AGE GROUP	GOAL:		Improve Scoring Goals				Fall 2019	
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.
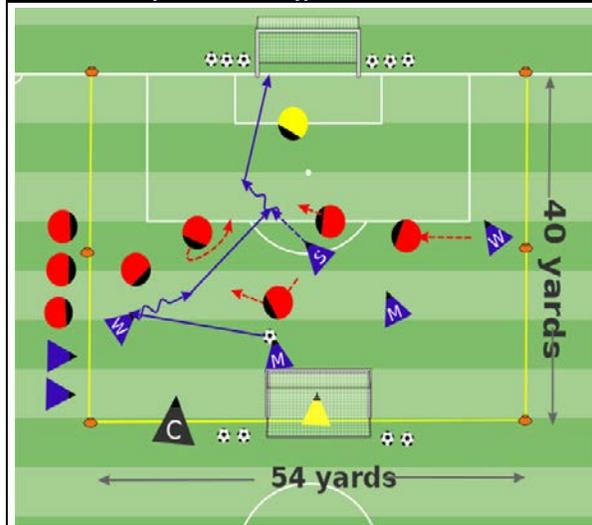
KEY WORDS: Get open, Shoot, Pass, Take opponents.

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.

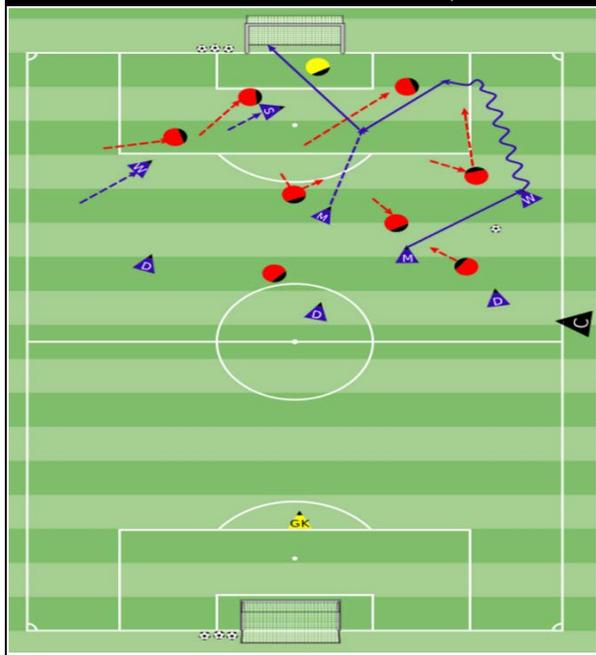**KEY WORDS:** Get open, Shoot, Pass, Take opponents.

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?	1. Did you achieve your goals of the training session?
2. **Game like:** Is the exercise game like?	2. What did you do well?
3. **Repetitions:** Are there repetitions when looking at the overall goal of the session?	3. What could you do better?
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?	