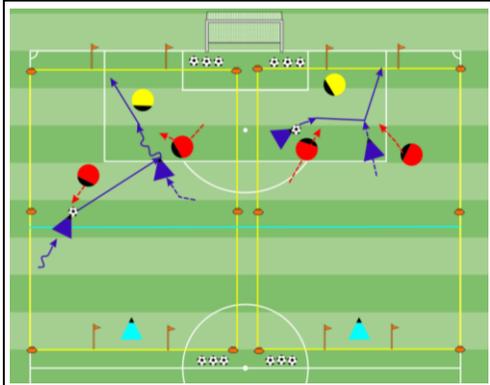


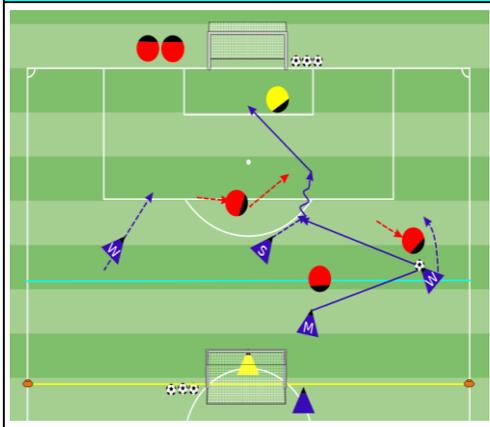
 	GOAL:	Improve Scoring Goals - 2				AGE GROUP
	PLAYER ACTIONS	Shoot, Pass/dribble forward, Create 2v1 or 1v1				9U-10U
	KEY QUALITIES	Understand the game, Take initiative, Optimal technical abilities				
	MOMENT	Attacking	DURATION	60 min	PLAYERS	12

1st PLAY PHASE (Intentional Free Play): 3v3 to Small Goals **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 4.5 min --- REST: 2 min**



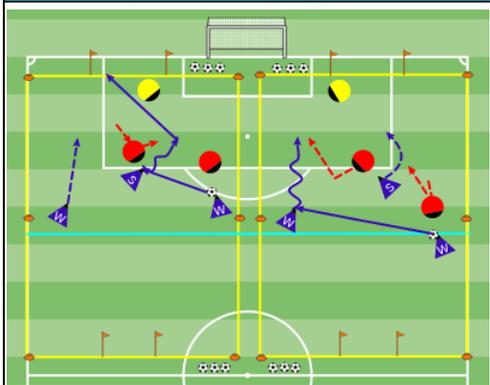
OBJECTIVE: To score goals.
ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.
KEY WORDS: Finish, Pass, Dribble.
GUIDED QUESTIONS: 1. What should you do if you have the ball with an opening to goal? 2. Why should we pass forward? 3. How should we dribble the opponent near the box to set up a shot?
ANSWERS: 1. Shoot the ball at the goal. 2. To get the ball through and behind defenders to create a chance to shoot 3. Dribble at him/her, execute a fake, accelerate past him/her and shoot.
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): 5v4 to Goal and One Target Player **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



OBJECTIVE: To score goals.
ORGANIZATION: Set up a 40Wx26L field with two regular goals as shown in the diagram. Select 4 Blue attackers plus a GK and 3 Red defenders and their GK. Both teams score in the opponent's goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.
KEY WORDS: Finish, Combine, Take him/her on.
GUIDED QUESTIONS: 1. What should you do if you have the ball with an opening to goal? 2. Why should we combine forward? 3. How should we dribble the opponent near the box to set up a shot?
ANSWERS: 1. Shoot the ball at the goal. 2. To get the ball through, around and behind defenders to create a chance to shoot 3. Dribble at him/her, execute a fake, accelerate past him/her and shoot.
Note - Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 3v2 to Goals **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**

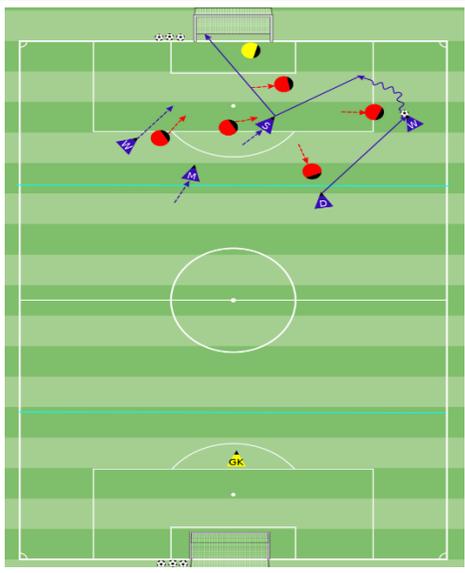


OBJECTIVE: To score goals.
ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play a 3v3 to score in the opponent's goal. The 3 Blue players attack the goal with a goalkeeper, Red scores by passing through the Blue's goal. Rotate goalkeepers.
KEY WORDS: Finish, Pass, Dribble.
GUIDED QUESTIONS: 1. What should you do if you have the ball with an opening to goal? 2. Why should we pass forward? 3. How should we dribble the opponent near the box to set up a shot?
ANSWERS: 1. Shoot the ball at the goal. 2. To get the ball through and behind defenders to create a chance to shoot. 3. Dribble at him/her, execute a fake, accelerate past him/her and shoot.
Note - Switch to this activity if the CORE is too difficult for the players.

PRACTICE (More Challenging): 6v5 to Goal & Target Player **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



OBJECTIVE: To score goals.
ORGANIZATION: Set up a 40Wx26L field with two regular goals as shown in the diagram. Select 5 Blue attackers plus a GK and 4 Red defenders and a GK. Both teams score in the opponent's goal. Play with a build out line. Rotate players every interval. All Laws of the game in effect.
KEY WORDS: Finish, Combine, Take him/her on.
GUIDED QUESTIONS: 1. What should you do if you have the ball with an opening to goal? 2. Why should we combine forward? 3. How should we dribble the opponent near the box to set up a shot?
ANSWERS: 1. Shoot the ball at the goal. 2. To get the ball through, around and behind defenders to create a chance to shoot 3. Dribble at him/her, execute a fake, accelerate past him/her and shoot.
Note - Switch to this activity if the CORE is not challenging enough.



OBJECTIVE: To score goals.

ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-1-3-1 formation and the Red team will play in 1-3-2 formation.

KEY WORDS: Finish, Combine, Take him/her on.

GUIDED QUESTIONS: 1. What should you do if you have the ball with an opening to goal? 2. Why should we combine forward? 3. How should we dribble the opponent near the box to set up a shot?

ANSWERS: 1. Shoot the ball at the goal. 2. To get the ball through, around and behind defenders to create a chance to shoot. 3. Dribble at him/her, execute a fake, accelerate past him/her and shoot.

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?

