

Fall 2020

**GOAL:**

Improve scoring goals - 1

PLAYER ACTIONS

Shoot, Pass or Dribble forward, Create a 2v1 or 1v1

13+

KEY QUALITIES

Make decisions, Take initiative, Optimal technical abilities

11V11

MOMENT**ATTACKING****DURATION**

60 minutes

PLAYERS

18

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)**DURATION:** 20 min – **INTERVALS:** 3 – **ACTIVITY:** 5 min – **REST:** 1.5 min**OBJECTIVE:** To create scoring chances and score goals.**PLAYER ACTIONS:** Shoot, Pass or dribble forward, create 2v1 or 1v1.**ORGANIZATION:** In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.**SKILL ACQUISITION:** Shooting, passing, receiving and dribbling.**KEY WORDS:** Opening, Finish, Connect, Take him/her on.**GUIDED QUESTIONS:** 1. When should we finish the ball at goal? 2. What would you do to take a defender on? 3. When is a good time to connect with a teammate?**ANSWERS:** 1. Shoot when we have an opening to goal – 2. Dribble the defender and then shoot at goal - 3. When we can't pass forward and the teammate can shoot at goal or pass to move the defenders to find or create 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.**CORE ACTIVITY: 5v6 to goals - two dribbling gates****DURATION:** 20 min – **INTERVALS:** 4 – **ACTIVITY:** 4 min – **REST:** 1 min**OBJECTIVE:** To create scoring chances and score goals.**PLAYER ACTIONS:** Shoot, Pass or dribble forward, create 2v1 or 1v1.**ORGANIZATION:** In a 11v11 field, set up a 54Wx40L playing area with a regular goal and two 8-yard dribbling gates as shown. The 5 Blue players: 1 midfielder 2 wingers and 2 strikers against 6 Red players: 1 GK, 4 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by dribbling through one of the dribbling gates. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.**SKILL ACQUISITION:** Shooting, passing, receiving and dribbling.**KEY WORDS:** Opening, Finish, Connect, Take him/her on and Combine.**GUIDED QUESTIONS:** 1. When is a good time to finish? 2. If we are in front of an opening what should we do to connect with a teammate? 3. What can we do to combine?**ANSWERS:** 1. When we have an opening to goal - 2. We should pass forward through the opening to connect. - 3. Create a 2v1 to wall pass around the defender.**Note:** Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.**LESS CHALLENGING: 4v4 to goal – dribbling gates****DURATION:** 20 min – **INTERVALS:** 4 – **ACTIVITY:** 4 min – **REST:** 1 min**OBJECTIVE:** To create scoring chances and score goals.**PLAYER ACTIONS:** Shoot, Pass or dribble forward, create 2v1 or 1v1.**ORGANIZATION:** In a 11v11 field, set up two 33Wx40L fields with a goal and two dribbling gates. The 4 Blue players will try to score by dribbling through one of the two gates. The Red with a GK and 3 players will score by dribbling through one of the two gates. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.**SKILL ACQUISITION:** Shooting, passing, receiving and dribbling.**KEY WORDS:** Opening, Finish, Connect, Take him/her on and Combine.**GUIDED QUESTIONS:** 1. What should we do to finish on goal? 2. How can we move the defenders to create an opening to goal? 3. When confronted by one defender what should we do to take him/her on?**ANSWERS:** 1. Shoot - 2. Pass the ball - 3. Dribble past the defender.**Note:** Switch to this activity if the Core is too difficult for the players.**© Copyright www.academysooccercoach.co.uk 2020****© Copyright www.academysooccercoach.co.uk 2020**

MORE CHALLENGING: 5vs7 to goal – dribbling gates**DURATION: 20 min -- INTERVALS:4 --ACTIVITY: 4 min --REST: 1 min****OBJECTIVE:** To create scoring chances and score goals.**PLAYER ACTIONS:** Shoot, Pass or dribble forward, create 2v1 or 1v1.**ORGANIZATION:** In a 11v11 field, set up a 54Wx40L playing area with a regular goal and two 8-yard dribbling gates as shown. The 5 Blue players: 1 midfielder 2 wingers and 2 strikers against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by dribbling through one of the dribbling gates. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.**SKILL ACQUISITION:** Shooting, passing, receiving and dribbling.**KEY WORDS:** Opening, Finish, Connect, Take him/her on and Combine.**GUIDED QUESTIONS:** 1. When is a good time to finish? 2. What should we do to take the ball forward in a 1v1? 3. Where should you be to connect forward with you through an opening? 4. How can we create a combination play?**ANSWERS:** 1. We will shoot to goal when we have an opening- 2. Dribble the defender and shoot to goal – 3. I should be behind an opening to receive a forward pass and create a goal scoring opportunity - 4. Create a 2v1 to wall pass around the defender.**Note:** Switch to this activity if the Core is too easy for the players.**2nd. PLAY PHASE: The Game – 9v9****DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min****OBJECTIVE:** To create scoring chances and score goals.**PLAYER ACTIONS:** Shoot, Pass or dribble forward, create 2v1 or 1v1.**ORGANIZATION:** In a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-2-4-2 formation and the Red team will play 1-4-3-1 formation.**SKILL ACQUISITION:** Shooting, passing, receiving and dribbling.**KEY WORDS:** Opening, Finish, Connect, Take him/her on and Combine.**GUIDED QUESTIONS:** 1. What should we do to finish if we have an opening to goal? 2. If the defenders block the way to goal, how can you create or find an opening? 3. When is a good time to help and combine?**ANSWERS:** 1. Shoot to finish - 2. Pass the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1.**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. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?