



# U11/U12 CREATE SCORING OPPORTUNITIES 1



**GOAL** Improve the team/player in scoring goals from central areas

**Key Qualities** Make decisions, Take initiative, Focus

**Age Group** U11/U12

**Team Tactical Principles** Shoot, Pass/Dribble forward, Create passing options. Create a 2v1 or 1v1

## PLAY - SMALL SIDED GAMES

### Objective:

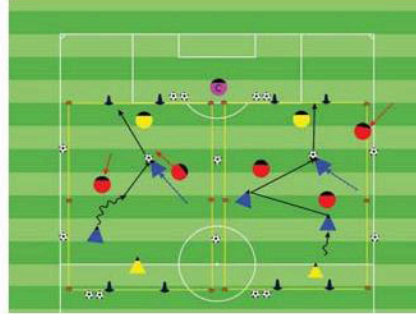
To play a game as the players arrive with the purpose to move the ball forward to score goals.

### Organization:

Set up two or more 20Wx30L fields with a goal at each end. As the players arrive, play 1v1, 2v1, 2v3, up to 4v4.

**Time:** 4 games of 2 minutes with a 30 second rest for a total of 10 minutes.

**Rules:** Out of bounds - Pass or dribble the ball in



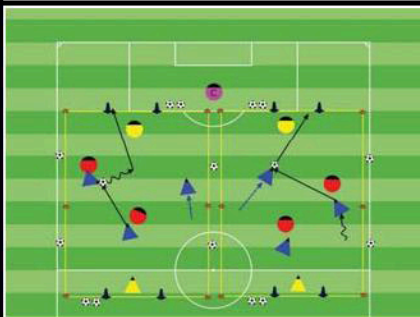
**Key Words:** Go to goal, Shoot from range, Be available to receive a pass and shoot.

### Guided Questions:

- Why do you need to ask the players how was their day? - What should we say to encourage players to shoot?

**Answer:** Because this way we can tell the players' mood for training. We should tell them that missing is OK and the more they shoot the more the chances to score.

## PRACTICE - CORE ACTIVITY



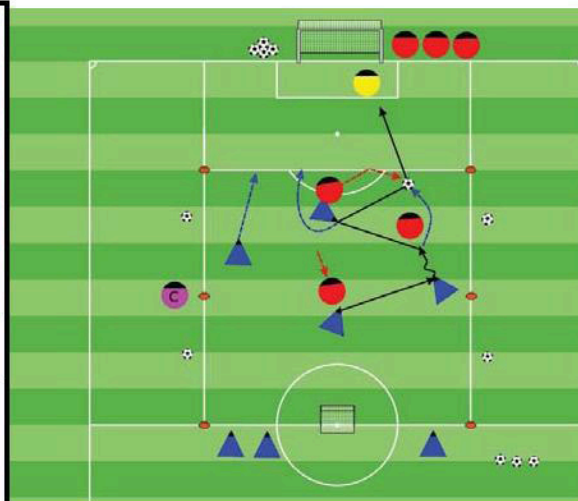
### Less Challenging Activity

### Organization:

- Play 3v3 in a 20Wx30L including a goalkeeper on each end line.

**Scoring:** Scoring from their own half 50pts, dribbling by an opponent and scoring 10pts, any other goal 1point.

**Rules:** Pass or dribble in.



**Activity Duration** 21 min

**# of Intervals** 6

**Time Active** 3 min

**Active Rest** 30 sec



### More Challenging Activity

### Organization:

- Play 6v6.

- in a half field (50Wx37L) with two regular goals.

Substitute every 2 intervals.

**Rules:** All FIFA Laws apply.

### Objective:

Possess the ball to unbalance and disorganize the opponent in order to create chances and score goals.

### Organization:

- Play 4v4 in a 36Wx37L with a regular goal and a counter goal.

- The attacking team gets 4 balls to score.

- Substitute the players every interval.

**Scoring:** Scoring from outside the box is 50 points, Dribbling by an opponent and score is 10 points. A goal from an assist is 10 points.

**Rules:** All FIFA Rules Apply.

**Key Words:** Attack the goal, Shoot when in range, Make space between you and the defender to shoot, Be ready to receive a pass and shoot.

### Guided Questions:

- What should the player do if he is not pressured by a defender outside the box? When should a players take a shot?

**Answers:** The players should strike the ball at goal. Every time you have a clear opening to goal and every time that a defender is in front of you blocking the Goalkeeper.

## PLAY - LET THEM PLAY

### Objective:

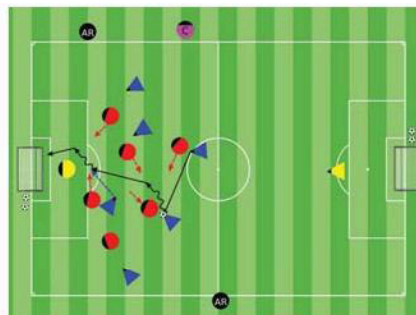
Possess the ball to unbalance and disorganize the opponent in order to create chances and score goals.

### Organization:

- Make two equal teams with the players in practice, play in a 50Wx75L field with goals.

**Time:** 2 halves of 13 minutes, 2 minutes rest for a total of 30 minutes.

**Rules:** All FIFA Rules Apply.



**Key Words:** Attack the goal, Shoot when in range, Make space between you and the defender to shoot, Be ready to receive a pass and shoot.

### Guided Question

- What did players do in the game that tells us they understood the training session?

**Answer:** The players were able to shoot the ball from range, create opening to shoot through by dribbling or combining with teammates.