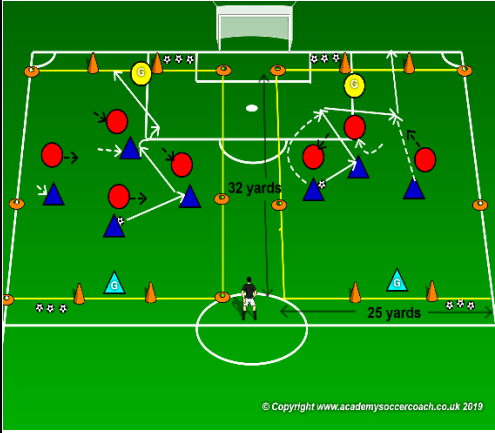
	GOAL:	Improve scoring goals - 2				AGE GROUP
	PLAYER ACTIONS	Shoot, Pass or Dribble forward, Create a 2v1 or 1v1				13+
	KEY QUALITIES	Read the game, Be proactive, Optimal technical abilities				
	MOMENT	Attacking	DURATION	60 min	PLAYERS	18

1st PLAY PHASE (Intentional Free Play): 5v5/4v4 Games **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min



OBJECTIVE: To create scoring opportunities to score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of an 11v11 field set up two 25Wx32L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

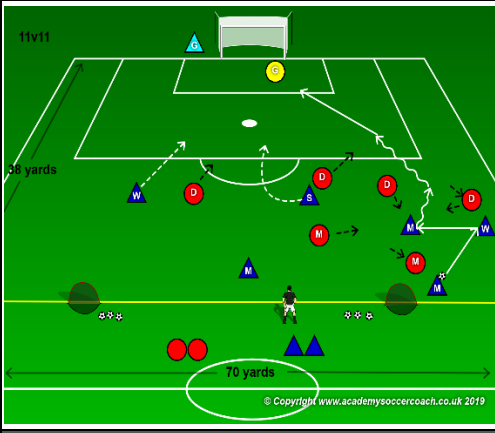
KEY WORDS: Shoot, Pass, Dribble, and Combine.

GUIDED QUESTIONS: 1. When should we shoot? 2. How do we create or find an opening? 3. What should we do when we are 1v1 near or inside the 18-yard box? 4. How can you create a combination opportunity?

ANSWERS: 1. When we are in range or we have an opening to goal - 2. Pass the ball or dribble it to move the defenders and create or find an opening- 3. Dribble past the defender and take a shot - 4. By creating a 2v1.

Note: First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

PRACTICE (Core Activity):6v7 to Goal & Two Small Goals **DURATION:** 20 min --- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 min -- **REST:** 1 min



OBJECTIVE: To create scoring opportunities to score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create a 2v1 or 1v1 and Change the pace and rhythm.

ORGANIZATION: In the attacking half of an 11v11 field, set up a 70Wx38L field with a regular goal and two small counter goals. The 6 Blue attackers score in the regular goal, Red team scores by passing into either small goal. Rotate players and GK's every round.

KEY WORDS: Shoot, Pass, Dribble, and Combine.

GUIDED QUESTIONS: 1. If you have an opening to goal, what should you do? 2. How can we create an opening if we have defenders in front? 3. When is a good time to combine near the 18-yard box?

ANSWERS: 1. Shoot the ball at goal - 2. Passing the ball to a teammate or dribbling it around defenders - 3. When we create a 2v1.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

PRACTICE (Less Challenging):6v7 to Goal & one Small Goal **DURATION:** 20 min --- **INTERVALS:** 4 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To create scoring opportunities to score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of an 11v11 field, set up a 70Wx38L field with a regular goal and one small goal. The 6 Blue attackers score in the regular goal, Red team scores by passing the ball into the small goal. Rotate players and GK's every round.

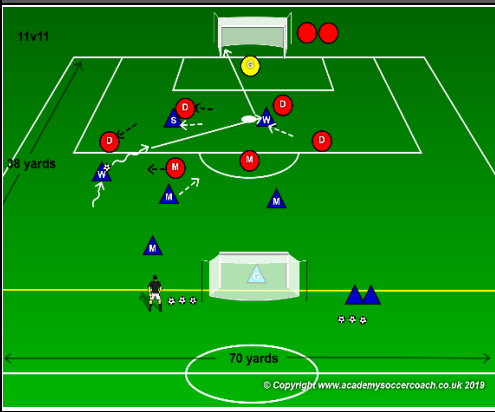
KEY WORDS: Shoot, Pass, Dribble, and Combine.

GUIDED QUESTIONS: 1. If you have an opening to goal, what should you do? 2. How can we create an opening if we have defenders in front? 3. When is a good time to combine near the 18-yard box?

ANSWERS: 1. Shoot the ball at goal - 2. Passing the ball to a teammate or dribbling it around defenders - 3. When we create a 2v1.

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

PRACTICE (More Challenging): 6v7 to Regular Goals **DURATION:** 20 min --- **INTERVALS:** 5.5 -- **ACTIVITY:** 4 min -- **REST:** 1 min



OBJECTIVE: To create scoring opportunities to score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of an 11v11 field, set up a 70Wx38L field with two regular goals. The 6 Blue attackers score in the Red's regular goal, Red team scores in the Blue's regular goal. Rotate players and GK's every round.

KEY WORDS: Shoot, Pass, Dribble, and Combine.

GUIDED QUESTIONS: 1. If you have an opening to goal, what should you do? 2. How can we create an opening if we have defenders in front? 3. When is a good time to combine near the 18-yard box?

ANSWERS: 1. Shoot the ball at goal - 2. Passing the ball to a teammate or dribbling it around defenders - 3. When we create a 2v1.

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



OBJECTIVE: To create scoring opportunities to score goals.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support and Create a 2v1 or 1v1.

ORGANIZATION: In an 11v11 field (70wx120L) play 9v9. The Blue team will play in 1-2-3-3 formation and the Red team will play in 1-4-3-1 formation.

KEY WORDS: Shoot, Pass, Dribble, and Combine.

GUIDED QUESTIONS: 1. When should we shoot at goal? 2. What can we do if we are in a 1v1 situation? 3. Why do we want to create a 2v1? 4. If we have several defenders in front, where should we pass the ball?

ANSWERS: 1. When we are in range and find or create an opening - 2. We dribble past the defender and shoot to goal - 3. To combine around defenders, get through the defensive lines and shoot at goal - 4. We should pass the ball backwards or side ways to move the defenders and create an opening.

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?