**AGE GROUP:** 9U-10U  
**GOAL:** Improve Scoring Goals  
**Fall 2019**  
**PLAYER ACTIONS:** Shoot, Pass/dribble forward, Create 2v1 or 1v1  
**KEY QUALITIES:** Make Decisions, Be proactive, Optimal technical abilities

### 7v7

**MOMENT**  
**Attacking**  
**DURATION:** 60  
**PLAYERS** 12

**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): 3v3 to Goal**  
**DURATION:** 20 min  
**INTERVALS:** 3  
**ACTIVITY:** 4.5 min  
**REST:** 2 min

**OBJECTIVE:** To score goals.  
**PLAYER ACTIONS:** Shoot, Pass/dribble forward, Create 2v1 or 1v1  
**ORGANIZATION:** Set up two or more 18Wx25L fields with a goal at each end with Goalkeepers. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.  
**KEY WORDS:** Finish, Pass, Dribble.  
**GUIDED QUESTIONS:** 1. When should you shoot? 2. When should you dribble forward? 3. What should you do if you find an opening?  
**ANSWERS:** 1. When we have an opening to goal. 2. When we have an opening or one opponent in front with no defenders behind. 3. We should pass forward, dribble forward or shoot at goal.  

**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): 5v4 to Goal & counter goals**  
**DURATION:** 20 min  
**INTERVALS:** 3  
**ACTIVITY:** 5 min  
**REST:** 1.5 min

**OBJECTIVE:** To score goals.  
**PLAYER ACTIONS:** Shoot, Pass/dribble forward, Create 2v1 or 1v1  
**ORGANIZATION:** Set up a 40Wx26L field with a regular goal and two counter goals as shown in the diagram. Select 5 Blue attackers, 3 Red defenders and their GK. Blue team scores in the regular goal, Red scores in either of the two counter goals. Play with a build out line. Rotate players every interval. All Laws of the game in effect.  
**KEY WORDS:** Finish, Pass, Dribble.  
**GUIDED QUESTIONS:** 1. When should you shoot? 2. When should you dribble forward? 3. What should you do if you find an opening?  
**ANSWERS:** 1. When we have an opening to goal. 2. When we have an opening or one opponent in front with no defenders behind. 3. We should pass forward, dribble forward or shoot at goal.  

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

**PRACTICE (Less Challenging): 3v2 to small goals**  
**DURATION:** 20 min  
**INTERVALS:** 4  
**ACTIVITY:** 4 min  
**REST:** 1 min

**OBJECTIVE:** To score goals.  
**PLAYER ACTIONS:** Shoot, Pass/dribble forward, Create 2v1 or 1v1  
**ORGANIZATION:** Set up two or more 18Wx25L fields with a goal at each end. Play a 3v3 to score in the opponent's goal. The 3 Blue players attack the Red's team goal with a goalkeeper, Red scores by passing through the Blue's goal. Rotate goalkeepers.  
**KEY WORDS:** Finish, Pass, Dribble.  
**GUIDED QUESTIONS:** 1. When should you shoot? 2. When should you dribble forward? 3. What should you do if you find an opening?  
**ANSWERS:** 1. When we have an opening to goal. 2. When we have an opening or one opponent in front with no defenders behind. 3. We should pass forward, dribble forward or shoot at goal.  

**Note** – Switch to this activity if the CORE is too difficult for the players.
1. Organized: Is the exercise organized in the right way?

2. Game like: Is the exercise game like?

3. Repetitions: Are there repetitions when looking at the overall goal of the session?

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

5. Coaching: Is there the proper coaching based on the age/level of the players?

<table>
<thead>
<tr>
<th>FIVE ELEMENTS of TRAINING EXERCISE</th>
<th>TRAINING SESSION SELF-REFLECTION QUESTIONS</th>
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<tbody>
<tr>
<td>1. Did you achieve your goals of the training session?</td>
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<tr>
<td>2. What did you do well?</td>
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<td>3. What could you do better?</td>
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