

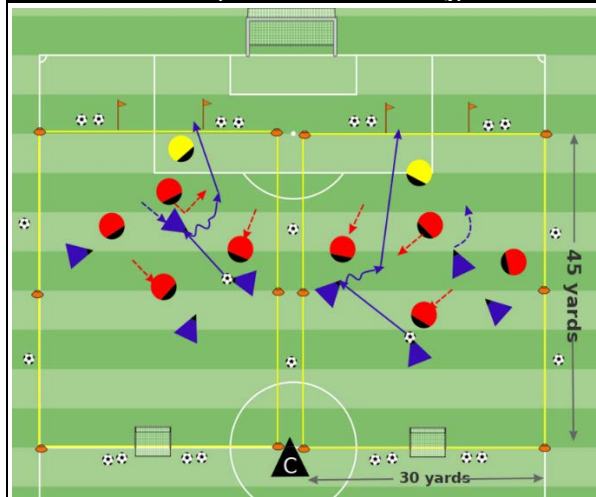


AGE GROUP	GOAL:	Improve Scoring Goals					 
13+	PLAYER ACTIONS	Shoot, Pass/dribble forward, Spread out, Create 2v1 or 1v1					
	KEY QUALITIES	Make Decisions, Be proactive, Optimal technical abilities					
11v11	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	18 Players	

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): 4v5 | **DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**



OBJECTIVE: To create chances and score goals

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

ORGANIZATION: Set up two or more 30Wx45L fields with a goal at one end with Goalkeepers and a small goal at the other end. Play 1v2, 2v2 up to 4v5. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

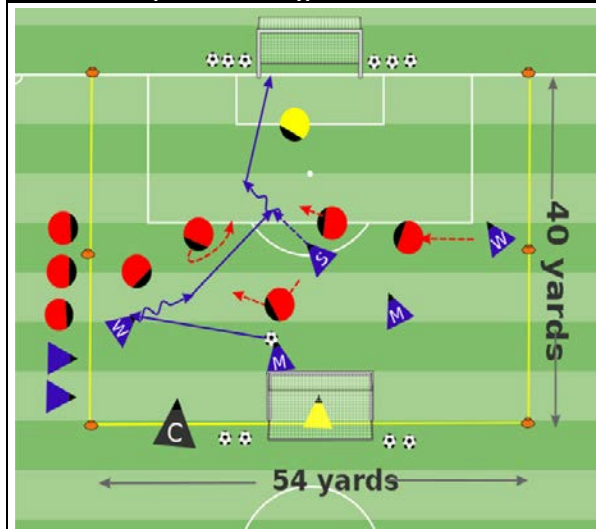
KEY WORDS: Get open, Shoot, Pass, Take opponents.

GUIDED QUESTIONS: 1. How can you get open? 2. What should you do if confronted by a defender? 3. What should you do if you find an opening?

ANSWERS: 1. Spread out by getting away from the defender. 2. Dribble at him, either take him on or pass the ball. 3. We should shoot the ball, pass forward or dribble forward.

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): 6v6 to Goal | **DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min**



OBJECTIVE: To create chances and score goals.

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

ORGANIZATION: Set up a 54Wx40L field with two regular goals as shown in the diagram. Select 5 Blue attackers and 5 Red defenders and their GK's. Each team scores in the opponent's goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Get open, Shoot, Pass, Take opponents.

GUIDED QUESTIONS: 1. How can you create space in between defenders? 2. What should you do if confronted by a defender? 3. When should shoot at goal?

ANSWERS: 1. Spread out and moving away from defenders. 2. Dribble at them, either take them on, shoot or pass the ball. 3. When we find or create an opening to the goal.

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

PRACTICE (Less Challenging): 6v5 to Goal | **DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min**



OBJECTIVE: To create chances and score goals.

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

ORGANIZATION: Set up a 54Wx40L field with two regular goals as shown in the diagram. Select 5 Blue attackers and 5 Red defenders and their GK's. Each team scores in the opponent's goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Get open, Shoot, Pass, Take opponents.

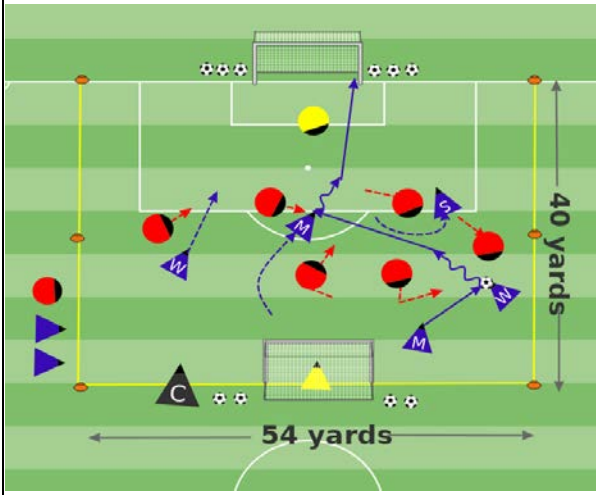
GUIDED QUESTIONS: 1. How can you create space in between defenders? 2. What should you do if confronted by a defender? 3. When should you shoot at goal?

ANSWERS: 1. Spread out and moving away from defenders. 2. Dribble at them, either take them on, shoot or pass the ball. 3. When we find or create an opening to the goal.

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

PRACTICE (More Challenging): 6v7 to Goal

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To create chances and score goals.

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

ORGANIZATION: Set up a 54Wx40L field with two regular goals as shown in the diagram. Select 5 Blue attackers and 6 Red defenders and their GK's. Each team scores in the opponent's goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Get open, Shoot, Pass, Take opponents.

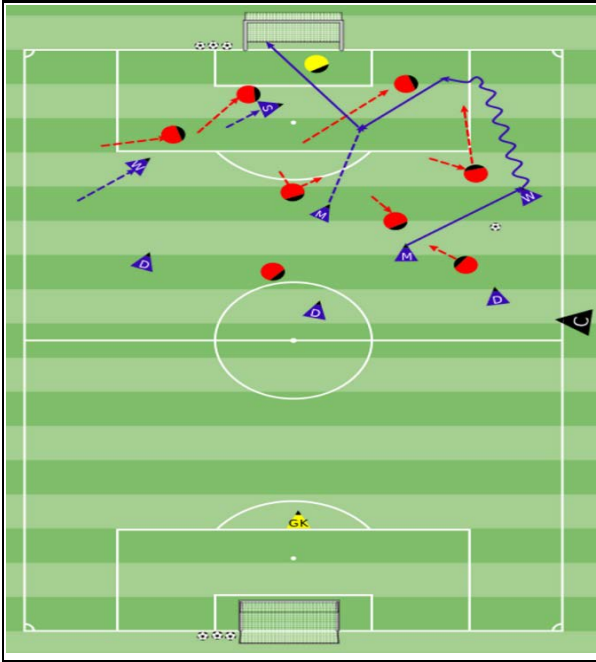
GUIDED QUESTIONS: 1. Why do we need to create openings? 2. What should you do if confronted by a defender? 3. When should you shoot at goal?

ANSWERS: 1. To create spaces between defenders to shoot, pass or dribble forward. 2. Dribble at them, either take them on, shoot or pass the ball. 3. When we find or create an opening to the goal.

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

2nd. PLAY PHASE: The Game – 9v9 (GK+8v8+GK)

DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min



OBJECTIVE: To possess the ball, move it forward and create scoring chances.

PLAYER ACTIONS: Spread out, Pass/dribble forward, Create passing options, 2v1 or 1v1

ORGANIZATION: In a 70Wx120L field play 9v9. The Blue team will play in 1-3-2-3 formation and the Red team will play in 1-4-2-2 formation.

KEY WORDS: Get open, Shoot, Pass, Take opponents.

GUIDED QUESTIONS: 1. How can you get open? 2. When is a good time to dribble near the opponent's goal? should you do if confronted by a defender? 3. What should you do if we have created or found an opening near the opponent's goal?

ANSWERS: 1. Move to open space or away from defenders. 2. When you find yourself confronted by one defender in a 1v1 situation. 3. We should shoot to goal, pass forward, forward to set up a player with a shot at goal or dribble and shoot at the 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

- 1. **Organized:** Is the exercise organized in the right way?
- 2. **Game like:** Is the exercise game like?
- 3. **Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. **Coaching:** Is there the proper coaching based on the age/level of the players?

- 1. Did you achieve your goals of the training session?
- 2. What did you do well?
- 3. What could you do better?

