<table>
<thead>
<tr>
<th>GOAL</th>
<th>Improve the team/player in scoring goals from central areas</th>
<th>Key Qualities</th>
<th>Read the game, Take initiative, Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age Group</strong></td>
<td><strong>Team Tactical Principles</strong></td>
<td><strong>Shoot, Pass/Dribble forward, Create passing options. Create a 2v1 or 1v1</strong></td>
<td></td>
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</tbody>
</table>

### Play - Let Them Play

**Objective:**
Possess the ball to unbalance and disorganize the opponent in order to create chances and score goals.  
**Organization:**
- Make two equal teams with the players in practice, play in a 40Wx60L field with goals.  
**Time:** 2 halves of 13 minutes, 2 minutes rest for a total of 30 minutes.  
**Rules:** All FIFA Rules Apply.

**Key Words:** Attack the goal, Shoot when in range, Make space between you and the defender, Be ready to receive a pass and shoot.  
**Guided Question:**  
- How can you tell if the players understood the coaching instructions from the main activity?  
**Answer:** Because the players were possessing the ball, creating 2v1’s or 1v1’s and shooting when they were in range and not under pressure.

### Play - Small Sided Games

<table>
<thead>
<tr>
<th><strong>Activity Duration</strong></th>
<th><strong># of Intervals</strong></th>
<th><strong>Time Active</strong></th>
<th><strong>Active Rest</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Less Challenging Activity</strong></td>
<td>21 min</td>
<td>3 min</td>
<td>30 sec</td>
</tr>
</tbody>
</table>

**Organization:**
- Play 3v3 or 2v2 in a 20Wx30L with a target player on each end line.  
**Scoring:** Dribbling by an opponent and score is 10 points. A goal from an assist is 10 points.  
**Rules:** Pass or dribble in.

**Key Words:** Attack the goal, Shoot from range, Be available to receive a pass and shoot.  
**Guided Questions:**  
- How are you greeting the players when they arrive?  
- How are the players getting the ball forward?  
**Answer:** By name with a high five or a fist bump. Passing the ball to a teammate, combining or dribbling forward.

### Practice - Core Activity

<table>
<thead>
<tr>
<th><strong>Activity Duration</strong></th>
<th><strong>Time Active</strong></th>
<th><strong>Active Rest</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>More Challenging Activity</strong></td>
<td>21 min</td>
<td>3 min</td>
</tr>
</tbody>
</table>

**Organization:**
- Play 6v6.  
- 40Wx30L Half field with two regular goals.  
- Sub players as in the core activity.  
**Rules:** All FIFA Laws apply.

**Key Words:** Attack the goal, Shoot when in range, Make space between you and the defender, Be ready to receive a pass and shoot.  
**Guided Questions:**  
- What do the striker do if confronted by one defender?  
- If confronted by the goalkeeper how do we score?  
**Answers:**  
In the 1v1 we beat the defender with a burst of speed creating an opening to shoot low.  
When confronted by the GK, score using a poke or the inside of the foot, pass the ball to the goal.