**Fall 2020**

**GOAL:** Improve Scoring Goals

**PLAYER ACTIONS**
Shoot, Pass or dribble forward

**KEY QUALITIES**
Read and understand the game, Take initiative

**MOMENT**
Attacking

**DURATION**
60 minutes

**PLAYERS**
8-12

**4v4**

**SKILL ACQUISITION:**

- **Shoot:** Surface of the foot and ball, Pace and accuracy — **Passing:** Surface of the foot and ball, Pace and accuracy — **Receiving:** Body, position, surface of the foot and ball, first touch

**CORE ACTIVITY: Boston Bulldogs (partners)**

**OBJECTIVE:** To move the ball forward past the bandits and score

**PLAYER ACTIONS:** Shoot, Pass or dribble forward

**ORGANIZATION:** Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each end line. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3.

**KEY WORDS:** go to goal, score goals

**GUIDED QUESTIONS:** If you have the ball, what are you trying to do? When should you pass instead of shoot?

**ANSWERS:** Go to goal and score. If all the openings in front of you are closed, pass to a teammate to see if they can shoot.

**NOTES:** Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.

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**LESS CHALLENGING: Dogs Gone Wild**

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### FIVE ELEMENTS of TRAINING EXERCISE

<table>
<thead>
<tr>
<th>1. Organized: Is the exercise organized in the right way?</th>
<th>1. How did you achieve your goals of the training session?</th>
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</thead>
<tbody>
<tr>
<td>2. Game like: Is the exercise game like?</td>
<td>2. What did you do well?</td>
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<td>3. Repetitions: Are there repetitions when looking at the overall goal of the session?</td>
<td>3. What could you do better?</td>
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<td>4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</td>
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<td>5. Coaching: Is there the proper coaching based on the age/level of the players?</td>
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</tbody>
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### TRAINING SESSION SELF-REFLECTION QUESTIONS | 1. How did you achieve your goals of the training session? |

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2. What did you do well?
3. What could you do better?