**GOAL**

Improve build up on opponents half to create scoring chances- 2

**Team Tactical Principles**

Spread Out, Support the attack, Change the point of attack

**Key Qualities**

Optimal technique, Be proactive

**Age Group**

14-U

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**PLAY - SMALL SIDED GAMES**

**Play the Game:** The team with the ball works together to score in the opponent's goal.

**Organization:** Make two 25Wx35L fields with a small goal at each end. As players arrive to training have them start playing a game. Play games up to 4v4, i.e. start at 2v1, 2v2, 3v3 to 4v4. Use both fields. Play 3-4, three (3) minute games with 1 minute of active rest consisting of dynamic stretching after each game.

**Rules:** All FIFA laws apply.

**Key Words:** Create 1v1's and 2v1's on the flanks, get wide into open space to receive a pass to go forward, score.

**Guided Questions:** How can you determine a player's attitude?

**Answers:** Check body language and ask about their day. Start to develop friendly positive conversation with them. At the start of practice, during the small sided games.

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**PRACTICE - CORE ACTIVITY**

**Objective:** Using the flanks to get forward quickly to create chances to score goals.

**Less Challenging Activity**

**Organization:** Make 2 fields 25Wx35L with 2 small goals on red endline, one on the blue endline. One field is Blue #’s 3,9,11vs Red #’s 9,10. Other field is Blue #’s 2,7,8 vs Red #’s 6,8.

**Rules:** Play 3v2. The 3 Blues score on the 2 goals, the 2 reds score on the 1 goal. Games are 2 min with 2 min rest.

**Activity Duration:** 24 min

**# of Intervals:** 4

**Time Active:** 4 min

**Active Rest:** 2 min

**More Challenging Activity**

**Organization:** 55Wx60L field with a goal on end. Make 2 teams.

**Rules:** Play 7v6. Blue scores on the goal, Red scores by dribbling across the midfield line.

**Activity Duration:** 24 min

**# of Intervals:** 4

**Time Active:** 4 min

**Active Rest:** 2 min

**Key Words:** Keep the ball, look to switch the point of attack, penetrate the openings on the flanks, scores goals.

**Guided Questions:** What techniques should be repetitive in this activity? When should players look to play through openings on the flanks?

**Answers:** The techniques of passing, receiving, crossing, mobility. Players should look to the flanks when the opponent is compact centrally.

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**PLAY - LET THEM PLAY**

**Organization:** On a 55Wx80L field with a goal on each endline, play an 8v8 game. Blue team plays 1-2-2-3 and the Red team plays 1-3-1-3. (Play 2 x 10 min halves with a 2 min halftime)

**Rules:** All FIFA laws apply.

**Key Words:** Move the opponent by moving the ball, width, find an opening, get forward quickly and score goals.

**Guided Questions:** How can you confirm players have retained anything from your training session? What should you spend most of your time doing during the scrimmage?

**Answers:** Players will attempt the objectives in a real game if they had a positive experience with it at practice. Spend the majority of the time observing the players to see if there is any transference from training to the game.