### PRACTICE (Core Activity): 2v1 to Side Goals (Releasing Game)

**Objective:** Prevent the opponents from scoring

**Organization:** On your 20Wx30L yard grid & a goal on each end line close to the corner. The coach starts with all the soccer balls on in the center of 1 of the sidelines. Divide the group into 2 teams; 1 starts on the coaches right and the other on the left. Each team will have 1 goal to score in and 1 goal to defend. The coach will play a ball onto the field. If the coach plays a ball to the right side of the field, the team on the coach’s right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent’s goal. **Rules:** Play starts when the coach plays a ball onto the field. The game lasts for 1 minute. After 1 minute, all players off the field & a new ball is played for the next players to play.

**Key Words:** block your goal, force the ball away from your goal

**Guided Questions:** Where can you go to block the goal? What should you do if your teammate is blocking the goal and you are far away from the ball?

**Answers:** try to position your body between the ball and the goal. Move closer to the ball so it is even harder for the attacker to pass or shoot.

**Notes:** Coaches can use cones for goals if goals are not available. Add points as needed to increase the competition. For example, all goals are worth 1000 points.

### PRACTICE (Less Challenging): 2v1 to Side Goals (players enter field first)

**Organization:** Same set up as the Core Activity except, after dividing the team into 2 groups, the coach will appoint 2 players from 1 team and 1 from the other to enter the field. Each team will still have 1 goal to score in and 1 to defend. Once the players have entered the field, the coach will play a ball onto the field. **Rules:** Play starts when the coach plays a ball onto the field. The game lasts for 1 minute. After 1 minute, all players off the field & the coach appoints new players to play the next game.

**Key Words:** block your goal, force the ball away from your goal

**Guided Questions:** Where can you go to block the goal? What should you do if your teammate is blocking the goal and you are far away from the ball?

**Answers:** try to position your body between the ball and the goal. Move closer to the ball so it is even harder for the attacker to pass or shoot.

**Notes:** Coaches can use cones for goals if goals are not available. Add points as needed to increase the competition. For example, all goals are worth 1000 points.

### PRACTICE (More Challenging): 2V1 to Goal

**Organization:** In a 20Wx30L yard grid & a goal in the middle of each end line. The coach starts with all the soccer balls on in the center of 1 of the sidelines. Divide the group into 2 teams; 1 starts on the coaches right and the other on the left. Each team will have 1 goal to score in and 1 goal to defend. The coach will play a ball onto the field. If the coach plays a ball to the right side of the field, the team on the coach’s right gets 2 players and the team on the left only gets 1. Both teams try to score in their opponent’s goal. **Rules:** Play starts when the coach plays a ball onto the field. Once a goal is scored or the ball leaves the field, all players off the field & a new ball is played for the next players to play.

**Key Words:** block your goal, force the ball away from your goal

**Guided Questions:** Where can you go to block the goal? What should you do if your teammate is blocking the goal and you are far away from the ball?

**Answers:** try to position your body between the ball and the goal. Move closer to the ball so it is even harder for the attacker to pass or shoot.

**Notes:** by moving the goal into the center, the defender will have to move further onto the field to defend it. Add a player to the team of 1 to make it a 2v2 game if needed.
### 2nd PLAY PHASE: The Game – 4v4 (no Goal Keepers):

<table>
<thead>
<tr>
<th>Objective:</th>
<th>to deny the opponent’s ability to create scoring chances or scoring goals.</th>
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</thead>
<tbody>
<tr>
<td>Organization:</td>
<td>In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 11 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.</td>
</tr>
<tr>
<td>Key Words:</td>
<td>block your goal, force the ball away from your goal</td>
</tr>
<tr>
<td>Guided Questions:</td>
<td>Where can you go to block the goal? What should you do if your teammate is blocking the goal and you are far away from the ball?</td>
</tr>
<tr>
<td>Answers:</td>
<td>try to position your body between the ball and the goal. Move closer to the ball so it is even harder for the attacker to pass or shoot.</td>
</tr>
</tbody>
</table>

### 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 training session?

4. **Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

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?