

1	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
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) please visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description		
PRACTICE (Core Activity):	Duration: 25 min Activity time: 4 min Rest time: 1 min Intervals 5	
	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
	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
	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
	Finish the session with a scrimmage using all FIFA rules, visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description.	
FIVE ELEMENTS OF TRAINING ACTIVITY		TRAINING SESSION SELF REFLECTION QUESTIONS
1. Organized: Is the activity organized in the right way?		1. How did you do in achieving the goal of the training session?
2. Game like: Is the activity game like?		2. What did you do well?
3. Repetitions: Are there repetitions when looking at the overall goal of the session?		3. What could you do better?
4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?)		
5. Coaching: Is there the right coaching based on the age/level of the players?		

2	GOAL: Improve the build up in the opponent's half in order to create scoring chances - 1	
	PLAYER ACTIONS Support the attack, Create a 2v1 or 1v1, Change the pace/rhythm	
	KEY QUALITIES Decision making, be proactive, focus	
	AGE GROUP 13+ / 11v11 / 18 Players	MOMENT Attacking
DURATION 60 min		
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) please visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description		
PRACTICE (Core Activity):	Duration: 24 min Activity time: 4.5 min Rest time: 1.5 min Intervals 4	
	6v6 TO REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To create passing options, pass or dribble forward. ORGANIZATION: In a 80Wx60L yard field with a regular goals and two counter goals. Play 6v5 game. The blue team scores in the regular goal and the Red team in either of the two counter goals on the half field line. Rotate players every interval. KEY WORDS: Keep possession, pass or dribble, combine, go to goal. GUIDED QUESTIONS: 1.- How do you find or create openings? 2.- How do you force opponents to make errors? ANSWERS: 1.- By moving the ball to pull opponents out of positions. 2.- By creating 1v1 or 2v1 and then passing or dribbling forward. 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: 3 min Rest time: 1 min Intervals 6	
	PASS, DRIBBLE AND SCORE TO END ZONES: OBJECTIVE: To create passing options, pass or dribble forward. ORGANIZATION: In a 80Wx60L yard field with two regular goals. Divide the team into groups of 4 players each. Each group will combine around and dribbling through the other groups and score in a goal. Continue to the other goal. Count the number of combinations and goals. Any mess up "zeros" your score to start again. Beat your score each interval. KEY WORDS: Keep possession, pass or dribble, go to goal. GUIDED QUESTIONS: 1.- How do you find or create openings? 2.- How do you force opponents to make errors? ANSWERS: 1.- By moving the ball to pull opponents out of positions. 2.- By creating 1v1 or 2v1 and then passing or dribbling forward. NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.	
PRACTICE (More Challenging):	Duration: 24 min Activity time: 5 min Rest time: 1 min Intervals 4	
	7V6 TO GOAL: OBJECTIVE: To create passing options, pass or dribble forward. ORGANIZATION: In a 80Wx60L yard field with two regular goals. Play 7v6 to score in the opponent's goal. A Goal after a combination in a 2v1 play in 10 points. Rotate players every intervals. All FIFA Laws apply. KEY WORDS: Keep possession, pass or dribble, take opponents, go to goal. GUIDED QUESTIONS: 1.- How do you find or create openings? 2.- How do you force opponents to make errors? ANSWERS: 1.- By moving the ball to pull opponents out of positions. 2.- By creating 1v1 or 2v1 and then passing or dribbling forward. NOTES: Start with the Core Activity; if it 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: 27 min Activity time: 11 min Rest time: 2.5 min Intervals 2
Finish the session with a scrimmage using all FIFA rules, visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description.		
FIVE ELEMENTS OF TRAINING ACTIVITY		TRAINING SESSION SELF REFLECTION QUESTIONS
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?		1. How did you do in achieving the goal of the training session? 2. What did you do well? 3. What could you do better?

3	GOAL:		Improve the build up in the opponent's half in order to create scoring chances - 1							
	PLAYER ACTIONS		Support the attack, Create a 2v1 or 1v1, Change the pace/rhythm							
	KEY QUALITIES		Decision making, be proactive, focus							
	AGE GROUP		13+ / 11v11 / 18 Players		MOMENT	Attacking	DURATION	60 min		
1 st 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) please visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description										
PRACTICE (Core Activity):			Duration:	24 min	Activity time:	4.5 min	Rest time:	1.5 min	Intervals	4
			6v6 TO REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To create passing options, pass or dribble forward. ORGANIZATION: In a 80Wx60L yard field with a regular goals and two counter goals. Play 6v5 game. The blue team scores in the regular goal and the Red team in either of the two counter goals on the half field line. Rotate players every interval. KEY WORDS: Keep possession, pass or dribble, combine, go to goal. GUIDED QUESTIONS: 1.- How do you find or create openings? 2.- How do you force opponents to make errors? ANSWERS: 1.- By moving the ball to pull opponents out of positions. 2.- By creating 1v1 or 2v1 and then passing or dribbling forward. 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:	3 min	Rest time:	1 min	Intervals	6
			PASS, DRIBBLE AND SCORE TO END ZONES: OBJECTIVE: To create passing options, pass or dribble forward. ORGANIZATION: In a 80Wx60L yard field with two regular goals. Divide the team into groups of 4 players each. Each group will combine around and dribbling through the other groups and score in a goal. Continue to the other goal. Count the number of combinations and goals. Any mess up "zeros" your score to start again. Beat your score each interval. KEY WORDS: Keep possession, pass or dribble, go to goal. GUIDED QUESTIONS: 1.- How do you find or create openings? 2.- How do you force opponents to make errors? ANSWERS: 1.- By moving the ball to pull opponents out of positions. 2.- By creating 1v1 or 2v1 and then passing or dribbling forward. NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.							
PRACTICE (More Challenging):			Duration:	24 min	Activity time:	5 min	Rest time:	1 min	Intervals	4
			7V6 TO GOAL: OBJECTIVE: To create passing options, pass or dribble forward. ORGANIZATION: In a 80Wx60L yard field with two regular goals. Play 7v6 to score in the opponent's goal. A Goal after a combination in a 2v1 play in 10 points. Rotate players every intervals. All FIFA Laws apply. KEY WORDS: Keep possession, pass or dribble, take opponents, go to goal. GUIDED QUESTIONS: 1.- How do you find or create openings? 2.- How do you force opponents to make errors? ANSWERS: 1.- By moving the ball to pull opponents out of positions. 2.- By creating 1v1 or 2v1 and then passing or dribbling forward. NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.							
2 nd PLAY PHASE		9v9(1-3-2-3v1-3-2-3)	Duration:	27 min	Activity time:	11 min	Rest time:	2.5 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description.										
FIVE ELEMENTS OF TRAINING ACTIVITY						TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way?						1. How did you do in achieving the goal of the training session?				
2. Game like: Is the activity game like?						2. What did you do well?				
3. Repetitions: Are there repetitions when looking at the overall goal of the session?						3. What could you do better?				
4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?)										
5. Coaching: Is there the right coaching based on the age/level of the players?										

4	GOAL:		Improve the build up in the opponent's half in order to create scoring chances - 2							
	PLAYER ACTIONS		Spread out, create passing actions, change the point of attack							
	KEY QUALITIES		Reading the game, be proactive, technical execution, focus							
	AGE GROUP		13+ / 11v11 / 18 Players		MOMENT	Attacking	DURATION	60 min		
1 st 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) please visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description										
PRACTICE (Core Activity):			Duration:	24 min	Activity time:	4.5 min	Rest time:	1.5 min	Intervals	4
			6v5 TO REGULAR GOAL AND TWO COUNTER GOALS:							
			OBJECTIVE: To move the ball forward down the flanks in order to create scoring chances.							
			ORGANIZATION: In a 80Wx60L yard field with a regular goals and two counter goals. Play 6v5 game. The Blue team scores in the regular goal and the Red team in either of the two counter goals. Any goal scored from a pass or a cross form a flank players is 100 points. Rotate players every interval.							
			KEY WORDS: Get open, pass or dribble, take opponents on, switch.							
			GUIDED QUESTIONS: 1.- How can you make the field bigger when you are in possession of the ball? 2.- How can you penetrate down the wings? 3.- When is a good time to change the point of attack?							
			ANSWERS: 1.- By spreading out (getting as wide as possible). 2.- By bridling the defender or combining around the defender attack 3.- After drawing the opponents to one side of the field then we can switch the attack to the other side.							
			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:	3 min	Rest time:	1 min	Intervals	6
			4v3TO TWO SMALL GOAL AND A COUNTER GOAL:							
			OBJECTIVE: To move the ball forward down the flanks in order to create scoring chances.							
			ORGANIZATION: Set up two 25Wx35L yard field with two small goals on the Red team's end line and one counter goal on the Blue team's end line. Play 4v3, the Blue team score in either of the two small goals and the red team in the counter goal.							
			KEY WORDS: Get open, pass or dribble, take opponents on, switch.							
			GUIDED QUESTIONS: 1.- How can you make the field bigger when you are in possession of the ball? 2.- How can you penetrate down the wings? 3.- When is a good time to change the point of attack?							
			ANSWERS: 1.- By spreading out (getting as wide as possible). 2.- By bridling the defender or combining around the defender attack 3.- After drawing the opponents to one side of the field then we can switch the attack to the other side.							
			NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.							
PRACTICE (More Challenging):			Duration:	24 min	Activity time:	5 min	Rest time:	1 min	Intervals	4
			7V7 TO GOAL:							
			OBJECTIVE: To move the ball forward down the flanks in order to create scoring chances.							
			ORGANIZATION: In a 80Wx60L yard field with a regular goal and two counter goals. Play 7v7, the Blue team scores in the regular goal and the Red team scores in either of the two counter goals. Any goal scored from a pass or a cross form a flank players is 100 points. Rotate players every interval. Rotate players every interval. All FIFA Laws apply.							
			KEY WORDS: Get open, pass or dribble, take opponents on, switch.							
			GUIDED QUESTIONS: 1.- How can you make the field bigger when you are in possession of the ball? 2.- How can you penetrate down the wings? 3.- When is a good time to change the point of attack?							
			ANSWERS: 1.- By spreading out (getting as wide as possible). 2.- By bridling the defender or combining around the defender attack 3.- After drawing the opponents to one side of the field then we can switch the attack to the other side.							
			NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.							
2 nd PLAY PHASE		9v9(1-3-2-3v1-3-2-3)	Duration:	27 min	Activity time:	11 min	Rest time:	2.5 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description.										
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS					
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?					1. How did you do in achieving the goal of the training session?					
					2. What did you do well?					
					3.What could you do better?					

5	GOAL:		Improve scoring goals - 1							
	PLAYER ACTIONS		Shoot, pass or dribble forward, create 1v1's or 2v1's							
	KEY QUALITIES		Reading the game, Take initiative, technical execution, focus							
	AGE GROUP		U13+ / 11v11 / 18 Players		MOMENT	Attacking	DURATION	60 min		
1 st 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) please visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description										
PRACTICE (Core Activity):			Duration:	24 min	Activity time:	5 min	Rest time:	1 min	Intervals	4
			5V5 TO GOAL AND A COUNTER GOAL: OBJECTIVE: To create shooting opportunities and score goals from central areas. ORGANIZATION: Set up a 44Wx36L yard field with a regular goal and an two counter goals . Play 5V5, the Blue team scores in the regular goal and the Red team in either of the two counter goals. The Blue team always starts with the ball. Rotate players every interval. KEY WORDS: Shoot, pass and dribble to take opponents on. GUIDED QUESTIONS: 1.- When should you shoot at goal? 2.- How can you create an opening for a chance to score? ANSWERS: 1.- When you are in a good position with a clear opening to goal. 2.- Dribbling past a defender or passing to a team mate NOTES: Start with the Core Activity. If it 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
			4V3 TO GOAL AND A COUNTER GOAL: OBJECTIVE: To create shooting opportunities and score goals from central areas. ORGANIZATION: Set up a 44Wx40L yard field with a regular goal and an a counter goal . Play 4V3, the Blue team scores in the regular goal and the Red team in either of the two counter goals. The Blue team always starts with the ball. Rotate players every interval. KEY WORDS: Shoot, pass and dribble to take opponents on. GUIDED QUESTIONS: 1.- When should you shoot at goal? 2.- How can you create an opening for a chance to score? ANSWERS: 1.- When you are in a good position with a clear opening to goal. 2.- Dribbling past a defender or passing to a team mate NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.							
PRACTICE (More Challenging):			Duration:	24 min	Activity time:	5 min	Rest time:	1 min	Intervals	4
			6V6 TO GOAL: OBJECTIVE: To create shooting opportunities and score goals from central areas. ORGANIZATION: Set up a 80Wx60L yard field with a regular goal and an two counter goals . Play 6v6, the Blue team scores in the regular goal and the Red team in either of the two counter goals. The Blue team always starts with the ball. Rotate players every interval. All FIFA Laws apply. KEY WORDS: Shoot, pass and dribble to take opponents on. GUIDED QUESTIONS: 1.- When should you shoot at goal? 2.- How can you create an opening for a chance to score? ANSWERS: 1.- When you are in a good position with a clear opening to goal. 2.- Dribbling past a defender or passing to a team mate NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.							
2 nd PLAY PHASE		9v9(1-3-2-3v1-3-2-3)	Duration:	26 min	Activity time:	11 min	Rest time:	2 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description.										
FIVE ELEMENTS OF TRAINING ACTIVITY						TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?						1. How did you do in achieving the goal of the training session? 2. What did you do well? 3.What could you do better?				

6	GOAL:		Improve scoring goals - 2				
	PLAYER ACTIONS		Cross, shoot, pass or dribble forward, create 1v1's or 2v1's				
	KEY QUALITIES		Make decision, technical execution, focus				
	AGE GROUP		U13+ / 11v11 / 18 Players	MOMENT	Attacking	DURATION	60 min
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) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description							
PRACTICE (Core Activity):			Duration:	24 min	Activity time:	5 min	Rest time: 1 min Intervals 4
 <p>© Copyright www.academysoccercoach.co.uk 2018</p>			6V5 TO GOAL AND A TWO COUNTER GOALS: OBJECTIVE: To create scoring chances using the flanks areas to score more goals. ORGANIZATION: Set up a 80Wx60L yard field with a regular goal and an two counter goals . The Blue team scores in the regular goal and the Red team in either of the two counter goals. The Blue team always starts with the ball. Rotate players every interval. KEY WORDS: Get wide, cross, shoot, pass and dribble to take opponents on. GUIDED QUESTIONS: 1.- What should the flank players with the ball do if he/she has the ball? 2.- Where should the striker run to finish the cross? ANSWERS: 1.- Dribble the ball forward towards goal, take a quick look inside and the GK, release the cross or a pass away from the Gk and in the path of the strikers. 2.- Near post, far post and in front of the goal. NOTES: Start with the Core Activity. If it 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
 <p>© Copyright www.academysoccercoach.co.uk 2018</p>			4V3 TO GOAL AND A TWO COUNTER GOAL: OBJECTIVE: To create scoring chances using the flanks areas to score more goals. ORGANIZATION: Set up a 80Wx60L yard field with a regular goal and an two counter goals . The Blue team scores in the regular goal and the Red team in either of the two counter goals. The Blue team always starts with the ball. Rotate players every interval. KEY WORDS: Get wide, cross, shoot, pass and dribble to take opponents on. GUIDED QUESTIONS: 1.- What should the flank players with the ball do if he/she has the ball? 2.- Where should the striker run to finish the cross? ANSWERS: 1.- Dribble the ball forward towards goal, take a quick look inside and the GK, release the cross or a pass away from the Gk and in the path of the strikers. 2.- Near post, far post and in front of the goal. NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.				
PRACTICE (More Challenging):			Duration:	24 min	Activity time:	7 min	Rest time: 1 min Intervals 3
 <p>© Copyright www.academysoccercoach.co.uk 2018</p>			7V6 TO GOAL: OBJECTIVE: To create scoring chances using the flanks areas to score more goals. ORGANIZATION: Set up a 80Wx60L yard field with a regular goal and an two counter goals . The Blue team scores in the regular goal and the Red team in either of the two counter goals. The Blue team always starts with the ball. Rotate players every interval. All FIFA Laws apply. KEY WORDS: Get wide, cross, shoot, pass and dribble to take opponents on.. GUIDED QUESTIONS: 1.- What should the flank players with the ball do if he/she has the ball? 2.- Where should the striker run to finish the cross? ANSWERS: 1.- Dribble the ball forward towards goal, take a quick look inside and the GK, release the cross or a pass away from the Gk and in the path of the strikers. 2.- Near post, far post and in front of the goal. NOTES: Start with the Core Activity; if it 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
Finish the session with a scrimmage using all FIFA rules, visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description.							
FIVE ELEMENTS OF TRAINING ACTIVITY				TRAINING SESSION SELF REFLECTION QUESTIONS			
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?				1. How did you do in achieving the goal of the training session? 2. What did you do well? 3.What could you do better?			

7	GOAL:		Improve preventing the opponent from building up in their own half - 1				
	PLAYER ACTIONS		Steal the ball, pressure cover and balance, outnumber the opponents				
	KEY QUALITIES		Read the game, take initiative, focus				
	AGE GROUP		U13+ / 11v11 / 18 Players	MOMENT	Defending	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) please visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description							
PRACTICE (Core Activity):			Duration:	24 min	Activity time:	7 min	Rest time: 1 min Intervals 8
 <p>6v6 TO GOAL AND THREE COUNTER GOALS:</p> <p>OBJECTIVE: To disrupt the buildup in the opponent's half and win the ball back to score.</p> <p>ORGANIZATION: In a 80Wx68L field with a regular goal on the end line and three counter goals past midfield. Play a 6v6, the Blue team scores in the regular goals and the Red team scores in either of the three counter goals. Rotate players every interval.</p> <p>KEY WORDS: Chase the ball, outnumber the opponent, pressure and cover.</p> <p>GUIDED QUESTIONS: 1.- Why should you try to win the ball as soon as the server passes the ball in? 2.- How do you prevent the Red team from going forward? 3.- Why do we need to form a compact block?</p> <p>ANSWERS: 1.- To prevent them to build up, regains the ball and go to goal. 2.- Pressing the player with the ball and work together to steal the ball 3.- To take away any chance for them to play the ball forward and force them to play backwards or sideways.</p> <p>NOTES: Start with the Core Activity. If it is too difficult, switch to the Less Challenging Activity. If it is too easy, switch to the More Challenging Activity.</p>							
PRACTICE (Less Challenging):			Duration:	24 min	Activity time:	4.5 min	Rest time: 1.5 min Intervals 6
 <p>3v3 TO GOAL AND END ZONE:</p> <p>OBJECTIVE: To disrupt the buildup in the opponent's half and win the ball back to score.</p> <p>ORGANIZATION: Set up two 25Wx35L yard fields with a small goal at each end line. Play 4v4 game to score in the opponent's goal. If the defending team regains the ball in the attacking half and score, the goal is worth 100 points. Any other goal is 1 point. Rotate players every interval.</p> <p>KEY WORDS: Chase the ball, outnumber the opponent, pressure and cover.</p> <p>GUIDED QUESTIONS: 1.- Why should you try to win the ball as soon as the server passes the ball in? 2.- How do you prevent the Red team from going forward? 3.- Why do we need to form a compact block?</p> <p>ANSWERS: 1.- To prevent them to build up, regains the ball and go to goal. 2.- Pressing the player with the ball and work together to steal the ball 3.- To take away any chance for them to play the ball forward and force them to play backwards or sideways.</p> <p>NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.</p>							
PRACTICE (More Challenging):			Duration:	24 min	Activity time:	7 min	Rest time: 1 min Intervals 3
 <p>7v8 TO GOAL AND 3 COUNTER GOALS:</p> <p>OBJECTIVE: To disrupt the buildup in the opponent's half and win the ball back to score.</p> <p>ORGANIZATION: In a 80Wx68L field with a regular goal on the end line and three counter goals past midfield. Play a 6v6, the Blue team scores in the regular goals and the Red team scores in either of the three counter goals. Rotate players every interval.</p> <p>KEY WORDS: Chase the ball, outnumber the opponent, pressure and cover.</p> <p>GUIDED QUESTIONS: 1.- Why should you try to win the ball as soon as the server passes the ball in? 2.- How do you prevent the Red team from going forward? 3.- Why do we need to form a compact block?</p> <p>ANSWERS: 1.- To prevent them to build up, regains the ball and go to goal. 2.- Pressing the player with the ball and work together to steal the ball 3.- To take away any chance for them to play the ball forward and force them to play backwards or sideways.</p> <p>NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.</p>							
2nd PLAY PHASE		9v9(1-3-2-3v1-4-2-2)	Duration:	26 min	Activity time:	11 min	Rest time: 2 min Intervals 2
Finish the session with a scrimmage using all FIFA rules, visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description.							
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? 		

8	GOAL:		Improve preventing the opponent from building up in their own half - 1				
	PLAYER ACTIONS		Make it and keep it compact, outnumbered the opponent, steal the ball				
	KEY QUALITIES		Read the game, take initiative, focus				
	AGE GROUP		U13+ / 11v11 / 18 Players	MOMENT	Defending	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) please visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description							
PRACTICE (Core Activity):			Duration:	24 min	Activity time:	7 min	Rest time: 1 min Intervals 8
			6v7 TO GOAL AND TWO COUNTER GOALS: OBJECTIVE: To disrupt the buildup in the opponent's half and win the ball back to score. ORGANIZATION: In a 80Wx68L field with a regular goal on the end line and two counter goals past midfield. Play a 6v7, the Blue team scores in the regular goals and the Red team scores in either of the three counter goals. Rotate players every interval. KEY WORDS: Move with the ball, Stay compact, outnumber the opponent. GUIDED QUESTIONS: 1.- What should we do to force a short goal-kick? 2.- Why do we want the GK to play a short ball? 3.- Who initiates the pressing for the short pass? ANSWERS: 1.- We should get back and give the keeper a short pass option. 2.- We will be able to press the player with the ball, get compact and try to regain the ball. 3.- The closest player to the ball presses it, the others follow to get compacted behind him/her. NOTES: Start with the Core Activity. If it 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:	4.5 min	Rest time: 1.5 min Intervals 6
			3v3 TO GOAL AND END ZONE: OBJECTIVE: To disrupt the buildup in the opponent's half and win the ball back to score. ORGANIZATION: Set up two 60Wx50L yard field with a small goal at two small at the other en. Play 5v5 game, the Blue scores in the one goal and the Red team scores in either of the two small goals. Rotate players every interval. KEY WORDS: Move with the ball, Stay compact, outnumber the opponent. GUIDED QUESTIONS: 1.- What should we do to force a short goal-kick? 2.- Why do we want the GK to play a short ball? 3.- Who initiates the pressing for the short pass? ANSWERS: 1.- We should get back and give the keeper a short pass option. 2.- We will be able to press the player with the ball, get compact and try to regain the ball. 3.- The closest player to the ball presses it, the others follow to get compacted behind him/her. NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.				
PRACTICE (More Challenging):			Duration:	24 min	Activity time:	7 min	Rest time: 1 min Intervals 3
			8v9 TO GOAL AND 3 COUNTER GOALS: OBJECTIVE: To disrupt the buildup in the opponent's half and win the ball back to score. ORGANIZATION: In a 80Wx68L field with a regular goal on the end line and three counter goals past midfield. Play a 8v9, the Blue team scores in the regular goals and the Red team scores in either of the three counter goals. Rotate players every interval. KEY WORDS: Move with the ball, Stay compact, outnumber the opponent. GUIDED QUESTIONS: 1.- What should we do to force a short goal-kick? 2.- Why do we want the GK to play a short ball? 3.- Who initiates the pressing for the short pass? ANSWERS: 1.- We should get back and give the keeper a short pass option. 2.- We will be able to press the player with the ball, get compact and try to regain the ball. 3.- The closest player to the ball presses it, the others follow to get compacted behind him/her. NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.				
2nd PLAY PHASE		9v9(1-3-2-3v1-4-2-2)	Duration:	26 min	Activity time:	11 min	Rest time: 2 min Intervals 2
Finish the session with a scrimmage using all FIFA rules, visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description.							
FIVE ELEMENTS OF TRAINING ACTIVITY				TRAINING SESSION SELF REFLECTION QUESTIONS			
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?				1. How did you do in achieving the goal of the training session? 2. What did you do well? 3.What could you do better?			

9	GOAL: Improve preventing the opponent from building up and creating scoring chances in our half - 1	
	PLAYER ACTIONS Pressure/cover/balance, stay compact, steal the ball	
	KEY QUALITIES Read the game, take initiative, focus	
	AGE GROUP U11-U12 / 9v9 / 16 Players	MOMENT Defending
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) please visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description		
PRACTICE (Core Activity):	Duration: 24 Activity time: 5 min Rest time: 1 min Intervals 4	
	5v5 TO SMALL GOALS: OBJECTIVE: To deny chances, win the ball and score. ORGANIZATION: Set up two 55Wx.45L yard field with a small goal at each end. Play 5v5, Blue and Red teams play to score in the opponent's goal. Rotate players every interval. KEY WORDS: Move with the ball, pressure and cover. GUIDED QUESTIONS: 1.- How can we close the opening to prevent them from passing or dribbling forward? 2.- Who should press the ball? 3.- What do the other defenders do? ANSWERS: 1.- Have a defender pressing the ball and from a compact defensive block. 2.- The player closest players to the ball pressures it. 3.- They will provide cover to close any openings. NOTES: Start with the Core Activity. If it 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 Activity time: 4.5 min Rest time: 1.5 min Intervals 4
		
	4v3 TO SMALL GOALS: OBJECTIVE: To deny chances, win the ball and score. ORGANIZATION: Set up two 25Wx.35L yard fields with a small goal at each end. Play 4v3, Blue and Red teams play to score in the opponent's goal. Rotate players every interval. KEY WORDS: Move with the ball, pressure and cover. GUIDED QUESTIONS: 1.- How can we close the opening to prevent them from passing or dribbling forward? 2.- Who should press the ball? 3.- What do the other defenders do? ANSWERS: 1.- Have a defender pressing the ball and from a compact defensive block. 2.- The player closest players to the ball pressures it. 3.- They will provide cover to close any openings. NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.	
PRACTICE (More Challenging):	Duration: 24 Activity time: 7 min Rest time: 1 min Intervals 3	
	8v6 TO A REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To deny chances, win the ball and score. ORGANIZATION: Set up two 80Wx.50L yard field with a regular goal on top of the 18 yard line and 2 counter goals past midfield. Play 8v6, the Blue team scores in either of the two counter goals and the Red team in the regular goal. Rotate players every interval. KEY WORDS: Move with the ball, pressure and cover. GUIDED QUESTIONS: 1.- How can we close the opening to prevent them from passing or dribbling forward? 2.- Who should press the ball? 3.- What do the other defenders do? ANSWERS: 1.- Have a defender pressing the ball and from a compact defensive block. 2.- The player closest players to the ball pressures it. 3.- They will provide cover to close any openings. NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.	
2nd PLAY PHASE	9v9(1-4-3-1v1-3-2-3)	Duration: 27 min Activity time: 11 min Rest time: 2.5 min Intervals 2
Finish the session with a scrimmage using all FIFA rules, visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description.		
FIVE ELEMENTS OF TRAINING ACTIVITY		TRAINING SESSION SELF REFLECTION QUESTIONS
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?		1. How did you do in achieving the goal of the training session? 2. What did you do well? 3. What could you do better?

10	GOAL: Improve preventing the opponent from building up and creating scoring chances in our half - 2	
	PLAYER ACTIONS Make it and keep it compact, pressure/cover/steal the ball	
	KEY QUALITIES Reading the game, take initiative, focus	
	AGE GROUP U13+ / 11v11 / 18 Players	MOMENT Defending
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) please visit http://westmilfordyouthsoccer.org/play-practice-play/for full description		
PRACTICE (Core Activity):	Duration: 24 Activity time: 7 min Rest time: 1 min Intervals 3	
	6v6 TO END ZONE AND 2 TARGET PLAYERS: OBJECTIVE: To stop the opponent's attack, win the ball and score. ORGANIZATION: Set a 80Wx65L yard field with a two small goals at each end line. Play 6v6, the Blue and Red teams score in either of the two opponent's goals. Rotate players every interval. KEY WORDS: Stay compact, move with the ball, attack the ball. GUIDED QUESTIONS: 1.- Why do we need to move together as a block to defend? 2.- What should we force the opponent to do? ANSWERS: 1.- To stay compact to close and keep closed any opening denying any chances to pass or dribble forward. 2.- Back passes or square passes. NOTES: Start with the Core Activity. If it 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 Activity time: 5 min Rest time: 1 min Intervals 4	
	6v5 TO END ZONE AND 2 TARGET PLAYERS: OBJECTIVE: To stop the opponent's attack, win the ball and score. ORGANIZATION: Set a two 35Wx40L yard fields with a small goals at each end and diagonal across from each other. Play 3v3, the Blue and Red teams play to score in the opponent's goal. Rotate players every interval. KEY WORDS: Stay compact, move with the ball, attack the ball. GUIDED QUESTIONS: 1.- Why do we need to move together as a block to defend? 2.- What should we force the opponent to do? ANSWERS: 1.- To stay compact to close and keep closed any opening denying any chances to pass or dribble forward. 2.- Back passes or square passes. NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.	
PRACTICE (More Challenging):	Duration: 24 Activity time: 7 min Rest time: 1 min Intervals 3	
	8v7 TO END ZONE AND ONE TARGET PLAYER: OBJECTIVE: To stop the opponent's attack, win the ball and score. ORGANIZATION: Set a 80Wx75L yard field with a regular goals and three small goals. Play 7v8, the Blue team scores in the regular goals, the Red team scores in either of the three small goals. Rotate players every interval. KEY WORDS: Stay compact, move with the ball, attack the ball. GUIDED QUESTIONS: 1.- Why do we need to move together as a block to defend? 2.- What should we force the opponent to do? ANSWERS: 1.- To stay compact to close and keep closed any opening denying any chances to pass or dribble forward. 2.- Back passes or square passes. NOTES: Start with the Core Activity; if it 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: 27 min Activity time: 11 min Rest time: 2.5 min Intervals 2
Finish the session with a scrimmage using all FIFA rules, visit http://westmilfordyouthsoccer.org/play-practice-play/for full description .		
FIVE ELEMENTS OF TRAINING ACTIVITY		TRAINING SESSION SELF REFLECTION QUESTIONS
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?		1. How did you do in achieving the goal of the training session? 2. What did you do well? 3. What could you do better?

11	GOAL:		Improve preventing the opponent from scoring goals - 1				
	PLAYER ACTIONS		Protect the goal, press/cover/balance, make it and keep it compact				
	KEY QUALITIES		Decision making, focus, take initiative				
	AGE GROUP		U13+ / 11V11 / 18 Players	MOMENT	Defending	DURATION	60 min
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) please visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description							
PRACTICE (Core Activity):			Duration:	24	Activity time:	3 min	Rest time: 1 min Intervals 6
 <p>6v5 TO A REGULAR GOAL AND A SMALL GOAL: OBJECTIVE: To prevent the opponent from scoring. ORGANIZATION: Set up a 50Wx40L yard field with a regular goal and a small goal on the opposite end line. Pay 5v5 with the Red team attacking the regular goal, the Blue team scores in the small goal. Play for 3 minutes minutes or until one teams scores. The Red team always starts with the ball. Rotate players every interval. KEY WORDS: Close the opening, pressure, cover, block the shot. GUIDED QUESTIONS: 1.- What should we do to close the opening? 2.- Where should you try to force the player with the ball? 3.- What should the other defenders do? ANSWERS: 1.- Get in front of the attacker with the ball to close the opening 2.- Force him/her away from the goal (sidelines or backwards). 3.- Get compacted behind the ball to provide cover, if possible double team the player with the ball. NOTES: Start with the Core Activity. If it is too difficult, switch to the Less Challenging Activity. If it is too easy, switch to the More Challenging Activity.</p>							
PRACTICE (Less Challenging):			Duration:	24	Activity time:	3min	Rest time: 1 min Intervals 6
 <p>3v3 TO A SMALL GOAL AND TWO COUNTER GOALS: OBJECTIVE: To prevent the opponent from scoring. ORGANIZATION: Set up two 25Wx35L yard field with a small goal in one end and two small goals in the opposite end. The Red team scores in the small goal and the Blue team in either of the two counter goals. The Red team always starts with the ball. Rotate players every interval. KEY WORDS: Close the opening, pressure, cover, block the shot. GUIDED QUESTIONS: 1.- What can you do to protect the goal? 2.- Where should you try to force the player with the ball? 3.- What should the other defenders do? ANSWERS: 1.- Go after the ball, get in front of the attacker with the ball to block the way to the goal. 2.- To the side line or backwards. 3.- Get compacted behind the ball to provide cover. If possible double team the player with the ball. NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.</p>							
PRACTICE (More Challenging):			Duration:	24	Activity time:	5 min	Rest time: 1 min Intervals 4
 <p>8v9 TO REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To prevent the opponent from scoring. ORGANIZATION: Set up a 50Wx60L yard field with a regular goal and a two counter goals. Pay 8v9 with the Red team attacking the regular goal and the Blue team scores in either counter goal small goal. The Red team always starts with the ball. Rotate players every interval. KEY WORDS: Close the opening, pressure, cover, block the shot. GUIDED QUESTIONS: 1.- What should we do to close the opening? 2.- Where should you try to force the player with the ball? 3.- What should the other defenders do? ANSWERS: 1.- Get in front of the attacker with the ball to close the opening 2.- Force him/her away from the goal (sidelines or backwards). 3.- Get compacted behind the ball to provide cover, if possible double team the player with the ball. NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the Less Challenging Activity.</p>							
2nd PLAY PHASE		9v9(1-4-3-1v-2-3-3)	Duration:	27 min	Activity time:	11 min	Rest time: 2.5 min Intervals 2
Finish the session with a scrimmage using all FIFA rules, visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description.							
FIVE ELEMENTS OF TRAINING ACTIVITY				TRAINING SESSION SELF REFLECTION QUESTIONS			
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?				1. How did you do in achieving the goal of the training session? 2. What did you do well? 3.What could you do better?			

12	GOAL:		Improve preventing the opponent from scoring goals - 2				
	PLAYER ACTIONS		Protect the goal, make it and keep it compact, mark the player/mark the area				
	KEY QUALITIES		Reading the game, focus, take initiative				
	AGE GROUP		U11-U12 / 8V8 / 16 Players	MOMENT	Defending	DURATION	60 min
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) please visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description							
PRACTICE (Core Activity):			Duration:	24	Activity time:	5 min	Rest time: 1 min Intervals 6
			6v5 TO A REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To prevent the opponent from scoring. ORGANIZATION: Set up a 80Wx60L yard field with a regular goal and two counter goals. Play 6v5, the Red team scores in the regular goal and the Blue team in either of the two counter goals. Red always starts with the ball. Rotate players every interval. KEY WORDS: Defend the winger, deny the cross, drop to defend the goal and get compacted in the box. GUIDED QUESTIONS: 1.- How can we prevent the cross from the winger? 2.- Where should the other defenders go when the ball is in the flanks? ANSWERS: 1.- Get in between your opponent and the goal, block the cross. 2.- They drop towards the goal, get/stay compacted and mark the Red strikers. NOTES: Start with the Core Activity. If it 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	Activity time:	3 min	Rest time: 3 min Intervals 4
			3v3 to DIAGONAL GOALS AND A COUNTER GOALS: OBJECTIVE: To prevent the opponent from scoring.. ORGANIZATION: Set up a two 25Wx35L yard fields with two diagonal goals at the end line and one counter goal at the other end line. Play 3v3, the Red team scores in the either of the two diagonal goals and the Blue scores in the counter goal. KEY WORDS: Defend the winger, deny the cross, drop to defend the goal and get compacted in the box. GUIDED QUESTIONS: 1.- How can we prevent the cross from the winger? 2.- Where should the other defenders go when the ball is in the flanks? ANSWERS: 1.- Get in between your opponent and the goal, block the cross. 2.- They drop towards the goal, get/stay compacted and mark the Red strikers. NOTES: Start with the Core Activity; if it is too difficult for your players, then switch to the Less Challenging Activity.				
PRACTICE (More Challenging):			Duration:	24	Activity time:	7 min	Rest time: 1 min Intervals 3
			7v8 TO A REGULAR GOAL AND TWO COUNTER GOALS: OBJECTIVE: To prevent the opponent from scoring. ORGANIZATION: Set up a 80Wx60L yard field with a regular goal and two counter goals. Play 7v8. The Red team scores in the regular goal and the Blue team in either of the two counter goals. Red always starts with the ball. Rotate players every interval. KEY WORDS: Defend the winger, deny the cross, drop to defend the goal and get compacted in the box. GUIDED QUESTIONS: 1.- How can we prevent the cross from the winger? 2.- Where should the other defenders go when the ball is in the flanks? ANSWERS: 1.- Get in between your opponent and the goal, block the cross. 2.- They drop towards the goal, get/stay compacted and mark the Red strikers. NOTES: Start with the Core Activity; if it is too easy for your players, then switch to the More Challenging Activity.				
2nd PLAY PHASE		8v8(1-3-2-2v1-2-2-3)	Duration:	27 min	Activity time:	11 min	Rest time: 2.5 min Intervals 2
Finish the session with a scrimmage using all FIFA rules, visit http://westmilfordyouthsoccer.org/play-practice-play/ for full description.							
FIVE ELEMENTS OF TRAINING ACTIVITY				TRAINING SESSION SELF REFLECTION QUESTIONS			
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?				1. How did you do in achieving the goal of the training session? 2. What did you do well? 3. What could you do better?			