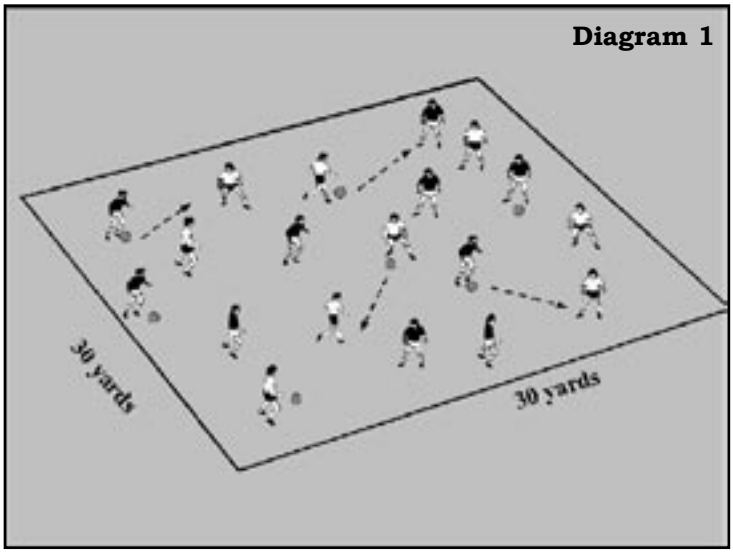
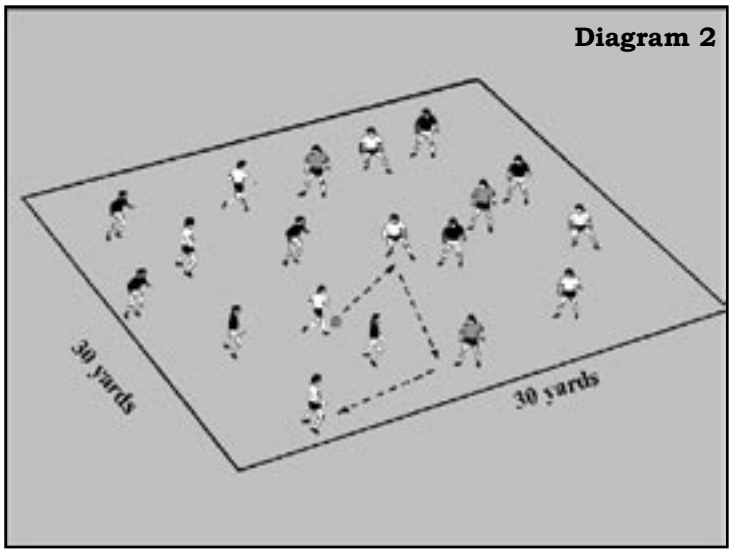
U.S. Men's National Team

Observed by Brian Mason, Training Director for JB Marine Soccer Club, St. Louis, MO. The following U.S. Men's National Team sessions were observed in April, 2001 in St. Louis.
SESSION PROVIDED BY www.worldclasscoaching.com



Warm-Up

The warm-up starts with a 15-minute jog and stretch. Then all 19 players, with seven balls, pass and move inside an area approximately 30 x 30-yards. This continues for 10 - 12 minutes with breaks for stretches.



8 v 8 + 3 Keep-Away

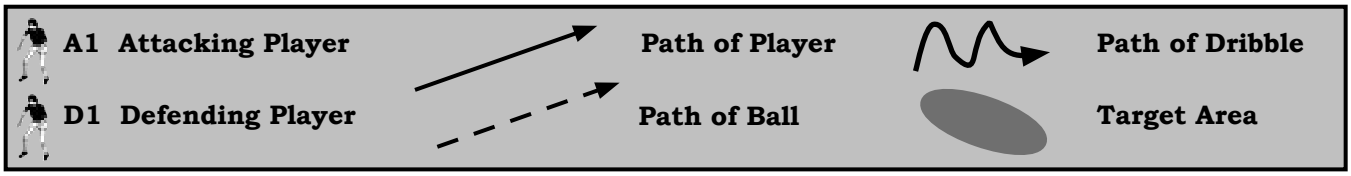
Using the same area, the players then play 8 v 8 keep-away plus three neutral players who play for the team in possession. The following conditions are used for each five-minute game:

- Two-touch, but neutral players only one-touch
- Everyone only one-touch
- One-touch but neutral players have unlimited touches

Practice ends with a 9 v 9 scrimmage on a field with the goals set on each 18-yard line. The conditions are two-touch in your own half and unlimited touches in the attacking half. Offside is in effect. The final 10 minutes of the game is played with unlimited touches in any part of the field.

Observations

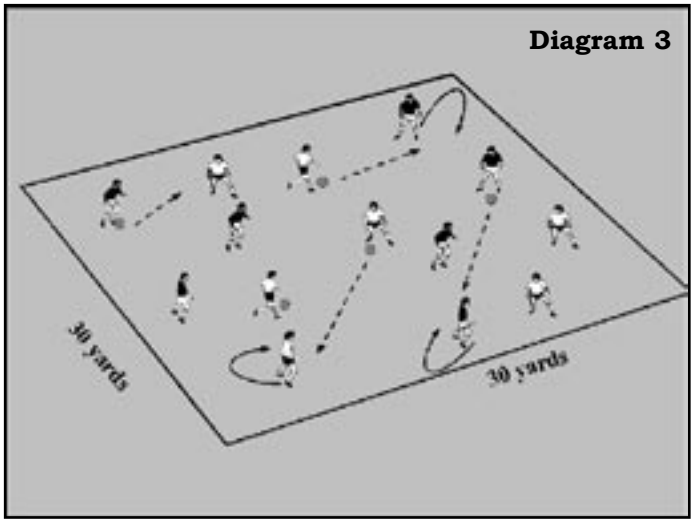
- Bruce Arena was asking his players for more movement and to communicate more
- In the keep-away games, Arena wanted the players to play quicker



© WORLD CLASS COACHING

U.S. Men's National Team

This session was observed on April 20, 2001 in St. Louis, MO.



Warm-Up

Starting with basic jogging and stretching, the players continue with some simple change-of-direction running at about 70% speed through lines of cones.

The warm-up then continues with some passing and receiving in a 30 x 30-yard grid.

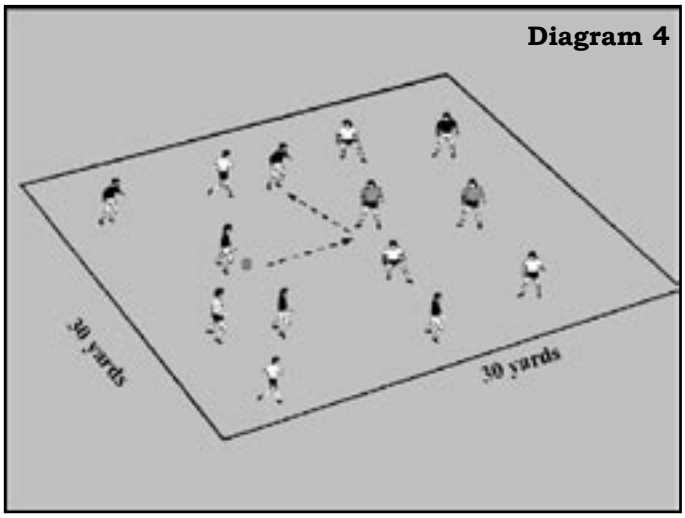
Coaching Point

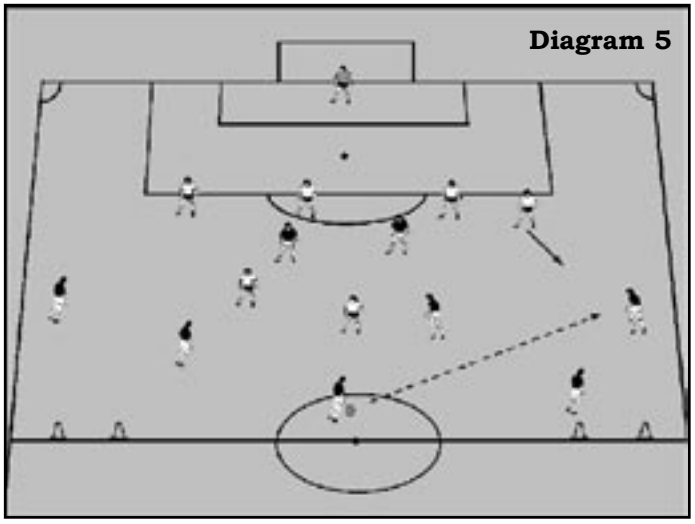
The players are asked to move away from the ball before checking back to receive a pass.

6 v 6 + 2 Keep-Away

Using the same area, the players then play 6 v 6 keep-away plus two neutral players who play for the team in possession. A point is awarded for every 10 consecutive passes. The following conditions are used:

- Two-touch for everyone
- One-touch for everyone
- Play 7 v 7 with no neutral players





Half-Field To Goal

The players are then split into six defenders and eight midfielders and forwards and play 8 v 6 with the eight forwards attacking the big goal and the six defenders attacking two small goals on the half-line.

Progression

A midfielder is moved to the defending team to make a 7 v 7 game.

Practice ends with some individual juggling, finishing, stretching, etc.