



Objective

Improve the build up from our own half in order to move the ball into the opponent's half - #1

Age Group

U12

Moment

Attacking

Duration

90 Minutes

9v9

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 9v9 game field is 45Wx75L yards. On HALF of a 9v9 game field set up two 20Wx37L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4 as players arrive. Play 4 rounds for a total of 30 minutes. Play with kick-ins OR throw-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 - 7v4 to Goal and Target Player

30 Minutes - 5 Min Intervals



OBJECTIVE: Create or find an opening to move the ball forward into the opponent's half.

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

ORGANIZATION: In the defending half of the 9v9 field (45wx37L) with a regular goal and a target player at the half line. Blue team scores by passing to target player. Red team scores in the regular goal. Rotate in players who are sitting out each round. Each round starts with Blue team goal kick. **Practice FOCUS is on BLUE team building out and getting to target.**

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

GUIDED QUESTIONS: 1. Why do we need to get wide? 2. What should you do when you see an opening? 3. What do you need to do if you do not have the ball?

ANSWERS: 1. To create openings by spreading out defense - 2. Dribble or pass the ball forward through the opening - 3. Help your teammate by creating passing options.

Note: To make easier, remove defender. To make more difficult, add defender or remove attacker

Play Phase #2 - The Game

30 Minutes



OBJECTIVE: Create or find an opening to move the ball forward into the opponent's half.

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

ORGANIZATION: In a 9v9 field (45Wx75L) play 9v9 against your paired team. Recommend playing in 3-2-3 formation.

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

GUIDED QUESTIONS: 1. Why do we need to get wide? 2. What should you do when you see an opening? 3. What do you need to do if you do not have the ball?

ANSWERS: 1. To create openings - 2. Dribble or pass the ball forward through the opening - 3. Help your teammate by creating 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?