



MUSA REC

Curriculum

U14/16





Rules – U14/16

Game Model:	U14 – 11v11	U16 -8v8
Field Size:	105x70 yards	70x55 yards

Match length: 2-40 min halves

Referee: 3 Referees

Ball Size: 5

Goalie: Yes

Heading: Yes

Punting: Yes

Offsides: Yes

Sliding: Yes

Restarts: Throw-ins

Build Out: No Build out line

Substitutions/Playing time: Normal stoppages, 50% playing time for each player





Curriculum based on ages and stages

U13 – U14 (11v11)		
Players mastering technical abilities while being introduced to 11v11 tactical understandings. Emphasize team structure and roles. Development of team tactical principles. Create a fun, yet competitive environment for individuals and teams.		
		Coaching Methodologies Whole – Part - Whole W, O, L, I • Guided Questioning Simple to Complex Direct Coaching, Coaching in the flow
TECHNICAL	Tactical	Psychological
- Combination Play	- Team attacking within 3 Zones	- Have FUN
- Possession over distances	- Team defending within 3 Zones	- Competitive, Hard Work
- Attacking/receiving out of air	- Team shape, positional roles	- Looking for results
- Use of both feet, ball striking	- Game Plans	- Ability to read game, think ahead
	<i>Respect, Discipline, Hardwork, Fun</i>	
		Principle of Game Model Sectional Inter-Sectional

Stage of development with tactics that include both small groups and the entire field. Training should still focus on technical and touches, keep tactics to no more than 5 players at a time for one practice, then the whole team in how those players fit the next session. Really focus on attacking and defending in numbers. Patterns work well. Small sided games work well.

Practices shouldn't last more than one hour and a half, and can be shortened based on the load and fitness of these athletes. Practices should maximize movements and touches on the ball. Every session should include a GK.





Curriculum based on ages and stages

U15 – U16 (8v8)		
<p>Create scholars of the game. Players encouraged to study games, including opponents, to further knowledge of team tactical principles. Players are encouraged to explore creativity within the team setting. Emphasize to players game management. Specialization of roles begins.</p>		
TACTICAL	Physical	PSYCHOLOGICAL
- Game plans based on periodization	- Cardiovascular development	- Results
- Understanding of opposition	- Begin strength training	- Competitive, Hard Work
- Inter-sectorial team understanding	- Develop healthy lifestyles	- Perform at a high level
- Play within transition moments	- Nutrition	- Critical Thinking
	<i>Respect, Discipline, Hardwork, Fun</i>	

Coaching Methodologies

W, O, L, I

Whole – Part - Whole

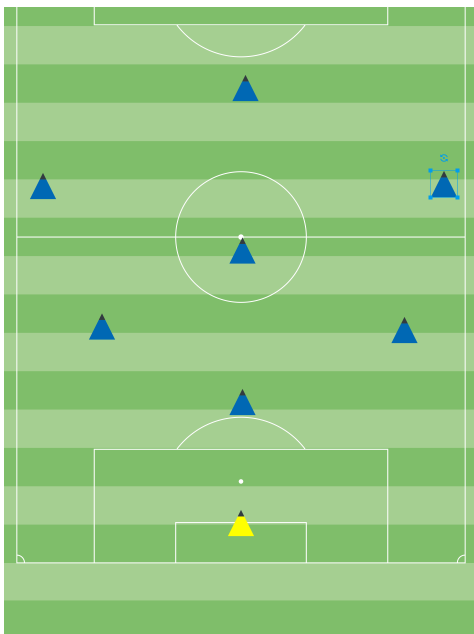
Direct Coaching, Coaching in the flow

Simple to Complex

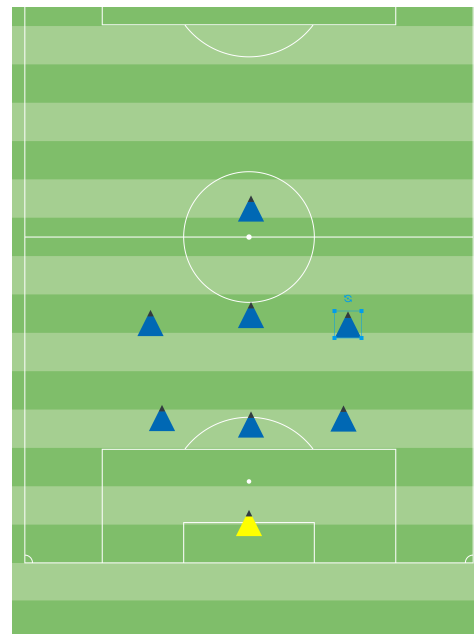
Principle of Game Model

Inter-Sectional
Collective

Attacking – 1-3-3-1



Defending – 1-3-3-1





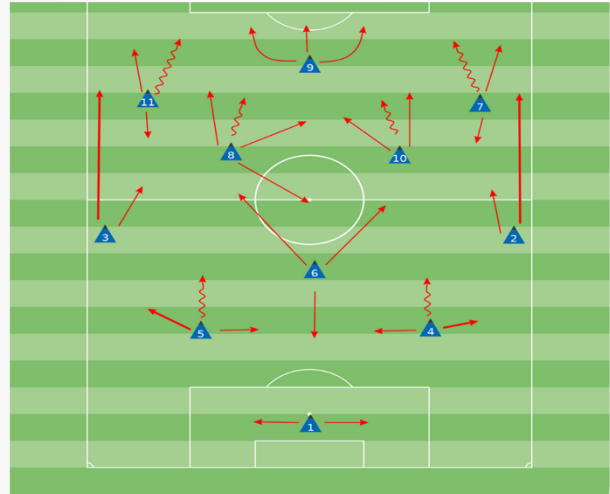
Formation:
 Attacking – 1-4-3-3 → 1-2-3-2-3 or 1-3-3-1-3

Principles of Play:

- Possession with a purpose
 - Every pass and every movement has a purpose behind it
 - Final purpose is to score goals
- Speed of play
 - Quick pace of passing/dribbling to keep speed high when on the attack
 - Quick movement of ball around the field, while slowly moving team up the field to slow attack down
- Width and depth – making the team shape as big and expansive as possible to force opposition to cover more space defensively
- Triangulate – Creating angles of support, not flat, in groups of three or four within possession
- Support – Always having at least 2 or more options to play the next pass to
- Penetration – Getting through opponents' line either through passing or on the dribble

Attacking Strategies:

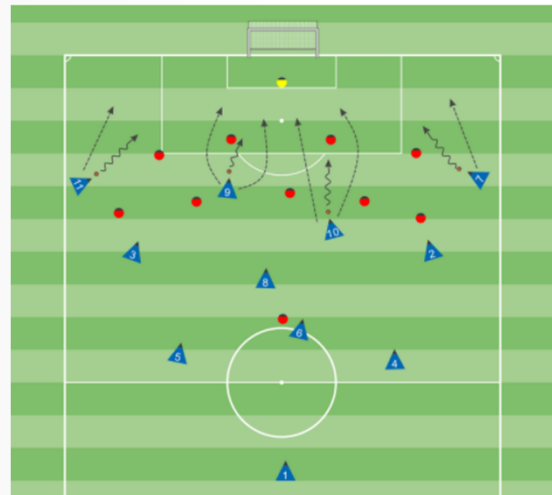
1. Build from back to get into midfield third, zone 2 quickly
2. Central midfielders create team attack going forward through the zones
3. Freedom of expression in attacking third, zone 3, with purpose to score goals
4. Create numerical superiorities
5. Team shape to triangulate possession, ability to counter press if needed



Freedom to Attack

Strategies

- Be creative, be brave, be unafraid to make mistakes
- Get numbers into the box for more opportunities on goal
- Recognize favorable 1v1 situations
- Attack back line with pace, either on the dribble to penetrate, or quick combination passes to penetrate
- Exploit numerical advantages, 2v1 or 3v2, with 2/3 pressed into higher areas
- Cues to attack the posts to push opposition to back peddle towards own goal
- 9 plays off shoulder, peels off of weakside CB in order to create space for 10 to penetrate into
- Recognize when opposition is stepped higher, early services into spaces behind

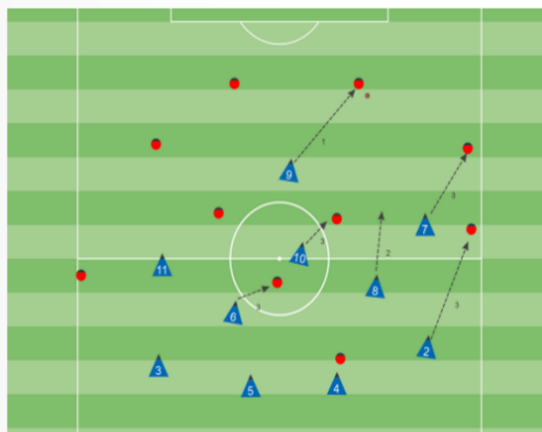




Transition to Defend

Strategies:

- Counter Press
 - Attitude to win the ball back immediately
 - Nearest attacker applies immediate pressure to the ball, forces attacker's head down towards the ball, makes play uncomfortable.
 - Next immediately close spaces in which opponent with the ball can penetrate into
 - Finally, squeeze immediately to all passing options, further closing space.
 - Dispossess, look forward early
 - Communication behind the ball key to organization/success of counter press
- Organize behind the ball into a mid or low block if opposition has managed to regain rhythm of possession thru 2/3rd pass, or longer penetration into space
- Organize press from block



Formation:

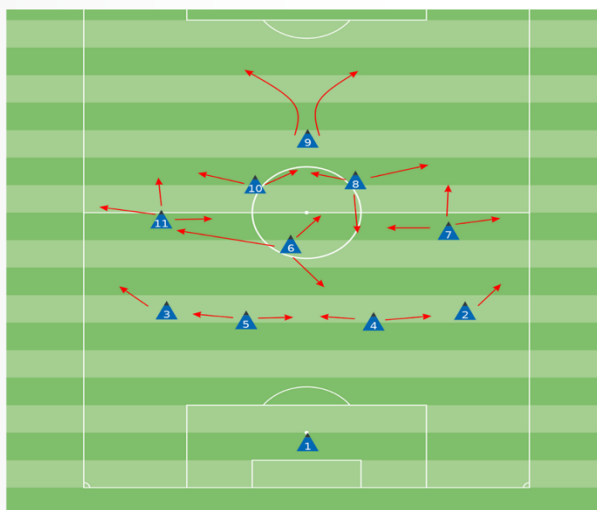
Defending – 1-4-3-3 → 1-4-3-2-1, 1-4-2-3-1

Principles of Play:

- Pressure – First Defender
 - Delay, Deny, Dispossess
 - Press, movement towards opposition with objective of forcing them into uncomfortable areas/decisions
- Cover – Second Defender, supports first defender by reading which direction pressure is going, then steps to cover opponent or space based on direction
- Balance – Third Defender, supports second defenders' movements, covers space anticipating where ball will be played into
- Recovery – Getting behind the ball as quickly as possible, ball side goal side
- Compactness – Staying together collectively as a unit to deny space for the opposition to play into
- Touch Tight – Closing space into opponent to deny them movement with or receiving of the ball
- Tracking – Being aware of and adjusting movements of marks based on opponent movements

Defensive Strategies:

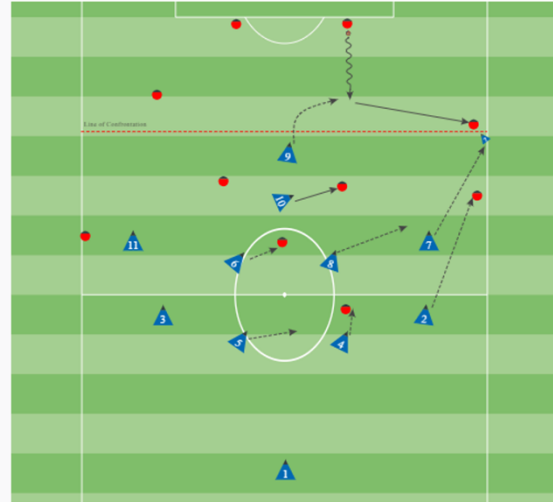
1. Start from a mid block and press
2. Defensive blocks with lines of 5 and 4
3. Team, everyone, defends when not in possession
4. Counter Press when we lose possession





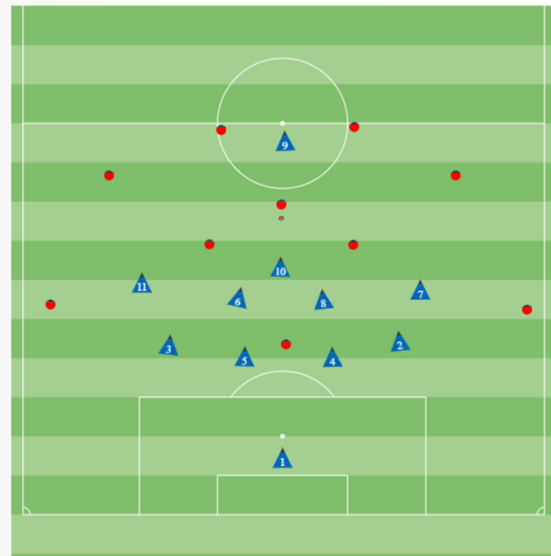
Pressing

- Start in a mid block with the line of confrontation at the attacking third line.
- Entice the opponents CBs to play forward with the ball
- 9 cues upon positive touch from opponents 4/5
- Directional pressure to the width to gain numerical advantage defensively
- Cues to press
 - Negative pass, slow pass
 - Bad touch from backline, head down
 - Proximity of play, close quarters
 - Numerical advantage going forward



Defensive Block

- Everyone drops behind the ball, except for the 9 who takes a higher position so that we have a target to release pressure to
- Back 4 get compact within the width of the 18
- 7 and 11 pinch in with 6/8/10 to form a line of 5
- Unit stays compact and shifts together based on the positioning of the ball.
- Upon winning, look to immediately get forward into midfield third, zone 2





Practice Day: _____ Time: _____ Field: _____

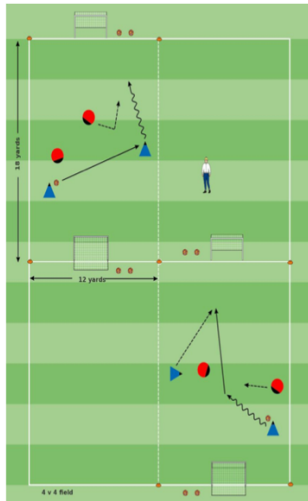
Season Plan

- Week 1: Dribbling – teaching them to move with the ball
Pass and Move – teaching them to pass to a teammate and then move to help
- Week 2: Build from the back – team building from defensive half
Defending – teaching them to defend the goal, defend player
- Week 3: Dribbling – teaching them to dribble around defenders
Midfield Play – team play in the middle of field
- Week 4: Scoring – teaching them scoring is fun
Defending up front – prevent opposition from building
- Week 5: Pass and Move – teaching them to pass to a teammate and then move to help
Dribbling and Passing – teaching them when to pass and when to dribble
- Week 6: Shape – teaching them shapes, triangles and diamonds,
Angles
Dribbling – teaching them to turn with the ball
- Week 7: Defending from the back – prevent opposition from scoring
Small sided games – 2v2, 3v3s
- Week 8: Scoring – teaching them scoring is fun
Build from the back – team building from defensive half





Dribbling



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents and create chances

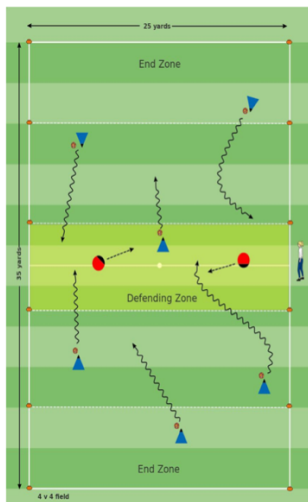
ORGANIZATION: Mark out two 18 x 12-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Free play and rotate players between games. Play for 20 minutes with two to three breaks.

KEY WORDS: Opening, go forward, pass, dribble

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

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) 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.



PRACTICE (Core Activity): Dribbling Game

OBJECTIVE: To dribble past opponents

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with a defending zone and two end zones. Players dribble back and forth into the end zones to earn points. Two defenders are stationed in the defending zone. They switch with the attackers when they win the ball, or every two minutes. Play for 20 minutes with two to three breaks.

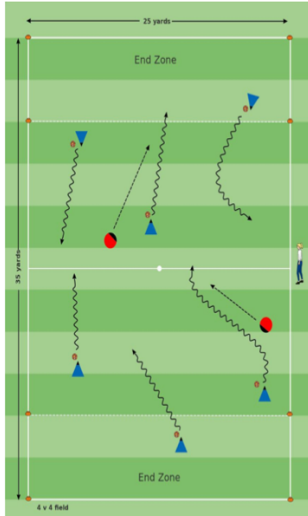
KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start here at the Core Activity after the first Play Phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 20 minutes in the Practice Phase. Refer to the Training Session Manual.





PRACTICE (More Challenging): Dribbling Game (Two free defenders)

OBJECTIVE: To dribble past opponents.

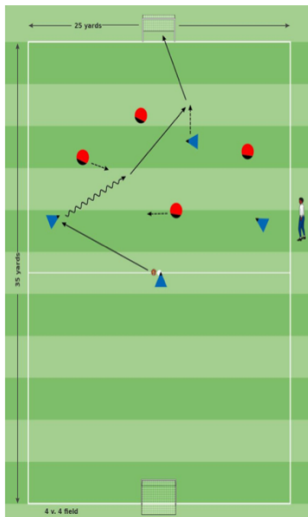
ORGANIZATION: Same as Core Activity, except the two defenders may defend anywhere but the end zones. They switch with the attackers when they win the ball, or every two minutes.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase. Refer to the Training Session Manual.



2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents and create chances

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4 using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Opening, pass, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What should you do if you see an opening? 4) How do you keep the ball close? 5) How do you dribble faster? 6) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Pass or dribble through it. 4) Be gentle/soft with the ball. 5) Use hard touches. 6) You have to use a different part of the foot.

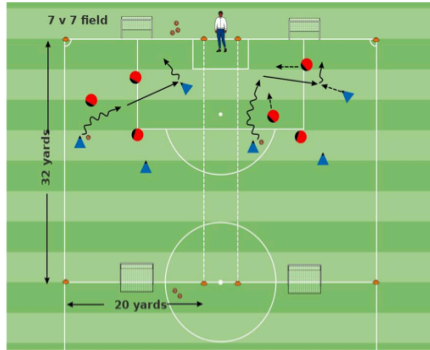
NOTES:

Notes: Fewer defenders makes it less challenging. Focus on using both feet. GK used in last phase of practice.





Pass and Move – teaching them to pass to a teammate and then move to help



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward and score goals.

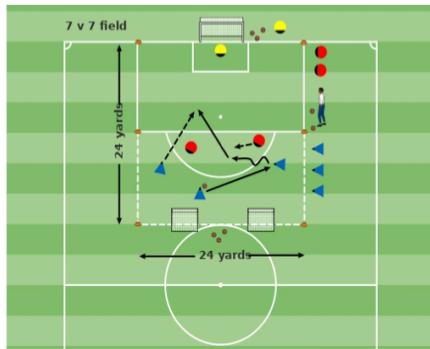
ORGANIZATION: Mark out two 32 x 20 yard fields, each with two mini goals. Teams play 3 v 3. Free play, kick-ins. Play for 30 minutes with two to three breaks.

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.



PRACTICE (Core Activity): 3 v 2

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

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.

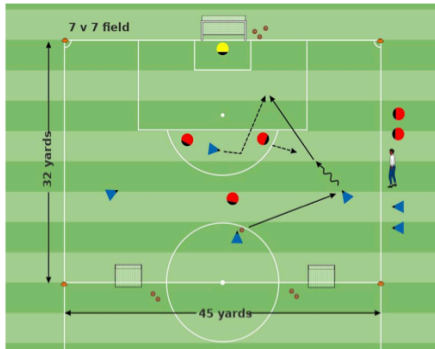
KEY WORDS: Opening, take opponents on, head up, pass/dribble, go!

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.





PRACTICE (More Challenging): 4 v 3

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

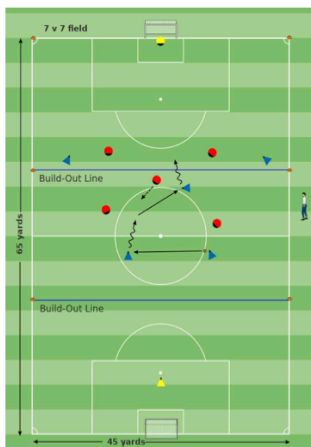
ORGANIZATION: Same as Core Activity, except teams play 4 v 3 + GK on half of a standard 7v7 field. All players (including the keeper) rotate every 2-3 minutes.

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.



2ND PLAY PHASE: The Game

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

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.

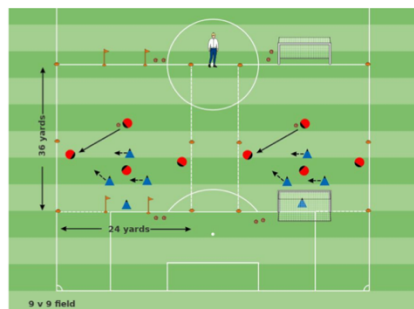
NOTES:

Notes: Receive across the body, find space before and after the pass is made





Defending – teaching them to defend the goal, defend player



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring

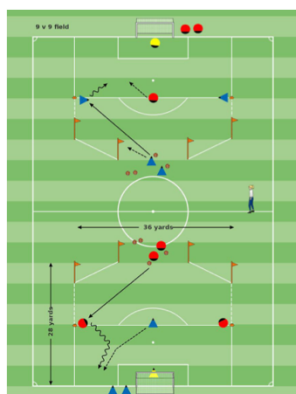
ORGANIZATION: Mark out two 36 x 24-yard fields. Teams play 4 v 4 on goals. There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks

KEY WORDS: Stay compact, defend the player, defend the goal

GUIDED QUESTIONS: 1) Defenders, where should you steer the attackers to protect the goal? 2) Who should pressure the ball? 3) How do you apply pressure? 4) What type of stance should you use while defending 1v1?

ANSWERS: 1) Away from the goal, onto the wing. 2) The defender closest to the ball. 3) Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer; 4) A staggered stance with one foot in front of the other.

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



PRACTICE (Core Activity): 1 v 1 on One Goal with Goalkeeper and Two Goal Line

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out two 28 x 36-yard fields, each with one goal and two goal lines. Position four attackers, three defenders and one goalkeeper on each field as shown. The central attacker starts the 1 v 1 with a pass to either teammate, then runs to that player's position. The defender reacts by running forward and trying to stop the receiver from

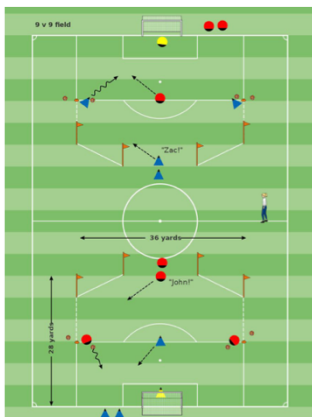
KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why? 5) How do you apply pressure?

ANSWERS: 1) To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker away from the goal. 3) The inside. 4) Because he/she has a better angle to shoot. 5) Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer; keep a staggered stance with

NOTES:





PRACTICE (More Challenging): 1 v 1 on One Goal with Goalkeeper and Two Goal Lines

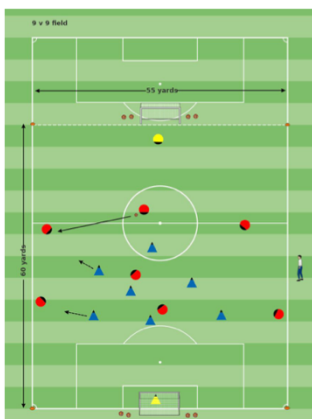
OBJECTIVE: To prevent the opponent from scoring

ORGANIZATION: Same as Core Activity, except the central attacker chooses a wing attacker (by calling the name), who dribbles onto the field for the 1 v 1.

KEY WORDS: Defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Which side do you definitely not want the attacker to break through on? 4) Why? 5) How do you apply pressure?

ANSWERS: 1) To defend the goal. 2) Immediately get between the goal and the opponent, block the path to the goal and force the attacker away from the goal. 3) The inside. 4) Because he/she has a better angle to shoot. 5) Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer; keep a staggered stance with 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.



2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring

ORGANIZATION: Mark out a 60 x 55-yard field. Teams play 8v8 in a 1-3-1-3 formation. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Stay compact, defend the player, defend the goal

GUIDED QUESTIONS: 1) How can you keep the opponent from scoring? 2) What should you do when you're the defender in a face-to-face 1 v 1 on the wing? 3) Which side do you not want the attacker to break through on? 4) Why?

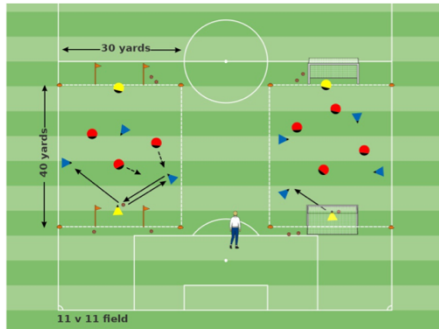
ANSWERS: 1) Defend as a compact unit; apply pressure to the ball carrier; force the opponent to the sidelines; move with the ball; block shots. 2) Confront your opponent; if they dribble toward you, match their speed and try to force them toward the sideline; block them from shooting or crossing. 3) The inside. 4) Because that would put them in a much NOTES:

Notes: Teach them "goal side, ball side" Get between the ball and the goal first. GKs used in all parts of practice





Building for the back – Part 1



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build from your own half and move the ball forward to create chances.

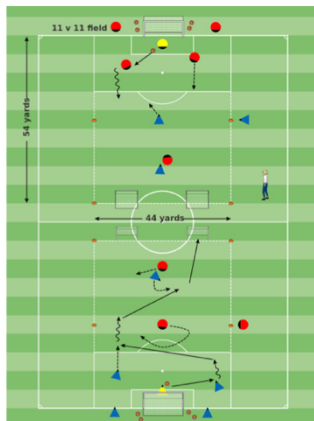
ORGANIZATION: Mark out two 40 x 30 yard fields. Free play: Field 1: Teams play 4 v 4 including goalkeepers with flag goals. Field 2: Teams play 5 v 5 including goalkeepers on large goals. Play Phase should last for 30 minutes with minimum two to three breaks.

KEY WORDS: Use space, get open, pass, dribble

GUIDED QUESTIONS: 1) How can you outnumber your opponents while building up during the attack? 2) How can you create space? 3) Which positions should the players of the attacking team cover while building up? 4) What shape is that?

ANSWERS: 1) By involving the goalkeeper. 2) Spread out across the width of the field; push forward and engage the opposing defenders. 3) Central defender, right wing, left wing, central attacker. 4) A diamond.

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 for further guidance.



PRACTICE (Core Activity): 4 v 2 from Large Goal to Two Small Goals

OBJECTIVE: To build from your own half and move the ball forward.

ORGANIZATION: Mark out two 54 x 44-yard fields. Ball starts with the GK who can play to two attackers who try to build from their half to move into the midfield and finish on one of the mini goals with the help of the central midfielder. The defenders try to win the ball and score on the attackers' large goal. Rotate attackers and defenders after each round. Play

KEY WORDS: Get open, pass, dribble

GUIDED QUESTIONS: 1) How do you build out of the back? 2) What does the central defender do if he/she cannot pass or dribble forward? 3) What does the central midfielder need to do? 4) How should he/she receive the ball?

ANSWERS: 1) Look for an opening to pass or dribble forward. 2) Look to pass sideways or back to the goalkeeper. 3) Act as a link player and create passing options behind the opposing forward. 4) With hips open to see the field to focus on moving the attack forward.

NOTES:





PRACTICE (More Challenging): 4 v 2 from Large Goal to Two Small Goals

OBJECTIVE: To build from your own half and move the ball forward.

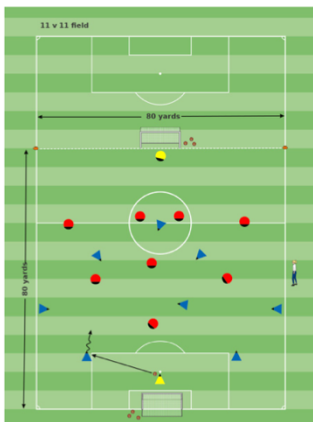
ORGANIZATION: Same as Core Activity, except the field is just 30 yards wide.

KEY WORDS: Get open, pass, dribble

GUIDED QUESTIONS: 1) How do you build out of the back? 2) What does the central defender do if he/she cannot pass or dribble forward? 3) What does the central midfielder need to do? 4) How should you receive the ball?

ANSWERS: 1) Look for an opening to pass or dribble forward. 2) Look to pass sideways or back to the goalkeeper. 3) Act as a link player and create passing options behind the opposing forward. 4) With hips open to see the field to focus on moving the attack forward.

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.



11v11 BU Own Half- 2ND PLAY PHASE: The Game

OBJECTIVE: To build from your own half and move the ball forward to create chances.

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each team plays a 1-4-3-1 formation. Play according to the Laws of the Game and standards of play.

KEY WORDS: Get open, pass, dribble, use space

GUIDED QUESTIONS: 1) How do you build out of the back? 2) What does the central defender do if he/she cannot pass or dribble forward? 3) What does the central midfielder need to do? 4) How should you receive the ball?

ANSWERS: 1) Look for an opening to pass or dribble forward. 2) Look to pass sideways or back to the goalkeeper. 3) Act as a link player and create passing options behind the opposing forward. 4) With hips open to see the field to focus on moving the attack forward.

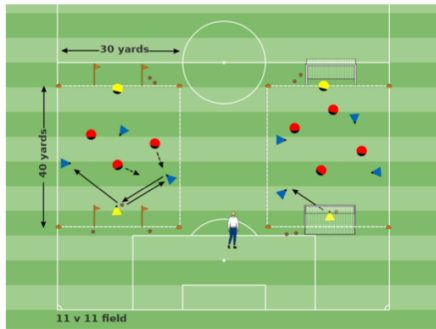
NOTES:

Notes: Can make the number of passes they make as the number of goals they score to encourage more passes. GKs used in last phase of practice





Building from back – Part 2



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build from your own half and move the ball forward to create chances.

ORGANIZATION: Mark out two 40 x 30 yard fields. Free play: Field 1: Teams play 4 v 4 including goalkeepers with flag goals. Field 2: Teams play 5 v 5 including goalkeepers on large goals. Play Phase should last for 30 minutes including two to three breaks.

KEY WORDS: Use space, hips open, pass, dribble

GUIDED QUESTIONS: 1) How can you outnumber your opponents while building up during the attack? 2) How can you create space? 3) What positions should the attacking team have while building up? 4) What shape is that? 5) How should you receive the ball?

ANSWERS: 1) By involving the goalkeeper. 2) Spread out across the width of the field; push forward and engage the opposing defenders. 3) Central defender, right wing, left wing, central attacker. 4) A diamond. 5) With hips open and facing forward.

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 for further guidance.



PRACTICE (Core Activity): 7 v 4 to 3 v 4 w GK

OBJECTIVE: To build from your own half and move the ball forward.

ORGANIZATION: Mark out an 80 x 90-yard field divided into three zones (own half, 12 yard middle zone, and final zone to Red's large goal). 10 Blue vs. 8 Red. Blue plays 7 v 4 in their own half and the 3 forwards can only receive balls in the middle zone before entering the final zone. Red tries to score on Blue's large goal. Play for 30 minutes with 2-3 breaks.

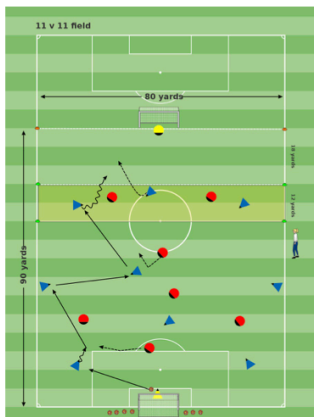
KEY WORDS: Use space, hips open, look forward

GUIDED QUESTIONS: 1) On distributions, how should the defenders show for the ball? 2) What should the central midfielders do? 3) What do the forward players need to do? 4) How should you receive the ball? 5) Where should you go if you cannot play forward?

ANSWERS: 1) The center backs should be outside the penalty box, and the outside backs push higher up the field. Get as wide as possible. 2) Act as link players and show for passes behind the opposing forwards; focus on moving the attack forward after receiving a pass.

NOTES: All players can cross all zones once the blue team enters the final zone. Option to change the method of restart with Red team occasionally starting with the ball or from a natural re-start.





PRACTICE (More Challenging): 7 v 5 to 3 v 3 with GKs

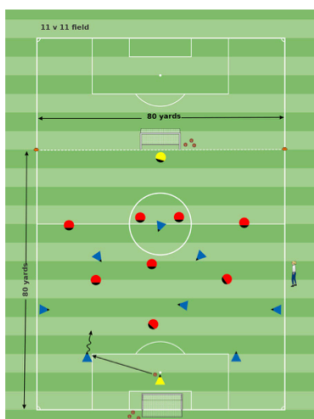
OBJECTIVE: To build from your own half and move the ball forward.

ORGANIZATION: Same as Core Activity, except teams play 7 v 5 in the Blue's half (includes Blue GK), and now 3 v 2 in the middle zone. Red team plays 1-2-2-3; Blue team plays 1-4-2-3.

KEY WORDS: Use space, hips open, pass, dribble

GUIDED QUESTIONS: 1) On distributions, how should the defenders show for the ball? 2) What should the central midfielders do? 3) What do the forward players need to do? 4) How should you receive the ball? 5) Where should you go if you cannot play forward?

ANSWERS: 1) The center backs should be outside the penalty box, and the outside backs push higher up the field. Get as wide as possible. 2) Act as link players and show for passes behind the opposing forwards; focus on moving the attack forward after receiving a pass. 3) Find or create openings by changing angles of support. 4) With hips open and facing forward 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.



2ND PLAY PHASE: The Game

OBJECTIVE: To build from your own half and move the ball forward to create chances.

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each team plays a 1-4-3-1 formation. Play according to the Laws of the Game and standards of play.

KEY WORDS: Use space, hips open, look forward, pass, dribble

GUIDED QUESTIONS: 1) How can you outnumber your opponents while building up during the attack? 2) On distributions, how should the defenders show for the ball? 3) What should the central midfielders do? 4) What do the forward players need to do? 5) How should you receive the ball? 6) Where should you go if you cannot play forward?

ANSWERS: 1) By involving the goalkeeper. 2) The center backs should be outside the penalty box, and the outside backs push higher up the field. Get as wide as possible. 3) Act as link players and show for passes behind the opposing forwards; focus on moving the attack forward after receiving a pass. 4) Find or create openings by changing angles of

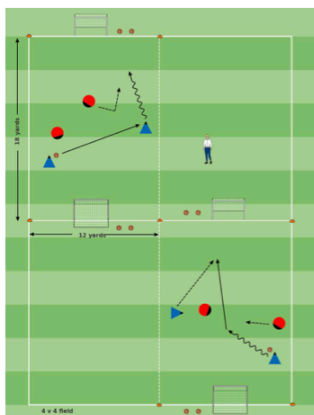
NOTES:

Notes: Find spaces behind defenders to pass into





Dribbling – beating defenders



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents, move the ball forward and score goals.

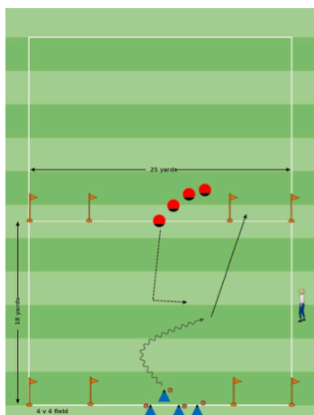
ORGANIZATION: Mark out two 18 x 12-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Free play. Play for 20 minutes with two breaks.

KEY WORDS: Look up, pass, dribble

GUIDED QUESTIONS: 1) What are your options when you have the ball? 2) When is it a good time to dribble? 3) And when should you pass?

ANSWERS: 1) Dribble, pass or shoot. 2) When there aren't any defenders near me and I have space. 3) When a defender is blocking my path and a teammate is open.

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



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

OBJECTIVE: To pass or dribble past opponents and move the ball forward.

ORGANIZATION: Mark out an 18 x 25-yard field with two goal lines on each endline. Attackers (Blue) and defenders (Red) line up between the goal lines on opposite endlines. The first attacker dribbles onto the field and passes across one of the goal lines at the first opportunity. The first defender runs in and tries to stop the attacker from scoring. The

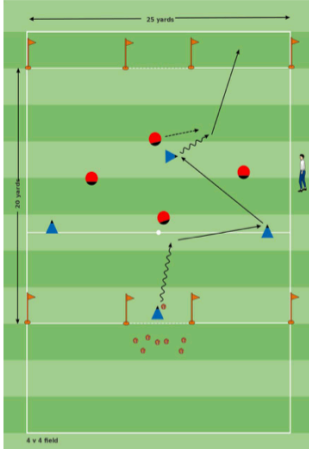
KEY WORDS: Pass, dribble

GUIDED QUESTIONS: 1) Attackers, what's the fastest and most reliable way to score? 2) What should you do if the defender blocks your path to the goal? 3) What kind of situation do you want to avoid?

ANSWERS: 1) Dribble toward a goal line and pass across before the defender reaches me. 2) Switch directions, dribble to the other goal and try to score on it. 3) 1 v 1s.

NOTES:





PRACTICE (More Challenging): 4 v 4 on Two Goal Lines Each

OBJECTIVE: To move the ball forward

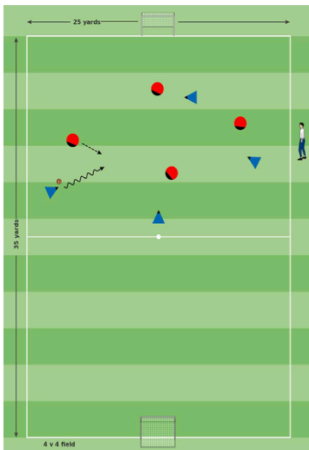
ORGANIZATION: Same as Core Activity, except teams play 4 v 4. The attackers have eight balls as above. Defenders do not rotate; teams switch roles after eight attacks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) What are the ball carrier's options? 3) When should attackers dribble? 4) And when should they pass?

ANSWERS: 1) They should spread out and create openings. 2) Dribble or pass. 3) When they have space. 4) When the defender is blocking their path and a teammate is open.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents, move the ball forward and create chances

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4, using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) How do you find an opening? 3) How do you create an opening? 4) What should you do if you see an opening? 5) When should attackers dribble? 6) And when should they pass?

ANSWERS: 1) They should spread out and create openings. 2) Look at the opponent's position. 3) Make the opponent move. 4) Pass or dribble through it. 5) When they have space. 6) When the defender is blocking their path and a teammate is open.

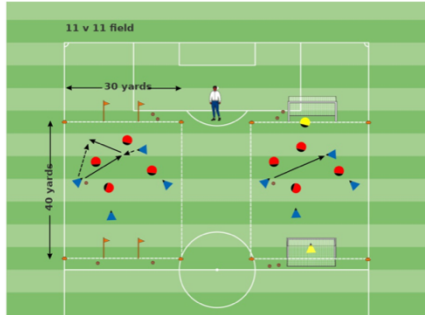
NOTES:

Notes: Encourage and reward creativity.... Really celebrate bold and fancy moves. Focus using both feet. GKs used in last phase of practice





Midfield Play



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward, create chances and score goals.

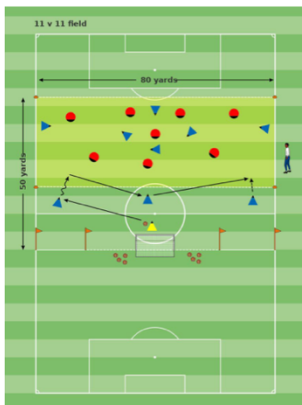
ORGANIZATION: Mark out two 40 x 30-yard fields, each with two goals. Divide players into four teams. Teams play 4 v 4 or 5 v 5 including goalkeepers. Free play, kick-ins. Work: Rest: 2:2 Repetitions = 5 Total Time = 20 min. Running Time = 25 min.

KEY WORDS: Scan continuously, hips open, be proactive

GUIDED QUESTIONS: 1) How do you maximize space when you're in possession? 2) What is the purpose of that (spreading out)? 3) What can you do to get past the opponent and break through to the goal? 4) What do you do if you can't go forward?

ANSWERS: 1) Make the field as wide as possible (spread out). 2) Create openings between or behind defenders. 3) Be proactive and engage defenders by dribbling at them. 4) Go sideways by passing to a teammate; switch the point of attack and pass the ball out of pressure.

NOTES: Each break- groups of 3 stretching. One player leads/teaches a stretch. No more than 2 from each state, cannot have more than in the same group 2 times in a row. 1st, 3rd, and 5th breaks Question prompts- 1) role/position 2) best KQ 3) growth area KQ (and ask for support) 2nd and 4th breaks- engage in questions (ask for answers on 4th break) What's



PRACTICE (Core Activity): 10 v 8 on Endline

OBJECTIVE: To build-up and create chances by moving the ball forward and break through the last line of defense.

ORGANIZATION: Mark out a 50 x 80-yard field with a 30-yard-deep defensive zone. Divide players into teams of 10 and 8 (Blue and Red). The attackers (Blue) play a 1-3-3-3 formation, and the defenders (Red) play a 4-3-1. To score, Blue has to either dribble across Red's endline or successfully pass to a teammate across the line. Red can only defend

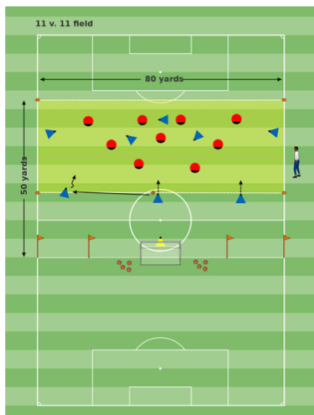
KEY WORDS: Scan continuously, be proactive, think forward

GUIDED QUESTIONS: 1) Why is it important to spread out and make the game as big as possible? 2) What does it mean to be proactive in attack? 3) What do you do if you cannot play forward? What should supporting teammates do? 4) Why do we change the point of attack?

ANSWERS: 1) To make the game as big as possible and challenging for the defenders. 2) Look forward, think forward, play forward whenever possible. 3) Play sideways or backwards. Adjust position and move into space quickly/ahead of time. 4) To create openings so we can play forward!

NOTES: Scan continuously, be proactive, think forward 1) Why is it important to spread out and make the game as big as possible? 2) What does it mean to be proactive in attack? 3) What do you do if you cannot play forward? What should supporting teammates do? 4) Why do we change the point of attack? 1) To make the game as big as possible and





PRACTICE (More Challenging): 9 v 9 on Endline and Goal

OBJECTIVE: To move the ball forward and break through the last line of defense

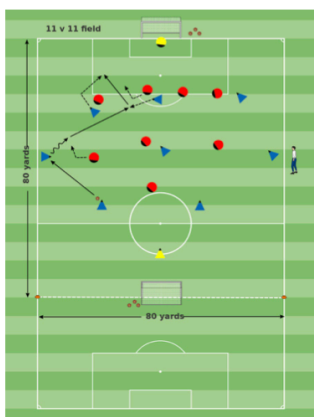
ORGANIZATION: Same as Core Activity, except Red also has a goal with goalkeeper. Teams play 9 v 9. Red is still restricted to the defensive zone. If Blue breaks through, all players follow to finish the game on Red's goal.

KEY WORDS: Scan continuously, be proactive, think forward, switch it

GUIDED QUESTIONS: 1) How can you get through the defense? 2) What if you cannot go forward through the defense? 3) What do you need to do to break through on the wings? 4) How should you position your body to see as much of the field as possible? 5) Why do we change the point of attack?

ANSWERS: 1) Pass or chip the ball into the end zone, or dribble into the end zone. 2) Play sideways or backwards. 3) Draw opponents to one side, then switch the attack to the other side. 4) Sideways on with hips open. 5) To create openings so we can play forward!

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.



2ND PLAY PHASE: The Game 11v11

OBJECTIVE: To pass or dribble forward, create chances and score goals.

ORGANIZATION: Full size field. Play 11v11. Each plays a 1-4-3-1-formation. Play according to the Laws of the Game for 15-20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Be proactive, switch it

GUIDED QUESTIONS: 1) How do you maximize space when you're in possession? 2) What if you cannot go forward through the defense? 3) What do you need to do to break through on the wings? 4) How should you position your body to see as much of the field as possible? 5) Why do we want to change the point of attack?

ANSWERS: 1) Make the field as wide as possible (spread out). 2) Play sideways or backwards; switch the point of attack and pass the ball out of pressure; show for through passes behind the defensive line. 3) Draw opponents to one side, then quickly switch the attack to the other side. 4) Sideways on with hips open. 5) To create openings by spreading

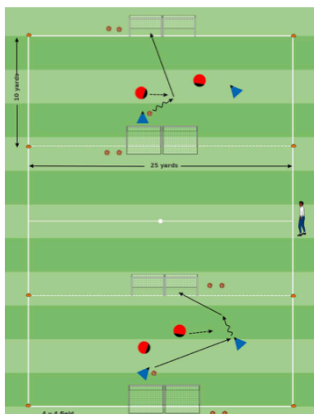
NOTES:

Notes: Pass when defender starts to step, dribble when there is space up the field. GKs used in last phase of practice





Scoring – teaching them scoring is fun



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create chances and score goals.

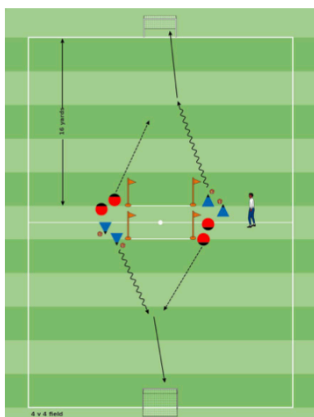
ORGANIZATION: Mark out two 25 x 10-yard fields, each with two double goals. If you don't have enough goals, use poles or cones to mark goals of the proper size. Players are divided into teams of two and take turns playing 2 v 2. Play for 20 minutes with two breaks.

KEY WORDS: Opening, dribble, pass, shoot

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

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. Pass or dribble past an opponent. 3) Shoot.

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



PRACTICE (Core Activity): 1 v 1 Race to the Goal

OBJECTIVE: To score goals.

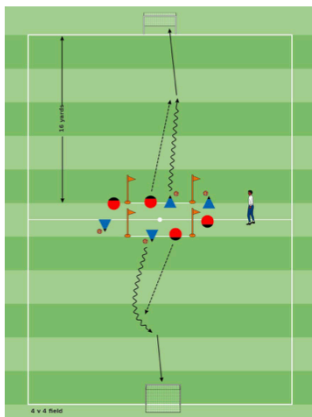
ORGANIZATION: Set up one small goal and one goal line about 16 yards apart. Two groups of four (attackers and defenders) start at positions behind the goal line. As soon as the first attacker starts dribbling forward, the race begins. The defender tries to win the ball and score on the goal line. Play for 20 minutes with two breaks.

KEY WORDS: Dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot. **NOTES:** Start here at the core activity after the first play phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity.





PRACTICE (More Challenging): 1 v 1 Race to the Goal

OBJECTIVE: To score goals.

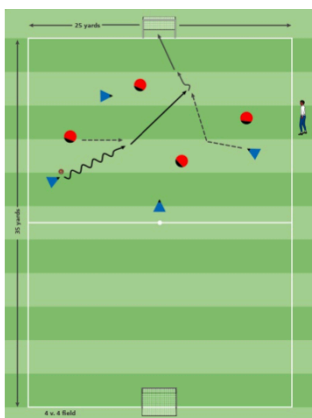
ORGANIZATION: Same as Core Activity, except attacker and defender start out side by side on the goal line.

KEY WORDS: Dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

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

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4 using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 min.).

KEY WORDS: Opening, dribble, pass, shoot

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What do you do if you see an opening? 4) What should attackers do when the path to the goal is open? 5) How close do you need to be to shoot? 6) What should you do if the defender catches up to you?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Shoot, pass or dribble through it, depending on the game situation and your position on the field. 4) Dribble toward the goal quickly and directly 5) As close as necessary to be sure of scoring. 6) Cut across in front, block the defender's path and shoot.

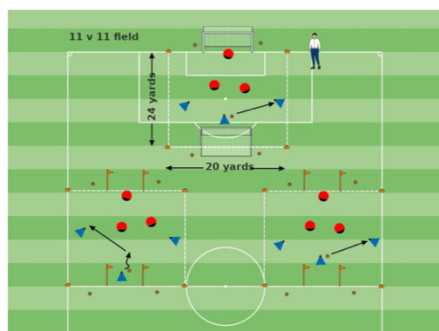
NOTES:

Notes: Lots and lots and lots of shots.... Passing into goal. GKs used in all parts of practice





Scoring – Part 2



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create shooting opportunities and score.

ORGANIZATION: Mark out three 24 x 20-yard fields. Teams play 3 v 3, either on goals (Field 1) or on goal lines (Fields 2 and 3). There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS: Shoot, take opponents on

GUIDED QUESTIONS: 1) How do you create a good shooting position? 2) What do you do when the opponent closes down one wing?

ANSWERS: 1) Spread the field and pass to an open player, who pushes forward and shoots. 2) Break off the attack, play the ball out of pressure and switch to the other wing.

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



PRACTICE (Core Activity): Attacker One-Up on Two Goals with Goalkeepers

OBJECTIVE: To create shooting opportunities and score.

ORGANIZATION: Mark out a 36 x 44-yard field with goals and goalkeepers. Choose eight attackers (Blue) and eight defenders (Red) and position them as shown. The coach calls out the game (2 v 1, 3 v 2 or 4 v 3) and then plays the ball in to Blue. The appropriate number of players run onto the field and play until a goal is scored by either team. If a round ends

KEY WORDS: Shoot, pass, dribble, take opponents on

GUIDED QUESTIONS: 1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot? 3) If you want to keep the shot low, how should you lean?

ANSWERS: 1) When you have an opening and a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary. 3) Forward and over the ball.

NOTES:





PRACTICE (More Challenging): Equal Teams on Two Goals with Goalkeepers

OBJECTIVE: To create shooting opportunities and score.

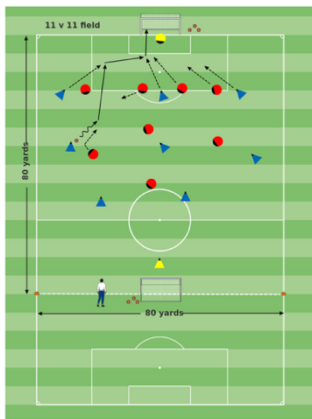
ORGANIZATION: Same as Core Activity, except both teams are equal: Options are 1 v 1, 2 v 2, 3 v 3 or 4 v 4.

KEY WORDS: Shoot, pass, dribble, take opponents on

GUIDED QUESTIONS: 1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot? 3) If you want to keep the shot low, how should you lean?

ANSWERS: 1) When you have an opening and a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary. 3) Forward and over 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.



2ND PLAY PHASE: The Game

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

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each plays a 1-4-1-3. Play according to the Laws of the Game.

KEY WORDS: Be open, pass, dribble, use space

GUIDED QUESTIONS: 1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot? 3) If you want to keep the shot low, how should you lean?

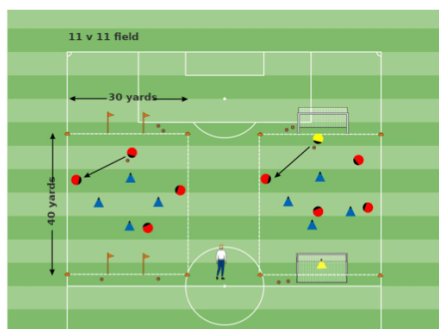
ANSWERS: 1) When you have an opening and a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary. 3) Forward and over the ball.

NOTES:





Defending from the front



1ST PLAY PHASE: Small-Sided Games

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score

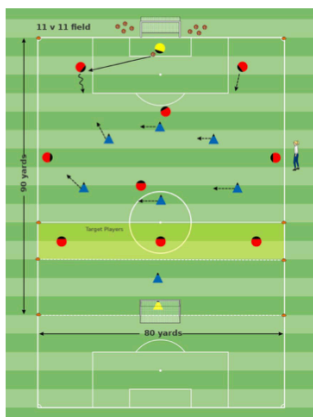
ORGANIZATION: Mark out two 40 x 30-yard fields. Free play: Field 1: Teams play 4 v 4 on 8-yard goal lines (pass on the ground to score). Field 2: Teams play 4 v 4 on goals with goalkeepers. Play for 30 minutes with two breaks

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) What do you need to do to be able to disrupt the opponent's buildup right away? 2) What should you do after a turnover?

ANSWERS: 1) Form a compact unit, block forward passing lanes, make them play square passes, and work together (with communication) to put pressure on them. 2) Immediately switch to offense and finish as quickly as possible.

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



PRACTICE (Core Activity): 6 v 6 to 3 v 1 on Two Goals with Goalkeepers

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score

ORGANIZATION: Mark out an 80 x 90-yard field divided into three zones. Divide players into teams of 9 and 7 (Red and Blue) and position them as shown. Red plays 6 v 6 against Blue in the attack-building zone. Red's three target players can only receive ground balls. After they receive the ball, they attack 3 v 1 on Blue's goal. If Blue wins the ball, they

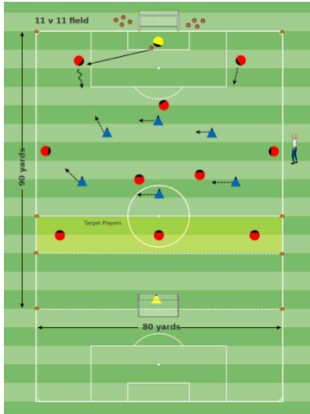
KEY WORDS: Stay compact, move with the ball, slide across together

GUIDED QUESTIONS: 1) Why is it a bad idea to always put pressure high up the field? 2) What should we do when their initial buildup is short? 3) When and where do we want to win the ball?

ANSWERS: 1) Because if we do, they could pass the ball over the top of us. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender who struggles in their build-up. We could also force them into an outnumbered situation.

NOTES:





PRACTICE (More Challenging): 7 v 6 to 3 v 0 on Two Goals with Goalkeepers

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score

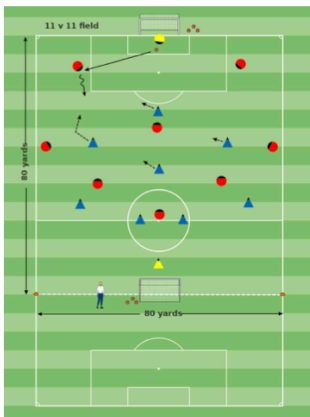
ORGANIZATION: Same as Core Activity, except teams play 7 v 6 in the attack-building zone, and the target players have three seconds to finish on Blue's goal.

KEY WORDS: Stay compact, move with the ball, slide across together

GUIDED QUESTIONS: 1) Why is it a bad idea to always put pressure high up the field? 2) What should we do when their initial buildup is short? 3) When and where do we want to win the ball?

ANSWERS: 1) Because if we do, they could pas the ball over the top of us. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender who struggles in their build-up. We could also force them into an outnumbered situation.

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.



2ND PLAY PHASE: The Game

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

ORGANIZATION: Mark out an 80 x 80-yard field. Divide players into two teams of eight. Each plays a 1-4-1-3 and tries to disrupt the other's buildup as quickly as possible. Play according to the Laws of the Game for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Stay compact, move with the ball, slide across together

GUIDED QUESTIONS: 1) Why is it a bad idea to always put pressure high up the field? 2) What should we do when their initial buildup is short? 3) When and where do we want to win the ball?

ANSWERS: 1) Because if we do, they could pas the ball over the top of us. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender who struggles in their build-up. We could also force them into an outnumbered situation.

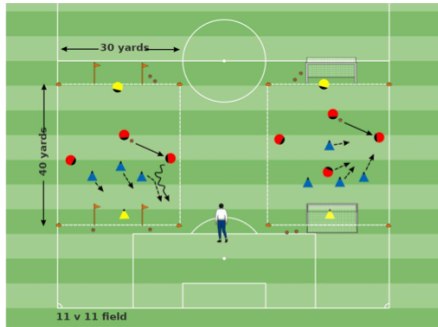
NOTES:

Notes: First player goes, team covers behind him.... The toughest part to this training session is keeping the whole team from going at the same time





Defending from the back



1ST PLAY PHASE: Small-Sided Games

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

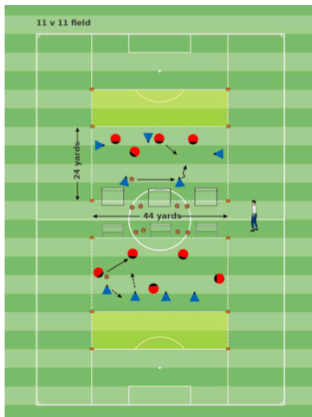
ORGANIZATION: Mark out two 40 x 30-yard fields. Free play: Divide players into two teams of four and two of five. Teams play 4 v 4 and 5 v 5 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball

GUIDED QUESTIONS: 1) How can you prevent the opponent from creating chances? 2) How do you close the gaps? 3) How do you keep them closed?

ANSWERS: 1) Close the gaps and keep them closed. 2) Form a compact unit (stay close to all nearby teammates). 3) Move while the ball moves, following it from side to side.

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



PRACTICE (Core Activity): 5 v 4 on End Zone and Three Mini Goals

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

ORGANIZATION: For every 5 attackers and 4 defenders, mark out a 24 x 44-yard field with an end zone and three mini goals. The attackers can score by dribbling or completing a pass into the end zone. The defenders form a flat four and try to keep the attackers from breaking through. If they win the ball, they counterattack on the mini goals. Play for 30

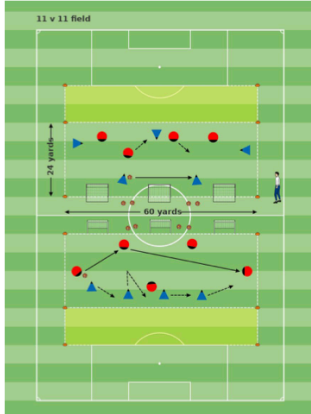
KEY WORDS: Stay compact, move with the ball

GUIDED QUESTIONS: 1) What's the best formation for the defenders to cover the width of the field? 2) What should the flat four do on attacks up the middle? 3) What if the ball carrier passes to a teammate?

ANSWERS: 1) A flat four. 2) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover. 3) The defender in front drops back, the flat four moves with the ball, and whoever is closest now steps up to pressure.

NOTES:





PRACTICE (More Challenging): 5 v 4 on End Zone and Three Mini Goals

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

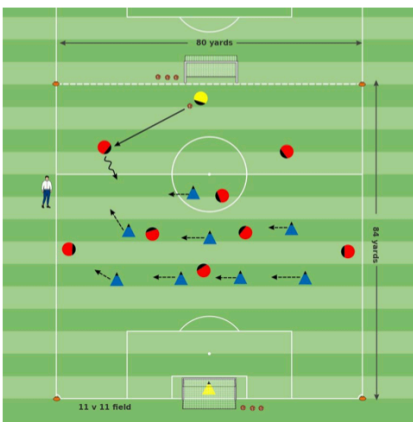
ORGANIZATION: Same as Core Activity, except the field is 60 yards wide

KEY WORDS: Stay compact, move with the ball

GUIDED QUESTIONS: 1) What's the best formation for the defenders to cover the width of the field? 2) What should the flat four do on attacks up the middle? 3) What if the ball carrier passes to a teammate?

ANSWERS: 1) A flat four. 2) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover. 3) The defender in front drops back, the flat four moves with the ball, and whoever is closest now steps up to pressure.

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.



2ND PLAY PHASE: The Game

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

ORGANIZATION: Mark out an 80 x 84-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1. Play according to the Laws of the Game for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS: Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS: 1) How can you keep opponents from creating chances? 2) How do you close the gaps? 3) How do you keep them closed? 4) What should the flat four do on attacks up the middle?

ANSWERS: 1) Close the gaps and keep them closed. 2) Form a compact unit (stay close to all nearby teammates). 3) Move while the ball moves, following it from side to side. 4) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover.

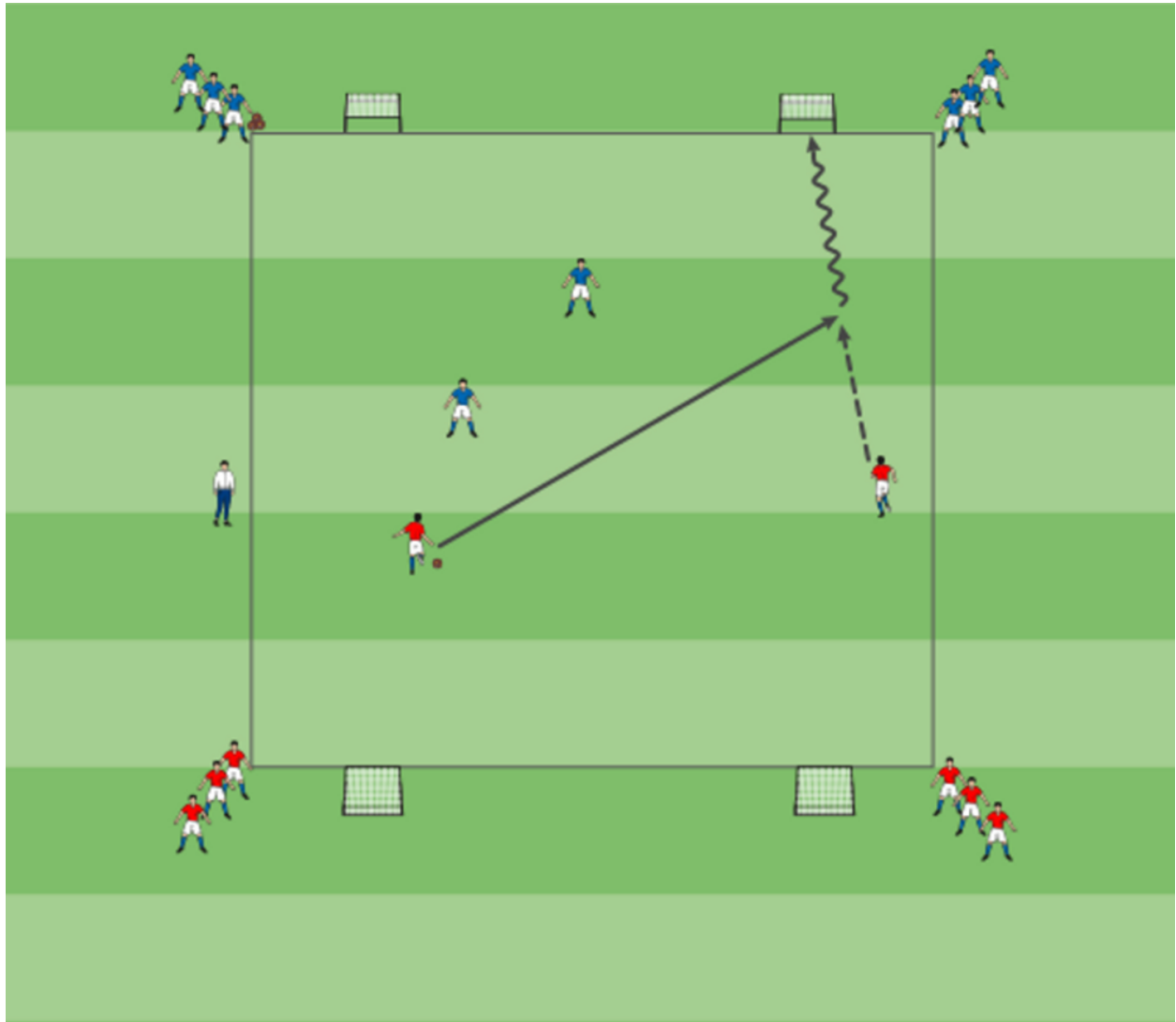
NOTES:

Notes: Between ball and goal first. No goals allowed mentality



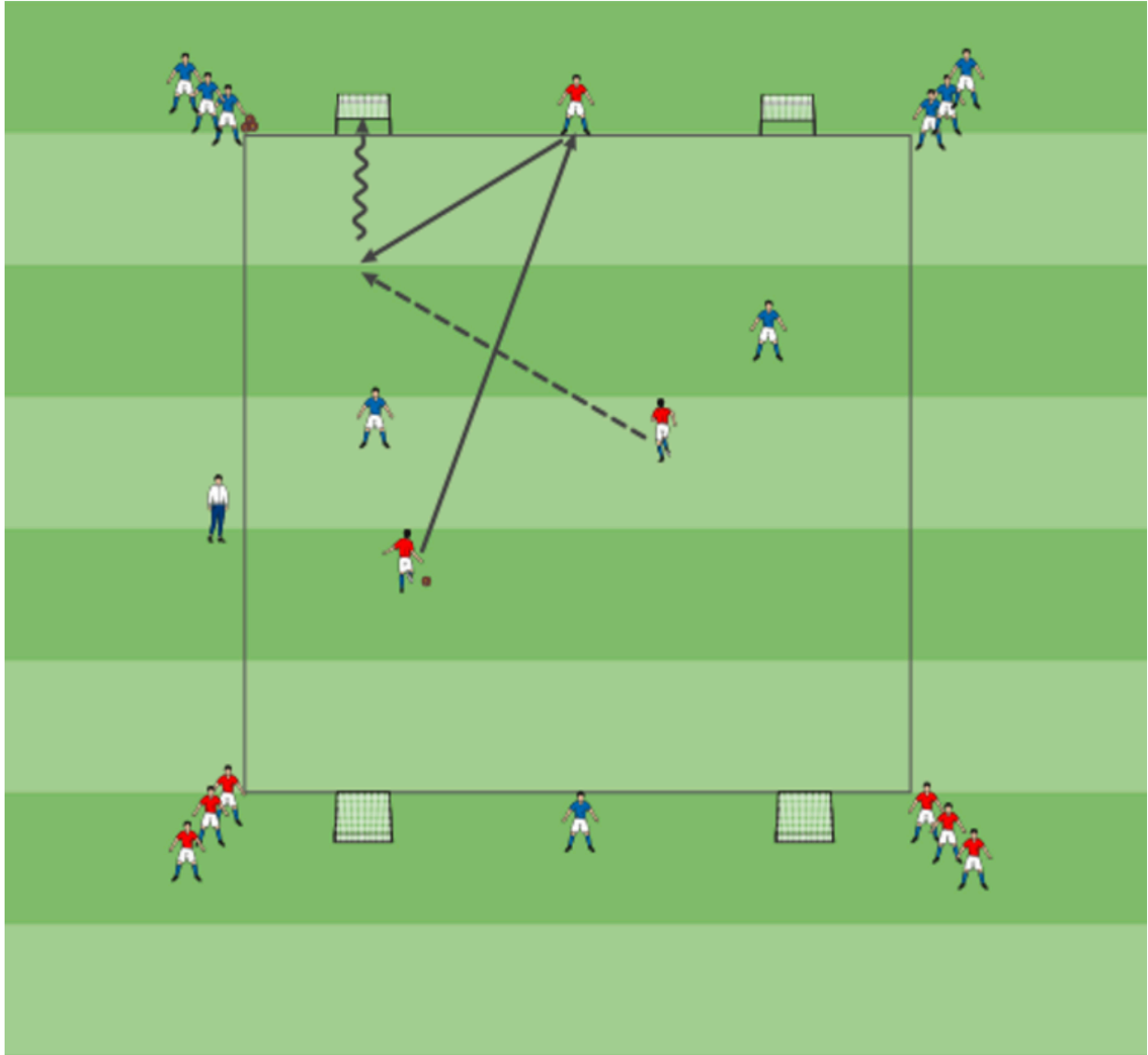


Small Sided Games



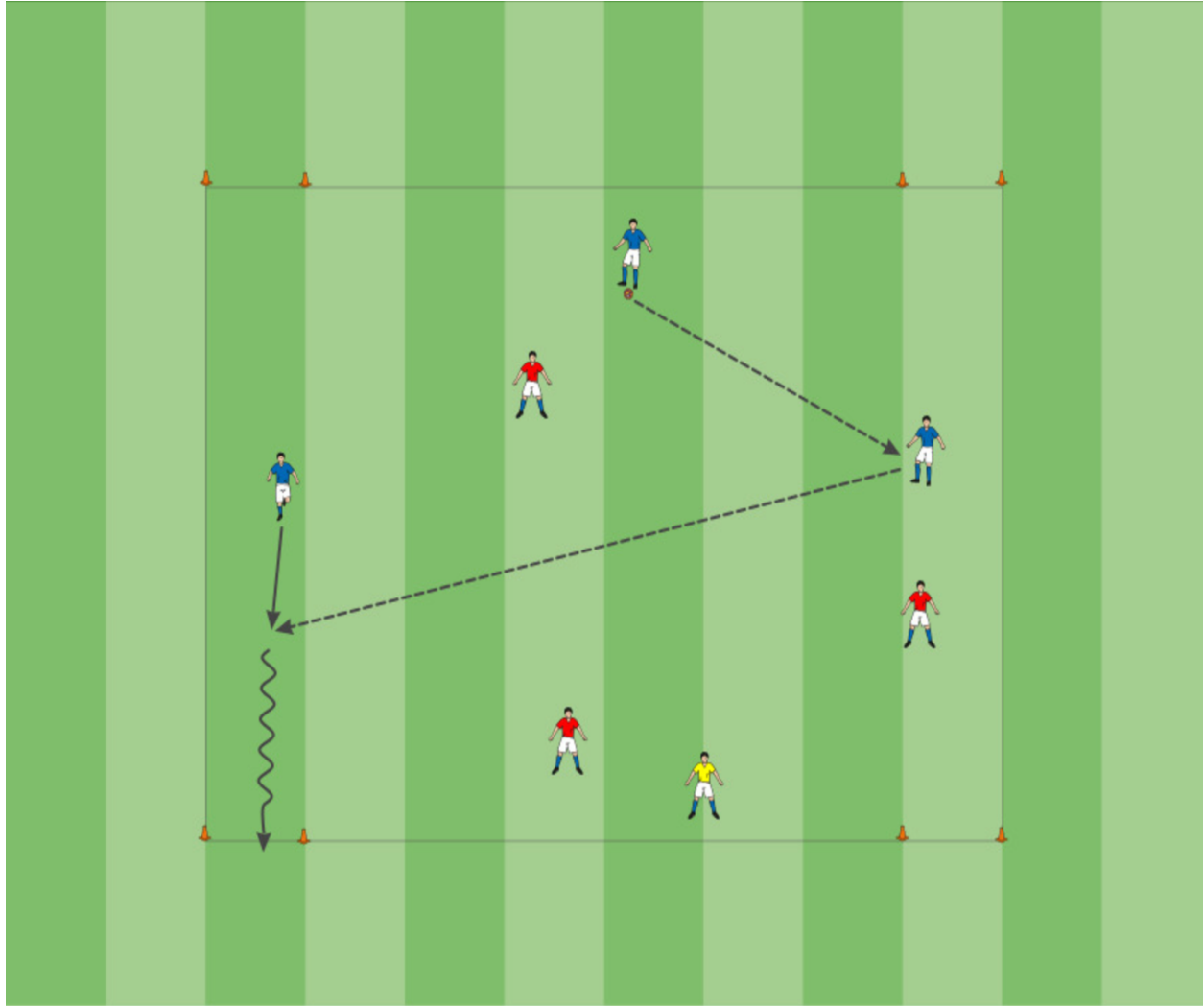
2v2 to 4 goals





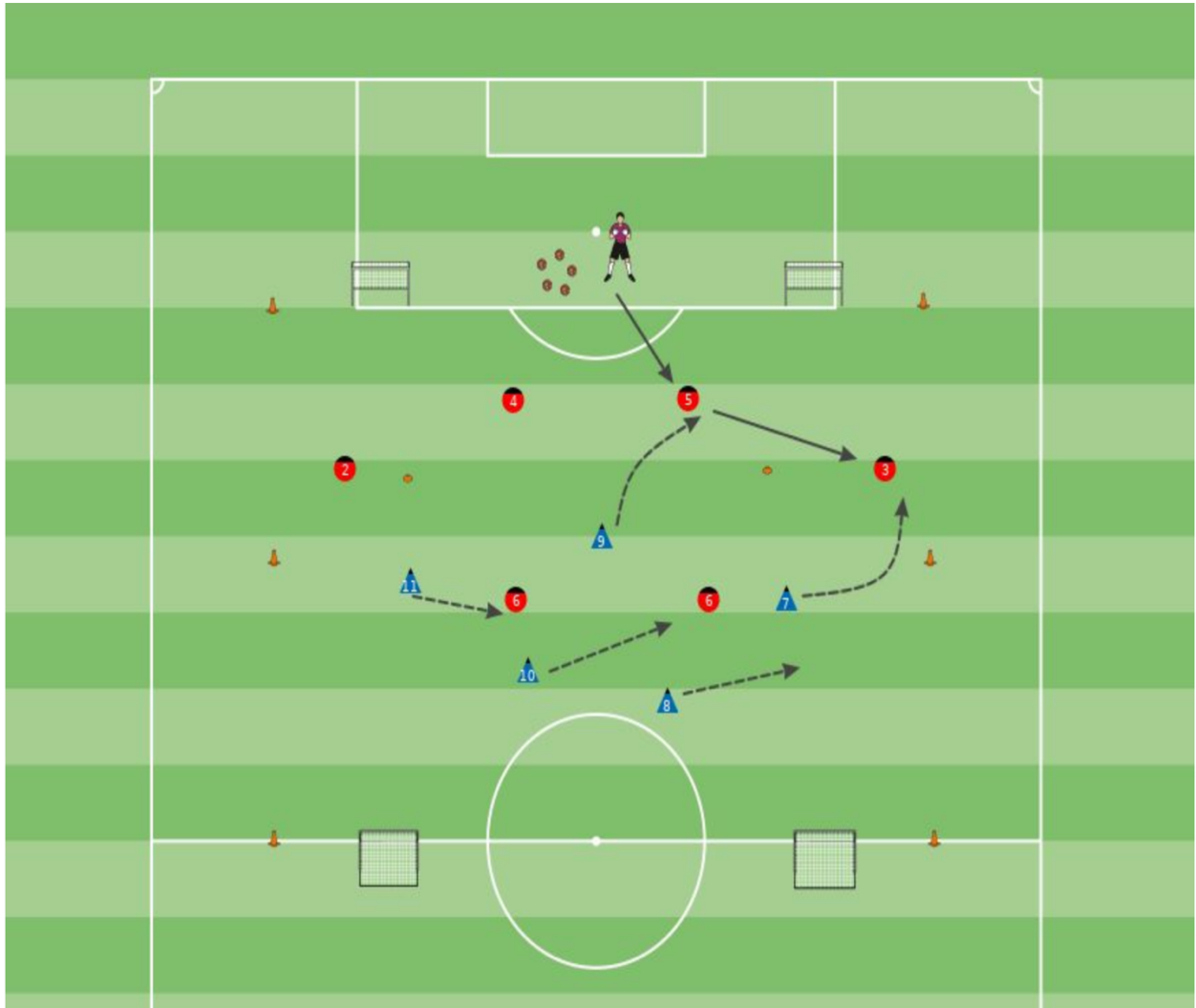
2v2 plus target to 4 goals





3v3 plus 1





5v5 plus GK

