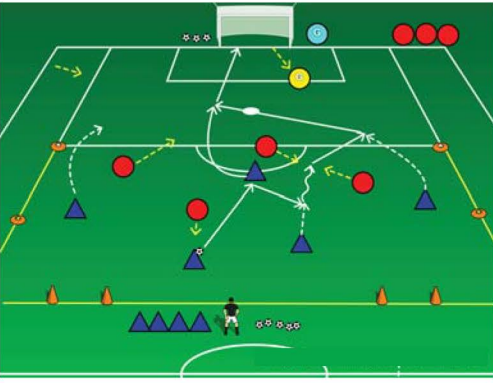




<b>GOAL:</b>	Improve scoring goals - 1								
<b>PLAYER ACTIONS</b>	Shoot, pass or dribble forward, create 1v1's or 2v1's								
<b>KEY QUALITIES</b>	Reading the game, Take initiative, technical execution, focus								
<b>AGE GROUP</b>	U13+ / 11v11 / 18 Players	<b>MOMENT</b>	Attacking	<b>DURATION</b>	60 min				
<b>1<sup>st</sup> PLAY PHASE</b>	1v1, 2v1, 2v2...4v4	<b>Duration:</b>	9 min	<b>Activity time:</b>	2.5 min	<b>Rest time:</b>	30 sec	<b>Intervals</b>	3

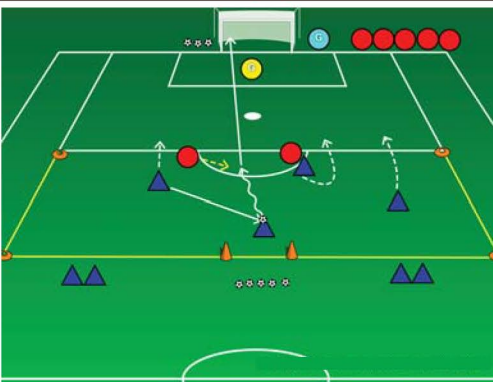
As players arrive, play Small Sided Games (1v1 -4v4)

<b>PRACTICE (Core Activity):</b>	<b>Duration:</b>	24 min	<b>Activity time:</b>	5 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	4
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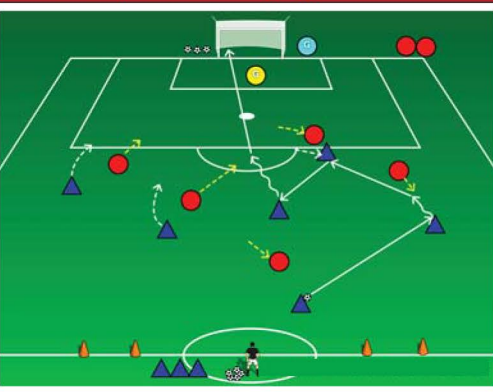
**5V5 TO GOAL AND A COUNTER GOAL:**  
**OBJECTIVE:** To create shooting opportunities and score goals from central areas.  
**ORGANIZATION:** Set up a 44Wx36L yard field with a regular goal and an two counter goals . Play 5V5, the Blue team scores in the regular goal and the Red team in either of the two counter goals. The Blue team always starts with the ball. Rotate players every interval.  
**KEY WORDS:** Shoot, pass and dribble to take opponents on.  
**GUIDED QUESTIONS:** 1.- When should you shoot at goal? 2.- How can you create an opening for a chance to score?  
**ANSWERS:** 1.- When you are in a good position with a clear opening to goal. 2.- Dribbling past a defender or passing to a team mate  
**NOTES:** Start with the **Core Activity**. If it is too difficult, switch to the **Less Challenging Activity**. If it is too easy switch to the **More Challenging Activity**.

<b>PRACTICE (Less Challenging):</b>	<b>Duration:</b>	24 min	<b>Activity time:</b>	2 min	<b>Rest time:</b>	2 min	<b>Intervals</b>	6
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**4V3 TO GOAL AND A COUNTER GOAL:**  
**OBJECTIVE:** To create shooting opportunities and score goals from central areas.  
**ORGANIZATION:** Set up a 44Wx40L yard field with a regular goal and an a counter goal . Play 4V3, the Blue team scores in the regular goal and the Red team in either of the two counter goals. The Blue team always starts with the ball. Rotate players every interval.  
**KEY WORDS:** Shoot, pass and dribble to take opponents on.  
**GUIDED QUESTIONS:** 1.- When should you shoot at goal? 2.- How can you create an opening for a chance to score?  
**ANSWERS:** 1.- When you are in a good position with a clear opening to goal. 2.- Dribbling past a defender or passing to a team mate  
**NOTES:** Start with the **Core Activity**; if it is too difficult for your players, then switch to the **Less Challenging Activity**.

<b>PRACTICE (More Challenging):</b>	<b>Duration:</b>	24 min	<b>Activity time:</b>	5 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	4
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**6V6 TO GOAL:**  
**OBJECTIVE:** To create shooting opportunities and score goals from central areas.  
**ORGANIZATION:** Set up a 80Wx60L yard field with a regular goal and an two counter goals . Play 6v6, the Blue team scores in the regular goal and the Red team in either of the two counter goals. The Blue team always starts with the ball. Rotate players every interval. All FIFA Laws apply.  
**KEY WORDS:** Shoot, pass and dribble to take opponents on.  
**GUIDED QUESTIONS:** 1.- When should you shoot at goal? 2.- How can you create an opening for a chance to score?  
**ANSWERS:** 1.- When you are in a good position with a clear opening to goal. 2.- Dribbling past a defender or passing to a team mate  
**NOTES:** Start with the **Core Activity**; if it is too easy for your players, then switch to the **More Challenging Activity**.

<b>2<sup>nd</sup> PLAY PHASE</b>	9v9(1-3-2-3v1-3-2-3)	<b>Duration:</b>	26 min	<b>Activity time:</b>	11 min	<b>Rest time:</b>	2 min	<b>Intervals</b>	2
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Finish the session with a scrimmage using all FIFA rules,

<b>FIVE ELEMENTS OF TRAINING ACTIVITY</b>	<b>TRAINING SESSION SELF REFLECTION QUESTIONS</b>
<ol style="list-style-type: none"> <li><b>Organized:</b> Is the activity organized in the right way?</li> <li><b>Game like:</b> Is the activity game like?</li> <li><b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</li> <li><b>Challenging:</b> Are the players challenged? (Is there the right balance between being successful and unsuccessful?)</li> <li><b>Coaching:</b> Is there the right coaching based on the age/level of the players?</li> </ol>	<ol style="list-style-type: none"> <li><b>How did you do in achieving the goal of the training session?</b></li> <li><b>What did you do well?</b></li> <li><b>What could you do better?</b></li> </ol>