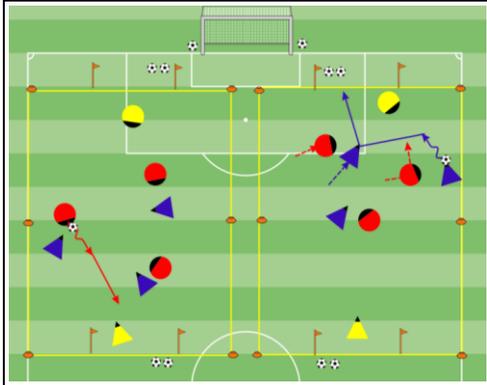


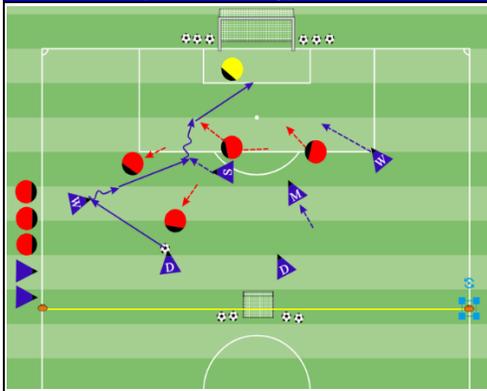
 	<b>GOAL:</b>	Improve Scoring Goals - 1				<b>AGE GROUP</b>
	<b>PLAYER ACTIONS</b>	Shoot, Pass/dribble forward, Create 2v1 or 1v1				<b>11U-12U</b>
	<b>KEY QUALITIES</b>	Make Decisions, Be proactive, Optimal technical abilities				
	<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>

**1<sup>st</sup> PLAY PHASE (Intentional Free Play): 4v4 to Small Goals**      **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min**



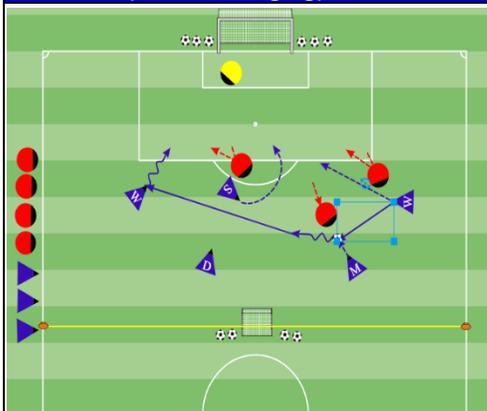
**OBJECTIVE:** To create chances and score goals.  
**ORGANIZATION:** Set up two or more 23Wx35L fields with a goal at each end with Goalkeepers. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.  
**KEY WORDS:** Get 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. Move to open space or away from defenders. 2. Dribble at him, either take him on or pass the ball. 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): 6v5 to Goal and One Counter Goal**      **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



**OBJECTIVE:** To create chances and score goals.  
**ORGANIZATION:** Set up a 40Wx32L field with a regular goal and one counter goal as shown in the diagram. Select 6 Blue attackers and 4 Red defenders and their GK. Blue team scores in the regular goal, Red team scores in the counter 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 get open? 2. What should you do if confronted by a defender? 3. What should you do if you find an opening?  
**ANSWERS:** 1. Move to open space or away from defenders. 2. Dribble at them, either take them on or pass the ball. 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): 5v4 to Goals and One Counter**      **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**

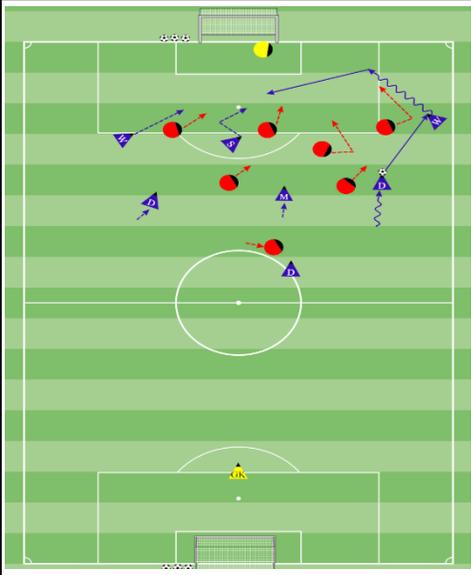


**OBJECTIVE:** To create chances and score goals.  
**ORGANIZATION:** Set up a 40Wx32L field with a regular goal and one counter goal as shown in the diagram. Select 5 Blue attackers and 3 Red defenders and their GK. Blue team scores in the regular goal, Red team scores in the counter goal. Rotate players every interval. All Laws of the game in effect.  
**KEY WORDS:** Get open, Shoot, Pass, Take opponents.  
**GUIDED QUESTIONS:** 1. How can you get open? 2. What should you do if confronted by a defender? 3. What should you do if you find an opening?  
**ANSWERS:** 1. Move to open space or away from defenders. 2. Dribble at them, either take them on or pass the ball. 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.

**PRACTICE (More Challenging): 6v6 to Goal and One Counter**      **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



**OBJECTIVE:** To create chances and score goals.  
**ORGANIZATION:** Set up a 40Wx32L field with a regular goal and one counter goal as shown in the diagram. Select 6 Blue attackers and 4 Red defenders and their GK. Blue team scores in the regular goal, Red team scores in the counter goal. Rotate players every interval. All Laws of the game in effect.  
**KEY WORDS:** Get open, Shoot, Pass, Take on 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. Move to open space or away from defenders. 2. Dribble at them, either take them on or pass the ball. 3. We should pass forward, dribble forward or shoot at goal.  
**Note -** Switch to this activity if the CORE is not challenging enough.



**OBJECTIVE:** To create chances and score goals.

**ORGANIZATION:** In a 50Wx80L field play 8v8. The Blue team will play in 1-3-3-1 formation and the Red team will play in 1-3-3-1 formation.

**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. Move to open space or away from defenders. 2. Dribble at them, either take them on or pass the ball. 3. We should pass forward, dribble forward or shoot at goal.

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

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

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

5. **Coaching:** Is there effective coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

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?