

	GOAL:	Improve scoring goals - 1							
	PLAYER ACTIONS	Shoot, pass or dribble forward, create 1v1's or 2v1's							
	KEY QUALITIES	Decision making, take the initiative, technical execution							
	AGE GROUP	U9-U10 / 7v7 / 12 Players	MOMENT	Attacking	DURATION	60 min			
1st PLAY PHASE	1v1, 2v1, 2v2...3v3	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	24 min	Activity time:	2 min	Rest time:	1 min	Intervals	8
		2V2 TO GOAL AND TWO COUNTER GOALS: OBJECTIVE: To score goals. ORGANIZATION: Set up two 24Wx24L yard fields with a 6 yard goal at each end line. Play 2 Blue attackers against 1 Red defender and a goalkeeper. The Blue team scores in the goal and the Red team scores in either of the counter goals. Rotate the goalkeeper every interval. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines. KEY WORDS: Pass, dribble past an opponent, shoot. GUIDED QUESTIONS: 1.- When should you dribble forward? 2.- How do you dribble past a defender in 1v1? 3.- When should you shoot? ANSWERS: 1.- When you have space in front or you find an opening between two defenders . 2.- Dribble at the defender, execute a fake and then accelerate past him/her 3.- As soon as you have an opening. NOTES: Start with the Core Activity . If it is too difficult, switch to the Less Challenging Activity . If it is too easy switch to the More Challenging Activity .							
PRACTICE (Less Challenging):		Duration:	24 min	Activity time:	30 sec	Rest time:	30 sec	Intervals	24
		1V1 TO GOAL: OBJECTIVE: To score goals. ORGANIZATION: Set up three 14Wx20L yard fields with two 6 yard goals at each end line . Play 1v1 for no more 30 seconds, then change the players. The players waiting outside stand behind the goals to prevent the ball from rolling away. KEY WORDS: Pass, dribble past an opponent, shoot. GUIDED QUESTIONS: 1.- When should you dribble forward? 2.- How do you dribble past a defender in 1v1? 3.- When should you shoot? ANSWERS: 1.- When you have space in front or you find an opening between two defenders . 2.- Dribble at the defender, execute a fake and then accelerate past him/her 3.- As soon as you have an opening. NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .							
PRACTICE (More Challenging):		Duration:	24 min	Activity time:	2 min	Rest time:	2 min	Intervals	6
		3V3 TO GOAL AND TWO COUNTER GOALS: OBJECTIVE: To pass or dribble forward in order to score goals. ORGANIZATION: Set up two 24Wx24L yard fields with a regular goal and two counter goals. Select 6 attackers for the Blue team and 6 players to be the Red defenders and goalkeepers. The Blue team scores in the regular goals and the Red team in either of the two counter goals. KEY WORDS: Pass, dribble past an opponent, shoot. GUIDED QUESTIONS: 1.- When should you dribble forward? 2.- How do you dribble past a defender in 1v1? 3.- When should you shoot? ANSWERS: 1.- When you have space in front or you find an opening between two defenders . 2.- Dribble at the defender, execute a fake and then accelerate past him/her 3.- As soon as you have an opening. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .							
2nd PLAY PHASE	6v6 (1-2-3 v 1-2-3)	Duration:	26 min	Activity time:	11 min	Rest time:	2 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?					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?				