**Objectives:**
- Improve scoring opportunities to score goals.
- Read the game, be proactive, optimal technical abilities.

**Drills:**

1. **Practice (Core Activity): 6v7 to Goal & Two Small Goals**
   - **Objective:** 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 25x32L 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 or 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 we 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.

2. **Practice (Less Challenging): 6v7 to Goal & One Small Goal**
   - **Objective:** 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 70x38L field with one regular goal and one 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.

3. **Practice (More Challenging): 6v7 to Regular Goals**
   - **Objective:** 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 70x38L field with two regular goals. 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 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?