

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

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): 2 v 1 on One Goal with Goalkeeper**

**PRACTICE (Less Challenging): 3 v 1 on One Goal with Goalkeeper**

**PRACTICE (More Challenging): 3 v 2 on One Goal with Goalkeeper**

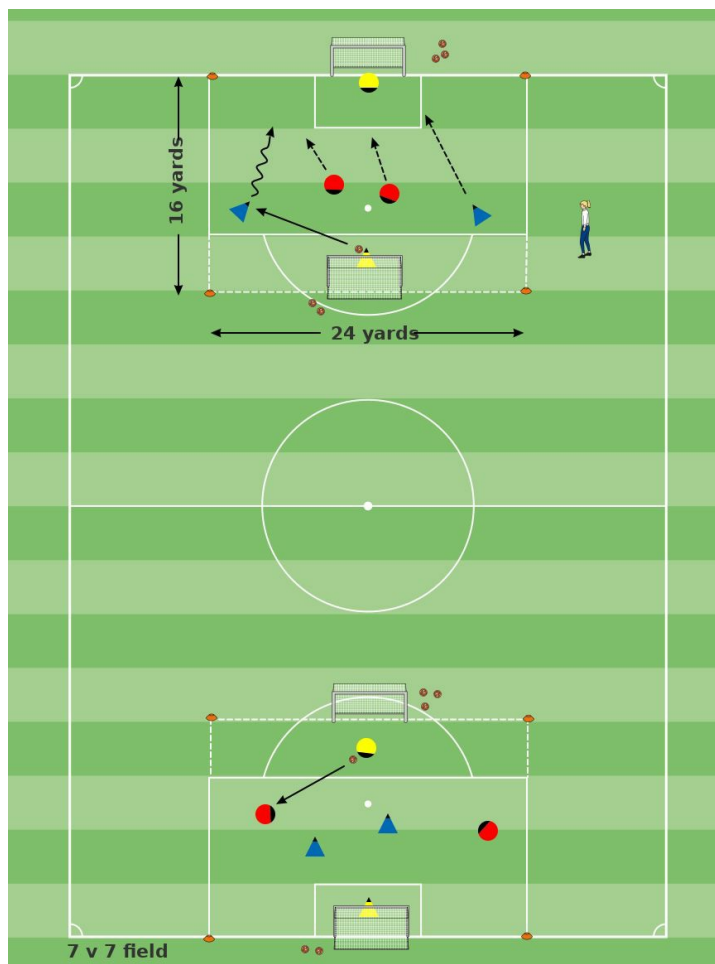
**2ND PLAY PHASE: The Game**

## 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) When the attackers' keeper helps build the attack, what kind of numbers situation does that create? 2) How can you take advantage of this situation?

### ANSWERS:

1) A 3 v 2 with attackers outnumbering defenders. 2) Spread out and create or find openings; use our extra player and don't be afraid to attack 1 v 1 or 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

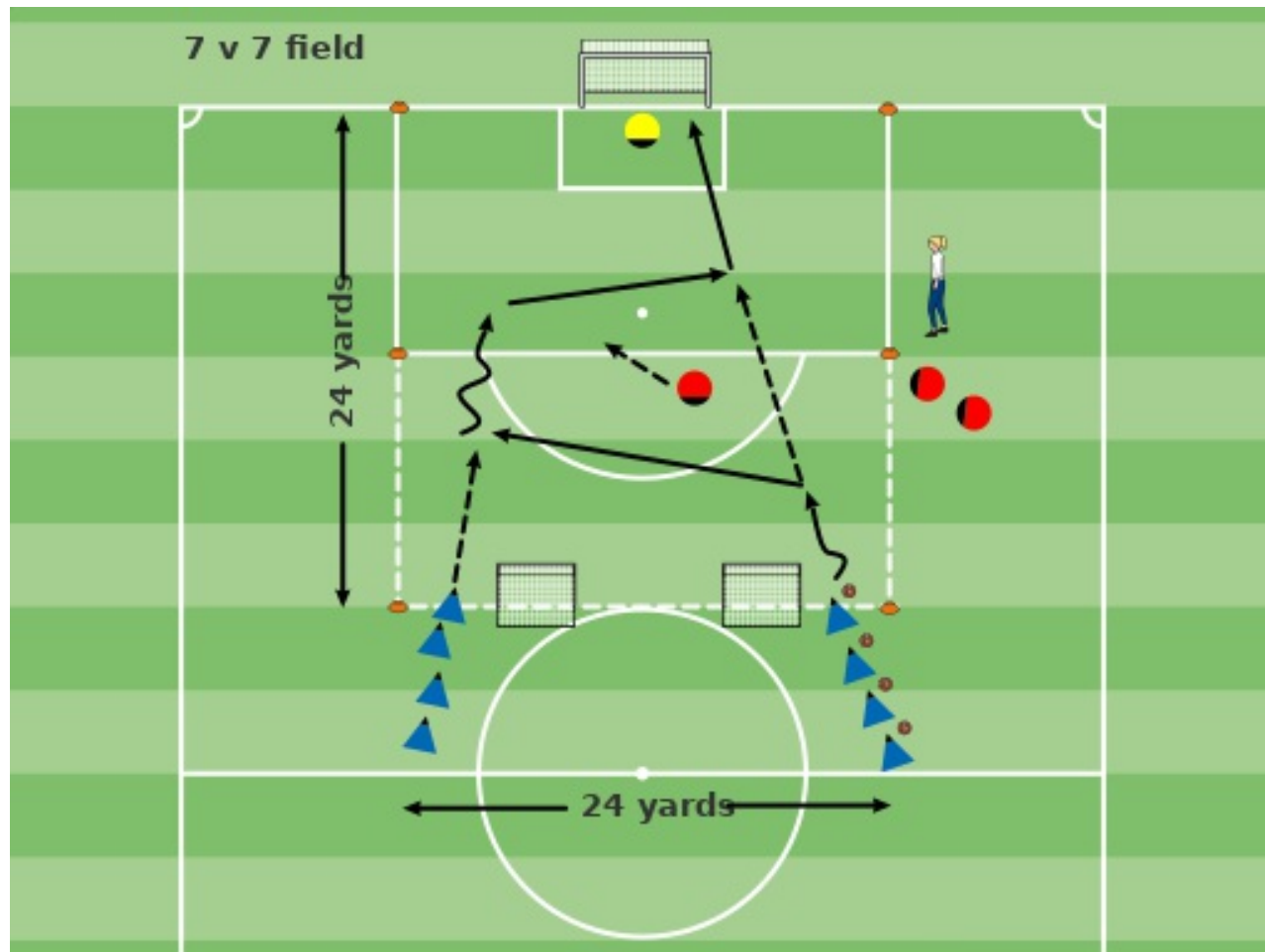
**DURATION:**  
30:0 min

**PRACTICE (Core Activity): 2 v 1 on One Goal with Goalkeeper**

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

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



**ORGANIZATION:**

Mark out a 22 x 24 yard field with one goal with goalkeeper and two mini goals. Assign attackers (Blue) and defenders (Red) to starting positions as shown. Players play 2 v 1 until a goal is scored. The defender tries to win the ball and score on the mini goals. Afterward, the next defender starts. Play for 30 minutes with two breaks. Rotate players after every few minutes so that everyone gets opportunities to attack/defend/play keeper.

**KEY WORDS:**

Dribble, pass, take opponents on, shoot

**GUIDED QUESTIONS:**

1) What should you do when you have the ball? 2) Why? 3) What do you need to watch out for when you're passing? 4) What do you do if the defender steps to your teammate?

**ANSWERS:**

1) Dribble forward to engage the defender, 2) To make the defender choose to step to the ball or my teammate. 3) The position of the defender and my teammates position for offside. 4) Dribble forward into the opening and shoot.

**NOTES:**

Start here at the Core Activity. Spend a total of 30 minutes in Practice Phase.

**MOMENT:**  
Attacking

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

**PLAYERS:**  
2 vs 1

**DURATION:**  
30:0 min

**PRACTICE (Less Challenging): 3 v 1 on One Goal with Goalkeeper**

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

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



**ORGANIZATION:**

Same as Core Activity, except players play 3 v 1. Rotate players after every few minutes so that everyone gets opportunities to attack/defend/play keeper.

**KEY WORDS:**

Dribble, take opponents on, shoot

**GUIDED QUESTIONS:**

1) What should you do when you have the ball? 2) Why? 3) What do you need to watch out for when you're passing? 4) What do you do if the defender steps to your teammate?

**ANSWERS:**

1) Dribble forward to engage the defender, 2) To make the defender choose to step to the ball or my teammate. 3) The position of the defender and my teammates position for offside. 4) Dribble forward into the opening and shoot.

**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:**  
3 vs 1

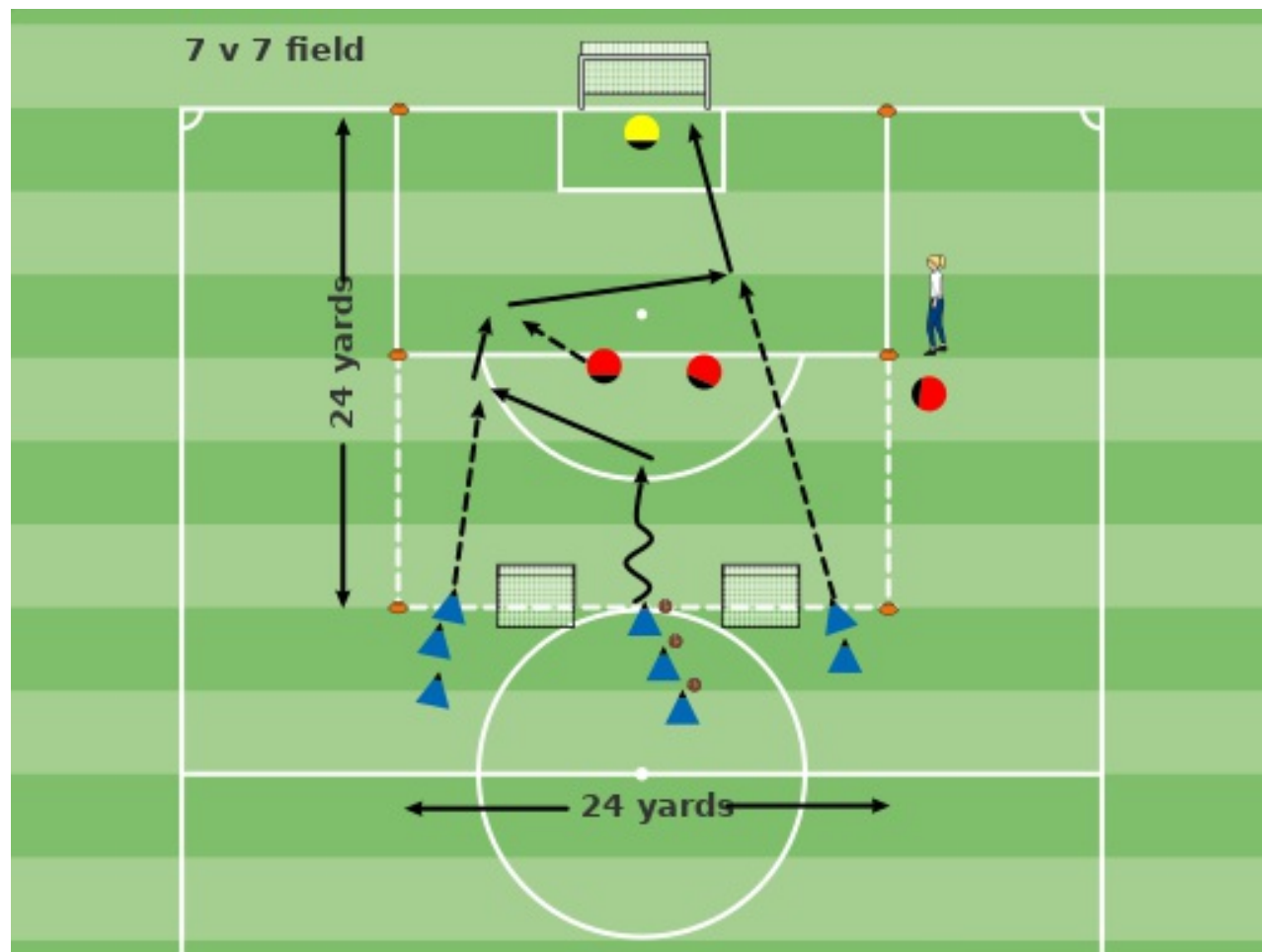
**DURATION:**  
30:0 min

**PRACTICE (More Challenging): 3 v 2 on One Goal with Goalkeeper**

OBJECTIVE: To score goals.

PLAYER ACTIONS: 2v1/1v1, Shoot

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



**ORGANIZATION:**

Same as Core Activity, except players play 3 v 2. Rotate players after every few minutes so that everyone gets opportunities to attack/defend/play keeper.

**KEY WORDS:**

Dribble, take opponents on, shoot

**GUIDED QUESTIONS:**

1) What should you do when you have the ball? 2) Why? 3) What do you need to watch out for when you're passing? 4) What do you do if the defender steps to your teammate?

**ANSWERS:**

1) Dribble forward to engage the defender, 2) To make the defender choose to step to the ball or my teammate. 3) The position of the defender and my teammates position for offside. 4) Dribble forward into the opening and shoot.

**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



**MOMENT:**

Attacking



**AGE:**

U9-U10 / 7v7



**PLAYERS:**

3 vs 2



**DURATION:**

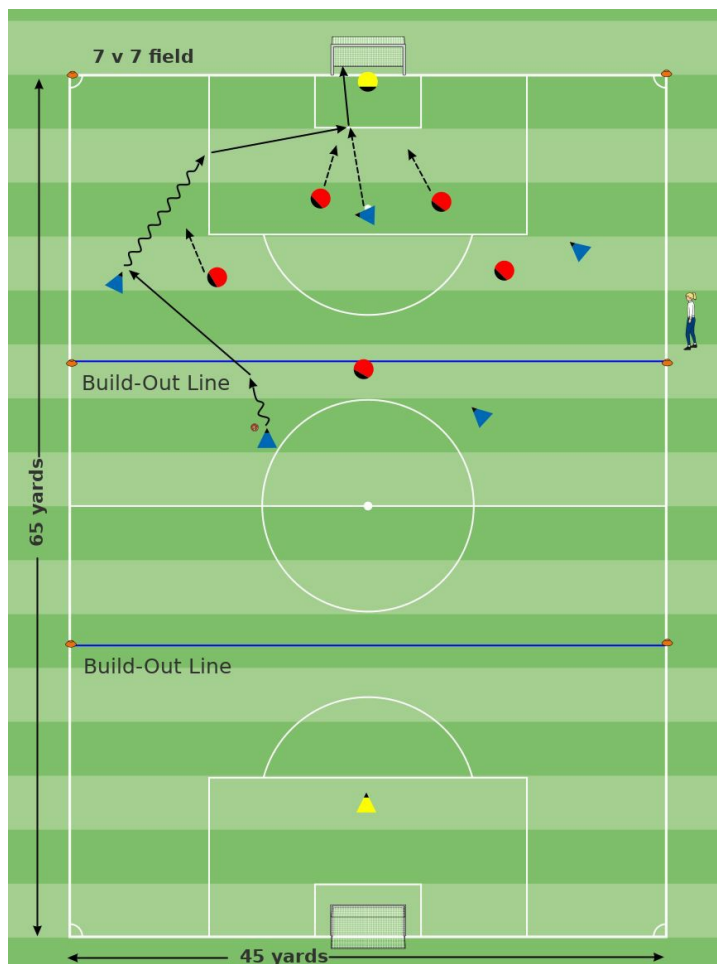
30:0 min

## 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 to be 65X45 yards 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, take opponents on, shoot

### GUIDED QUESTIONS:

1) What should you do when you have the ball? 2) Why? 3) What do you need to watch out for when you're passing? 4) What do you do if the defender steps to your teammate?

### ANSWERS:

1) Dribble forward to engage the defender, 2) To make the defender choose to step to the ball or my teammate. 3) The position of the defender and my teammates position for offside. 4) Dribble forward into the opening and shoot.

### 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 (B)

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: