



GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 1								
PLAYER ACTIONS	Pass or dribble forward, create passing options, spread out								
KEY QUALITIES	Reading the game, take initiative, focus								
AGE GROUP	13+ / 11v11/ 18 Players	MOMENT	Attacking	DURATION	60 minutes				
1st PLAY PHASE	1v1, 2v1, 2v2...4v4	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3

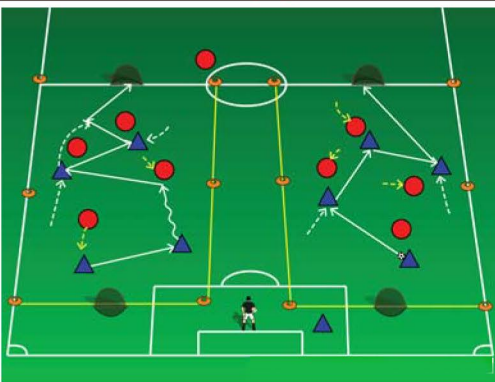
As players arrive, play Small Sided Games (1v1 -4v4)

PRACTICE (Core Activity):	Duration:	25 min	Activity time:	4 min	Rest time:	1 min	Intervals	5
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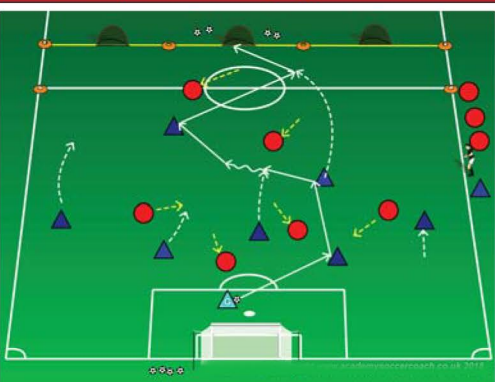
6v5 REGULAR GOAL AND END ZONE WITH TARGET PLAYERS:
OBJECTIVE: To move the ball forward by dribbling or passing into the opponent's half.
ORGANIZATION: On a 80Wx60L yard field with a regular goals and a 5 yard end zone at midfield. Play a 6v5 game. The red team scores in the regular goal, the Blue team scores by playing the ball to a target players. The Blue team restarts the game after either team scores. Rotate players every interval. all FIFA laws apply.
KEY WORDS: Pass, dribble, get open, support (behind, sides or in front of the ball).
GUIDED QUESTIONS: 1.- Why do we need to spread out? 2.- What should the players do to move the ball forward in this area of the field? 3.- How can the mid-fielders help the defenders with the ball?
ANSWERS: 1.- To create openings. 2.- Safely passing and combining with other defenders or mid-fielders or dribbling the ball forward when you have an opening. 3.- By quickly supporting the player with the ball to create passing options.
NOTES: Start with the **Core Activity**. If is too difficult switch to the **Less Challenging Activity**. If it is too easy switch to the **More Challenging Activity**.

PRACTICE (Less Challenging):	Duration:	24 min	Activity time:	2 min	Rest time:	2 min	Intervals	6
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4v4 (3v1+3v1) TO SMALL GOALS:
OBJECTIVE: To move the ball forward by dribbling or passing into the opponent's half.
ORGANIZATION: Set up two 30Wx40L fields with a small goal in each end line. Play a 4v4 game each team tries to score in the opponent's goal. Each team has 3 players in their defensive half and 1 players in the attacking half. The 3 players will try to move the ball forward into the attacking half of the field versus one defender. After getting the ball in the attacking half the back players can help the striker to score.
KEY WORDS: Pass, dribble, get open, support (behind, sides or in front of the ball)
GUIDED QUESTIONS: 1.- Why do we need to spread out? 2.- What should the players do to move the ball forward in this area of the field? 3.- How can the mid-fielders help the defenders with the ball?
ANSWERS: 1.- To create openings. 2.- Safely passing and combining with other defenders or mid-fielders or dribbling the ball forward when you have an opening. 3.- By quickly supporting the player with the ball to create passing options.
NOTES: Start with the **Core Activity**; if is too difficult for your players, then switch to the **Less Challenging Activity**.

PRACTICE (More Challenging):	Duration:	25 min	Activity time:	4 min	Rest time:	1 min	Intervals	5
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8v6 TO A REGULAR GOAL AND THREE COUNTER GOALS:
OBJECTIVE: To move the ball forward by dribbling or passing into the opponent's half.
ORGANIZATION: On a 80Wx65L yard field with a regular goals and 3 counter goals. Play a 8v6 game. The red team scores in the regular goal, the Blue team scores in either of the 3 counter goals. The Blue team restarts the game after either team scores. Rotate players every interval. all FIFA laws apply.
KEY WORDS: Pass, dribble, get open, support (behind, sides or in front of the ball)
GUIDED QUESTIONS: 1.- Why do we need to spread out? 2.- What should the players do to move the ball forward in this area of the field? 3.- How can the mid-fielders help the defenders with the ball?
ANSWERS: 1.- To create openings. 2.- Safely passing and combining with other defenders or mid-fielders or dribbling the ball forward when you have an opening. 3.- By quickly supporting the player with the ball to create passing options.
NOTES: Start with the **Core Activity**; if is too easy for your players, then switch to the **More Challenging Activity**.

2nd PLAY PHASE	9v9(1-3-2-3v1-3-2-3)	Duration:	26 min	Activity time:	11 min	Rest time:	2 min	Intervals	2
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Finish the session with a scrimmage using all FIFA rules.

FIVE ELEMENTS OF TRAINING ACTIVITY	TRAINING SESSION SELF REFLECTION QUESTIONS
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 	<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better?