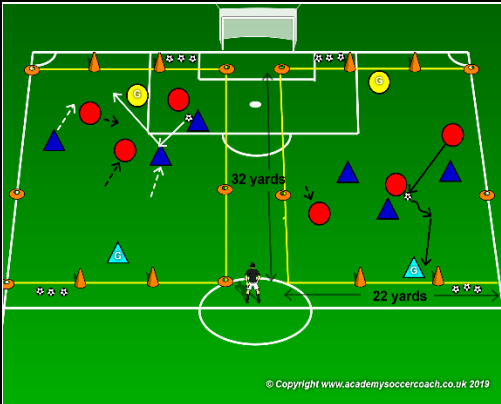




GOAL:	Improve scoring goals - 1				AGE GROUP
PLAYER ACTIONS	Shoot, Pass or Dribble forward, Create a 2v1 or 1v1				11U-12U
KEY QUALITIES	Make decisions, Take initiative, Optimal technical abilities				
MOMENT	Attacking	DURATION	60 min	PLAYERS	16
					9v9

1st PLAY PHASE (Intentional Free Play): 4v4 to Goal | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min



OBJECTIVE: To create scoring chances to score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward.

ORGANIZATION: In a 9v9 field set up two 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

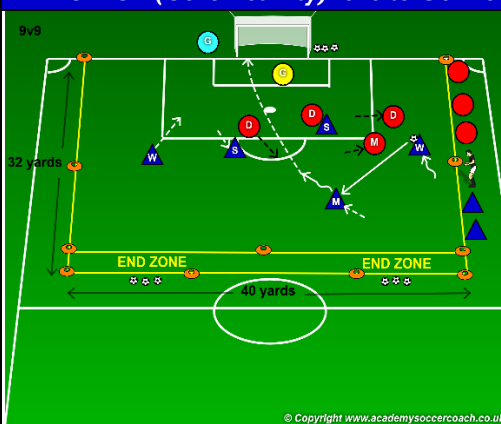
KEY WORDS: Opening, Shoot, Pass, Dribble, and Help.

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): 5v5 to Goal & End Zone | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 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 9v9 field, set up a 40Wx32L field with a regular goal and an End Zone. The 5 Blue attackers score in the regular goal, Red team scores dribbling the ball into the end zone or connecting a pass to a teammate in the end zone. Rotate players every round.

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

GUIDED QUESTIONS: 1. When should we shoot at 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. When we find or create an opening - 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): 5v3 to Goal & End Zone | 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 9v9 field, set up a 40Wx32L field with a regular goal and an End Zone. The 5 Blue attackers score in the regular goal, Red team scores dribbling the ball into the end zone or connecting a pass to a teammate in the end zone. Rotate players every round.

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

GUIDED QUESTIONS: 1. What should we do if we create or find 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 to create a 2v1?

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): 5v6 to Goal & End Zone | DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 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 9v9 field, set up a 40Wx32L field with a regular goal and an End Zone. The 5 Blue attackers score in the regular goal, Red team scores dribbling the ball into the end zone or connecting a pass to a teammate in the end zone. Rotate players every round.

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

GUIDED QUESTIONS: 1. When should we shoot at 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. When we find or create an opening - 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: Shoot, Pass or dribble forward, Create a 2v1 or 1v1.

ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue team will play in a 1-2-3-2 formation and the Red team will play in a 1-3-3-1 formation.

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

GUIDED QUESTIONS: 1. When should we shoot at 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. When we find or create an opening - 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.

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?