AGE GROUP: 13+

GOAL: Improve Scoring Goals

Fall 2019

PLAYER ACTIONS: Shoot, Pass/dribble forward, Spread out, Create 2v1 or 1v1

KEY QUALITIES: Make Decisions, Be proactive, Optimal technical abilities

11v11

MOMENT Attacking DURATION PLAYERS

60 minutes 18 Players

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – Passing: Surface of the foot and ball, Pace and accuracy – Receiving: Body, position, surface of the foot and ball, first touch – Shooting: Surface of the foot and ball, standing foot and accuracy over power.

1st PLAY PHASE (intentional Free Play): 4v5

OBJECTIVE: To create chances and score goals

PLAYER ACTIONS: Shoot, Pass/dribble forward, Spread out and Create 2v1 or 1v1

ORGANIZATION: Set up two or more 30Wx45L fields with a goal at one end with Goalkeepers and a small goal at the other end. Play 1v2, 2v2 up to 4v5. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

KEY WORDS: Get open, Shoot, Pass, Take opponents.

GUIDED QUESTIONS: 1. How can you get open? 2. What should you do if confronted by a defender? 3. What should you do if you find an opening?

ANSWERS: 1. Spread out by getting away from the defender. 2. Dribble at him, either take him on or pass the ball. 3. We should shoot the ball, pass forward or dribble forward.

Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

PRACTICE (Core Activity): 6v6 to Goal

OBJECTIVE: To create chances and score goals.

PLAYER ACTIONS: Shoot, Pass/dribble forward, Spread out and Create 2v1 or 1v1

ORGANIZATION: Set up a 54Wx40L field with two regular goals as shown in the diagram. Select 5 Blue attackers and 5 Red defenders and their GK’s. Each team scores in the opponent’s goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Get open, Shoot, Pass, Take opponents.

GUIDED QUESTIONS: 1. How can you create space in between defenders? 2. What should you do if confronted by a defender? 3. When should you shoot at goal?

ANSWERS: 1. Spread out and moving away from defenders. 2. Dribble at them, either take them on, shoot or pass the ball. 3. When we find or create an opening to the goal.

Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 6v5 to Goal

OBJECTIVE: To create chances and score goals.

PLAYER ACTIONS: Shoot, Pass/dribble forward, Spread out and Create 2v1 or 1v1

ORGANIZATION: Set up a 54Wx40L field with two regular goals as shown in the diagram. Select 5 Blue attackers and 5 Red defenders and their GK’s. Each team scores in the opponent’s goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Get open, Shoot, Pass, Take opponents.

GUIDED QUESTIONS: 1. How can you create space in between defenders? 2. What should you do if confronted by a defender? 3. When should you shoot at goal?

ANSWERS: 1. Spread out and moving away from defenders. 2. Dribble at them, either take them on, shoot or pass the ball. 3. When we find or create an opening to the goal.

Note – Switch to this activity if the CORE is too difficult for the players.
### FIVE ELEMENTS of TRAINING EXERCISE

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<thead>
<tr>
<th></th>
<th>TRAINING SESSION SELF-REFLECTION QUESTIONS</th>
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<tbody>
<tr>
<td>1. Organized: Is the exercise organized in the right way?</td>
<td>1. Did you achieve your goals of the training session?</td>
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<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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