

Attacking-Improve Scoring Goals

GOAL: Improve scoring goals

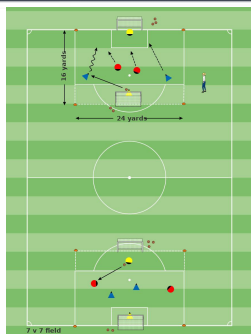
PLAYER ACTIONS: Shoot, Pass/dribble

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U7-U10 / 8-10 players

Attacking

DURATION: 90 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To score goals.

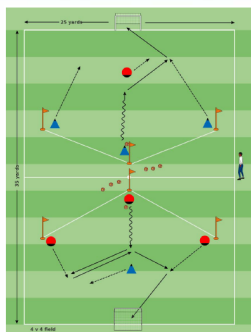
ORGANIZATION: Mark out two 16 x 24 yard fields. Teams play 3 v 3 on goals with goalkeepers. The attacking team's keeper can help build the attack and even score goals. Play for 30 minutes with two breaks.

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) What is the number of players when the keeper joins the attack? 2) How can you take advantage of this situation?

ANSWERS: 1) A 3 v 2 with attackers outnumbering defenders. 2) Spread out and use both wings or our extra player; be brave and attack 1 v 1: shoot.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. If you do not have goals, use flags or cones.



PRACTICE (Core Activity): 3 v 1 on Mini Goal

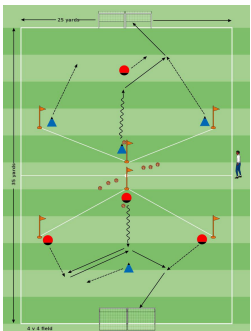
OBJECTIVE: To create chances and score goals.

ORGANIZATION: Divide a regular 4 v 4 field (35 x 25 yards) into two fields, each with one mini goal and two diagonal goal lines. Divide players into two groups of four. Choose one defender from each group. Teams play 3 v 1. Each attack begins with the attackers at their starting positions. The defenders counterattack on the goal lines. Each team gets four attempts.

KEY WORDS: Be open, pass, dribble, shoot

GUIDED QUESTIONS: 1) How can the attackers make the most of their advantage? 2) When should you shoot? 3) When should you pass?

ANSWERS: 1) The middle attacker should dribble at the defender, look for passing opportunities on the right and left, and pass to a teammate. 2) When I'm past the defender and the goal is open. 3) When the defender is blocking the goal.



PRACTICE (Less Challenging): 3 v 1 on Double Goal

OBJECTIVE: To create chances and score goals.

ORGANIZATION: Same as Core Activity, except extra goals are added to create double-wide goals. If you don't have four small goals, use poles or cones instead.

KEY WORDS: Be open, pass, dribble, shoot

GUIDED QUESTIONS: 1) How can the attackers make the most of their advantage? 2) When should you shoot? 3) When should you pass?

ANSWERS: 1) The middle attacker should dribble at the defender, look for passing opportunities on the right and left, and pass to a teammate. 2) When I'm past the defender and the goal is open. 3) When the defender is blocking the goal.

NOTES: Start with the Core Activity and Move to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase

Attacking-Improve Scoring Goals

GOAL: Improve scoring goals

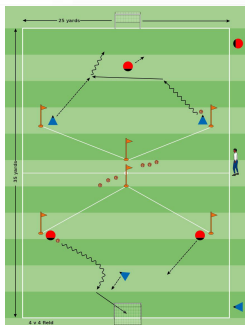
PLAYER ACTIONS: Shoot, Pass/dribble

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U7-U10 / 8-10 players

Attacking

DURATION: 90 min



PRACTICE (More Challenging): 2 v 1 on Mini Goal

OBJECTIVE: To create chances and score goals .

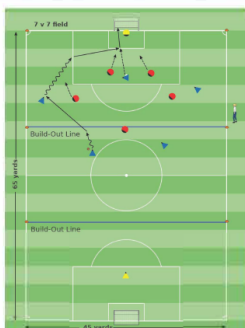
ORGANIZATION: Same as Core Activity, except teams play 2 v 1. Assign two attackers and two defenders to each field and switch defenders after each round.

KEY WORDS: Be open, pass, dribble, shoot

GUIDED QUESTIONS: 1) How can the attackers make the most of their advantage? 2) When should you shoot? 3) When should you pass?

ANSWERS: 1) The attacker with the ball should dribble at the defender, look for passing opportunities, and pass to a teammate. 2) When I'm past the defender and the goal is open. 3) When the defender is blocking the goal.

NOTES: Start with the Core Activity and Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To score goals.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation Play for 30 minutes including one "halftime" (5 min.)

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) How do you beat a defender 1 v 1? 2) How can you fake the defender? 3) What do you need to do after you fake? 4) How much room do you need to shoot?

ANSWERS: 1) Dribble quickly toward his/her front foot and break through on the open side. 2) Step one way and then quickly go the other. 3) Accelerate past the defender as fast as possible and shoot. 4) The size of the ball.

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 session?
- 4) **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)
- 5) **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

- 1) How did you do in achieving the goals of the training session?
- 2) What did you do well?
- 3) What could you do better?