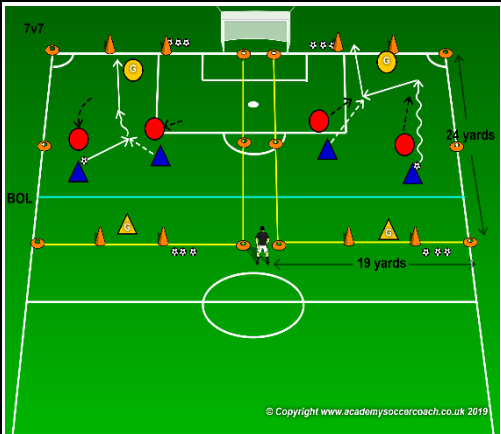




|                       |  |                 |               |                |                  |
|-----------------------|--|-----------------|---------------|----------------|------------------|
| <b>GOAL:</b>          | Improve Scoring Goals - 2  |                 |               |                | <b>AGE GROUP</b> |
| <b>PLAYER ACTIONS</b> | Shoot, Pass or Dribble forward, Create passing option, Create a 2v1 or 1v1 |                 |               |                | <b>9U-10U</b>    |
| <b>KEY QUALITIES</b>  | Read the game, Be proactive, Optimal technical abilities                   |                 |               |                |                  |
| <b>MOMENT</b>         | <b>Attacking</b>   | <b>DURATION</b> | <b>60 min</b> | <b>PLAYERS</b> | <b>12</b>        |

|                  |               |
|------------------|---------------|
| <b>AGE GROUP</b> | <b>9U-10U</b> |
|                  | <b>7v7</b>    |

**1st PLAY PHASE (Intentional Free Play): 3v3 to Goal** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward.

**ORGANIZATION:** In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 4 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

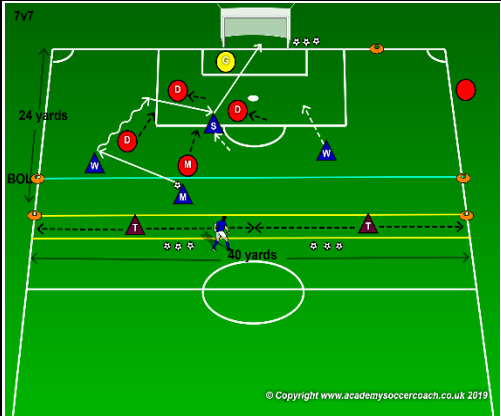
**KEY WORDS:** Shoot, Pass, and Dribble.

**GUIDED QUESTIONS:** 1. When should we shoot? 2. What do we do if confronted by one defender? 3. How can we create or find an opening?

**ANSWERS:** 1. As soon as you created or found an opening - 2. If you are in 1v1, dribble the defender - 3. We pass the ball to move the defenders to create or find an opening.

**Note** – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

**PRACTICE (Core Activity): 4v5 to Goal & Targets** | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward, Create a passing option and Create a 2v1 or 1v1.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx24L field with a regular goal and two target players inside a two-yard zone. The 4 Blue attackers score in the regular goal, Red team scores by passing to either target player. Target player with the ball passes to the Blue team to restart it.. Play with the build out line. Rotate players every round.

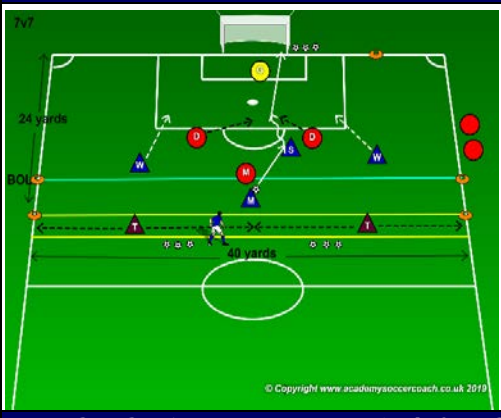
**KEY WORDS:** Shoot, Pass, Dribble, and Combine.

**GUIDED QUESTIONS:** 1. If we have the ball and an opening to goal what should we do? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine?

**ANSWERS:** 1. Shoot - 2. When we have an opening and he/she is in a scoring position - 3. Create passing options.

**Note:** Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

**PRACTICE (Less Challenging): 4v4 to Goal & Targets** | **DURATION: 20 min --- INTERVALS: 4 --- ACTIVITY: 4 min --- REST: 1 min**



**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward, Create a passing option and Create a 2v1 or 1v1.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx34L field with a regular goal and two small goals as shown. The 6 Blue attackers score in the regular goal, Red team scores in either counter goal. Play with the build out line. Rotate players every round.

**KEY WORDS:** Shoot, Pass, and Dribble.

**GUIDED QUESTIONS:** 1. When should we shoot? 2. What do we do if confronted by one defender? 3. How can we create or find an opening?

**ANSWERS:** 1. As soon as you created or found an opening - 2. If you are in a 1v1, dribble the defender - 3. We pass the ball moving the defenders to create or find an opening.

**Note:** Switch to this activity if the Core is too difficult for the players.

**PRACTICE (More Challenging): 4v6 to Goal** | **DURATION: 20 min --- INTERVALS: 3 --- ACTIVITY: 5 min --- REST: 1.5 min**



**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward, Create a passing option.

**ORGANIZATION:** In the attacking half of a 7v7 field, set up a 40Wx24L field with a regular goal and two target players inside a two-yard zone. The 4 Blue attackers score in the regular goal, Red team scores by passing to either target player. Target player with the ball passes to the Blue team to restart it.. Play with the build out line. Rotate players every round.

**KEY WORDS:** Shoot, Pass, Dribble, and Combine.

**GUIDED QUESTIONS:** 1. If we have the ball and an opening to goal what should we do? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine?

**ANSWERS:** 1. Shoot - 2. When we have an opening and he/she is in a scoring position - 3. Create passing options.

**Note:** Switch to this activity if the Core is too easy for the players.



**OBJECTIVE:** To score goals.

**PLAYER ACTIONS:** Shoot, Pass or Dribble forward, Create a passing option.

**ORGANIZATION:** In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-1-3-1 formation and the Red team will play in a 1-3-1-1 formation.

**KEY WORDS:** Shoot, Pass, Dribble, and Combine.

**GUIDED QUESTIONS:** 1. If we have the ball and an opening to goal what should we do? 2. When is a good time to pass to a teammate? 3. What do our teammates need to do in order to combine?

**ANSWERS:** 1. Shoot - 2. When we have an opening and he/she is in a scoring position - 3. Create passing options

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

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?

2. **Game-like:** Is the activity game-like?

3. **Repetition:** Is there repetition, when looking at the overall goal of the training session?

4. **Challenging:** Are the players being challenged? (Is the right balance between being successful and unsuccessful?)

5. **Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

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?