Week 6							
	GOAL:	Improve Scoring Goals - 2					U11-U12 9V9
	PLAYER ACTIONS	Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1					
	KEY QUALITIES	Read the game, Be proactive, Optimal technical abilities					
	MOMENT	ATTACKING	DURATION	60 minutes	PLAYERS	16	

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 scores goals.

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

ORGANIZATION: In a 9v9 field, set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. 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, Receiving, Passing and Dribbling.

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

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. Shoot 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: 5v5 to goal

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

OBJECTIVE: To scores goals.

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

ORGANIZATION: In the attacking half of a 9v9 field, set up a 36Wx28L field with a regular goal. The 5 Blue players: 1 GK, 1 midfielder, 2 wingers and 1 striker against the Red team: 1GK, 3 defenders and 1 midfielder. Both teams will score in the opponent's goal. All laws of the game in effect. If the one team scores, the other 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, Dribble and Opening.

GUIDED QUESTIONS: 1. Where should we strike 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: 4v3 to goal

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

OBJECTIVE: To scores goals.

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

ORGANIZATION: In the opponent's half set up two 22Wx30L fields with a goal at each end. Play 4v3. The Blue team: 1GK and 3 attackers against the Red Team: 1 GK and two defenders. Both teams score in the opponent's goal. Red scores be dribbling or passing to a player getting in the end zone. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

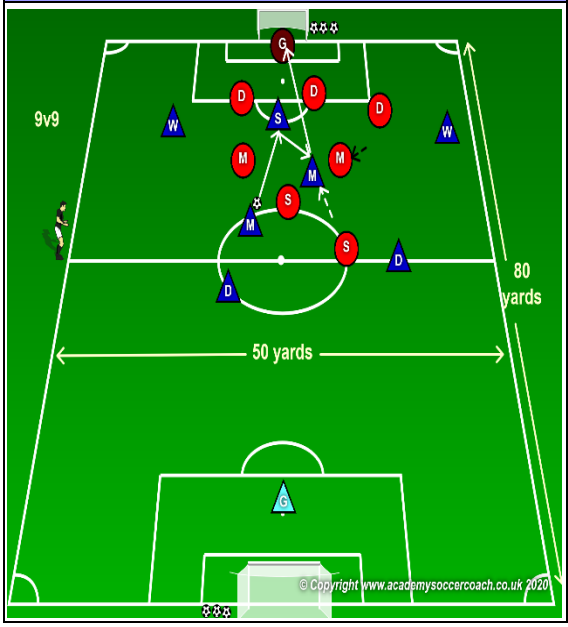
SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.

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

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: 5v6 to goal	DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min
	OBJECTIVE: To scores goals. PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1. ORGANIZATION: In the attacking half of a 9v9 field, set up a 36Wx28L field with a regular goal. The 5 Blue players: 1 GK, 1 midfielder, 2 wingers and 1 striker against the Red team: 1GK, 3 defenders and 2 midfielders. Both teams will score in the opponent's goal. All laws of the game in effect. If the one team scores, the other 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, Dribble and Opening. GUIDED QUESTIONS: 1. Where should we strike 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 – 8V8	DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min
	OBJECTIVE: To scores goals. PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1. ORGANIZATION: In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-2-2-3 formation and the red team will play in 1-3-2-2 formation. SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling. KEY WORDS: Strike at goal, Pass, and Dribble. GUIDED QUESTIONS: 1. When should you strike 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? 3. What could you do better?