



GOAL:	Improve scoring goals - 2					AGE GROUP
PLAYER ACTIONS	Shoot, Pass or Dribble forward, Create a 2v1 or 1v1					13+
KEY QUALITIES	Read the game, Be proactive, Optimal technical abilities					
MOMENT	Attacking	DURATION	60 min	PLAYERS	18	11v11

1st PLAY PHASE (Intentional Free Play): 5v5/4v4 Games **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5 min -- REST: 1.5 min**



OBJECTIVE: To create scoring opportunities to score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of an 11v11 field set up two 25Wx32L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 5v5/4v4. Play 3 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, Dribble, and Combine.

GUIDED QUESTIONS: 1. When should we shoot? 2. How do we create or find an opening? 3. What should we do when we are 1v1 near or inside the 18-yard box? 4. How can you create a combination opportunity?

ANSWERS: 1. When we are in range or we have an opening to goal - 2. Pass the ball or dribble it to move the defenders and create or find an opening- 3. Dribble past the defender and take a shot - 4. By creating a 2v1.

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): 6v7 to Goal & Two Small Goals **DURATION: 20 min --- INTERVALS: 3 -- ACTIVITY: 5.5 min -- REST: 1 min**



OBJECTIVE: To create scoring opportunities to score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create a 2v1 or 1v1 and Change the pace and rhythm.

ORGANIZATION: In the attacking half of an 11v11 field, set up a 70Wx38L field with a regular goal and two small counter goals. The 6 Blue attackers score in the regular goal, Red team scores by passing into either small goal. Rotate players and GK's every round.

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

GUIDED QUESTIONS: 1. If you have an opening to goal, what should you do? 2. How can we create an opening if we have defenders in front? 3. When is a good time to combine near the 18-yard box?

ANSWERS: 1. Shoot the ball at goal - 2. Passing the ball to a teammate or dribbling it around defenders - 3. When we create a 2v1.

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): 6v7 to Goal & one Small Goal **DURATION: 20 min --- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min**



OBJECTIVE: To create scoring opportunities to score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of an 11v11 field, set up a 70Wx38L field with a regular goal and one small goal. The 6 Blue attackers score in the regular goal, Red team scores by passing the ball to inot the small goal. Rotate players and GK's every round.

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

GUIDED QUESTIONS: 1. If you have an opening to goal, what should you do? 2. How can we create an opening if we have defenders in front? 3. When is a good time to combine near the 18-yard box?

ANSWERS: 1. Shoot the ball at goal - 2. Passing the ball to a teammate or dribbling it around defenders - 3. When we create a 2v1.

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

PRACTICE (More Challenging): 6v7 to Regular Goals **DURATION: 20 min --- INTERVALS: 5.5 -- ACTIVITY: 4 min -- REST: 1 min**



OBJECTIVE: To create scoring opportunities to score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of an 11v11 field, set up a 70Wx38L field with a two regular goals. The 6 Blue attackers score in the Red's regular goal, Red team scores in the Blue's regular goal. Rotate players and GK's every round.

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

GUIDED QUESTIONS: 1. If you have an opening to goal, what should you do? 2. How can we create an opening if we have defenders in front? 3. When is a good time to combine near the 18-yard box?

ANSWERS: 1. Shoot the ball at goal - 2. Passing the ball to a teammate or dribbling it around defenders - 3. When we create a 2v1.

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