

	GOAL:	Improve scoring goals - 2							
	PLAYER ACTIONS	Shoot, Pass or dribble forward, create 1v1's or 2v1's							
	KEY QUALITIES	Reading the game, focus, technical execution							
	AGE GROUP	U9-U10 / 7v7 / 12 Players	MOMENT	Attacking	DURATION	60 min			
1st PLAY PHASE	1v1, 2v1, 2v2...3v3	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
		3V3 TO GOAL: OBJECTIVE: To score goals. ORGANIZATION: Set up two 24Wx24L yard fields with a 6 yard goal at each end line. Make two teams of 2 players and a goalkeeper each. Play to score in the opponent's goal. Rotate the goalkeeper every interval. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines. KEY WORDS: Dribble an opponent, pass, shoot. GUIDED QUESTIONS: 1.- What should you do if confronted by one defender near the goal? 2.- If you see an opening what should you do? 3.- How can you prevent being offside? ANSWERS: 1.- Try to dribble past the defender with a burst of speed and shoot low. 2.- Dribble through, pass through or shoot at goal. 3.- By being in line with the last defender. NOTES: Start with the Core Activity . If 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:	1 min	Intervals	6
		3V2 TO GOAL: OBJECTIVE: To score goals. ORGANIZATION: Set up two 24Wx24L yard fields with two 6 yard goal at each end line. Make two teams, the Blue team with 2 players and a goalkeeper, the Red team a player, a goalkeeper and a standby player. Players to score in the opponent's goal. Use kick ins and dribble ins instead of throw ins. KEY WORDS: Pass, dribble past an opponent, shoot GUIDED QUESTIONS: 1.- What should you do if confronted by one defender near the goal? 2.- if you see an opening what would you do? 3.- How can you prevent being offside? ANSWERS: 1.- Try to dribble the defender with a burst of speed and shoot low. 2.- Dribble through, pass through or shoot at goal. 3.- By being in line with the last defender. 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:	5 min	Rest time:	1 min	Intervals	4
		4V4 TO GOAL: OBJECTIVE: To pass or dribble forward in order to score goals. ORGANIZATION: Set up two 24Wx24L yard fields with a regular goal and two counter goals. The Blue and Red team plays with 3 players and a goalkeeper on the field with two players ready to rotate every interval. Play with kick-ins and dribble-ins when the ball goes out of bounds by the side lines. KEY WORDS: Pass, dribble past an opponent, shoot. GUIDED QUESTIONS: 1.- What should you do if confronted by one defender near the goal? 2.- If you see an opening what should you do? 3.- How can you prevent being off-sides? ANSWERS: 1.- Try to beat the defender with a burst of speed and shoot low. 2.- Dribble through, pass through or shoot at goal. 3.- By being in line with the last defender. NOTES: Start with the Core Activity ; if it is too easy for your players, then switch to the More Challenging Activity .							
2nd PLAY PHASE	6v6 (1-2-3 v 1-2-3)	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? 				