

	<b>GOAL:</b>	Improve scoring goals - 1					<b>U9-U10</b> <b>7V7</b>
	<b>PLAYER ACTIONS</b>	Shoot, Pass or Dribble forward, Create a 2v1 or 1v1					
	<b>KEY QUALITIES</b>	Make decisions, Take initiative, Optimal technical abilities					
	<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 minutes</b>	<b>PLAYERS</b>	<b>12</b>	

**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.

<b>1st PLAY PHASE (Intentional Free Play)</b>	<b>DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 min</b>
	<p><b>OBJECTIVE:</b> To score goals.</p> <p><b>PLAYER ACTIONS:</b> Shoot, Pass or dribble forward.</p> <p><b>ORGANIZATION:</b> In a 7v7 field set up two 19Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.</p> <p><b>SKILL ACQUISITION:</b> Receiving, Dribbling, Passing and Shooting.</p> <p><b>KEY WORDS:</b> Finish, Pass, Dribble.</p> <p><b>GUIDED QUESTIONS:</b> 1. What should we do to finish? 2. When should you dribble towards the goal? 3. When is a good time to pass?</p> <p><b>ANSWERS:</b> 1. Shoot when we have an opening to goal – 2. When we have an opening or are in 1v1 - 3. When we can connect with a teammate that can shoot or pass to move the defenders to find or create an opening.</p> <p><b>Note -</b> First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.</p>

<b>CORE ACTIVITY: 4v4 to goal &amp; 2 dribbling gates</b>	<b>DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min</b>
	<p><b>OBJECTIVE:</b> To score goals.</p> <p><b>PLAYER ACTIONS:</b> Shoot, Pass or dribble forward and Create 2v1 and 1v1.</p> <p><b>ORGANIZATION:</b> In a 7v7 field, set up a 24Wx24L playing area with a regular goal and two 5 yard dribbling gates. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 4 Red players: 1 GK, 2 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by dribbling through one of the dribbling gates. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.</p> <p><b>SKILL ACQUISITION:</b> Receiving, Dribbling, Passing and Shooting.</p> <p><b>KEY WORDS:</b> Finish, Pass, Dribble and Combine.</p> <p><b>GUIDED QUESTIONS:</b> 1. When is a good time to finish? 2. If we have two or more defenders in front of us what should we do? 3. How can we create a combination play?</p> <p><b>ANSWERS:</b> 1. When we have an opening to goal - 2. We should pass the ball to move the defenders and to find or create an opening - 3. Create a 2v1 to wall pass around the defender.</p> <p><b>Note:</b> Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.</p>

	<b>DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min</b>
	<p><b>OBJECTIVE:</b> To score goals.</p> <p><b>PLAYER ACTIONS:</b> Shoot, Pass or dribble forward and Create 2v1 and 1v1.</p> <p><b>ORGANIZATION:</b> In the opponent's half set up two 19Wx30L fields with a goal and a 5 yard dribbling gate zone. Play 3v3. The Blue team: 3 attackers against the Red Team: GK and two defenders. Blue team scores in the regular goal. Red scores by dribbling through the dribbling gate. Play with kick-ins or dribble-ins when the ball goes out of bounds.</p> <p><b>SKILL ACQUISITION:</b> Receiving, Dribbling, Passing and Shooting.</p> <p><b>KEY WORDS:</b> Finish, Pass, Dribble and Combine.</p> <p><b>GUIDED QUESTIONS:</b> 1. What should we do to finish on goal? 2. How can we move the defenders to create an opening to goal? 3. When confronted by one defender what should we do?</p> <p><b>ANSWERS:</b> 1. Shoot - 2. Pass the ball - 3. Dribble past the defender.</p> <p><b>Note:</b> Switch to this activity if the Core is too difficult for the players</p>

**MORE CHALLENGING: 4v4 to goal - 2 dribbling gates**



**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**

**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or dribble forward and Create 2v1 and 1v1.

**ORGANIZATION:** In a 7v7 field, set up a 24Wx24L playing area with a regular goal and two 5 yard dribbling gates. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 4 Red players: 1 GK, 3 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by dribbling through one of the dribbling gates. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

**SKILL ACQUISITION:** Receiving, Dribbling, Passing and Shooting.

**KEY WORDS:** Finish, Pass, Dribble and Combine.

**GUIDED QUESTIONS:** 1. When is a good time to finish? 2. If we have two or more defenders in front of us what should we do? 3. How can we create a combination play?

**ANSWERS:** 1. When we have an opening to goal - 2. We should pass the ball to move the defenders and to find or create an opening - 3. Create a 2v1 to wall pass around the defender.

**Note:** Switch to this activity if the Core is too easy for the players.

**DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min**



**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or dribble forward and Create 2v1 and 1v1.

**ORGANIZATION:** In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-1-3-1 formation and the red team will play in 1-3-1-1 formation.

**SKILL ACQUISITION:** Receiving, Dribbling, Passing and Shooting.

**KEY WORDS:** Finish, Pass, Dribble and Combine.

**GUIDED QUESTIONS:** 1. What should we do to finish if we have an opening to goal? 2. If the defenders block the way to goal, how can you create or find an opening? 3. When is a good time to help and combine?

**ANSWERS:** 1. Shoot to finish - 2. Pass the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1.

**Note:** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

**FIVE ELEMENTS of TRAINING EXERCISE**

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?

**TRAINING SESSION SELF-REFLECTION QUESTIONS**

1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?