

## 9v9 Improve Scoring Goals- (A)

AGE: U11-U12 / 9v9 / 16 players

MOMENT:




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GOAL: Improve scoring goals

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

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

 16

 90 min

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

**PRACTICE (Core Activity): 2 v 1 + 1 in Middle**

**PRACTICE (Less Challenging): 2 v 1 in Middle**

**PRACTICE (More Challenging): 2 v 1 + 1 in Middle**

**2ND PLAY PHASE: The Game**

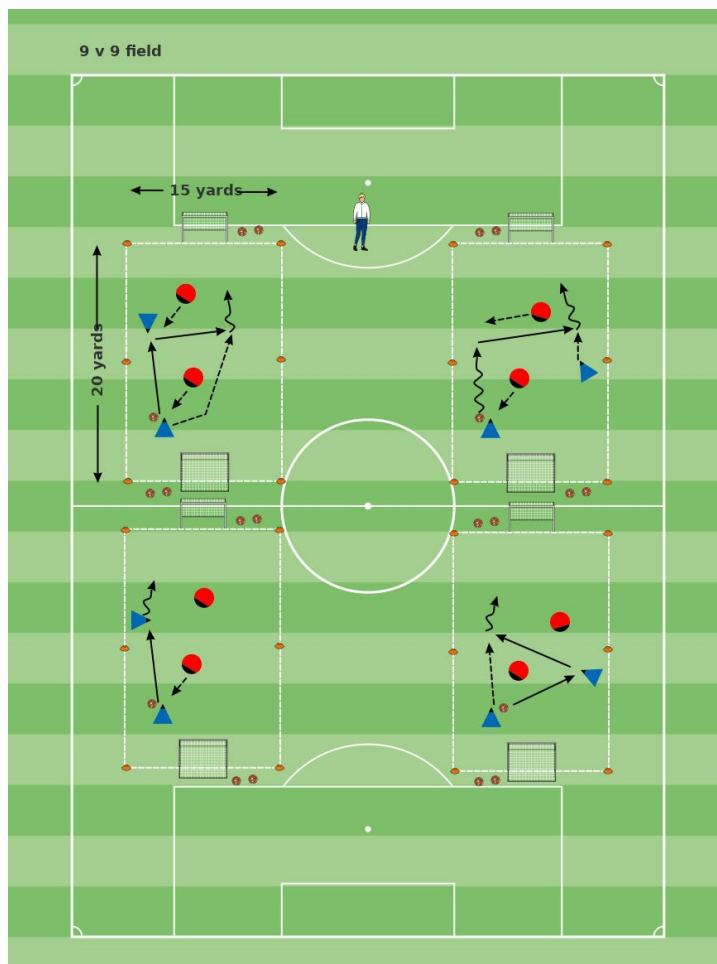


## 1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create openings and score goals

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

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



### ORGANIZATION:

Mark out four 20 x 15-yard fields, each with two mini goals. Free play: Players are divided into pairs and take turns playing 2 v 2. Play for 30 minutes with two breaks. Rotate players/teams as needed according to the Five Elements.

### KEY WORDS:

Pass, dribble, take opponents on, shoot

### GUIDED QUESTIONS:

1) How many goals did you score? What can you do to score more goals? 2) What should you do if you see an opening? 3) What if the goal is blocked? 4) How do you create an opening?

### ANSWERS:

1) Focus on attacking; create 1 v 1s and 2 v 1s; finish faster. 2) Shoot. 3) We need to create an opening? 4) Make the opponent move; beat the opponent 1 v 1 or 2 v 1 (give and go).

### NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each

**MOMENT:**  
Attacking

**AGE:**  
U11-U12 / 9v9

**PLAYERS:**  
2 vs 2

**DURATION:**  
30:0 min

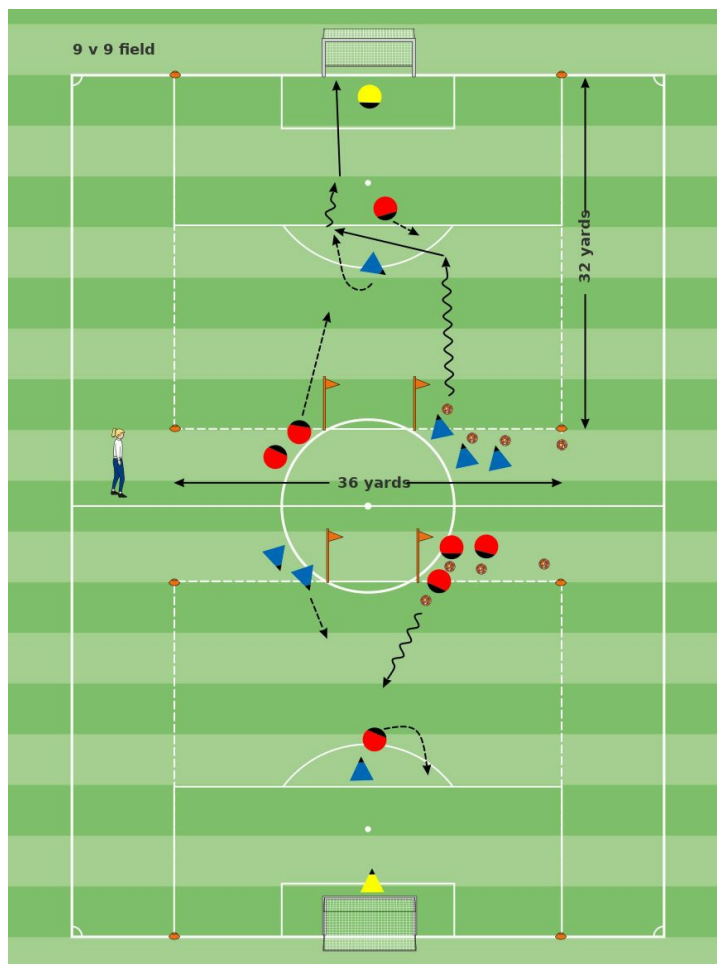


## PRACTICE (Core Activity): 2 v 1 + 1 in Middle

OBJECTIVE: To score goals by attacking 2 v 1 up the middle

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

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



### ORGANIZATION:

Mark out two 32 x 36-yard fields. Assign attackers and defenders to starting positions as shown. Players play 2 v 1 + 1 (second defender runs in from behind). Play begins as soon as the ball starts moving forward and continues until a goal is scored. The defenders try to win the ball and score on the goal line. Play for 30 minutes with two breaks.

### KEY WORDS:

Pass, dribble, take opponents on, shoot

### GUIDED QUESTIONS:

1) How do you handle a 2 v 1 when you've got the ball? 2) What should the forward do? 3) What else can you do when you have the ball?

### ANSWERS:

1) Quickly dribble forward to engage the defender, then pass the ball off to my teammate. 2) Get open while maintaining eye contact with the ball carrier and accelerating forward - but don't run offside! 3) Go 1 v 1 against the defender, dribble past on the outside and finish on the goal.

**MOMENT:**  
Attacking

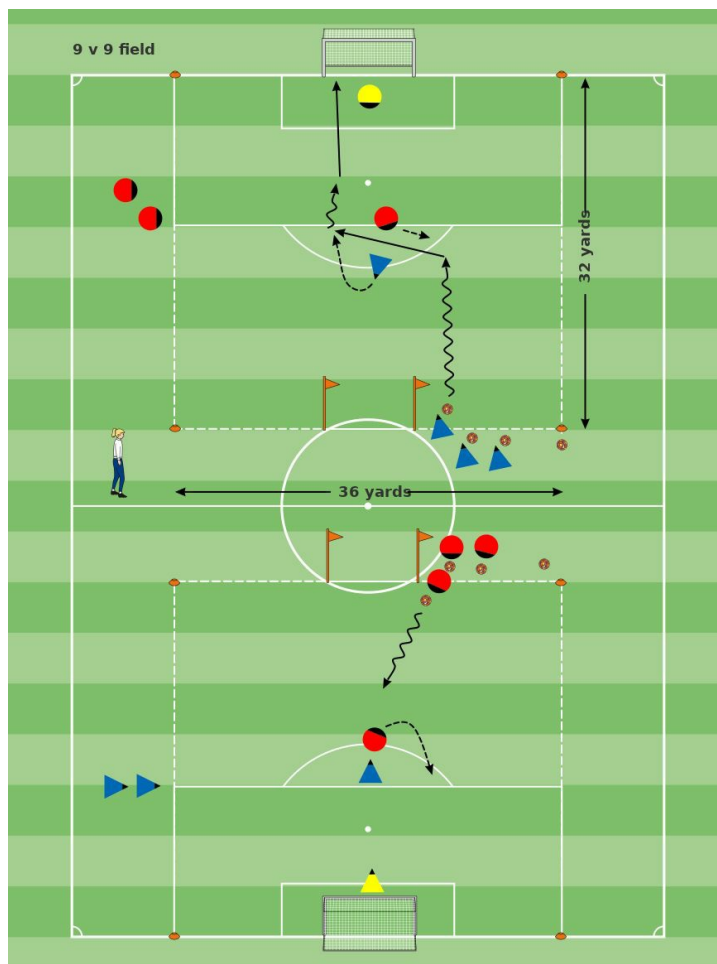
**AGE:**  
U11-U12 / 9v9

**PLAYERS:**  
2 vs 1

**DURATION:**  
30:0 min



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



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.



 **DURATION:**  
30:0 min

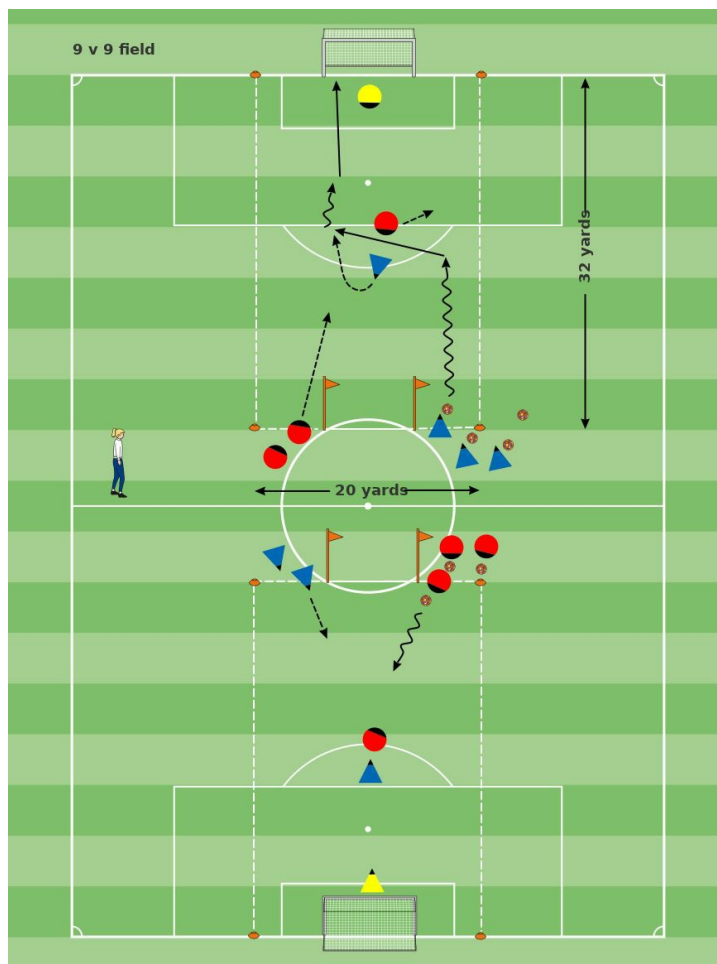


### PRACTICE (More Challenging): 2 v 1 + 1 in Middle

OBJECTIVE: To score goals by attacking 2 v 1 up the middle

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

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



#### ORGANIZATION:

Same as Core Activity, except the field is just 20 yards wide

#### KEY WORDS:

Pass, dribble, take opponents on, shoot

#### GUIDED QUESTIONS:

1) How do you handle a 2 v 1 when you've got the ball? 2) What should the forward do? 3) What else can you do when you have the ball?

#### ANSWERS:

1) Quickly dribble forward to engage the defender, then pass the ball off to my teammate. 2) Get open while maintaining eye contact with the ball carrier and accelerating forward - but don't run offside! 3) Go 1 v 1 against the defender, dribble past on the outside and finish on the goal.

#### 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:**  
U11-U12 / 9v9

**PLAYERS:**  
2 vs 1

**DURATION:**  
30:0 min

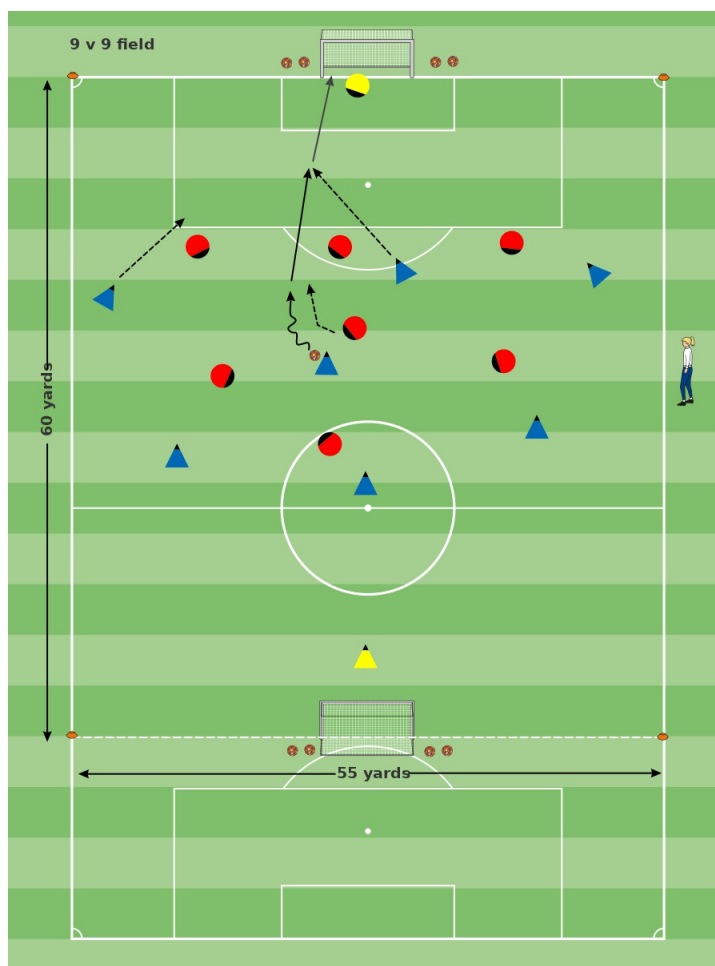


## 2ND PLAY PHASE: The Game

OBJECTIVE: To create openings and score goals

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

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



### ORGANIZATION:

Teams play 8 v 8 on a 60 x 55-yard field. Each plays in a 1-3-1-3 formation. Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives. Play for 30 minutes including one "halftime" (5 minutes max).

### KEY WORDS:

Pass, dribble, take opponents on, shoot

### GUIDED QUESTIONS:

1) How many goals did you score? What can you do to score more goals? 2) What should you do if you see an opening and your close to the goal? 3) How do you create an opening? 4) What should the attackers do in a 2 v 1 situation?

### ANSWERS:

1) Focus on attacking; create 1 v 1s; cover the middle on passes from the wings; finish faster; be ready to jump on rebounds after shots. 2) Shoot. 3) Make the opponent move; beat the opponent 1 v 1 or 2 v 1 (give and go). 4) Take advantage of having an extra player by dribbling forward and engaging the defender before passing the ball off.

**MOMENT:**  
Attacking

**AGE:**  
U11-U12 / 9v9

**PLAYERS:**  
8 vs 8

**DURATION:**  
30:0 min



## 9v9 Improve Scoring Goals- (A)

GOAL: Improve scoring goals

PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot

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

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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: