



<b>GOAL:</b>	Improve Scoring Goals - 2				<b>AGE GROUP</b>
<b>PLAYER ACTIONS</b>	Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1				11U-12U
<b>KEY QUALITIES</b>	Read the game, Be proactive, Optimal technical abilities				
<b>MOMENT</b>	<b>Attacking</b>	<b>DURATION</b>	<b>60 min</b>	<b>PLAYERS</b>	<b>16</b>
					9v9

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



**OBJECTIVE:** To score goals.

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

**ORGANIZATION:** In a 9v9 field set up two 22Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 4v4. 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, and Dribble.

**GUIDED QUESTIONS:** 1. When should you shoot? 2. What should we do if confronted by one defender near the goal? 3. How can we create or find an opening?

**ANSWERS:** 1. As soon as you created or found an opening - 2. If you are in 1v1, dribble the defender - 3. We pass the ball to move the defenders to create or find an opening.

**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): 4v5 to Goal & 2 Small Goals** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To score goals.

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

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 36Wx30L field with a regular goal and two small goals. The 4 Blue attackers score in the regular goal, Red team scores by passing to either small goal. Rotate players every round.

**KEY WORDS:** Shoot, Pass, Dribble, Cross and Combine.

**GUIDED QUESTIONS:** 1. What should you do if you have an opening to goal? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine? 4. What should the winger do when he/she is in a scoring position?

**ANSWERS:** 1. Shoot - 2. When we can shoot at goal but we have an opening to a teammate in a scoring position - 3. Create passing options for a 2v1 - 4. The Winger should shoot or cross the ball to create a scoring chance.

**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 & 2 Small Goals** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To score goals.

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

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 36Wx30L field with a regular goal and two small goals. The 4 Blue attackers score in the regular goal, Red team scores by passing to either small goal. Rotate players every round.

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

**GUIDED QUESTIONS:** 1. What should you do if you have an opening to goal? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine?

**ANSWERS:** 1. Shoot - 2. When we can shoot at goal but we have an opening to a teammate in a scoring position - 3. Create passing options for a 2v1.

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

**PRACTICE (More Challenging): 4v6 to Goal & Small Goals** | **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward, Create a passing option.

**ORGANIZATION:** In the attacking half of a 9v9 field, set up a 36Wx30L field with a regular goal and two small goals. The 4 Blue attackers score in the regular goal, Red team scores by passing to either small goal. Rotate players every round.

**KEY WORDS:** Shoot, Pass, Dribble, Cross and Combine.

**GUIDED QUESTIONS:** 1. What should you do if you have an opening to goal? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine? 4. What should the winger do when he is in a scoring position?

**ANSWERS:** 1. Shoot - 2. When we can shoot at goal but we have an opening to a teammate in a scoring position - 3. Create passing options for a 2v1 - 4. The Winger should shoot or cross the ball to create a scoring chance.

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



**OBJECTIVE:** To score goals.

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

**ORGANIZATION:** In a 9v9 field (60Wx80L) play 8v8. The Blue team will play in a 1-2-4-1 formation and the Red team will play in a 1-3-3-1 formation.

**KEY WORDS:** Shoot, Pass, Dribble, Cross and Combine.

**GUIDED QUESTIONS:** 1. What should you do if you have an opening to goal? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine? 4. What should the winger do when he is in a scoring position?

**ANSWERS:** 1. Shoot - 2. When we can shoot at goal but we have an opening to a teammate in a scoring position - 3. Create passing options for a 2v1 - 4. The Winger should shoot or cross the ball to create a scoring chance.

**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 there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective 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?