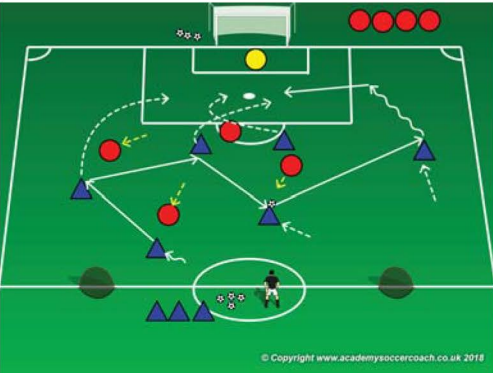




<b>GOAL:</b>	Improve scoring goals - 2								
<b>PLAYER ACTIONS</b>	Cross, shoot, pass or dribble forward, create 1v1's or 2v1's								
<b>KEY QUALITIES</b>	Make decision, technical execution, focus								
<b>AGE GROUP</b>	U13+ / 11v11 / 18 Players	<b>MOMENT</b>	Attacking	<b>DURATION</b>	60 min				
<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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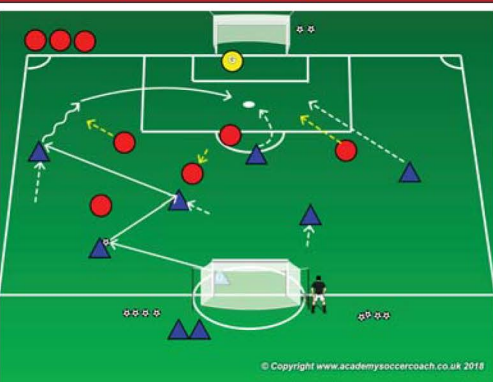
**6V5 TO GOAL AND A TWO COUNTER GOALS:**  
**OBJECTIVE:** To create scoring chances using the flanks areas to score more goals.  
**ORGANIZATION:** Set up a 80Wx60L yard field with a regular goal and an two counter goals . The Blue team scores in the regular goal and the Red team in either of the two counter goals. The Blue team always starts with the ball. Rotate players every interval.  
**KEY WORDS:** Get wide, cross, shoot, pass and dribble to take opponents on.  
**GUIDED QUESTIONS:** 1.- What should the flank players with the ball do if he/she has the ball? 2.- Where should the striker run to finish the cross?  
**ANSWERS:** 1.- Dribble the ball forward towards goal, take a quick look inside and the GK, release the cross or a pass away from the Gk and in the path of the strikers. 2.- Near post, far post and in front of the goal.  
**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 TWO COUNTER GOAL:**  
**OBJECTIVE:** To create scoring chances using the flanks areas to score more goals.  
**ORGANIZATION:** Set up a 80Wx60L yard field with a regular goal and an two counter goals . 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:** Get wide, cross, shoot, pass and dribble to take opponents on.  
**GUIDED QUESTIONS:** 1.- What should the flank players with the ball do if he/she has the ball? 2.- Where should the striker run to finish the cross?  
**ANSWERS:** 1.- Dribble the ball forward towards goal, take a quick look inside and the GK, release the cross or a pass away from the Gk and in the path of the strikers. 2.- Near post, far post and in front of the goal.  
**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>	7 min	<b>Rest time:</b>	1 min	<b>Intervals</b>	3
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**7V6 TO GOAL:**  
**OBJECTIVE:** To create scoring chances using the flanks areas to score more goals.  
**ORGANIZATION:** Set up a 80Wx60L yard field with a regular goal and an two counter goals . 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:** Get wide, cross, shoot, pass and dribble to take opponents on..  
**GUIDED QUESTIONS:** 1.- What should the flank players with the ball do if he/she has the ball? 2.- Where should the striker run to finish the cross?  
**ANSWERS:** 1.- Dribble the ball forward towards goal, take a quick look inside and the GK, release the cross or a pass away from the Gk and in the path of the strikers. 2.- Near post, far post and in front of the goal.  
**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>