Fall 2020

GOAL: Improve Scoring Goals - 2

PLAYER ACTIONS
Shoot, Pass or Dribble forward, Create passing option, Create a 2v1 or 1v1

KEY QUALITIES
Read the game, Be proactive, Optimal technical abilities

MOMENT
Attacking

DURATION
60 minutes

PLAYERS
12

U9-U10
7v7

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – Passing: Surface of the foot and ball, Pace and accuracy – Receiving: Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)

OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward.

ORGANIZATION: In a 7v7 field set up two 19Wx25L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.

KEY WORDS: Strike at goal, Pass, and Dribble.

GUIDED QUESTIONS: 1. When should we strike at goal? 2. What should we do if we have the ball and one defender in front? 3. How can we find or create an opening?

ANSWERS: 1. As soon as you have an opening to goal - 2. Dribble around the defender and shoot - 3. Pass the ball to move the defenders.

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.

CORE ACTIVITY: 4v5 to goal & 2 small goals

OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward.

ORGANIZATION: In a 7v7 field, set up a 24Wx22L playing area with a regular goal and 2 counter goals. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 5 Red players: 1 GK, 3 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores in any of the two counter goals. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.

KEY WORDS: Strike at goal, Pass, and Dribble.

GUIDED QUESTIONS: 1. Where should we strike the ball to score a goal? 2. When is a good time to pass to a teammate? 3. What do we need to do to create a wall pass combination?

ANSWERS: 1. Low and to the corners away from the keeper - 2. When we have an opening and he/she is in a scoring position - 3. We need to create a passing option in a 2v1.

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

LESS CHALLENGING: 3v3 to goal- small goal

OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward.

ORGANIZATION: In the opponent’s half set up two 19Wx25L fields with a goal and a small goal. Play 3v3. The Blue team: 3 attackers against the Red Team: GK and two defenders. Blue team scores in the regular goal. Red scores in the small goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.

KEY WORDS: Strike at goal, Pass, and Dribble.

GUIDED QUESTIONS: 1. When should we strike at goal? 2. What should we do if we have the ball and one defender in front? 3. How can we find or create an opening?

ANSWERS: 1. As soon as you have an opening to goal - 2. Dribble around the defender and shoot - 3. Pass the ball to move the defenders.

Note: Switch to this activity if the Core is too difficult for the players.
**FIVE ELEMENTS of TRAINING EXERCISE**

1. Organized: Is the exercise organized in the right way?
2. Game like: Is the exercise game like?
3. Repetitions: Are there repetitions when looking at the overall goal of the session?
4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. Coaching: Is there the proper coaching based on the age/level of the players?

**TRAINING SESSION SELF-REFLECTION QUESTIONS**

1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?