### Goal: Improve the team/player in scoring goals from central areas

<table>
<thead>
<tr>
<th>Key Qualities</th>
<th>Make decisions, Take initiative, Focus</th>
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<tr>
<th>Age Group</th>
<th>Team Tactical Principles</th>
<th>Shoot, Pass/Dribble forward, Create passing options. Create a 2v1 or 1v1</th>
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### Play - Small Sided Games

**Objective:**
To play a game as the players arrive with the purpose to move the ball forward to score goals.

**Organization:**
Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play 1v1, 2v1, 2v3, up to 4v4.

**Time:** 4 games of 2 minutes with a 30 second rest for a total of 10 minutes.

**Rules:** Out of bounds - Pass or dribble the ball in.

**Key Words:** Go to goal, Shoot from range, Be available to receive a pass and shoot.

**Guided Questions:**
- Why do you need to ask the players how was their day?
- What should we say to encourage players to shoot?

**Answer:** Because this way we can tell the players’ mood for training. We should tell them that missing is OK and the more they shoot the more the chances to score.

### Practice - Core Activity

**Objective:**
Possess the ball to unbalance and disorganize the opponent in order to create chances and score goals.

**Organization:**
- Make two equal teams with the players in practice, play in a 50Wx75L field with goals.

**Time:** 2 halves of 13 minutes, 2 minutes rest for a total of 30 minutes.

**Rules:** All FIFA Rules Apply.

### Play - Let Them Play

**Objective:**
Possess the ball to unbalance and disorganize the opponent in order to create chances and score goals.

**Organization:**
- Make two equal teams with the players in practice, play in a 50Wx75L field with goals.

**Time:** 2 halves of 13 minutes, 2 minutes rest for a total of 30 minutes.

**Rules:** All FIFA Rules Apply.

**Key Words:** Attack the goal, Shoot when in range, Make space between you and the defender to shoot, Be ready to receive a pass and shoot.

**Guided Questions:**
- What did players do in the game that tells us they understood the training session?

**Answer:** The players were able to shoot the ball from range, create opening to shoot through by dribbling or combining with teammates.