



Objective

Moment

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 #2

Attacking

Duration

90 Minutes

Age Group

U10

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 - 5v4 to End Zone & Goal

30 Minutes - 5 Min Intervals



OBJECTIVE: Move the ball and the team into the opponent's half.

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

ORGANIZATION: In half of a 7v7 field set up a 35Wx27L field with a regular goal and a 3 yd deep end zone. The Blue attackers score by connecting 3 passes AND getting the ball into the end zone. The Red team scores in the regular goal. Play with the build out line. Rotate players every round. Play 5v4 (4+GK v 4). **Focus on BLUE team getting to end zone.**

KEY WORDS: Pass, Connect, Dribble, Get open and Help/Support.

GUIDED QUESTIONS: 1. What do you do when the openings are closed? 2. What should you do to create an opening? 3. Why do you want to be in front, to the side or behind the player with the ball?

ANSWERS: 1. Dribble or pass the ball to move the defenders - 2. Spread out - 3. To create passing options.

Note: To make easier, remove 3 pass restriction. To make harder, add players.

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/Support.

GUIDED QUESTIONS: 1. How can you get the ball though 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?