
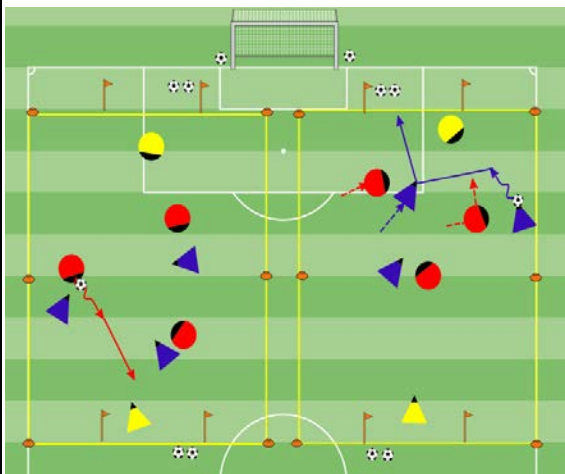


<b>AGE GROUP</b>	<b>GOAL:</b>	Improve Scoring Goals					
<b>11U-12U</b>	<b>PLAYER ACTIONS</b>	Shoot, Pass/dribble forward, Create 2v1 or 1v1					
	<b>KEY QUALITIES</b>	Make Decisions, Be proactive, Optimal technical abilities					
<b>9v9</b>	<b>MOMENT</b>	Attacking	<b>DURATION</b>	60 minutes	<b>PLAYERS</b>	16 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.

**1<sup>st</sup> PLAY PHASE (intentional Free Play): 4v4 to Goal**      **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, Create 2v1 or 1v1

**ORGANIZATION:** Set up two or more 23Wx35L fields with a goal at each end with Goalkeepers. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

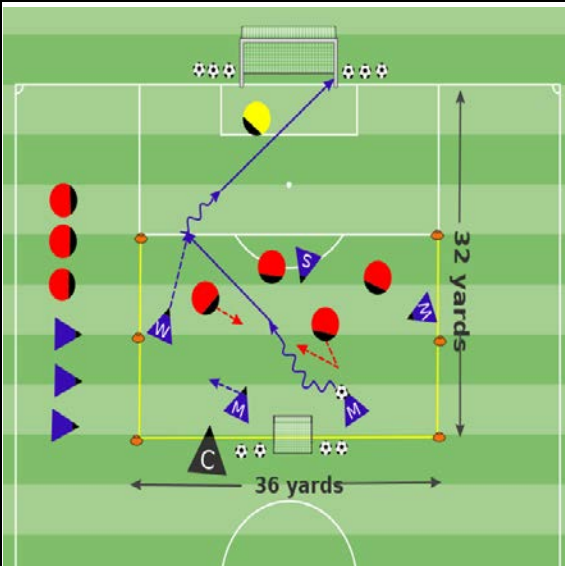
**KEY WORDS:** Get open, Shoot, Pass, Take opponents.

**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. Move to open space or away from defenders. 2. Dribble at him, either take him on or pass the ball. 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): 5v5 to Goal & a counter 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, Create 2v1 or 1v1

**ORGANIZATION:** Set up a 36Wx32L field with a regular goal and one counter goal as shown in the diagram. Select 5 Blue attackers, 4 Red defenders and their GK. Blue team scores in the regular goal, Red team scores in the counter goal. Rotate players every interval. All Laws of the game in effect.

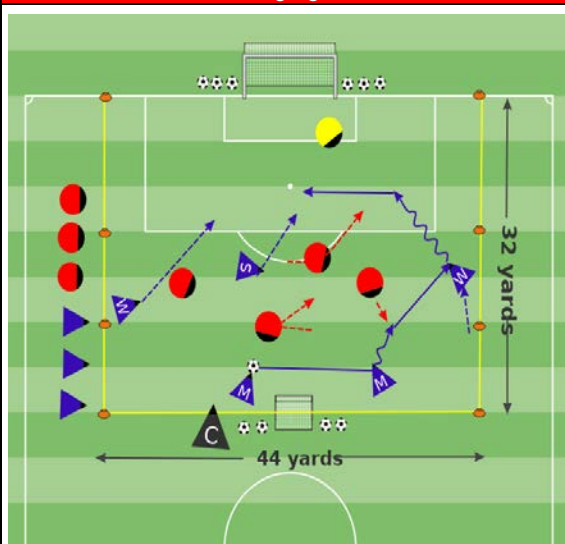
**KEY WORDS:** Get open, Shoot, Pass, Take opponents.

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

**ANSWERS:** 1. Move to open space or away from defenders. 2. Dribble at them, either take them on or pass the ball. 3. We should pass forward, dribble forward or shoot 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): 5v5 to Goal & a counter goal**      **DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 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:** Set up a 44Wx32L field with a regular goal and one counter goal as shown in the diagram. Select 5 Blue attackers, 4 Red defenders and their GK. Blue team scores in the regular goal, Red team scores in the counter 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 get open? 2. What should you do if confronted by a defender? 3. What should you do if you find an opening?

**ANSWERS:** 1. Move to open space or away from defenders. 2. Dribble at them, either take them on or pass the ball. 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): 5v6 to Goal & counter goal**

**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY:5 min --REST: 1.5 min**



**OBJECTIVE:** To pass or dribble the ball forward into the opponent's half.

**PLAYER ACTIONS:** Spread out, Pass/dribble forward, Support the attack

**ORGANIZATION:** Set up a 40Wx32L field with a regular goal and one counter goal as shown in the diagram. Select 5 Blue attackers, 5 Red defenders and their GK. Blue team scores in the regular goal, Red team scores in the counter goal. Rotate players every interval. All Laws of the game in effect.

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

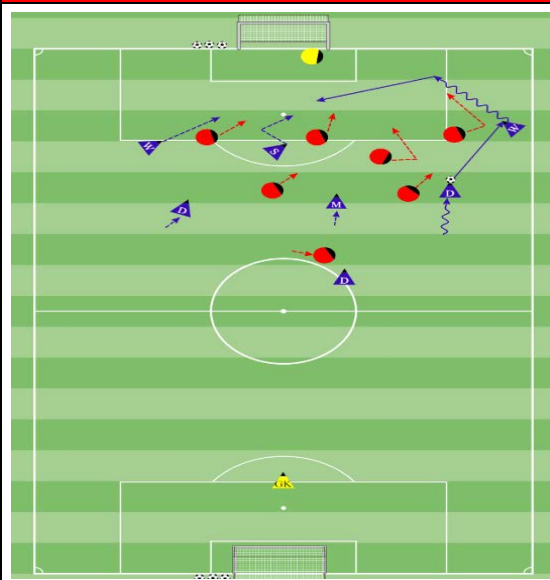
**GUIDED QUESTIONS:** 1. How can you get open? 2. What should you do if confronted by a defender? 3. What should you do if you find an opening?

**ANSWERS:** 1. Move to open space or away from defenders. 2. Dribble at them, either take them on or pass the ball. 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 – 8v8 ( GK+7v7+GK)**

**DURATION: 20 min -- INTERVALS: --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 50Wx80L field play 8v8. The Blue team will play in 1-3-3-1 formation and the Red team will play in 1-3-3-1 formation.

**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. Move to open space or away from defenders. 2. Dribble at them, either take them on or pass the ball. 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**

- 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?

**TRAINING SESSION SELF-REFLECTION QUESTIONS**

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