



Objective

Improving the build up from our own half of the field in order to move the ball into the opponent's half by dribbling and passing #1

Age Group

U10

Moment

Attacking

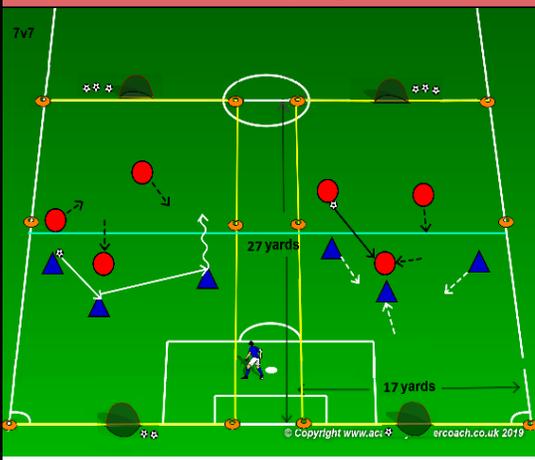
Duration

90 Minutes

7v7

Play Phase #1 - Free Play (Up to 4v4)

30 Minutes - Multiple Intervals



OBJECTIVE: Get the ball into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward and Create passing options.

ORGANIZATION: A FULL 7v7 game field is 35Wx55L yards. On HALF of a 7v7 game field set up two 17Wx27L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3 as players arrive. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

KEY WORDS: Pass, Dribble and Help.

GUIDED QUESTIONS: 1. What can you do if you have the ball in front of an opening? 2. How and where do we help the player with the ball?

ANSWERS: 1. Dribble or Pass the ball forward - 2. To create a passing option by being in front, to the sides and behind the ball.

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

Practice Phase - 4v3 to Small Goals

30 Minutes - 5 Min Intervals



OBJECTIVE: To create and find an opening to get the ball into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In half of a 7v7 field (35Wx27L) field with a regular goal and two small goals at the half life, play 4v3 (3+GK v 3). Blue team scores in one of the two small goals. Red team scores in the regular goal. Play with the build out line. Rotate players every round. **Focus is on BLUE team getting ball into offensive half by scoring in either of the two small goals.**

KEY WORDS: Pass, Dribble and Get wide, Help. Switch Attack - from one side to other.

GUIDED QUESTIONS: 1. How do we move the ball up and around the field? 2. How can we create openings? 3. What do you need to do if you do not have the ball?

ANSWERS: 1. Dribbling it or passing forward, backwards or sideways, DONT JUST KICK - 2. By spreading out - 3. Support the attack and create passing options.

Note: Remove a red player to create 4v2 to make activity easier. Add a player to each team to increase difficulty.

Play Phase #2 - The Game

30 Minutes



OBJECTIVE: To create and find an opening to get the ball into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options and Support the attack.

ORGANIZATION: In a 7v7 field (35Wx55L) play 7v7 against your paired team.

KEY WORDS: Pass, Dribble, Get wide, and Help.

GUIDED QUESTIONS: 1. How can you get the ball through an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role?

ANSWERS: 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options.

Note: All Laws of the game are in effect.

Self Reflection Questions

How did you do in achieving the goal of the training session?

What did you do well?

What could you do better?