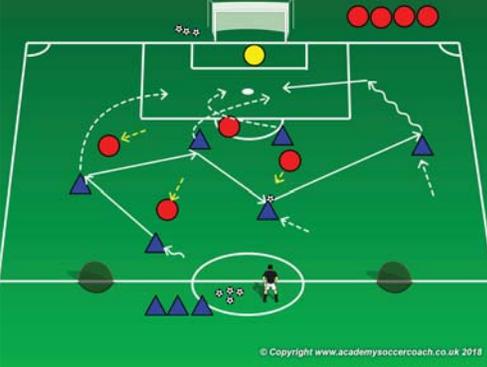
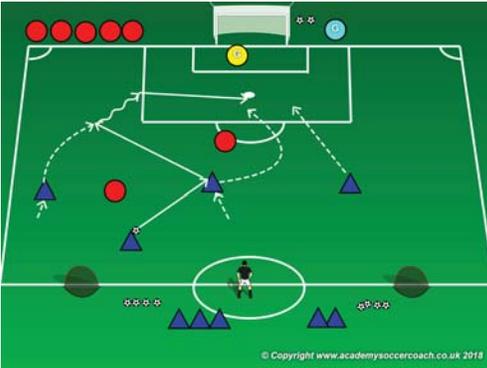
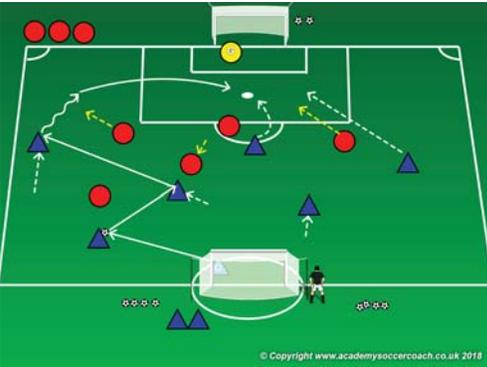


 	GOAL:	Improve scoring goals - 2							
	PLAYER ACTIONS	Cross, shoot, pass or dribble forward, create 1v1's or 2v1's							
	KEY QUALITIES	Make decision, technical execution, focus							
	AGE GROUP	U13+ / 11v11 / 18 Players	MOMENT	Attacking	DURATION	60 min			
1st PLAY PHASE	1v1, 2v1, 2v2...4v4	Duration:	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:	5 min	Rest time:	1 min	Intervals	4
		6V5 TO GOAL AND A TWO COUNTER GOALS: OBJECTIVE: To create scoring chances using the flanks areas to score more goals. ORGANIZATION: Set up a 80Wx60L yard field with a regular goal and an two counter goals . The Blue team scores in the regular goal and the Red team in either of the two counter goals. The Blue team always starts with the ball. Rotate players every interval. KEY WORDS: Get wide, cross, shoot, pass and dribble to take opponents on. GUIDED QUESTIONS: 1.- What should the flank players with the ball do if he/she has the ball? 2.- Where should the striker run to finish the cross? ANSWERS: 1.- Dribble the ball forward towards goal, take a quick look inside and the GK, release the cross or a pass away from the Gk and in the path of the strikers. 2.- Near post, far post and in 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:	2 min	Rest time:	2 min	Intervals	6
		4V3 TO GOAL AND A TWO COUNTER GOAL: OBJECTIVE: To create scoring chances using the flanks areas to score more goals. ORGANIZATION: Set up a 80Wx60L yard field with a regular goal and an two counter goals . The Blue team scores in the regular goal and the Red team in either of the two counter goals. The Blue team always starts with the ball. Rotate players every interval. KEY WORDS: Get wide, cross, shoot, pass and dribble to take opponents on. GUIDED QUESTIONS: 1.- What should the flank players with the ball do if he/she has the ball? 2.- Where should the striker run to finish the cross? ANSWERS: 1.- Dribble the ball forward towards goal, take a quick look inside and the GK, release the cross or a pass away from the Gk and in the path of the strikers. 2.- Near post, far post and in 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:	7 min	Rest time:	1 min	Intervals	3
		7V6 TO GOAL: OBJECTIVE: To create scoring chances using the flanks areas to score more goals. ORGANIZATION: Set up a 80Wx60L yard field with a regular goal and an two counter goals . The Blue team scores in the regular goal and the Red team in either of the two counter goals. The Blue team always starts with the ball. Rotate players every interval. All FIFA Laws apply. KEY WORDS: Get wide, cross, shoot, pass and dribble to take opponents on.. GUIDED QUESTIONS: 1.- What should the flank players with the ball do if he/she has the ball? 2.- Where should the striker run to finish the cross? ANSWERS: 1.- Dribble the ball forward towards goal, take a quick look inside and the GK, release the cross or a pass away from the Gk and in the path of the strikers. 2.- Near post, far post and in 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	9v9(1-3-2-3v1-3-2-3)	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				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				