

	GOAL:	Improve scoring goals - 2							
	PLAYER ACTIONS	Shoot, pass or dribble forward, create 1v1's or 2v1's, spread out							
	KEY QUALITIES	Reading the game, be proactive, technical execution							
	AGE GROUP	U11-U12 / 8v8 / 16 Players	MOMENT	Attacking	DURATION	60 min			
1st PLAY PHASE	1v1, 2v1, 2v2...4v4	Duration:	9 min	Activity time:	2.5 min	Rest time:	30 sec	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	24 min	Activity time:	3 min	Rest time:	3 min	Intervals	6
		4V4 TO GOAL AND A COUNTER GOAL: OBJECTIVE: To create openings and score goals from central areas. ORGANIZATION: Set up a 36Wx28L yard field with a regular goal and a eight yard counter goal . The 4 attackers score in the regular goal and the 3 Red defenders score by dribbling the ball through the cone goal. Play begins when the Blue attacker with the ball moves it forward and the recovering Red defender comes in. A goal from a cross or wide area is 100 points. How many goals can you score in 3 minutes? Play with kick-ins and dribble-ins when the ball goes out of bounds. KEY WORDS: Use the wings, cross, shoot, pass and dribble forward GUIDED QUESTIONS: 1.- How can we create openings? 2.- What should the winger do in possession of the ball with an opening or a 1v1 situation? 3.- Where should the other attacking players should run to finish the cross? ANSWERS: 1.- By getting the wingers as wide as they can. 2.- Dribble the ball forward down the wing, try to score or create a scoring chance (crossing the ball). 3.- Towards the top of the small box & the PK point: Near post, far post & front of the goal. NOTES: Start with the Core Activity . If it is too difficult, switch to the Less Challenging Activity . If it is too easy switch to the More Challenging Activity .							
PRACTICE (Less Challenging):		Duration:	24 min	Activity time:	3 min	Rest time:	3 min	Intervals	4
		4V3 TO GOAL AND A COUNTER GOAL: OBJECTIVE: To create opening and sore goals from central areas. ORGANIZATION: Set up a 36Wx28L yard field with a regular goal and a eight yard counter goal . The 4 attackers score in the regular goal and the 3 Red defenders score by dribbling the ball through the cone goal. Play begins when the Blue attacker with the ball moves it forward and the recovering Red defender comes in. A goal from a cross or wide area is 100 points. How many goals can you score in 3 minutes? Play with kick-ins and dribble-ins when the ball goes out of bounds. KEY WORDS: Use the wings, cross, shoot, pass and dribble forward. GUIDED QUESTIONS: 1.- How can we create openings? 2.- What should the winger do in possession of the ball with an opening or a 1v1 situation? 3.- Where should the other attacking players run to finish the cross? ANSWERS: 1.- By getting the wingers as wide as they can. 2.- Dribble the ball forward down the wing, try to score or create a scoring chance (crossing the ball). 3.- Towards the top of the small box & the PK point: Near post, far post & front of the goal NOTES: Start with the Core Activity ; if it is too difficult for your players, then switch to the Less Challenging Activity .							
PRACTICE (More Challenging):		Duration:	24 min	Activity time:	3 min	Rest time:	3 min	Intervals	4
		5V5 TO GOAL: OBJECTIVE: To create openings and score goals from wide areas. ORGANIZATION: Set up a 36Wx28L yard field with a regular goal and an 8 yard counter goal . The 5 Blue attackers score in the regular goal and the 5 Red defenders score by dribbling the ball through the cone goal. A goal from a cross or wide area is 100 points. How many goals can you score in 3 minutes? Play with kick-ins and dribble-ins when the ball goes out of bounds. After a goal the Blue team gets the ball to restart the game. KEY WORDS: Use the wings, cross, shoot, pass and dribble forward. GUIDED QUESTIONS: 1.- How can we create openings? 2.- What should the winger do in possession of the ball with an opening or a 1v1 situation? 3.- Where should the other attacking players run to finish the cross? ANSWERS: 1.- By getting the wingers as wide as they can. 2.- Dribble the ball forward down the wing, try to score or create a scoring chance (crossing the ball). 3.- Towards the top of the small box & the PK point: Near post, far post & front of the goal NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .							
2nd PLAY PHASE	8v8(1-2-2-3v1-3-2-2)	Duration:	26 min	Activity time:	11 min	Rest time:	2 min	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
1. Organized: Is the activity organized in the right way? 2. Game like: Is the activity game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the right coaching based on the age/level of the players?					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?				