

Fall 2020



**GOAL:**

Improve Scoring Goals - 2

**PLAYER ACTIONS**

Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1

**KEY QUALITIES**

Improve Scoring Goals - 2

**MOMENT**

**ATTACKING**

**DURATION**

**60 minutes**

**PLAYERS**

**18**

13+  
11V11

**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

**1<sup>st</sup> PLAY PHASE (Intentional Free Play)**

**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**



**OBJECTIVE:** To score goals.

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

**ORGANIZATION:** In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. Play for 20 minutes with two 1.5 minute breaks. 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, Dribble and Opening.

**GUIDED QUESTIONS:** 1. When should we strike at goal? 2. When should we dribble the ball forward? 3. How can we find or create an opening?

**ANSWERS:** 1. Shoot as soon as you have an opening to goal - 2. Dribble through an opening and shoot or dribble around a defender and shoot if you are in a 1v1 - 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: 6v6 to regular goals**

**DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min**



**OBJECTIVE:** To score goals.

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

**ORGANIZATION:** In a 11v11 field, set up a 70Wx40L playing area with two regular goals. The 6 Blue players: 1 GK, 2 midfielders 2 wingers and 1 striker against 6 Red players: 1 GK, 4 defenders and 1 midfielder. Both teams score in the opponent's goal. All Laws of the game in effect. If one team scores, the other 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, Dribble and Opening.

**GUIDED QUESTIONS:** 1. Where should we strike 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: 5v4 to goal**

**DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min**



**OBJECTIVE:** To score goals.

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

**ORGANIZATION:** In a 11v11 field, set up two 33Wx40L fields with a goal at each end. The 5 Blue players: 1 GK and 4 players against the 4 Red team: 1GK and 3 players. Both team's will try to score in the opponent's goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

**SKILL ACQUISITION:** Shooting, Receiving, Passing and Dribbling.

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

**GUIDED QUESTIONS:** 1. When should we strike at goal? 2. When should we dribble the ball forward? 3. How can we find or create an opening?

**ANSWERS:** 1. Shoot as soon as you have an opening to goal - 2. Dribble through an opening and shoot or dribble around a defender and shoot if you are in a 1v1 - 3. Pass the ball to move the defenders.

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

**MORE CHALLENGING: 6v8 to regular goals**



**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**

**OBJECTIVE:** To score goals.

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

**ORGANIZATION:** In a 11v11 field, set up a 70Wx40L playing area with two regular goals. The 6 Blue players: 1 GK, 2 midfielders 2 wingers and 1 striker against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Both teams score in the opponent's goal. All Laws of the game in effect. If one team scores, the other 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, Dribble and Opening.

**GUIDED QUESTIONS:** 1. Where should we strike 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 this activity if the Core is too easy for the players.

**2<sup>nd</sup> PLAY PHASE: The Game – 9v9**



**DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min**

**OBJECTIVE:** To score goals.

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

**ORGANIZATION:** In a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-2-3-3 formation and the Red teams will play 1-4-3-1 formation.

**SKILL ACQUISITION:** Shooting, Receiving, Passing and Dribbling.

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

**GUIDED QUESTIONS:** 1. When should you strike to score? 2. When should you dribble forward? 3. What should you do if you find an opening?

**ANSWERS:** 1. When we have an opening to goal. 2. When we have an opening or one opponent in front with no defenders behind 3. Pass forward, dribble forward or shoot at goal.

**Note:** All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

**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?