop back, cover the first defender. 3) Close enough to step to the ball if the other defender gets beat off the dribble.

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:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
1 vs 2

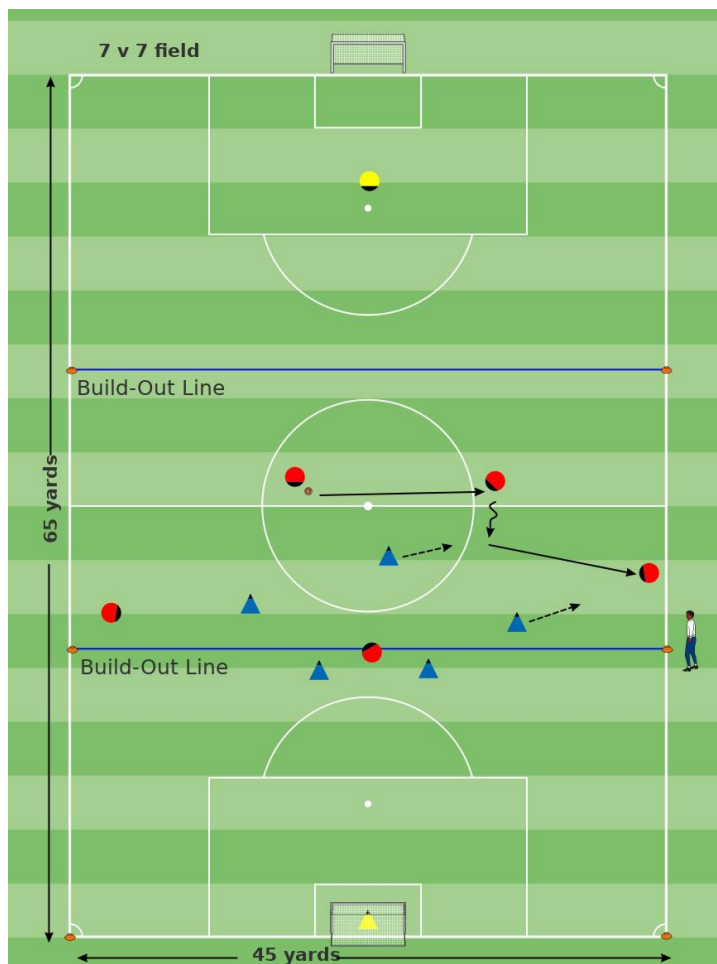
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To deny chances, outnumber the opponent, win the ball back and score.

PLAYER ACTIONS: Outnumber, Steal, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Focus, Initiative



ORGANIZATION:

Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS:

Stay compact, pressure and cover, move with the ball

GUIDED QUESTIONS:

1) How can you keep the opponent away from your goal? 2) How can you help each other defend?

ANSWERS:

1) Form a compact block behind the ball, block the path to the goal and force attackers onto the wings. 2) Communicate and move as a unit to follow the ball, outnumber opponents near the ball and double-team the ball carrier.

NOTES:

Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

DURATION:
30:0 min

7v7 Defending- Improve Preventing the Opponent from Building Up in Our Own Half- (A)

GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Outnumber, Steal, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Focus, Initiative

AGE: U9-U10 / 7v7 / 12 players

Defending

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:

7v7 Defending- Improve Preventing the Opponent from Building Up in Our Own Half- (B)

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Pressure/cover/balance, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Focus

12

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 3 v 3 on Two Goals Each

PRACTICE (Less Challenging): 3 v 3 on Goal Line in Middle

PRACTICE (More Challenging): 3 v 3 on Endlines

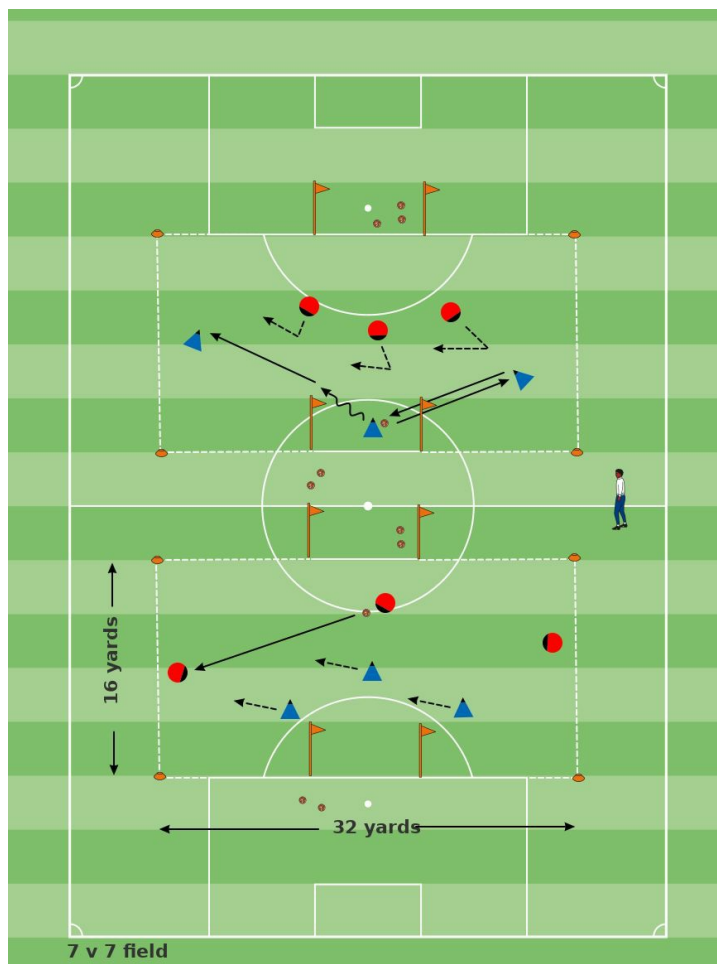
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To deny chances, win the ball and score.

PLAYER ACTIONS: Pressure/cover/balance, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Focus



ORGANIZATION:

Mark out two 16 x 32-yard fields. Divide players into four teams of three. Teams play 3 v 3 on goal lines (pass on the ground to score). Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS:

Stay compact, pressure and cover, move with the ball

GUIDED QUESTIONS:

1) How can you keep the opponent away from your goal? 2) What's your job when you're the defender closest to the ball? 3) What do the other defenders need to do?

ANSWERS:

1) Get yourselves behind the ball and block the path to the goal. 2) Protect the goal, steal the ball, stop the ball carrier. 3) Follow the ball and cover the defender closest to it.

NOTES:

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

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 3

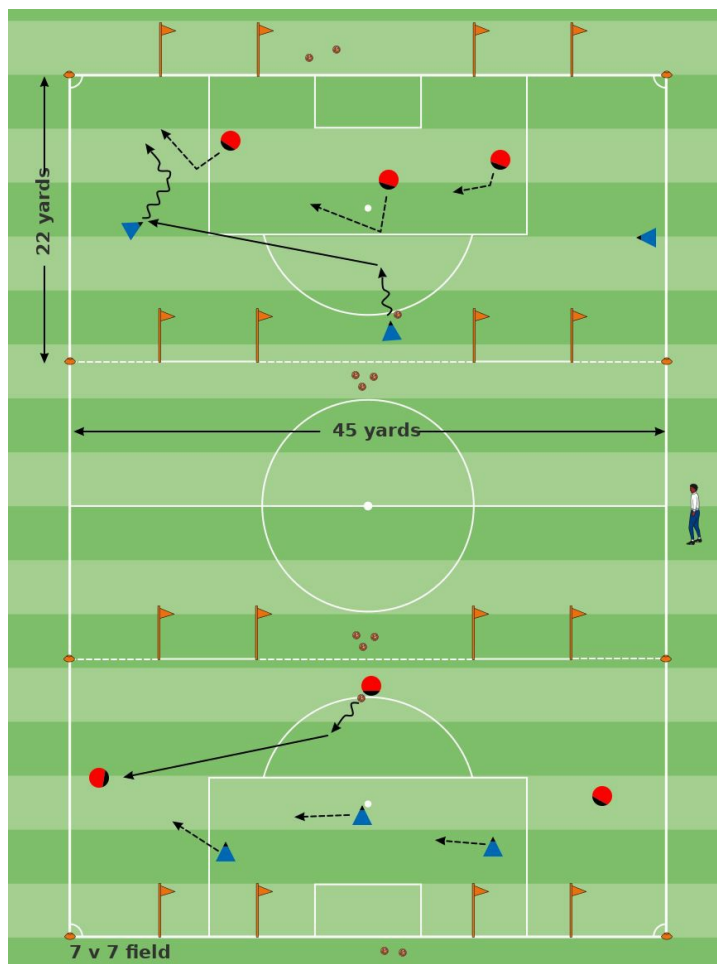
DURATION:
30:0 min

PRACTICE (Core Activity): 3 v 3 on Two Goals Each

OBJECTIVE: To stop the opponent's attack and deny chances.

PLAYER ACTIONS: Pressure/cover/balance, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Focus



ORGANIZATION:

Mark out two 22 x 45-yard fields, each with two 10-yard goal lines on each endline. Divide players into four teams of three. Teams play 3 v 3 on goal lines (pass on the ground to score). Play for 30 minutes with two breaks.

KEY WORDS:

Pressure and cover, move with the ball, shift

GUIDED QUESTIONS:

1) How can you keep the opponent from breaking through on the wing and scoring? 2) How should you position yourselves to do that? 3) What's your job when you're the defender closest to the ball? 4) When do you step to pressure the ball?

ANSWERS:

1) Get compact on the side where the ball is at. 2) Move with the ball 3) Stop the ball carrier. 4) When the attacker's head down or takes a bad touch.

NOTES:

Start with the Core Activity after the first Play Phase and decide if it's too easy or too difficult. Spend a total of 30 minutes in the Practice Phase.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 3

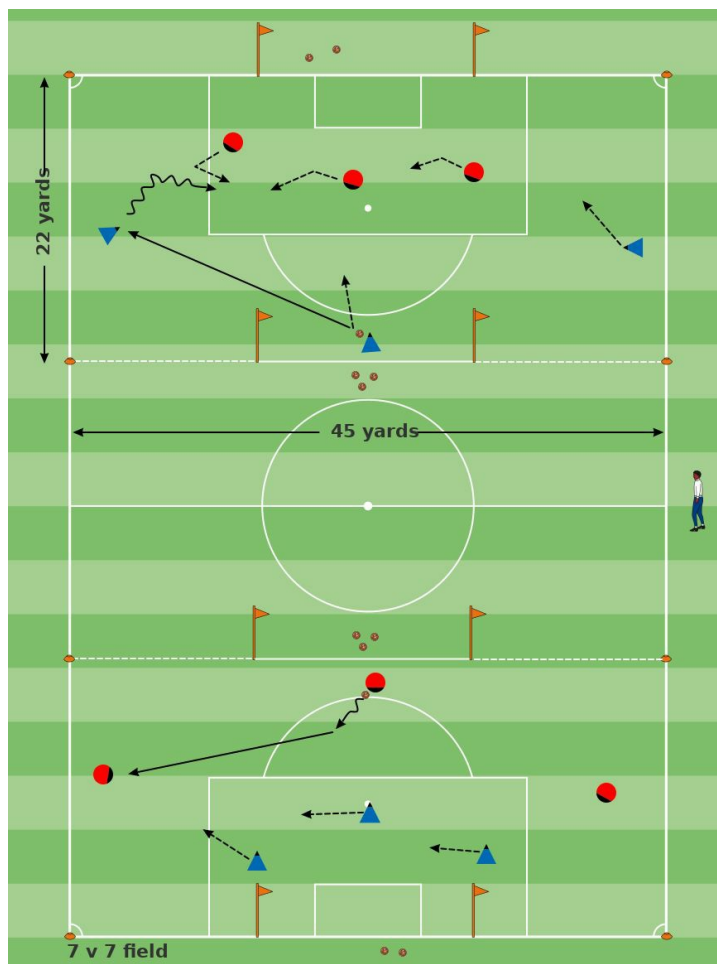
DURATION:
30:0 min

PRACTICE (Less Challenging): 3 v 3 on Goal Line in Middle

OBJECTIVE: To stop the opponent's attack and deny chances.

PLAYER ACTIONS: Pressure/cover/balance, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Focus



ORGANIZATION:

Same as core activity, except there's just one 18-yard goal line in the middle of each endline, and players have to dribble across it to score. Play for 30 minutes with two breaks.

KEY WORDS:

Pressure and cover, move with the ball, shift

GUIDED QUESTIONS:

1) How can you keep the opponent from scoring? 2) How should you position yourselves to do that? 3) What's your job when you're the defender closest to the ball? 4) When do you step out to pressure the ball?

ANSWERS:

1) Get compact . 2) Move with the ball. 3) Stop the ball carrier. 4) When the attacker has his/her head down or takes a bad touch.

NOTES:

Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 3

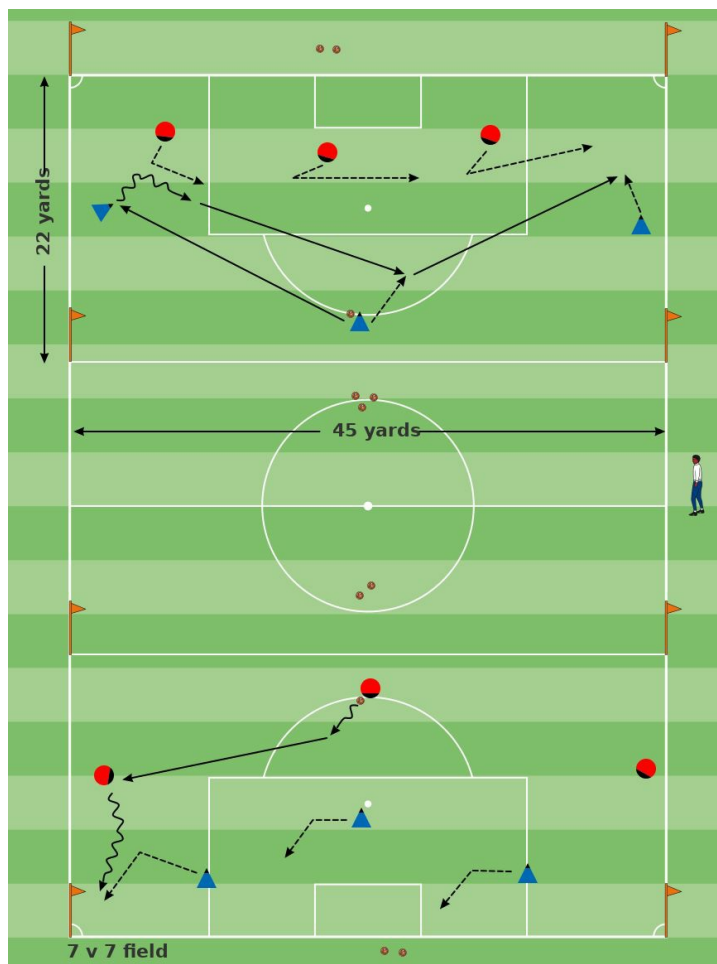
DURATION:
30:0 min

PRACTICE (More Challenging): 3 v 3 on Endlines

OBJECTIVE: To stop the opponent's attack and deny chances.

PLAYER ACTIONS: Pressure/cover/balance, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Focus



ORGANIZATION:

Same as core activity, except players have to dribble across the endlines to score. Play for 30 minutes with two breaks.

KEY WORDS:

Pressure and cover, move with the ball, shift

GUIDED QUESTIONS:

1) How can you keep the opponent from breaking through on the wing and scoring? 2) How should you position yourselves to do that? 3) What's your job when you're the closest defender? 4) When do you step to pressure the ball?

ANSWERS:

1) Get compact on the side where the ball is at. 2) Move with the ball. 3) Stop the ball carrier. 4) When the attacker has his/her head down or takes a bad touch.

NOTES:

Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 3

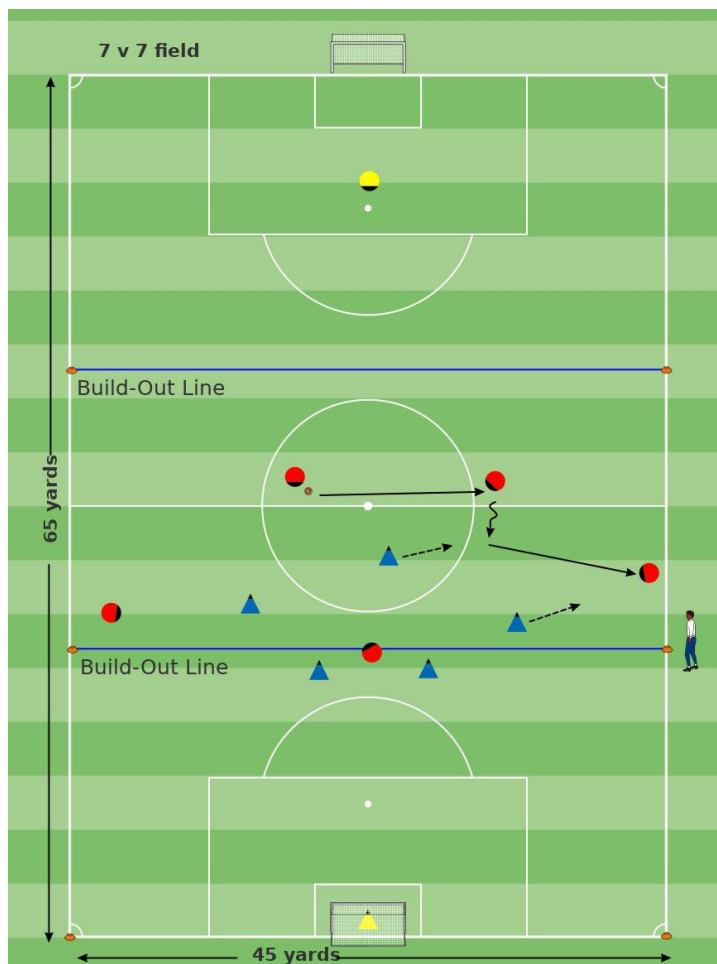
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To stop the opponent's attack, deny chances and win the ball back.

PLAYER ACTIONS: Pressure/cover/balance, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Focus



ORGANIZATION:

Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS:

Stay compact, pressure and cover, move with the ball, shift

GUIDED QUESTIONS:

1) How can you keep the opponent away from your goal? 2) What should you do when the opponent is attacking up the wing?

ANSWERS:

1) Form a block behind the ball, cover the entire field and block the path to the goal. 2) Everyone moves toward the ball. Whoever's closest stops the ball carrier while the others cover.

NOTES:

Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

DURATION:
30:0 min

7v7 Defending- Improve Preventing the Opponent from Building Up in Our Own Half- (B)

GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Pressure/cover/balance, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Focus

AGE: U9-U10 / 7v7 / 12 players

Defending

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:

7v7 Defending- Improve Preventing the Opponent from Building Up in Their Own Half (A)

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Steal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Initiative

 12

 90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 1 v 1 on Wing

PRACTICE (Less Challenging): 1 v 1 on Wing

PRACTICE (More Challenging): 1 v 1 on Wing

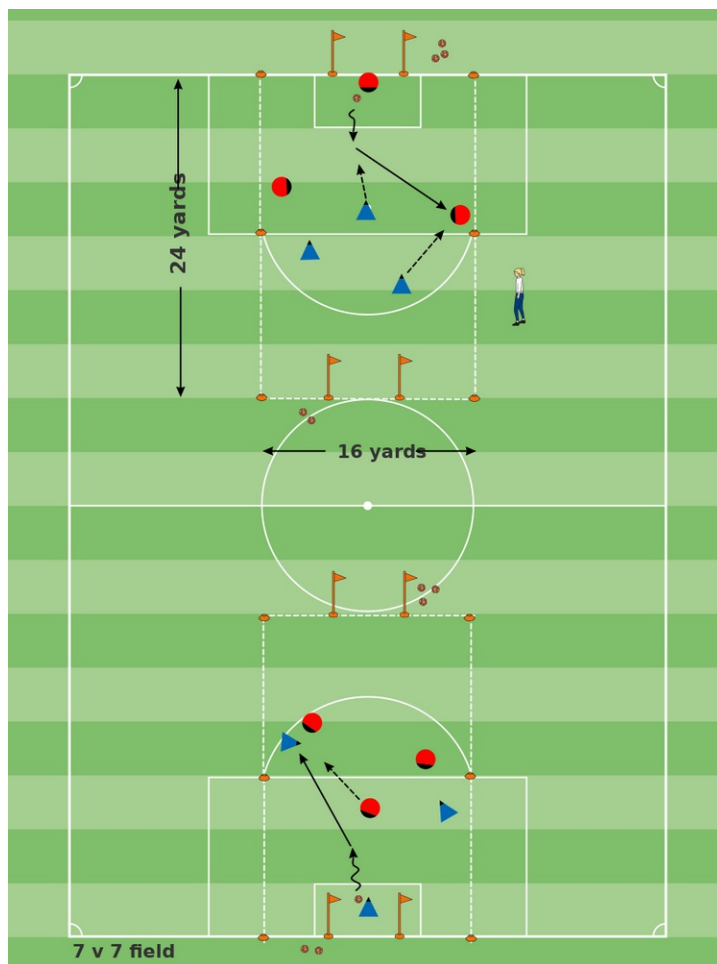
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Steal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Mark out two 24 x 16-yard fields. Divide players into four teams of three. Teams play 3 v 3 on 6-yard goal lines without goalkeepers. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS:

Stay compact, pressure and cover, attack the ball

GUIDED QUESTIONS:

1) How can you win the ball back quickly after a goal? 2) What's the advantage of disrupting their buildup quickly?

ANSWERS:

1) Instead of dropping way back, form a compact block in the middle of the field and defend from there. 2) It keeps opponents away from our goal, and if we win the ball back we're already inside their half, in position to score a quick goal.

NOTES:

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

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 3

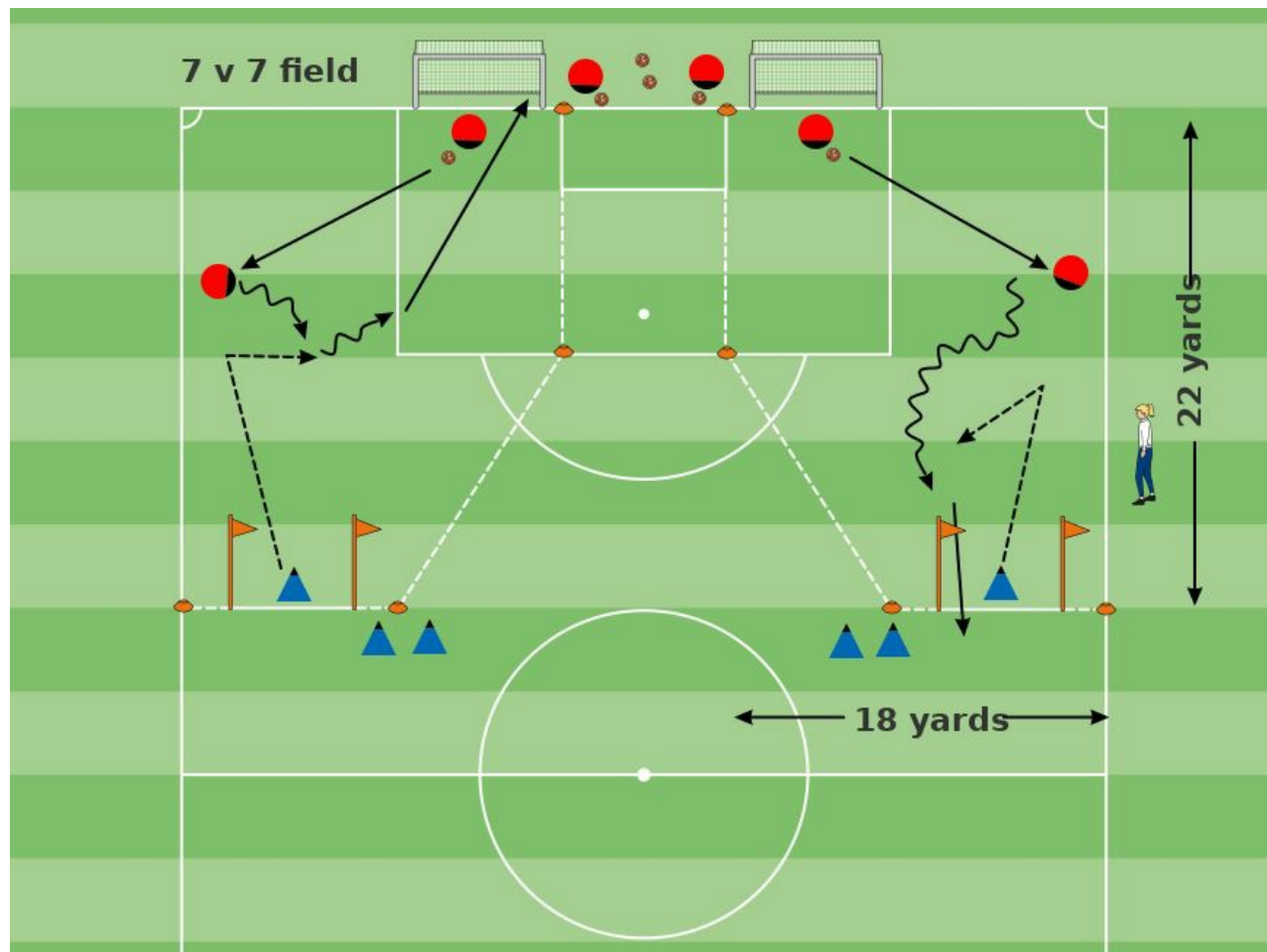
DURATION:
30:0 min

PRACTICE (Core Activity): 1 v 1 on Wing

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Steal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Mark out two fields as shown. Three attackers (Red) and three defenders (Blue) play on each field. Each 1 v 1 begins with a pass from the goalkeeper. As soon as the pass is played, the defender runs out from behind the goal (build-out) line and tries to win the ball and counterattack on the standard goal. Players rotate after each round. Red's goalkeeper moves onto the field, the field player goes off and the extra player rotates into goal. Play for 30 minutes with two breaks.

KEY WORDS:

Attack the ball, immediate pressure, force their heads down

GUIDED QUESTIONS:

1) Defenders, how should you react to the goalkeeper's opening pass? 2) Why is it dangerous to get too close to the attacker too soon? 3) How do you keep that from happening?

ANSWERS:

1) Run forward, get close to the attacker and immediately start pressuring the ball. 2) They could play the ball past us. 3) Move while the ball is moving on the pass. Stop the attacker and take them on 1 v 1.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
1 vs 1

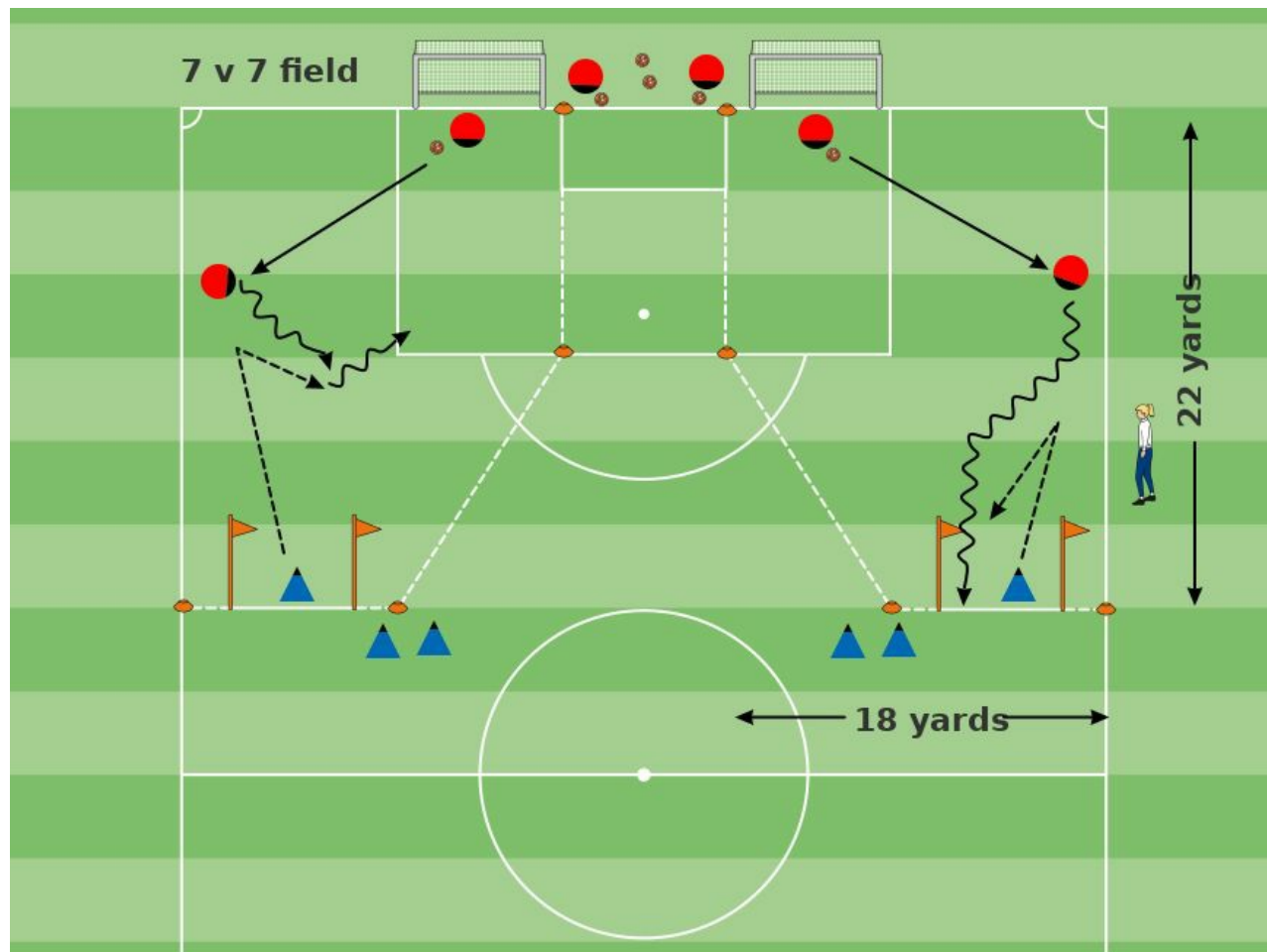
DURATION:
30:0 min

PRACTICE (Less Challenging): 1 v 1 on Wing

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Steal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Same as core activity, except the attacker has to dribble across the goal line to score.

KEY WORDS:

Attack the ball, immediate pressure, force their heads down

GUIDED QUESTIONS:

1) Defenders, how should you react to the goalkeeper's opening pass? 2) Why is it dangerous to get too close to the attacker too soon? 3) How do you keep that from happening?

ANSWERS:

1) Run forward, get close to the attacker and immediately start pressuring the ball. 2) They could play the ball past us. 3) Move while the ball is moving on the pass. Stop the attacker and take them on 1 v 1.

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:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
1 vs 1

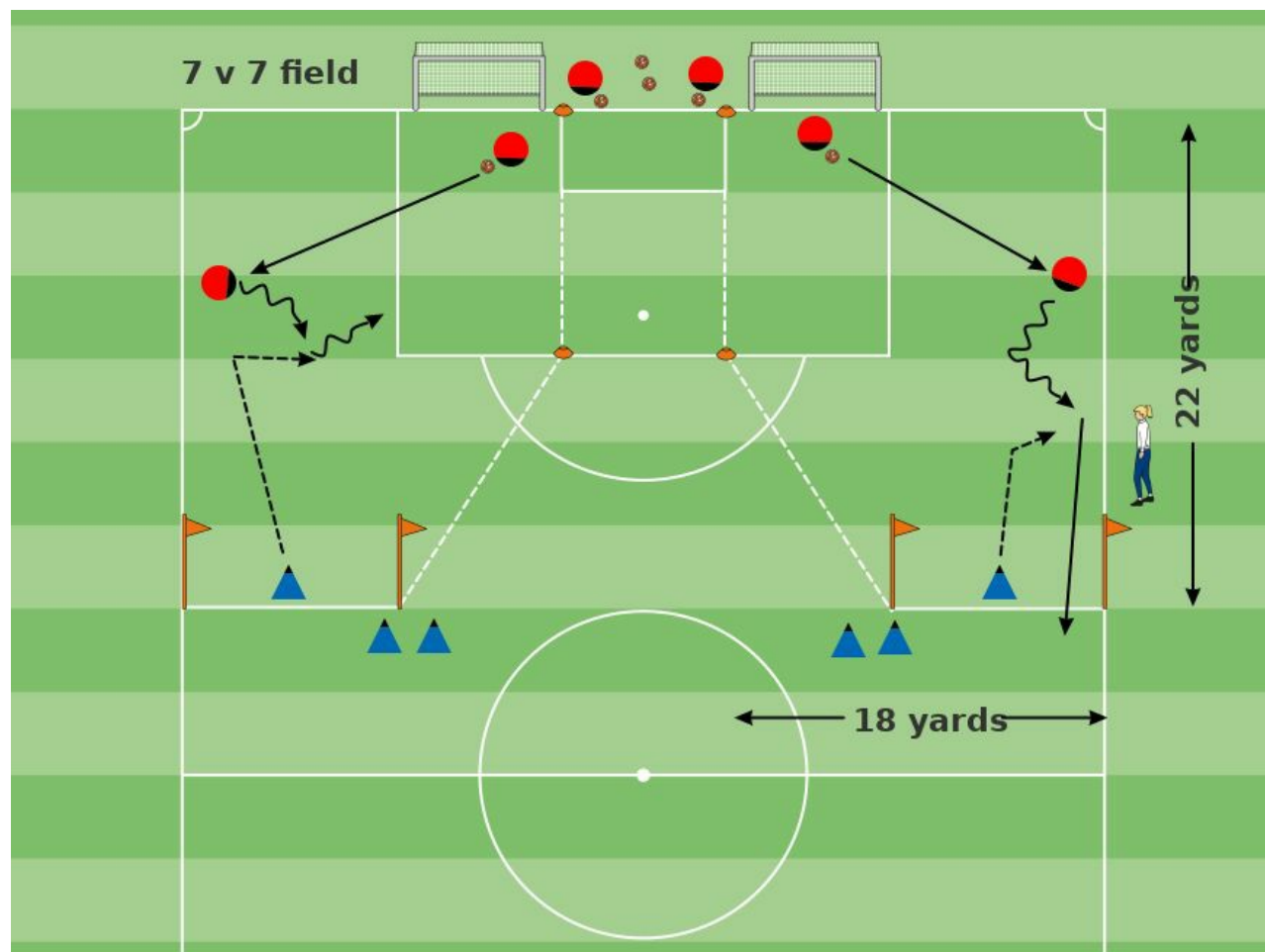
DURATION:
30:0 min

PRACTICE (More Challenging): 1 v 1 on Wing

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Steal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Same as core activity, except the goal lines are extended to 10 yards.

KEY WORDS:

Attack the ball, immediate pressure, force their heads down

GUIDED QUESTIONS:

1) Defenders, how should you react to the goalkeeper's opening pass? 2) Why is it dangerous to get too close to the attacker too soon? 3) How do you keep that from happening?

ANSWERS:

1) Run forward, get close to the attacker and immediately start pressuring the ball. 2) They could play the ball past us. 3) Move while the ball is moving on the pass. Stop the attacker and take them on 1 v 1.

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:

Defending



AGE:

U9-U10 / 7v7



PLAYERS:

1 vs 1



DURATION:

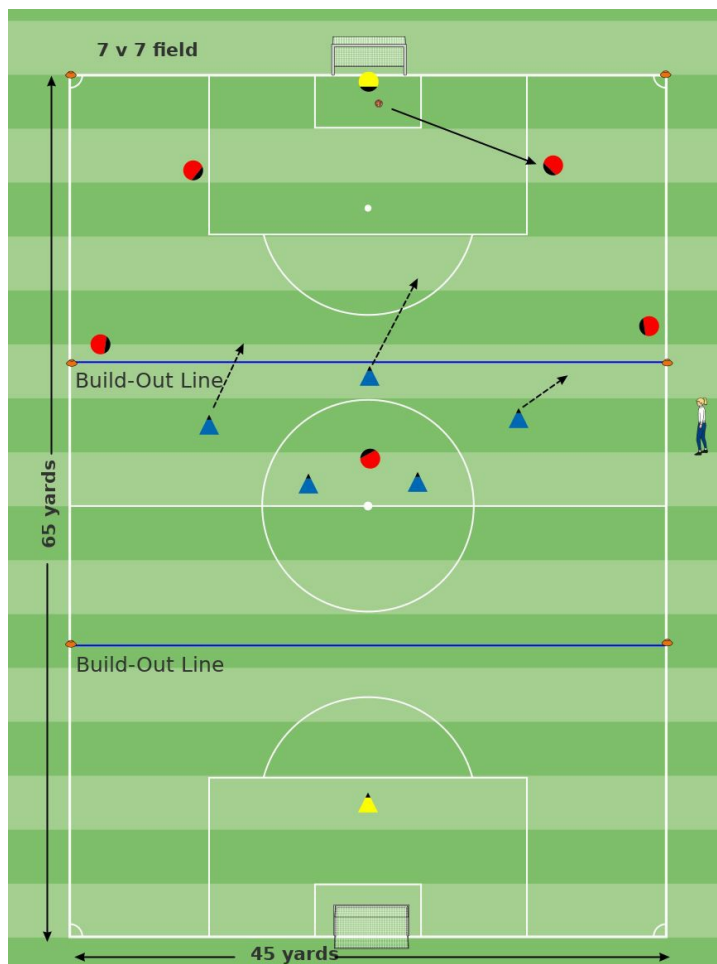
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Steal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Each team tries to disrupt the other's buildup as quickly as possible.

KEY WORDS:

Stay compact, pressure and cover, attack the ball

GUIDED QUESTIONS:

1) How often did you win the ball in the opponent's half? 2) What do you need to do to win the ball more often?

ANSWERS:

1) General question asked to focus players' attention. 2) Don't be afraid to defend high up the field. Get compact and stay compact. Wait for signals to start pressing and work together to put pressure on opponents.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

DURATION:
30:0 min

7v7 Defending- Improve Preventing the Opponent from Building Up in Their Own Half (A)

GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Steal, Get compact, Pressure/cover/balance

KEY QUALITIES: Read game/make decisions, Initiative

AGE: U9-U10 / 7v7 / 12 players

Defending

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:

7v7 Defending- Improve Preventing the Opponent from Building Up in Their Own Half (B)

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Steal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus

12

90 min

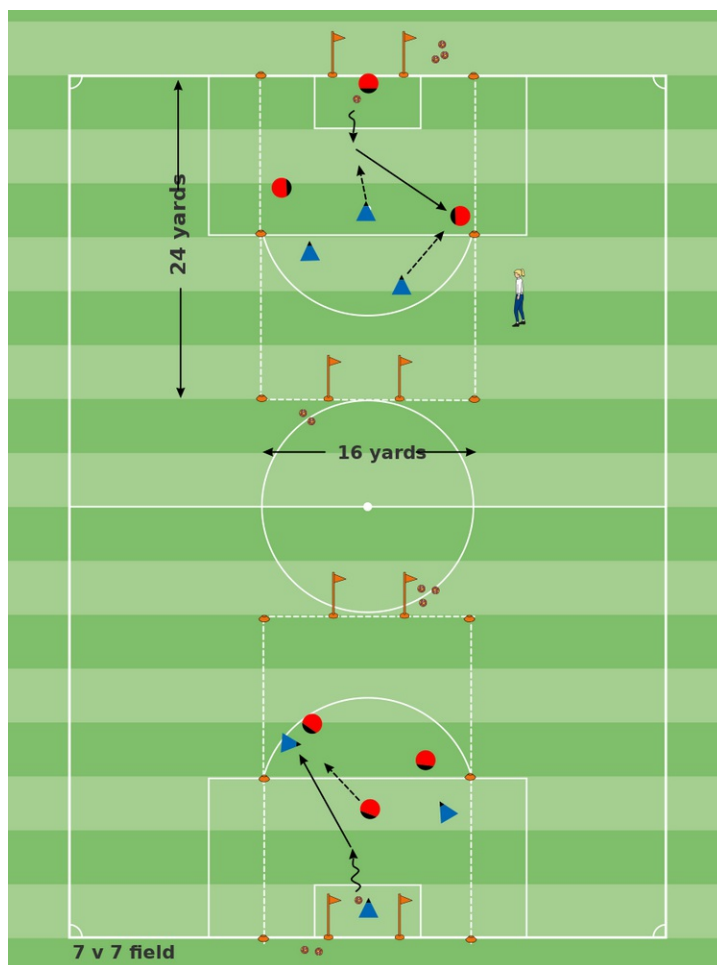
1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 6 v 5 + GK (Two Small Goals to Large Goal)

PRACTICE (Less Challenging): 6 v 5 + GK (Two Small Goals to Large Goal)

PRACTICE (More Challenging): 6 v 5 + GK (End Zone to Large Goal)

2ND PLAY PHASE: The Game

**EXERCISE RULES:**

Mark out two 24 x 16-yard fields. Divide players into four teams of three. Teams play 3 v 3 on 6-yard goal lines without goalkeepers. Free play, kick-ins. Play for 30 minutes with two to three breaks.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual.

FOCUS TEAM**Team function:**

Defending

Objective:

To prevent the opponent from building up, win the ball back and score.

Player actions:

4/5 angles to support attack/triangulate 2/3 create width, positioning to advance ball forward past opponents, 6/8 position to triangulate and break lines

 **AGE:**
U7 / U12

 **PLAYERS:**
6 vs 6

 **DURATION:**
20:30 min (3 x 10:45 min, 5:15 min rest)

 **INTENSITY:**
Moderate

Team tactical principles:

Stay compact, Pressure/cover/balance, Delay

Opponent Team**Team function:**

Attacking

Objective:

To prevent the opponent from building up, win the ball back and score.

Player actions:

4/5 angles to support attack/triangulate 2/3 create width, positioning to advance ball forward past opponents, 6/8 position to triangulate and break lines

Team tactical principles:

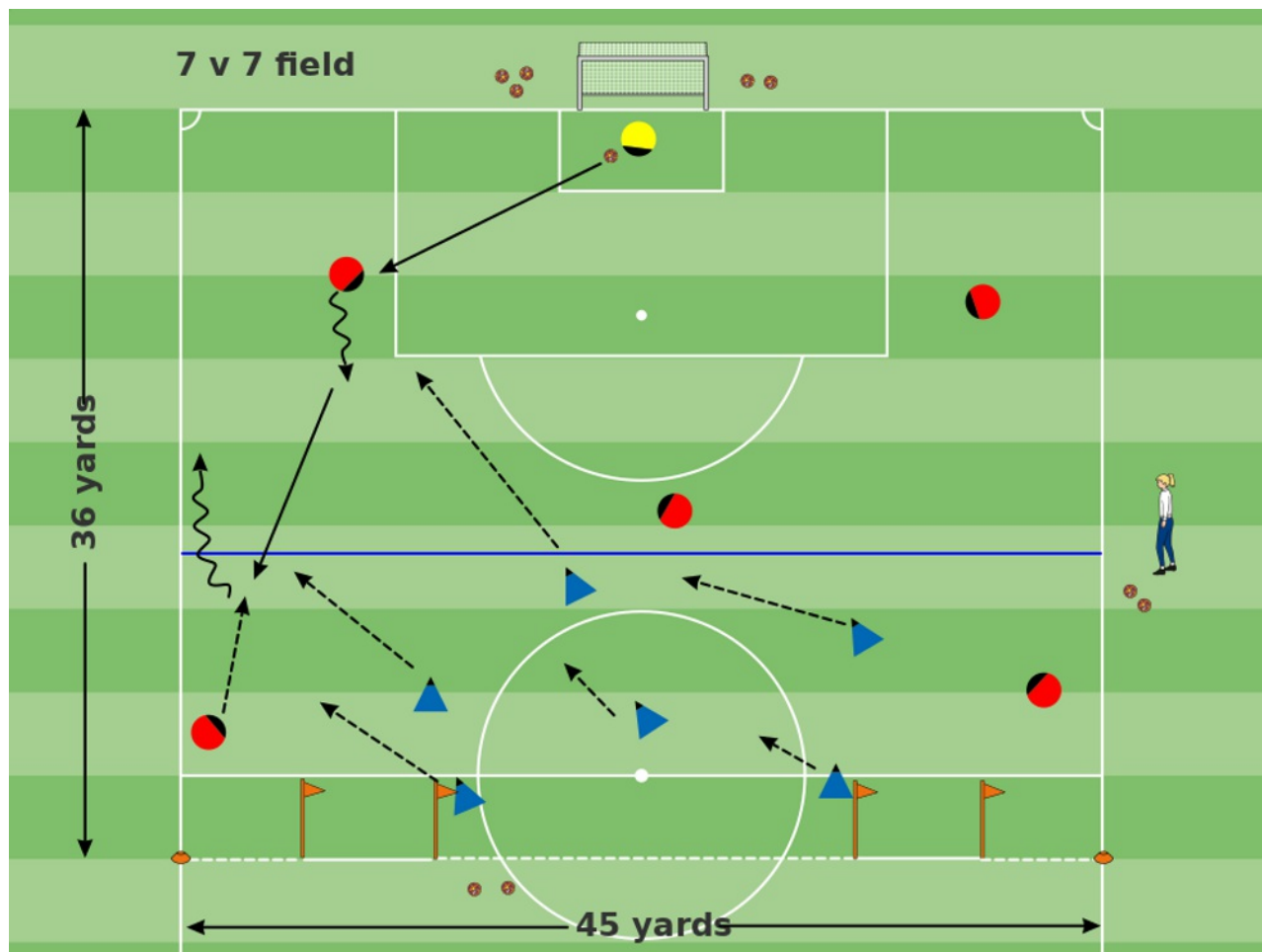
Create passing options, 2v1 / 1v1, Run in behind

PRACTICE (Core Activity): 6 v 5 + GK (Two Small Goals to Large Goal)

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Steal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out a 36X45 yard field and include the build-out line. 6 blues (2-3-1) attack large goal vs. 6 reds (1-2-3) to two small goals. Mostly begin from red goal kick, but vary the restarts (from GK hands, throw-ins, play blue team attack, etc). Play for 30 minutes with 2-3 breaks.

KEY WORDS:

Hunt the ball, stay together, move together

GUIDED QUESTIONS:

1) Who should pressure the opponent with the ball? 2) When do you step to steal the ball? 3) How do you step to steal the ball? 4) Why do the other defenders need to get compact and stay connected?

ANSWERS:

1) The closest defender. 2) When the attacker's head is down, takes a bad touch, or makes a soft pass. 3) Fast approach (long steps) while the ball is moving, and then slow arrival (short steps) when close. 4) To keep openings closed and keep them closed by moving together.

NOTES:

Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual/Coach's Toolkit.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

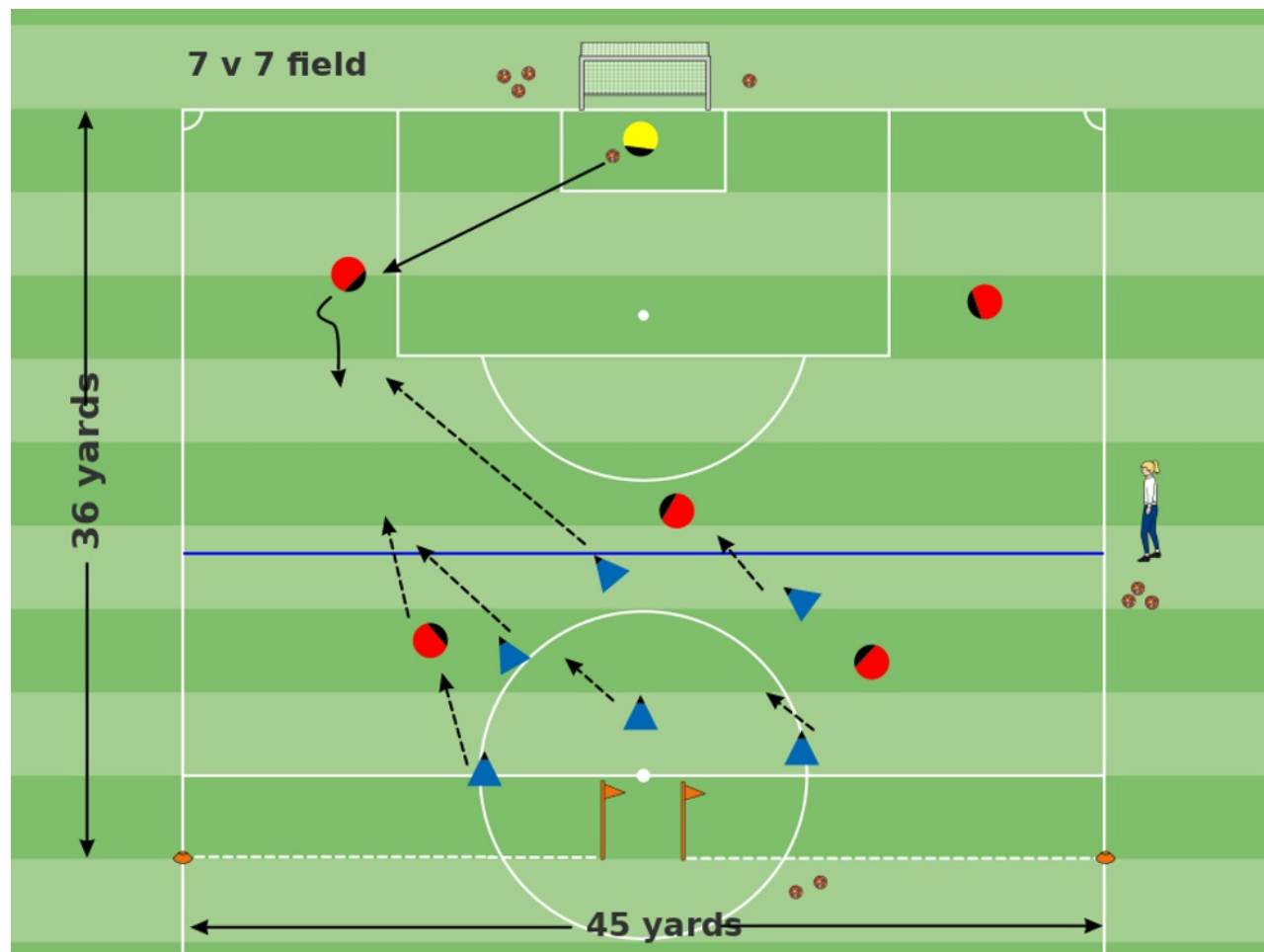
DURATION:
30:0 min

PRACTICE (Less Challenging): 6 v 5 + GK (Two Small Goals to Large Goal)

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Steal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as core activity, except with just one 15-yard goal line in the middle. Be sure to vary restarts from the red team (goal kick, from GK hands, throw-ins, start with blue team, etc).

KEY WORDS:

Look for a soft pass, hunt the ball, stay together, move together

GUIDED QUESTIONS:

1) Who should pressure the opponent with the ball? 2) When do you step to steal the ball? 3) How do you step to steal the ball? 4) Why do the other defenders need to get compact and stay connected?

ANSWERS:

1) The closest defender. 2) When the attacker's head is down, takes a bad touch, or makes a soft pass. 3) Fast approach (long steps) while the ball is moving, and then slow arrival (short steps) when close. 4) To close openings and keep them closed by moving together.

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. Refer to Training Session Manual/Coach's ToolKit.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

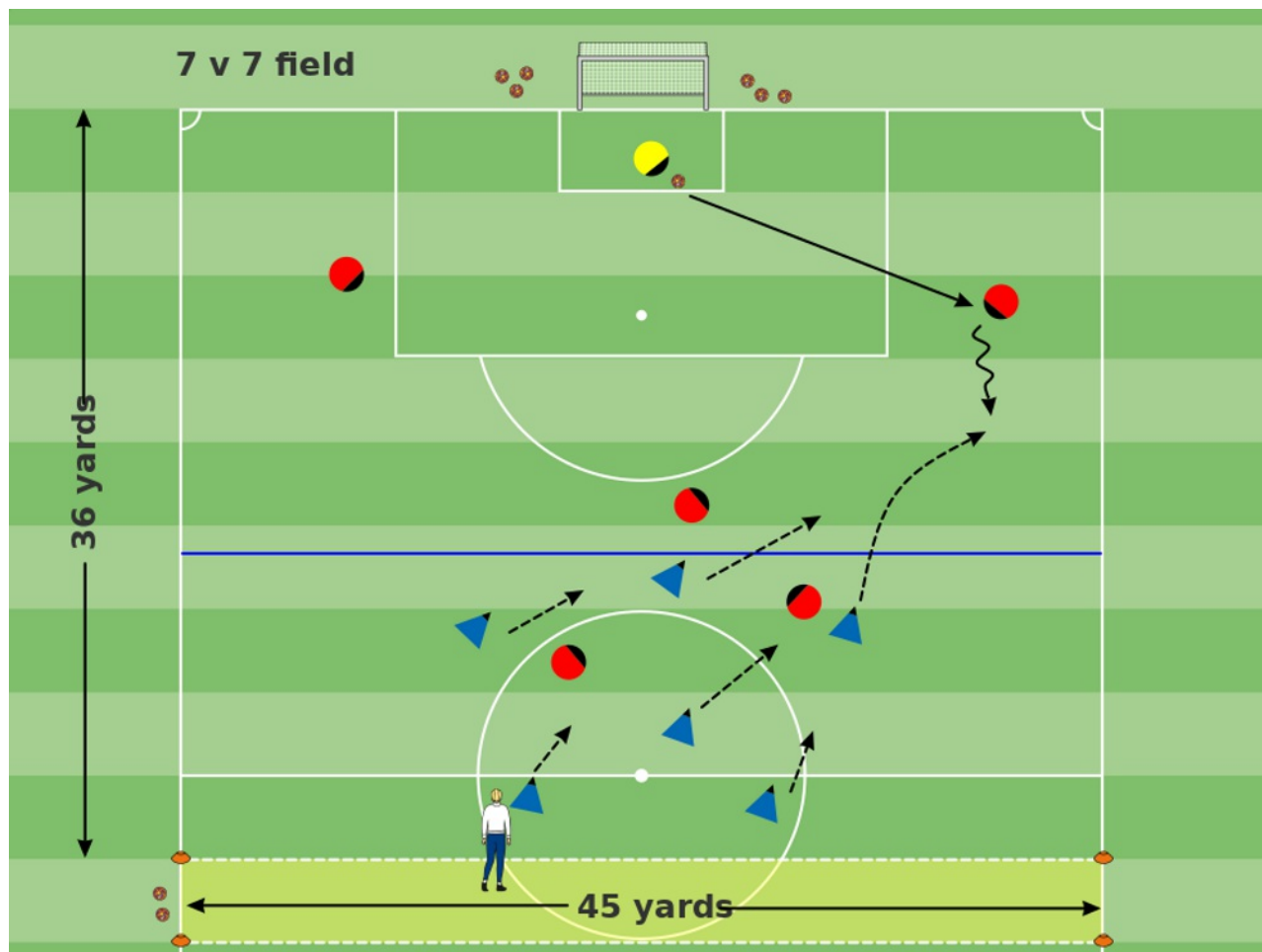
DURATION:
30:0 min

PRACTICE (More Challenging): 6 v 5 +GK (End Zone to Large Goal)

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Steal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus

**ORGANIZATION:**

Same as core activity, except use an end zone instead of goal lines for the Red team to score, and red must dribble into it or pass to the coach there to score. Be sure to vary the restarts so that the red team uses different options to try to build up.

KEY WORDS:

Delay, force inside/outside, step, hold, slide

GUIDED QUESTIONS:

1) Where should the first defender try to force the opponent? 2) When do the other defenders hold position or drop back? 3) What do we do if the opponent tries to change the point of attack? 4) What can we say to help us prevent their build-up?

ANSWERS:

1) Towards our help defenders or to a weaker opponent (could be inside or outside). 2) When we do NOT get pressure on the ball. 3) Stay in a compact block and slide across together to keep the openings closed. 4) Be specific- "Delay, Force inside/outside, Step, Hold, Slide right/left"

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:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

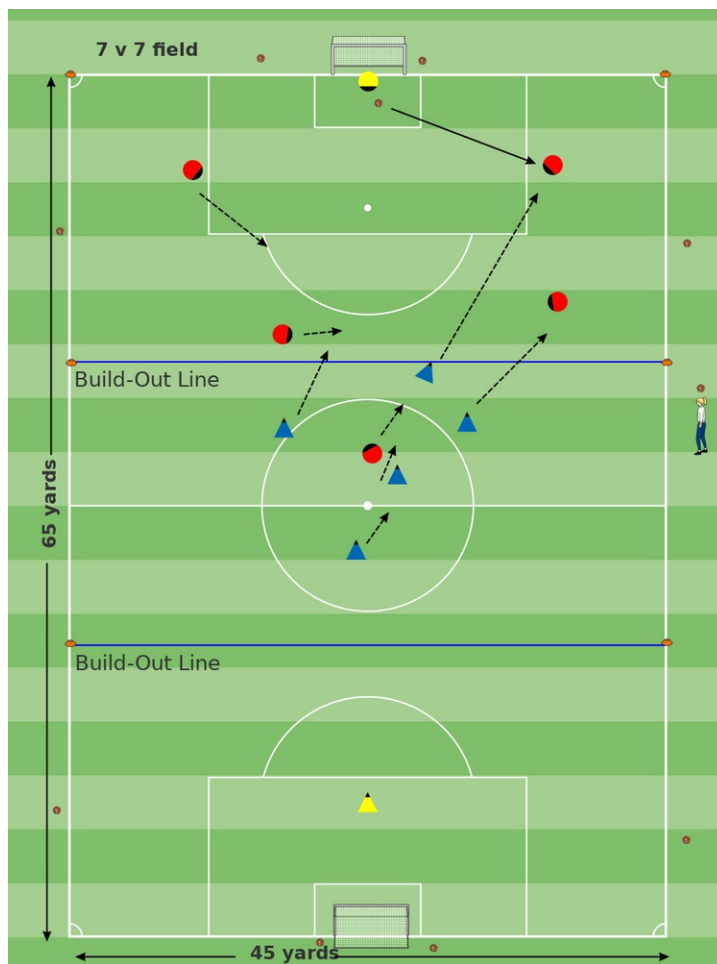
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

PLAYER ACTIONS: Steal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out a regular 7 v 7 field with build-out lines. Play 6v6 (Blue 1-1-3-1 vs Red 1-2-2-1). Play for ~30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS:

Hunt the ball, stay together, move together, force inside/outside

GUIDED QUESTIONS:

Half-Time- Repeat all questions previously used as needed. End of Game- 1) How did you do in stealing the ball? Where and when should we move to do it? 2) Why is it important to focus as a team to get compact and stay compact? 3) How did you take initiative and confront the situation?

ANSWERS:

Half-Time- Repeat all questions/answers previously used as needed. Players provide examples (specific communication, forming a compact block, forcing the opponent in a certain direction).

NOTES:

Refer to the Training Session Manual and U.S. Soccer Coach's Tool Kit for the appropriate Teaching Actions during specific Teaching Moments (in flow and at "halftime"). Allow the players to play freely; observe to check for player's understanding on today's training session goal.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

DURATION:
30:0 min

7v7 Defending- Improve Preventing the Opponent from Building Up in Their Own Half (B)

GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Steal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U9-U10 / 7v7 / 12 players

Defending

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:

7v7 Defending- Improve Preventing the Opponent from Scoring (A)

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Protect goal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus

12

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 1 v 1 in Middle - Defender Facing Attacker

PRACTICE (Less Challenging): 1 v 1 on Wing - Defender Facing Attacker

PRACTICE (More Challenging): 1 v 1 in Middle - Defender Beside Attacker

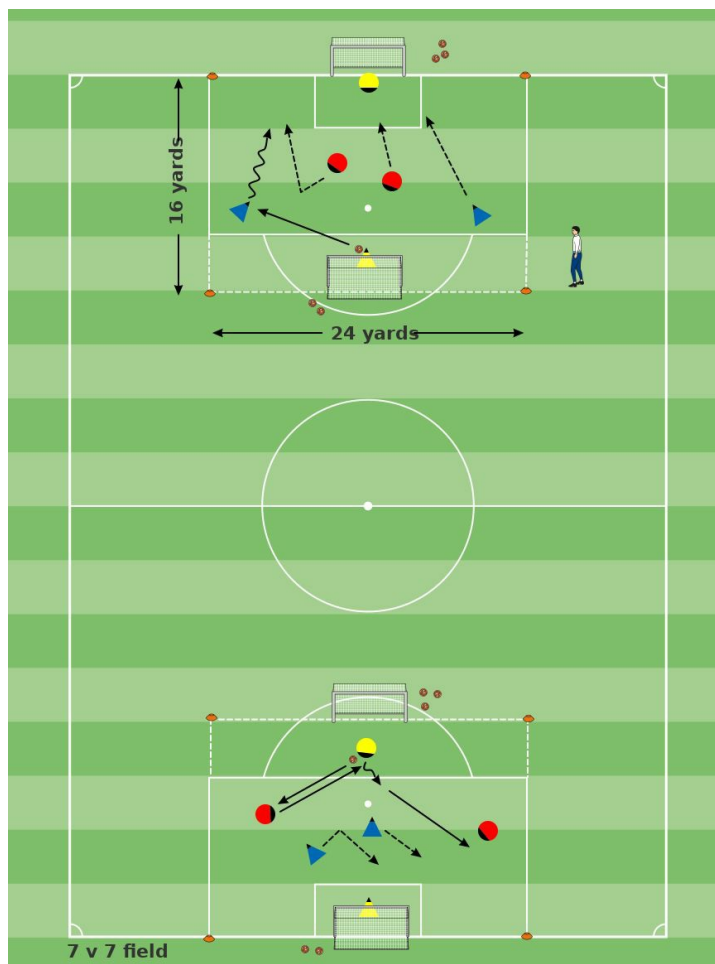
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring.

PLAYER ACTIONS: Protect goal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out two 16 x 24-yards fields with goals and goalkeepers. Teams play 3 v 3. The attacking team's keeper can help build the attack and even score goals. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS:

Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS:

1) When the attackers' keeper helps build the attack, what kind of situation does that create? 2) Defenders, what's your top priority when you're outnumbered? 3) How do you do that?

ANSWERS:

1) The defenders are outnumbered. 2) To protect the goal. 3) Quickly get behind the ball, block the direct path to the goal, force attackers outside and block shots.

NOTES:

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

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 3

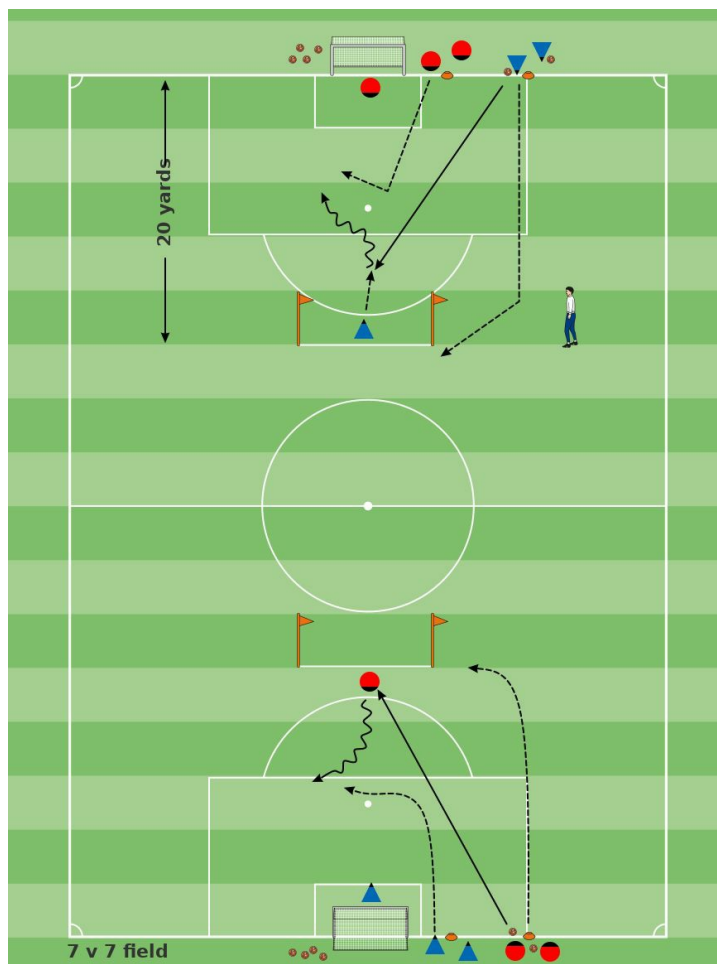
DURATION:
30:0 min

PRACTICE (Core Activity): 1 v 1 in Middle – Defender Facing Attacker

OBJECTIVE: To prevent the opponent from scoring.

PLAYER ACTIONS: Protect goal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out two fields as shown. Assign attackers and defenders to starting positions as shown. Play begins when the first attacker receives the ball. The first defender runs out from the endline, following the ball, and tries to stop the attacker from scoring. Play continues until a goal is scored by either player. Players (including Red's goalkeeper) rotate after each round. Play for 30 minutes with two breaks.

KEY WORDS:

Defend the goal, step to the ball

GUIDED QUESTIONS:

1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Why is it dangerous to get too close to the attacker too soon? 4) How do you keep that from happening?

ANSWERS:

1) To protect the goal. 2) Run out to the ball, stop the attacker as soon as possible and try to force them away from the goal. 3) They could play the ball past us. 4) Take long steps to get there and short steps as you get closer.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
1 vs 1

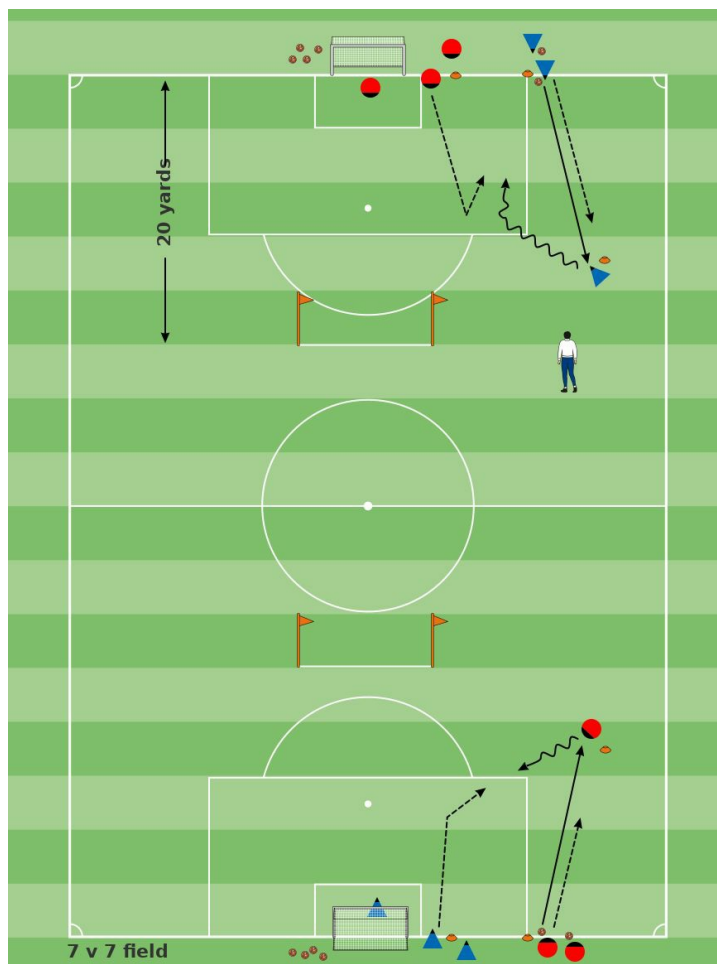
DURATION:
30:0 min

PRACTICE (Less Challenging): 1 v 1 on Wing - Defender Facing Attacker

OBJECTIVE: Same as Core Activity, except players line up on the wing.

PLAYER ACTIONS: Protect goal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except players line up on the wing.

KEY WORDS:

Defend the goal, step to the ball

GUIDED QUESTIONS:

1) Defenders, what's your top priority in this exercise? 2) How do you do that? 3) Why is it dangerous to get too close to the attacker too soon? 4) How do you keep that from happening?

ANSWERS:

1) To defend the goal. 2) Run out after the ball, stop the attacker as soon as possible and try to force them away from the goal. 3) They could play the ball past us. 4) Take long steps to get there and short steps as you get closer.

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:

Defending



AGE:

U9-U10 / 7v7



PLAYERS:

1 vs 1



DURATION:

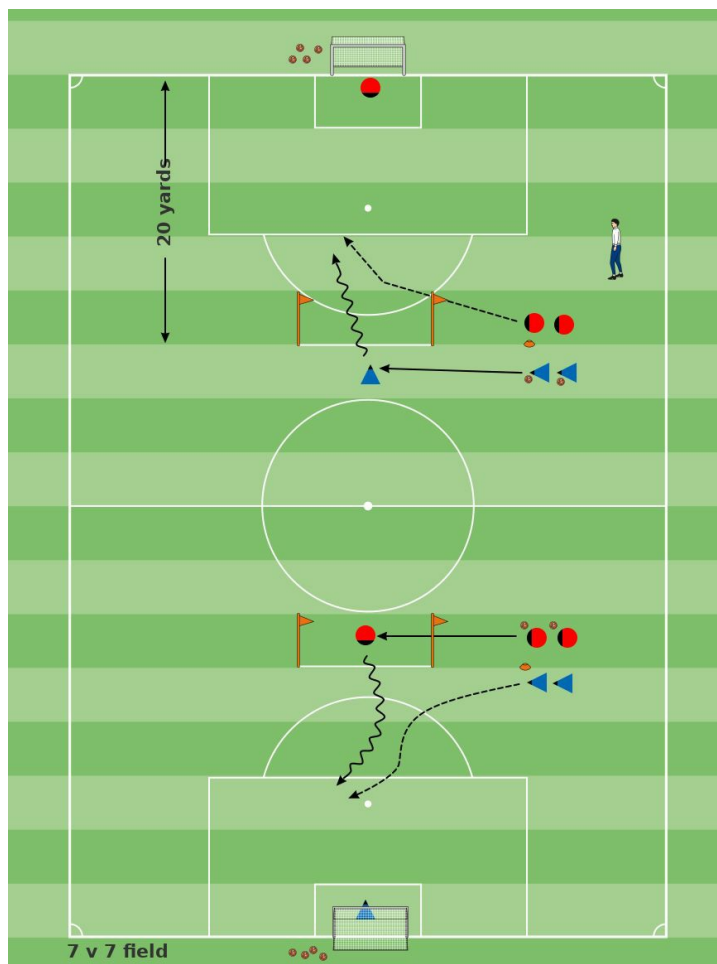
30:0 min

PRACTICE (More Challenging): 1 v 1 in Middle - Defender Beside Attacker

OBJECTIVE: To prevent the opponent from scoring.

PLAYER ACTIONS: Protect goal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except the first defender runs in from the wing.

KEY WORDS:

Defend the goal, step to the ball

GUIDED QUESTIONS:

1) Defenders, what's your top priority in this exercise? 2) How do you do that?

ANSWERS:

1) To defend the goal. 2) Run out after the ball, block the path to the goal and try to force the attacker away from the goal.

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:

Defending



AGE:

U9-U10 / 7v7



PLAYERS:

1 vs 1



DURATION:

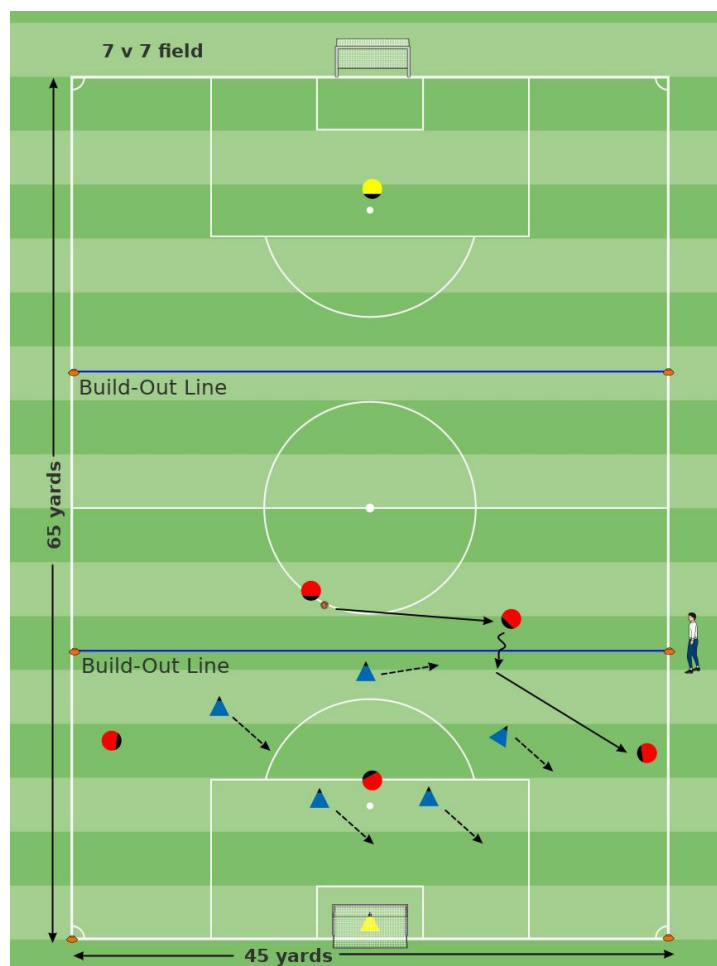
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring.

PLAYER ACTIONS: Protect goal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS:

Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS:

1) How many goals did the other team score? 2) How did they score them? 3) How could you have stopped them?

ANSWERS:

1. & 2.) General questions asked to focus players' attention on the principles they have learned. 3) Get compact and stay compact, block the direct path to the goal, force attackers outside, move to follow the ball and block shots.

NOTES:

Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

DURATION:
30:0 min

7v7 Defending- Improve Preventing the Opponent from Scoring (A)

GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Protect goal, Get compact, Stay compact

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U9-U10 / 7v7 / 12 players

Defending

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:

7v7 Defending- Improve Preventing the Opponent from Scoring (B)

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Get compact, Stay compact, Protect goal

KEY QUALITIES: Read game/make decisions, Initiative, Focus

12

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 3 v 2 on One Goal with GK and Two Mini Goals

PRACTICE (Less Challenging): 2 v 2 on One Goal with GK and Two Mini Goals

PRACTICE (More Challenging): 3 v 2 on One Goal with GK and Two Mini Goals

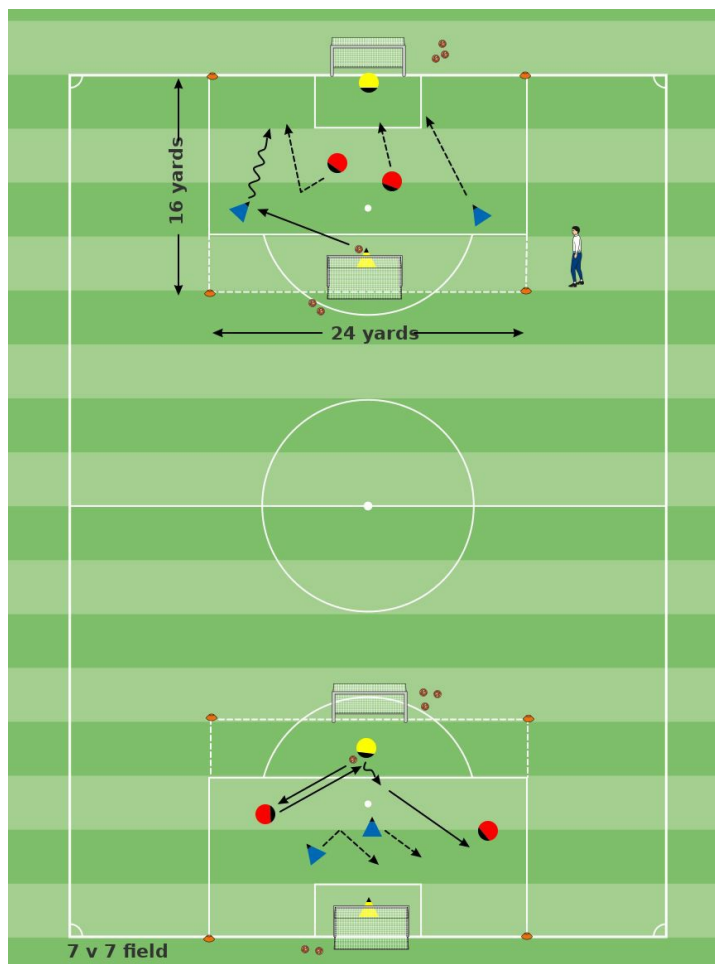
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring.

PLAYER ACTIONS: Get compact, Stay compact, Protect goal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out two 16 x 24-yards fields with goals and goalkeepers. Teams play 3 v 3. The attacking team's keeper can help build the attack and even score goals. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS:

Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS:

1) When the attackers' keeper helps build the attack, what kind of situation does that create? 2) Defenders, what's your top priority when you're outnumbered? 3) How do you do that?

ANSWERS:

1) The defenders are outnumbered. 2) To defend the goal. 3) Quickly get behind the ball, block the direct path to the goal, force attackers outside and block shots.

NOTES:

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

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 3

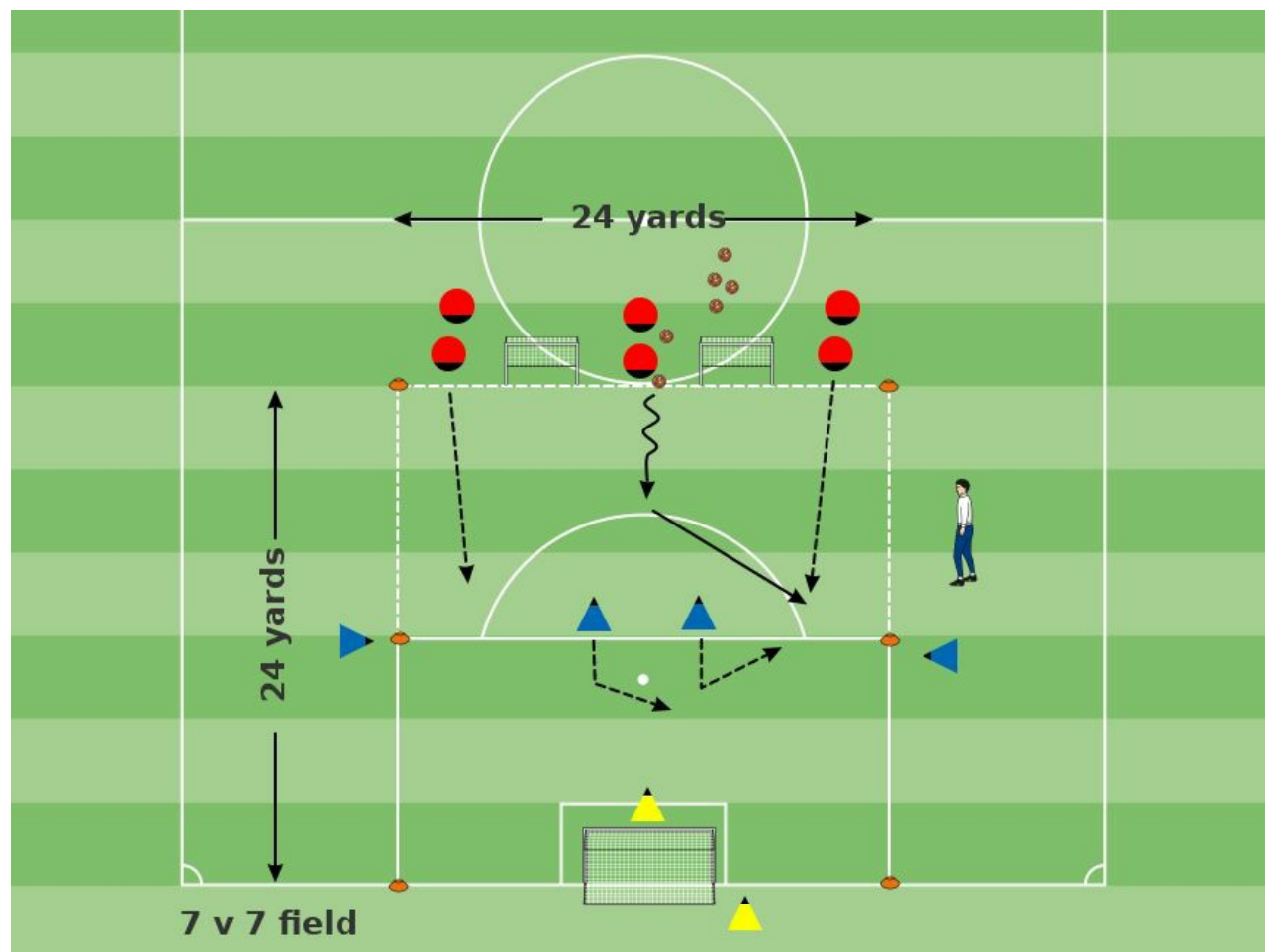
DURATION:
30:0 min

PRACTICE (Core Activity): 3 v 2 on One Goal with GK and Two Mini Goals

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Get compact, Stay compact, Protect goal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out a 24 x 24-yard field with one goal with goalkeeper and two mini goals. Assign attackers (Red) and defenders (Blue) to starting positions as shown. Teams play 3 v 2. The defenders start out on the 18-yard-line. If they win the ball, they counterattack on the mini goals. Play for 30 minutes with two breaks.

KEY WORDS:

Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS:

1) Defenders, what's your top priority in this exercise? 2) How do you do that? 3) How do you do a block tackle?

ANSWERS:

1) To protect the goal. 2) Block the direct path to the goal, force attackers outside, move to follow the ball and block shots. 3) Use same foot as attacker dribbling the ball, keep heel down and toe up with ankle locked.

NOTES:

Start with the Core Activity. If it's too difficult, switch to the Less Challenging activity. If it's too easy, switch to More Challenging. Spend 30 minutes in practice.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 2

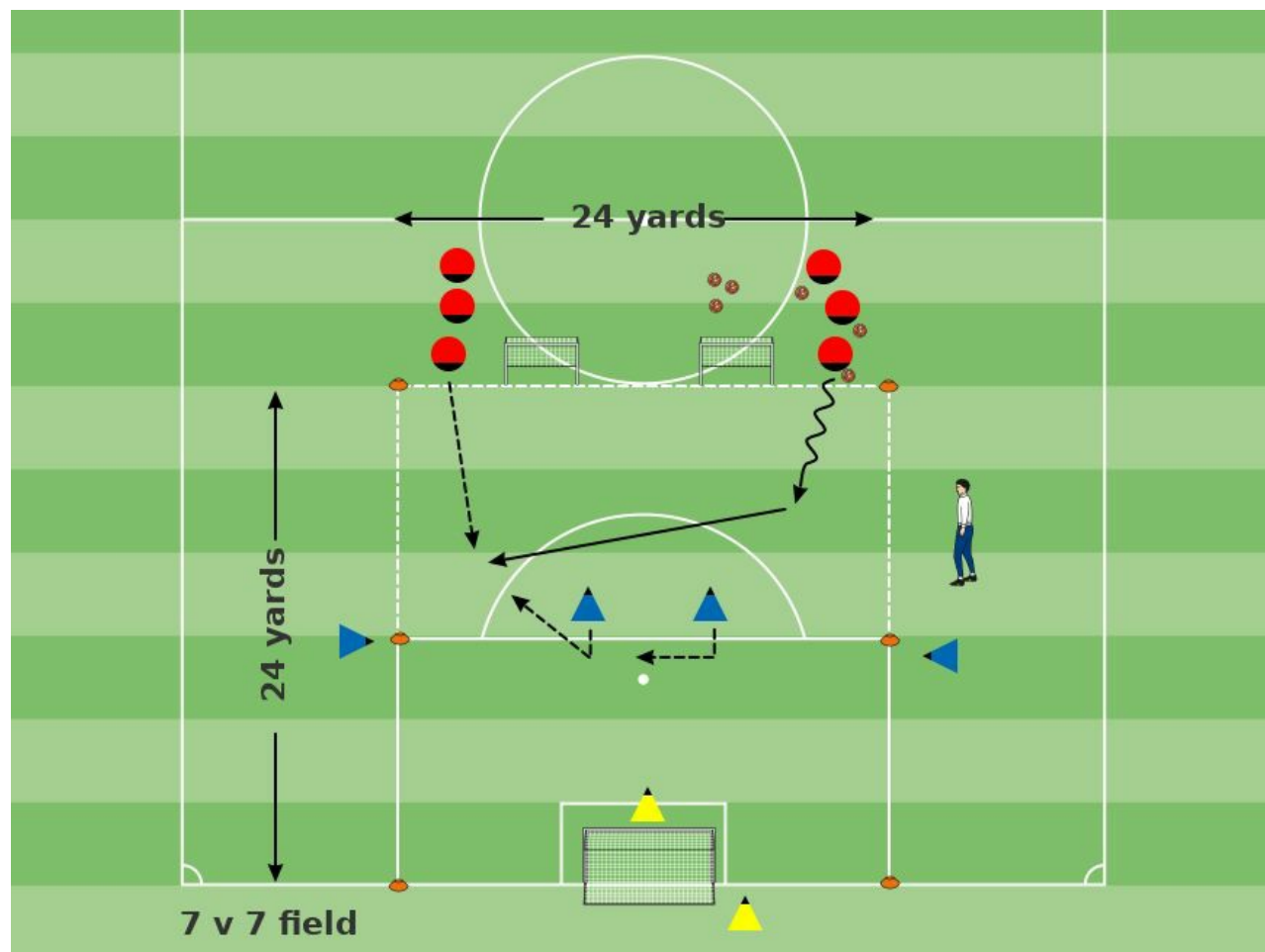
DURATION:
30:0 min

PRACTICE (Less Challenging): 2 v 2 on One Goal with GK and Two Mini Goals

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Get compact, Stay compact, Protect goal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except teams play 2 v 2.

KEY WORDS:

Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS:

1) Defenders, what's your top priority in this exercise? 2) How do you do that? 3) How do you do a block tackle? 3) How do you do a block tackle?

ANSWERS:

1) To protect the goal. 2) Block the direct path to the goal, force attackers outside, move to follow the ball and block shots. 3) Use same foot as attacker dribbling the ball, keep heel down and toe up with ankle locked.

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:

Defending



AGE:

U9-U10 / 7v7



PLAYERS:

3 vs 2



DURATION:

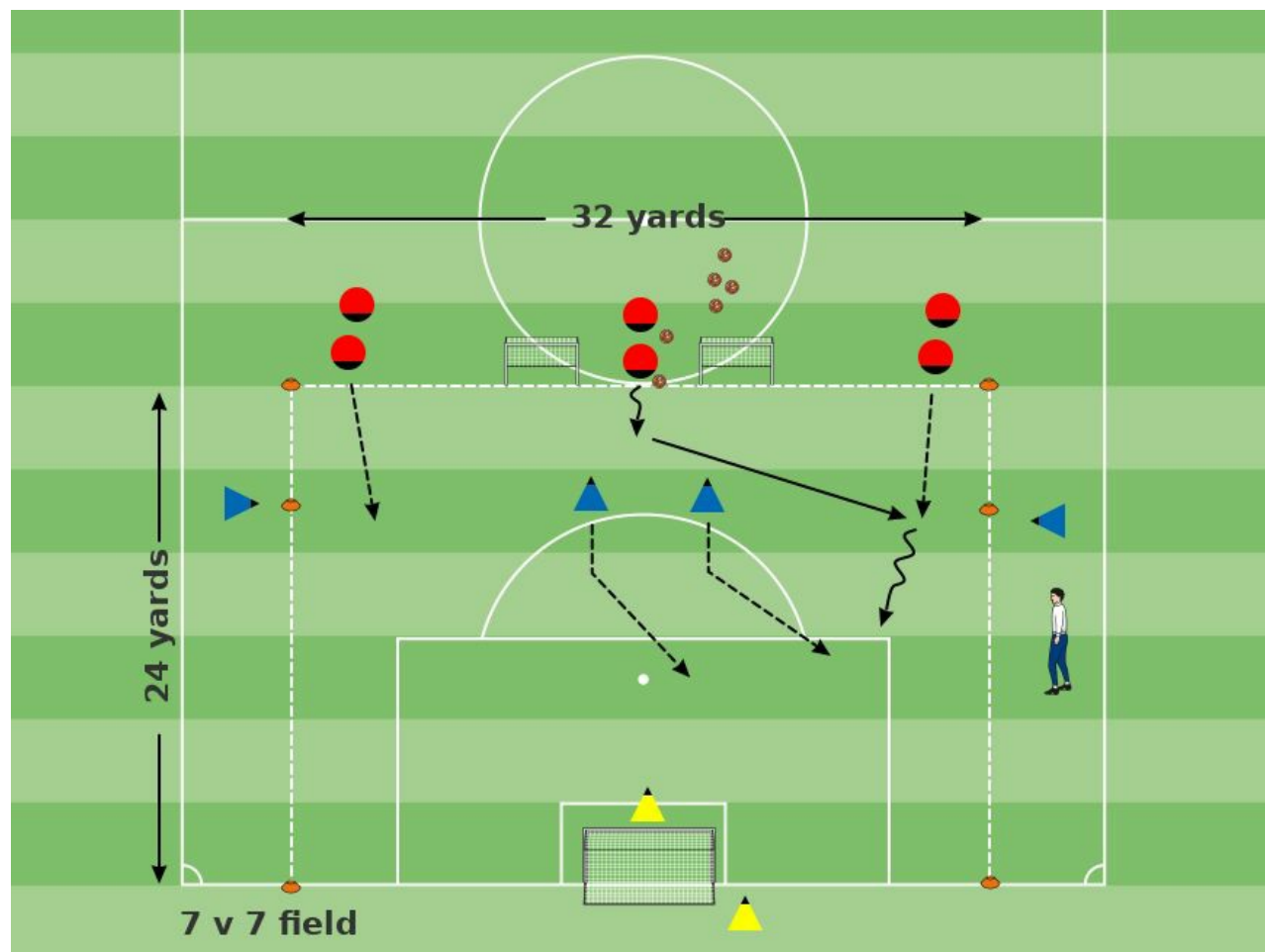
30:0 min

PRACTICE (More Challenging): 3 v 2 on One Goal with GK and Two Mini Goals

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Get compact, Stay compact, Protect goal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except the defenders start out much closer to the attackers, and the field is extended to about 32 yards wide.

KEY WORDS:

Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS:

1) Defenders, what's your top priority in this exercise? 2) How do you do that? 3) How do you do a block tackle?

ANSWERS:

1) To protect the goal. 2) Block the direct path to the goal, force attackers outside, move to follow the ball and block shots. 3) Use same foot as attacker dribbling the ball, keep heel down and toe up with ankle locked.

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:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
3 vs 2

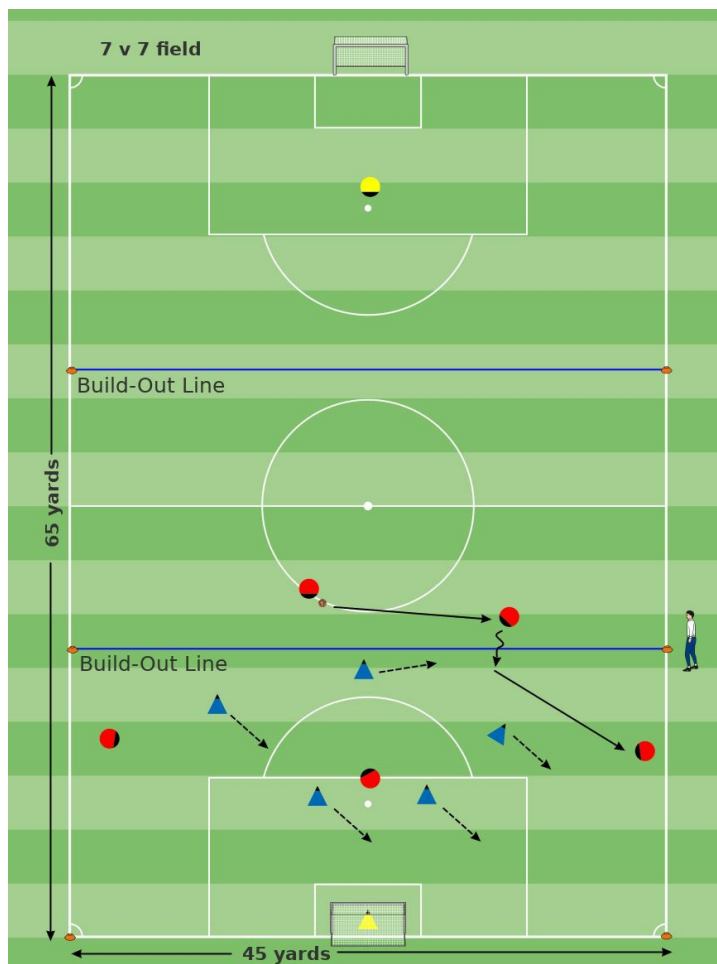
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Get compact, Stay compact, Protect goal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS:

Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS:

1) How many goals did the other team score? 2) How did they score them? 3) How could you have stopped them?

ANSWERS:

1 & 2) General questions asked to focus players' attention on the principles they have learned. 3) Get compact and stay compact, block the direct path to the goal, force attackers outside, move to follow the ball and block shots.

NOTES:

Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

MOMENT:
Defending

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

DURATION:
30:0 min

7v7 Defending- Improve Preventing the Opponent from Scoring (B)

GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Get compact, Stay compact, Protect goal

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U9-U10 / 7v7 / 12 players

Defending

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?
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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: