

	GOAL:	Improve scoring goals - 1							
	PLAYER ACTIONS	Shoot, pass or dribble forward, create 1v1's or 2v1's							
	KEY QUALITIES	Reading the game, be proactive, technical execution							
	AGE GROUP	U11-U12 / 8v8 / 16 Players	MOMENT	Attacking	DURATION	60 min			
1st PLAY PHASE	1v1, 2v1, 2v2...4v4	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:	25 min	Activity time:	4 min	Rest time:	1 min	Intervals	5
		4V4 TO GOAL AND A COUNTER GOAL: OBJECTIVE: To create openings and score goals from central areas. ORGANIZATION: Set up a 36Wx28L yard field with a regular goal and an 8 yard counter goal . The 4 Blue attackers score in the regular goal and the 3 Red defenders score by dribbling the ball through the cone goal. Play begins when the Blue attacker with the ball moves it forward and the recovering defenders runs in. Continue until a goal is scored, then a new group of players will start a new game. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines. KEY WORDS: Shoot, pass and dribble to take opponents on. GUIDED QUESTIONS: 1.- What will you do if you see an opening? 2.- How can you create an opening for a chance to score? 3.- When should you shoot? ANSWERS: 1.- Shoot to goal, dribble to shoot at goal or pass. 2.- Dribbling past a defender or passing to a team mate 3.- Every time we have an opening to the goal. 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:	25 min	Activity time:	4min	Rest time:	1 min	Intervals	5
		4V3 TO GOAL AND A COUNTER GOAL: OBJECTIVE: To create opening and sore goals from central areas. ORGANIZATION: Set up a 36Wx28L yard field with a regular goal and an eight yard counter goal . The 4 Blue attackers score in the regular goal and the 2 Red defenders score by dribbling the ball through the cone goal. Play begins when the Blue attacker with the ball moves it forward and the recovering defenders run in. Continue until a goal is scored, then a new group of players will start a new game. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines. KEY WORDS: Shoot, pass and dribble to take opponents on. GUIDED QUESTIONS: 1.- What will you do if you see an opening? 2.- How can you create an opening for a chance to score? 3.- When should you shoot? ANSWERS: 1.- Shoot to goal, dribble to shoot at goal or pass. 2.- Dribbling past a defender or passing to a teammate 3.- Every time we have an opening to the goal. 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
		5V5 TO GOAL: OBJECTIVE: To create openings and score goals from central areas. ORGANIZATION: Set up a 36Wx28L yard field with a regular goal on each end . Play to score in the opponent's goal. After a goal is scored the Blue team starts with the ball. Play to 3 goals or 2 minutes then rotate Blue and Red players. 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.- What will you do if you see an opening? 2.- How can you create an opening for a chance to score? 3.- When should you shoot? ANSWERS: 1.- Shoot to goal, dribble to shoot at goal or pass. 2.- Dribbling past a defender or passing to a teammate 3.- Every time we have an opening to the goal. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .							
2nd PLAY PHASE	8v8(1-2-2-3v1-3-2-2)	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				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				