



<b>GOAL:</b>	Improve scoring goals - 1				<b>AGE GROUP</b>
<b>PLAYER ACTIONS</b>	Shoot, Pass or Dribble forward, Create a 2v1 or 1v1				<b>9U-10U</b>
<b>KEY QUALITIES</b>	Make decisions, Take initiative, Optimal technical abilities				
<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>12</b>
					<b>7v7</b>

**1st PLAY PHASE (Intentional Free Play): 3v3 to Goal** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To create scoring chances to score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward.

**ORGANIZATION:** In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

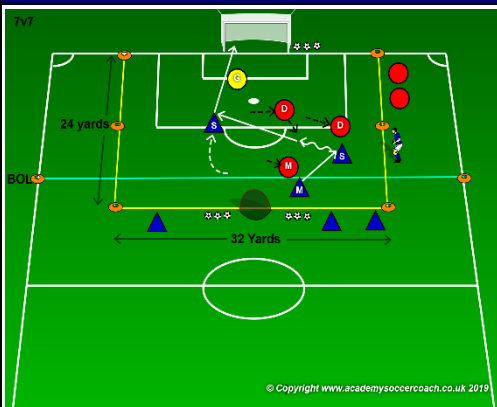
**KEY WORDS:** Shoot, Pass, Dribble, and Help.

**GUIDED QUESTIONS:** 1. What should we do if we have an opening to goal? 2. How can we move the defenders to create an opening to goal? 3. When confronted by one defender what should we do?

**ANSWERS:** 1. Shoot - 2. Pass the ball - 3. Dribble past the defender.

**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.

**PRACTICE (Core Activity): 3v4 to Goal & a Small Goal** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To create scoring chances to score goals.

**PLAYER ACTIONS:** Shoot, Pass or dribble forward, Create a 2v1 or 1v1.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 32Wx24L field with a regular goal and one small goal as shown. The 3 Blue attackers score in the regular goal, Red team scores in the small goal. Play with the build out line. Rotate players every round.

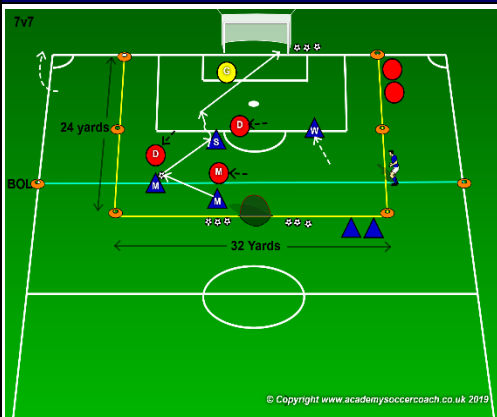
**KEY WORDS:** Shoot, Pass, Dribble, and Help.

**GUIDED QUESTIONS:** 1. What should we do if we have an opening to goal? 2. If the defenders block the way to goal, how can you create or find an opening? 3. When is a good time to help and combine?

**ANSWERS:** 1. Shoot - 2. Passing the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1.

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

**PRACTICE (Less Challenging): 4v4 to Goal & Small Goal** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To create scoring chances to score goals.

**PLAYER ACTIONS:** Pass or dribble forward, Support the attack, and Create a 2v1 or 1v1.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 32Wx24L field with a regular goal and one small goal as shown. The 4 Blue attackers score in the regular goal, Red team scores in the small goal. Play with the build out line. Rotate players every round.

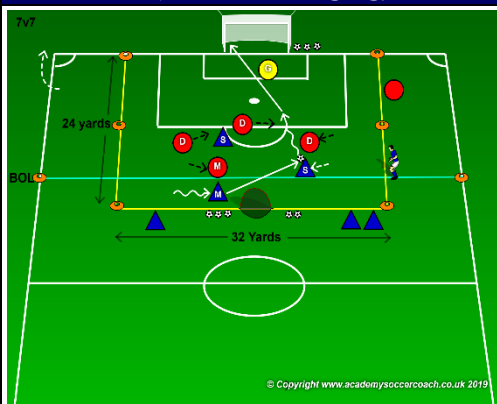
**KEY WORDS:** Shoot, Pass, Dribble, and Help.

**GUIDED QUESTIONS:** 1. What should we do if we have an opening to goal? 2. How can we move the defenders to create an opening to goal? 3. When confronted by one defender what should we do? 4. How can we help the player with the ball?

**ANSWERS:** 1. Shoot - 2. Pass the ball - 3. Dribble past the defender - 4. Become a passing option,

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

**PRACTICE (More Challenging): 3v5 to Goal & Small Goal** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To create scoring chances to score goals.

**PLAYER ACTIONS:** Pass or dribble forward, Spread out, and Create a 2v1 or 1v1.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 32Wx24L field with a regular goal and one small goal as shown. The 3 Blue attackers score in the regular goal, Red team scores in the small goal. Play with the build out line. Rotate players every round.

**KEY WORDS:** Shoot, Pass, Dribble, and Help.

**GUIDED QUESTIONS:** 1. What should we do if we have an opening to goal? 2. If the defenders block the way to goal, how can you create or find an opening? 3. When is a good time to help and combine?

**ANSWERS:** 1. Shoot - 2. Pass the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1.

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



**OBJECTIVE:** To create scoring chances to score goals.

**PLAYER ACTIONS:** Pass or dribble forward, Spread out and Support the attack.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-2-1-2 formation and the Red team will play in a 1-3-1-1 formation.

**KEY WORDS:** Shoot, Pass, Dribble, and Help.

**GUIDED QUESTIONS:** 1. What should we do if we have an opening to goal? 2. If your way to the goal is blocked by defenders, how can you create or find an opening? 3. When is a good time to help and combine?

**ANSWERS:** 1. Shoot - 2. Pass the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1.

**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 the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there 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?