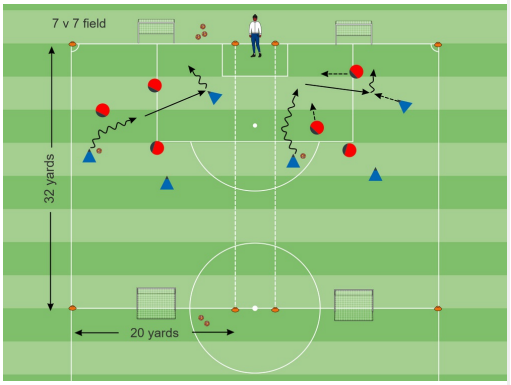
**U9/U10 - Improve the ability to create chances**
PLAYER ACTIONS: Pass or dribble forward, Create passing options, Create a 2v1 or 1v1
KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

Adam Howarth
AGE: / 12 players
Attacking
DURATION: 90 min




**Improve the ability to create chances**

OBJECTIVE: To pass, dribble and move the ball forward to score goals

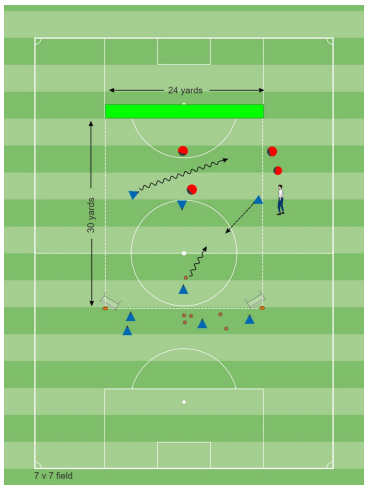
ORGANIZATION: Mark out two 32 x 20 yard fields, each with two mini goals. Teams play 3 v 3. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Pass , Dribble Take a player on

GUIDED QUESTIONS: ) 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 Coaching Actions - Use of the tool -kit 1. When - During active play - Coach interacts with the player(s) to direct attention to specific cues and/or reinforce desired behavior - AFTER 2ND BREAK - We




**Improve the ability to create chances**

OBJECTIVE: To move the ball forward and create chances

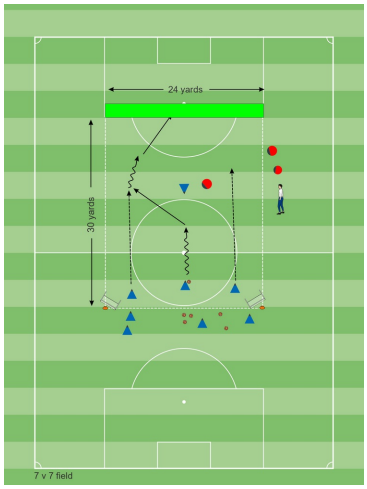
ORGANIZATION: Mark out a 30 x 24 yard field. Place an end zone on the top part of the field. Add 2 small mini goals for opponents to score on if they win the ball and counter attack. Teams play 4 v 2. The defenders tries to win the ball and counterattack. Rotate attackers and defenders after each round. Play for 30 minutes with two breaks.

KEY WORDS: Find an opening , hips open, pass , dribble

GUIDED QUESTIONS: 1) Which player should start out with the ball, and why? 2) What should the middle player do, dribble or pass? 3) What should the wing players do?

ANSWERS: 1) Start out with the ball in the middle. The middle player has two passing options (left and right). The wing players have just one. 2) Dribble straight toward the defender's then pass off to a wing player. 3) Spread out and create passing options by opening up wide to not let the defender mark them too closely

NOTES: Start here at the Core Activity. Spend a total of 30 minutes in Practice Phase. Coaching Actions - Use of the tool -kit 1. When - Natural Stoppage - Coach interacts with the player(s) when the ball and players have become inactive - when the ball is out of bounds 2. When - During active play - Coach interacts with the player(s) to direct attention to specific




**Improve the ability to create chances**

OBJECTIVE: To move the ball forward and create chances

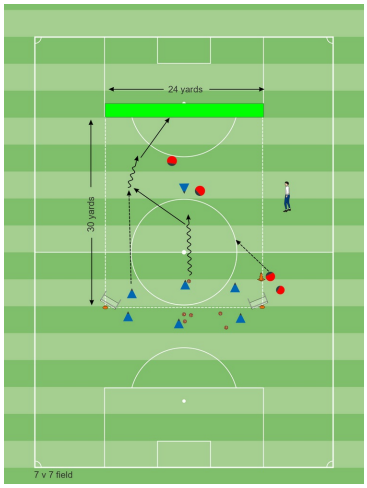
ORGANIZATION: Mark out a 30 x 24 yard field. Place an end zone on the top part of the field. Add 2 small mini goals for opponents to score on if they win the ball and counter attack. Teams play 4 v 1. The defender tries to win the ball and counterattack. Rotate attackers and defenders after each round. Play for 30 minutes with two breaks.

KEY WORDS: Find an opening , hips open, pass , dribble

GUIDED QUESTIONS: 1) Which player should start out with the ball, and why? 2) What should the middle player do, dribble or pass? 3) What should the wing players do?

ANSWERS: 1) Start out with the ball in the middle. The middle player has two passing options (left and right). The wing players have just one. 2) Dribble straight toward the defender's then pass off to a wing player. 3) Spread out and create passing options by opening up wide to not let the defender mark them too closely

NOTES: Less Challenging Activity Coaching Actions - Use of the tool -kit 1. When - Natural Stoppage - Coach interacts with the player(s) when the ball and players have become inactive - when the ball is out of bounds 2. When - During active play - Coach interacts with the player(s) to direct attention to specific cues and/or reinforce desired behavior - We




**Improve the ability to create chances**

OBJECTIVE: To move the ball forward and create chances

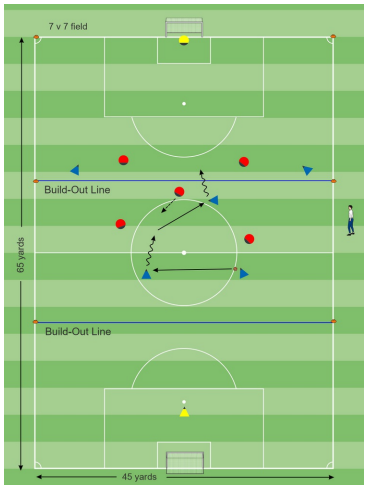
ORGANIZATION: Mark out a 30 x 24 yard field. Place an end zone on the top part of the field. Add 2 small mini goals for opponents to score on if they win the ball and counter attack. Teams play 4 v 2 with a third defender coming back to defend. . The defenders tries to win the ball and counterattack. Rotate attackers and defenders after each round. Play for 30

KEY WORDS: Find an opening , hips open, pass , dribble

GUIDED QUESTIONS: 1) Which player should start out with the ball, and why? 2) What should the middle player do, dribble or pass? 3) What should the wing players do?

ANSWERS: 1) Start out with the ball in the middle. The middle player has two passing options (left and right). The wing players have just one. 2) Dribble straight toward the defender's then pass off to a wing player. 3) Spread out and create passing options by opening up wide to not let the defender mark them too closely

NOTES: More challenging activity Coaching Actions - Use of the tool -kit 1. When - Natural Stoppage - Coach interacts with the player(s) when the ball and players have become inactive - when the ball is out of bounds 2. When - During active play - Coach interacts with the player(s) to direct attention to specific cues and/or reinforce desired behavior - We




**Improve the ability to create chances**

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

ORGANIZATION: Mark out a regular 7 v 7 field to be 65 X 45 yards 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: Pass, dribble, take opponents on, use space, keep hips open

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? 4) How do you create a 2 v 1 situation?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it. 3) Spread out and create passing options by opening up wide to not let the defender mark them too closely. 4) Dribble straight toward the defender, then pass off to a teammate.

NOTES: Play 2 Coaching Actions - Use of the tool -kit 1. . When - During active play - Coach interacts with the player(s) to direct attention to specific cues and/or reinforce desired behavior - We recommend limited interactions during active play. 2.. How - Positive Reinforcement - Verbally communicating to the player(s) or team the player action(s) that

**Five Elements of a Training Activity**

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

**Training Session Self-Reflection Questions**

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?