

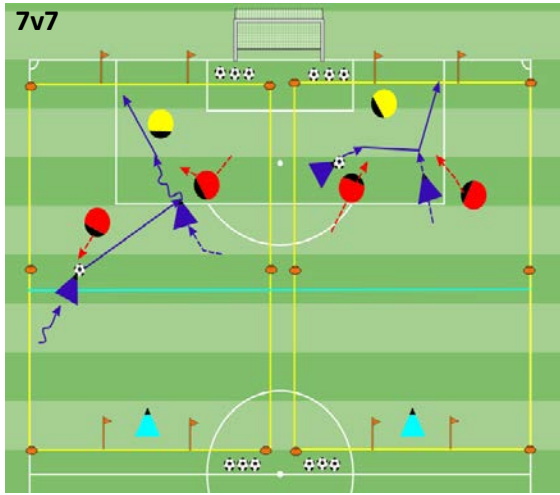


AGE GROUP	GOAL:	Improve Scoring Goals				 
9U-10U	PLAYER ACTIONS	Shoot, Pass/dribble forward, Create 2v1 or 1v1				
	KEY QUALITIES	Make Decisions, Be proactive, Optimal technical abilities				
7V7	MOMENT	Attacking	DURATION	60	PLAYERS	12

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch – **Shooting:** Surface of the foot and ball, standing foot and accuracy over power.

1st PLAY PHASE (intentional Free Play): 3v3 to Goal | **DURATION: 20 min -- INTERVALS: 3 -- ACTIVITY: 4.5 min -- REST: 2 min**



OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass/dribble forward, Create 2v1 or 1v1

ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end with Goalkeepers. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

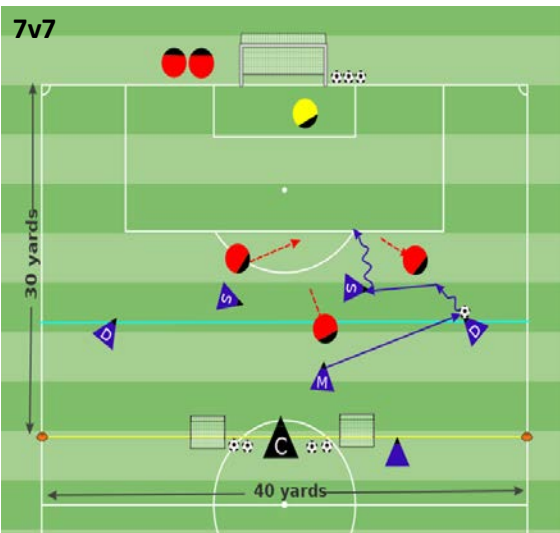
KEY WORDS: Finish, Pass, Dribble.

GUIDED QUESTIONS: 1. When should you shoot? 2. When should you dribble forward? 3. What should you do if you find an opening?

ANSWERS: 1. When we have an opening to goal. 2. When we have an opening or one opponent in front with no defenders behind 3. We should pass forward, dribble forward or shoot at goal.

Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

PRACTICE (Core Activity): 5v4 to Goal & counter goals | **DURATION: 20 min -- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass/dribble forward, Create 2v1 or 1v1

ORGANIZATION: Set up a 40Wx26L field with a regular goal and two counter goals as shown in the diagram. Select 5 Blue attackers, 3 Red defenders and their GK. Blue team scores in the regular goal, Red scores in either of the two counter goals. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Finish, Pass, Dribble.

GUIDED QUESTIONS: 1. When should you shoot? 2. When should you dribble forward? 3. What should you do if you find an opening?

ANSWERS: 1. When we have an opening to goal. 2. When we have an opening or one opponent in front with no defenders behind 3. We should pass forward, dribble forward or shot at goal.

Note - Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 3v2 to small goals | **DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass/dribble forward, Create 2v1 or 1v1

ORGANIZATION: Set up two or more 18Wx25L fields with a goal at each end. Play a 3v3 to score in the opponent's goal. The 3 Blue players attack the Red's team goal with a goalkeeper, Red scores by passing through the Blue's goal. Rotate goalkeepers.

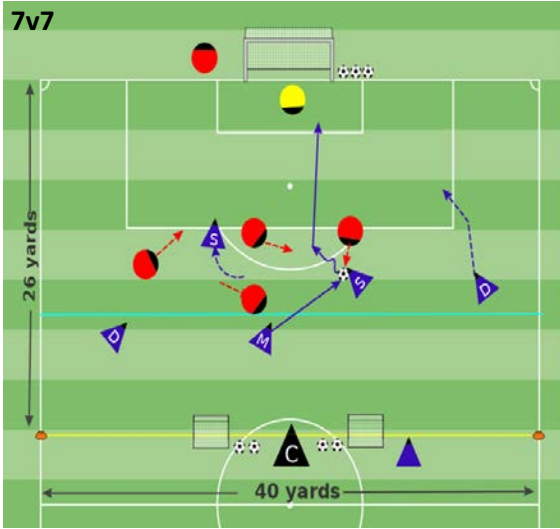
KEY WORDS: Finish, Pass, Dribble.

GUIDED QUESTIONS: 1. When should you shoot? 2. When should you dribble forward? 3. What should you do if you find an opening?

ANSWERS: 1. When we have an opening to goal. 2. When we have an opening or one opponent in front with no defenders behind 3. We should pass forward, dribble forward or shoot at goal.

Note - Switch to this activity if the CORE is too difficult for the players.

PRACTICE (More Challenging): 5v5 to Goal & counter goals **DURATION: 20 min -- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass/dribble forward, Create 2v1 or 1v1

ORGANIZATION: Set up a 40Wx26L field with a regular goal and two counter goals as shown in the diagram. Select 5 Blue attackers and 4 Red defenders and their GK. Blue team scores in the regular goal, Red scores in either of the two counter goals. Play with a build out line. Rotate players every interval. All Laws of the game in effect.

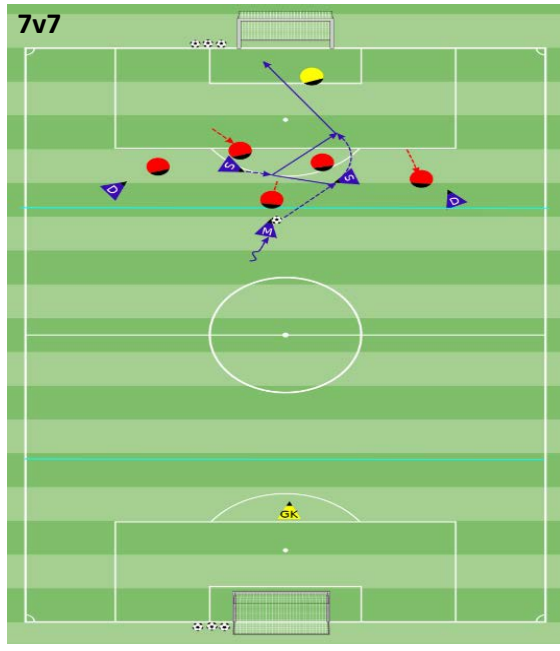
KEY WORDS: Finish, Pass, Dribble.

GUIDED QUESTIONS: 1. When should you shoot? 2. When should you dribble forward? 3. What should you do if you find an opening?

ANSWERS: 1. When we have an opening to goal. 2. When we have an opening or one opponent in front with no defenders behind 3. We should pass forward, dribble forward or shoot at goal.

Note – Switch to this activity if the CORE is not challenging enough.

2nd. PLAY PHASE: The Game – 6v6 (GK+5v5+GK) **DURATION: 20 min --- INTERVALS: 2 --- ACTIVITY: 8 min --- REST: 2 min**



OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass/dribble forward, Create 2v1 or 1v1

ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-1-3-1 formation and the Red team will play in 1-2-3 formation.

KEY WORDS: Finish, Pass, Dribble.

GUIDED QUESTIONS: 1. When should you shoot? 2. When should you dribble forward? 3. What should you do if you find an opening?

ANSWERS: 1. When we have an opening to goal. 2. When we have an opening or one opponent in front with no defenders behind 3. We should pass forward, dribble forward or shoot at goal.

Note – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1. Organized: Is the exercise organized in the right way?</p> <p>2. Game like: Is the exercise game like?</p> <p>3. Repetitions: Are there repetitions when looking at the overall goal of the session?</p> <p>4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>5. Coaching: Is there the proper coaching based on the age/level of the players?</p>	<p>1. Did you achieve your goals of the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>