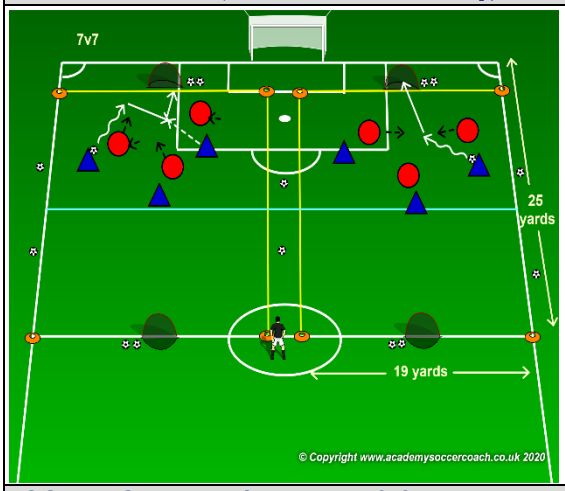
Week 6							
	GOAL:	Improve Scoring Goals - 2					U9-U10 7V7
	PLAYER ACTIONS	Shoot, Pass or Dribble forward, Create passing option, Create a 2v1 or 1v					
	KEY QUALITIES	Read the game, Be proactive, Optimal technical abilities					
	MOMENT	**Attacking**	**DURATION**	**60 minutes**	**PLAYERS**	**12**	

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 score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward.

ORGANIZATION: In a 7v7 field set up two 19Wx25L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.
KEY WORDS: Strike at goal, Pass, and Dribble.

GUIDED QUESTIONS: 1. When should we strike at goal? 2. What should we do if we have the ball and one defender in front? 3. How can we find or create an opening?
ANSWERS: 1. As soon as you have an opening to goal - 2. Dribble around the defender and shoot - 3. Pass the ball to move the defenders.

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: 4v5 to goal & 2 small goals

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

OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward.

ORGANIZATION: In a 7v7 field, set up a 40Wx30L playing area with a regular goal and 2 counter goals. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 5 Red players: 1 GK, 3 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores in any of the two counter goals. Play with a build out line. 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, Receiving, Passing and Dribbling.

KEY WORDS: Strike at goal, Pass, and Dribble.

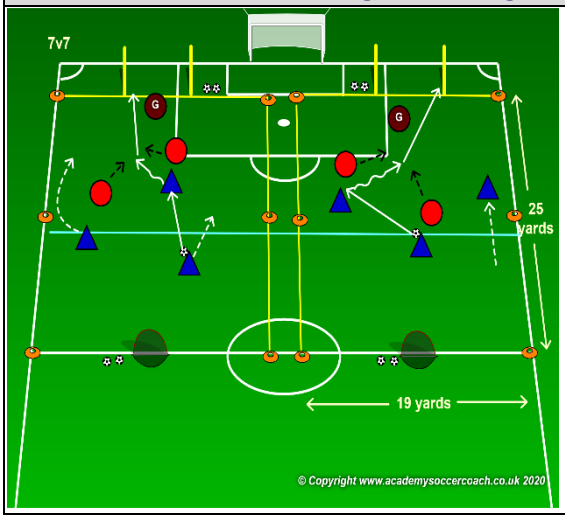
GUIDED QUESTIONS: 1. Where should we strike the ball to score a goal? 2. When is a good time to pass to a teammate? 3. What do we need to do to create a wall pass combination?

ANSWERS: 1. Low and to the corners away from the keeper - 2. When we have an opening and he/she is in a scoring position - 3. We need to create a passing option in a 2v1.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 3v3 to goal- small goal

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward.

ORGANIZATION: In the opponent's half set up two 19Wx25L fields with a goal and a small goal. Play 3v3. The Blue team: 3 attackers against the Red Team: GK and two defenders. Blue team scores in the regular goal. Red scores in the small goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

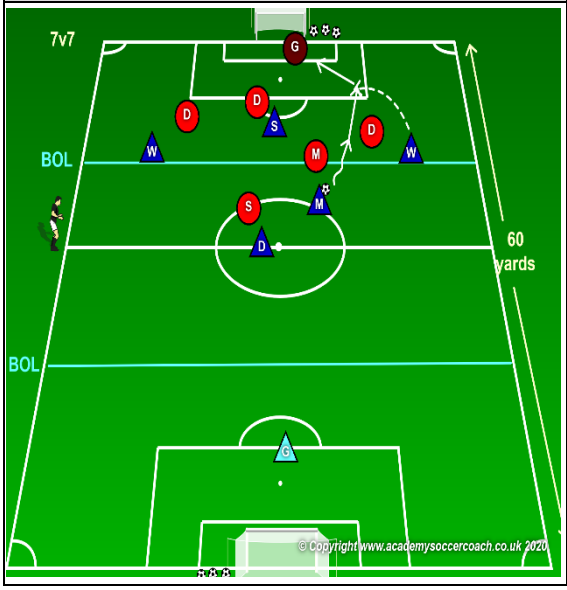
SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.

KEY WORDS: Strike at goal, Pass, and Dribble.

GUIDED QUESTIONS: 1. When should we strike at goal? 2. What should we do if we have the ball and one defender in front? 3. How can we find or create an opening?

ANSWERS: 1. As soon as you have an opening to goal - 2. Dribble around the defender and shoot - 3. Pass the ball to move the defenders.

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

MORE CHLLENGING: 4v6 to goal-small goals	*DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min*
	OBJECTIVE: To score goals. PLAYER ACTIONS: Shoot, Pass or Dribble forward. ORGANIZATION: In a 7v7 field, set up a 40Wx30L playing area with a Regular goal and an end zone. The 4 Blue players: 1 midfielder 2 winger and 1 striker against 5 Red players: 1 GK, 3 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores in any of the two counter goals. Play with a build out line. 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, Receiving, Passing and Dribbling. KEY WORDS: Strike at goal, Pass, and Dribble. GUIDED QUESTIONS: 1. Where should we strike the ball to score a goal? 2. When is a good time to pass to a teammate? 3. What do we need to combine? ANSWERS: 1. Low and to the corners away from the keeper - 2. When we have an opening and he/she is in a scoring position - 3. We need to create a passing option with a 2v1. Note: Switch to this activity if the Core is too easy for the players.
2nd. PLAY PHASE: The Game – 6V6	*DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min*
	OBJECTIVE: To score goals. PLAYER ACTIONS: Shoot, Pass or Dribble forward. ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-1-3-1 formation and the Red team will play in a 1-3-1-1 formation. SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling. KEY WORDS: Strike at goal, Pass, and Dribble. GUIDED QUESTIONS: 1. When should you strike the ball to score? 2. When should you dribble forward? 3. What should you do if you find an opening? ANSWERS: 1. When we have an opening to goal - 2. When we have an opening or one opponent in front with no defenders behind - 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	TRAINING SESSION SELF-REFLECTION QUESTIONS
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?	1. How did you achieve your goals in the training session? 2. What did you do well? 1. What could you do better?