

## 7v7 Attacking- Improve Scoring Goals (A)

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



GOAL: Improve scoring goals

PLAYER ACTIONS: 2v1/1v1, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

12

90 min

**1ST PLAY PHASE: Intentional Free Play**

**PRACTICE (Core Activity): 1 v 1 on Two Goals with Goalkeepers**

**PRACTICE (Less Challenging): 1 v 1 on Two Goals with Goalkeepers**

**PRACTICE (More Challenging): 1 v 1 on Two Goals with Goalkeepers**

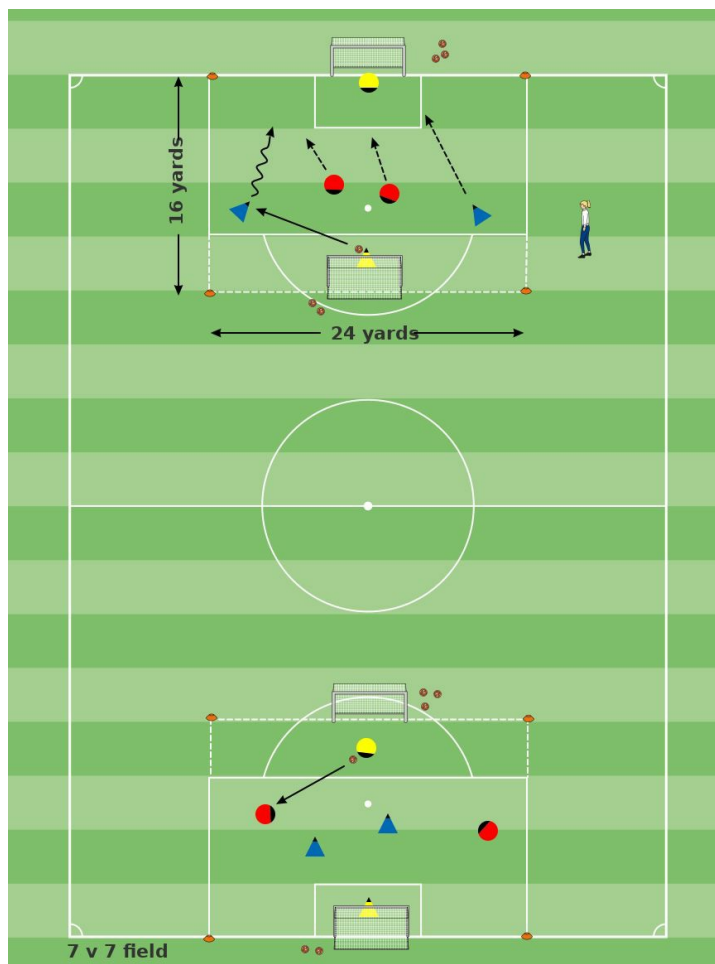
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



### ORGANIZATION:

Mark out two 16 x 24 yard fields. Teams play 3 v 3 on goals with goalkeepers. The attacking team's keeper can help build the attack and even score goals. Play for 30 minutes with two breaks.

### KEY WORDS:

Dribble, pass, take opponents on, shoot

### GUIDED QUESTIONS:

1) What is the number of players when the keeper joins the attack? 2) How can you take advantage of this situation?

### ANSWERS:

1) A 3 v 2 with attackers outnumbering defenders. 2) Spread out and use both wings or our extra player; be brave and attack 1 v 1; shoot.

### NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. If you do not have goals, use flags or cones.

**MOMENT:**  
Attacking

**AGE:**  
U9-U10 / 7v7

**PLAYERS:**  
3 vs 3

**DURATION:**  
30:0 min

## PRACTICE (Core Activity): 1 v 1 on Two Goals with Goalkeepers

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



### ORGANIZATION:

Mark out two 24 x 24 yard fields, each with two goals with goalkeepers. Divide players into four teams of three and assign two to each field. Teams play 1 v 1 + GKs. Play 30-second rounds. After each round, the goalkeeper moves onto the field, the field players go off and the extra players rotate into the goals. Play for 30 minutes with two breaks.

### KEY WORDS:

Dribble, pass, take opponents on, shoot

### GUIDED QUESTIONS:

1) How do you beat a defender 1 v 1? 2) What fakes do you know? 3) What do you need to do after you fake? 4) How much room do you need to shoot?

### ANSWERS:

1) Dribble quickly toward his/her front foot and break through on the open side, or fake a breakthrough on one side and then take the ball to the other side. 2) Shooting fake, step-over, lunge step, etc. 3) Accelerate past the defender as fast as possible and shoot. 4) The size of the ball.

### NOTES:

Start here at the Core Activity. If you do not have goals, use flags or cones.

**MOMENT:**  
Attacking

**AGE:**  
U9-U10 / 7v7

**PLAYERS:**  
2 vs 2

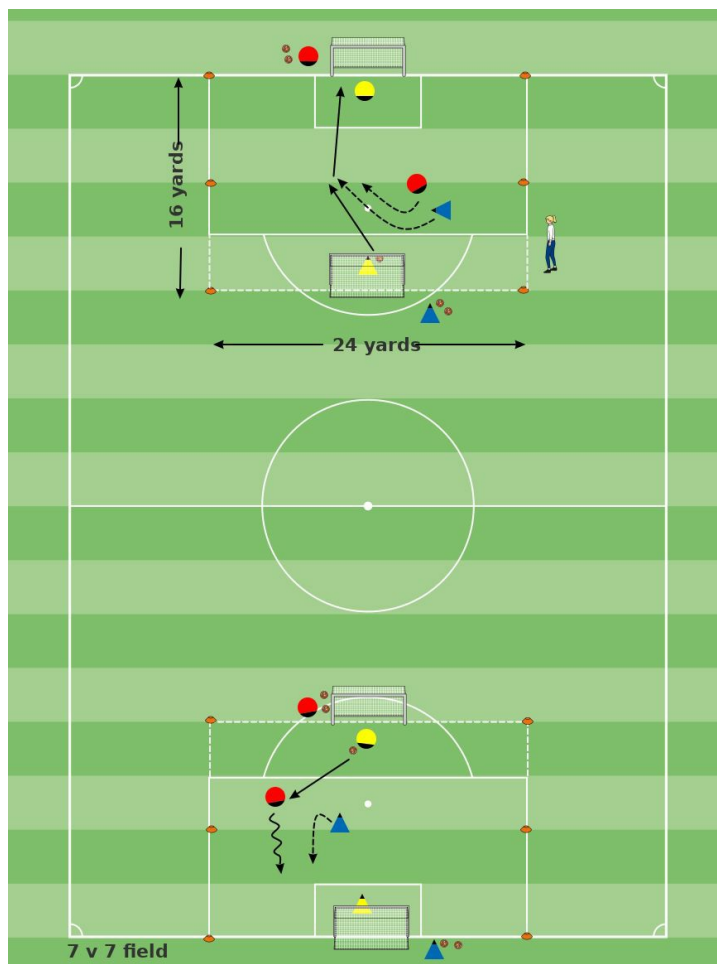
**DURATION:**  
30:0 min

## PRACTICE (Less Challenging): 1 v 1 on Two Goals with Goalkeepers

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



### ORGANIZATION:

Same as Core Activity, except on a 16 x 24 yard field.

### KEY WORDS:

Dribble, pass, take opponents on, shoot

### GUIDED QUESTIONS:

1) How do you beat a defender 1 v 1? 2) How can you fake the defender? 3) What do you need to do after you fake? 4) How much room do you need to shoot?

### ANSWERS:

1) Dribble quickly toward his/her front foot and break through on the open side. 2) Step one way and then quickly go the other. 3) Accelerate past the defender as fast as possible and shoot. 4) The size of the ball.

### NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.



**MOMENT:**

Attacking



**AGE:**

U9-U10 / 7v7



**PLAYERS:**

2 vs 2



**DURATION:**

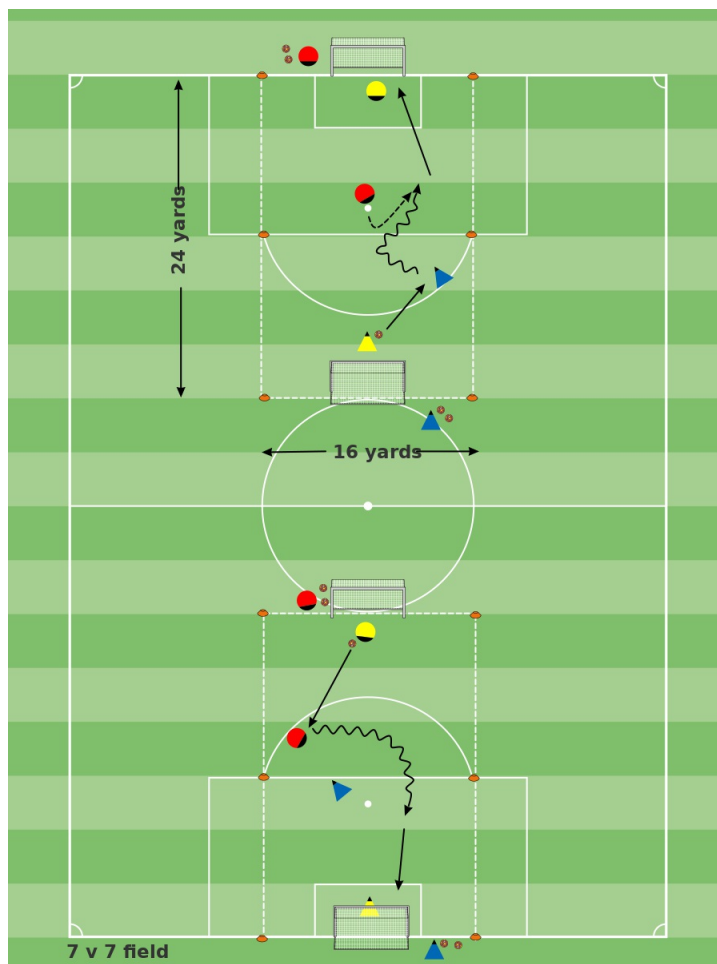
30:0 min

## PRACTICE (More Challenging): 1 v 1 on Two Goals with Goalkeepers

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



### ORGANIZATION:

Same as Core Activity, except on a 24 x 16yard field.

### KEY WORDS:

Dribble, pass, take opponents on, shoot

### GUIDED QUESTIONS:

1) How do you beat a defender 1 v 1? 2) How can you fake the defender? 3) What do you need to do after you fake? 4) How much room do you need to shoot?

### ANSWERS:

1) Dribble quickly toward his/her front foot and break through on the open side. 2) Step one way and then quickly go the other. 3) Accelerate past the defender as fast as possible and shoot. 4) The size of the ball.

### NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



**MOMENT:**

Attacking



**AGE:**

U9-U10 / 7v7



**PLAYERS:**

2 vs 2



**DURATION:**

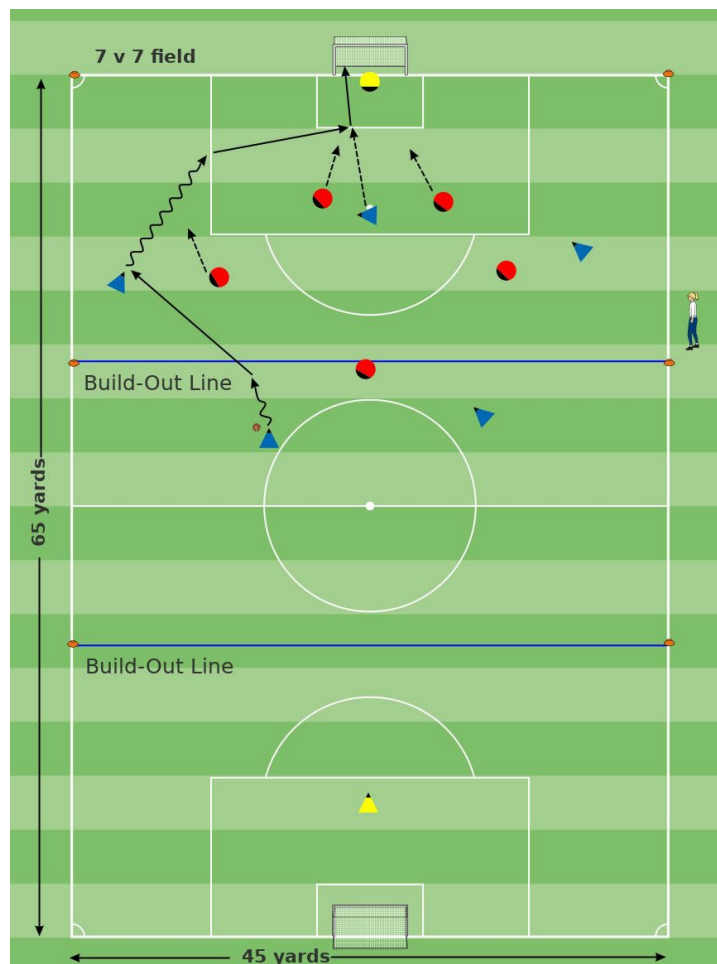
30:0 min

## 2ND PLAY PHASE: The Game

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



### ORGANIZATION:

Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

### KEY WORDS:

Dribble, pass, take opponents on, shoot

### GUIDED QUESTIONS:

1) How do you beat a defender 1 v 1? 2) How can you fake the defender? 3) What do you need to do after you fake? 4) How much room do you need to shoot?

### ANSWERS:

1) Dribble quickly toward his/her front foot and break through on the open side. 2) Step one way and then quickly go the other. 3) Accelerate past the defender as fast as possible and shoot. 4) The size of the ball.

NOTES: If an uneven numbers of players are present, make sure that all players are on the field even if one team has more players.

**MOMENT:**  
Attacking

**AGE:**  
U9-U10 / 7v7

**PLAYERS:**  
6 vs 6

**DURATION:**  
30:0 min

## 7v7 Attacking- Improve Scoring Goals (A)

GOAL: Improve scoring goals

PLAYER ACTIONS: 2v1/1v1, Shoot

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U9-U10 / 7v7 / 12 players

Attacking

DURATION: 90 min



### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise game-like?
3. Repetition: Is there repetition, 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 proper coaching, based on the age and level of the player?

### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: