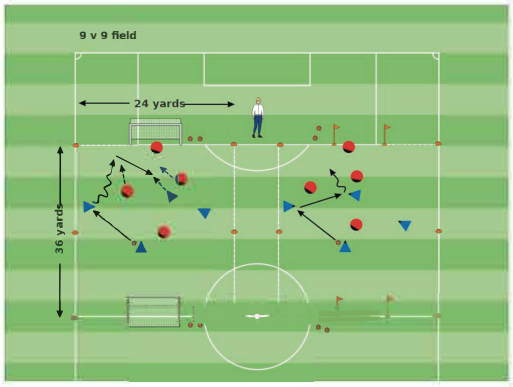
Improve Scoring Goals- Howarth
GOAL: Improve scoring goals
PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot
KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

PRE_ODP Session 4
Attacking
DURATION: 90 MINS



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To score goals by creating 1 v 1s and 2 v 1s

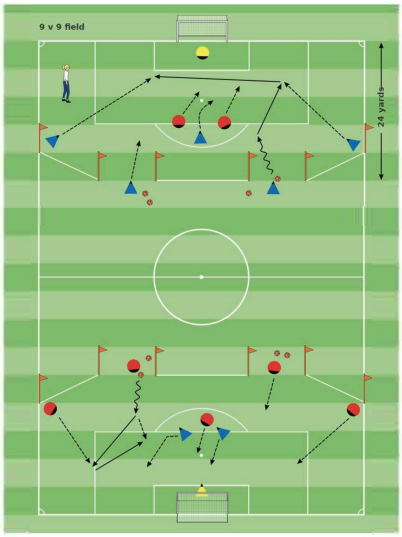
ORGANIZATION: Mark out two 36 x 24-yard fields. Teams play 4 v 4, either on goals (Field 1) or on goal lines (Field 2). There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS: Take opponents on, pass, dribble, shoot, switch

GUIDED QUESTIONS: 1) How can you create a 1 v 1 or 2 v 1? 2) What do you do when the opponent closes down one wing? 3) What do you do if you see an opening?

ANSWERS: 1) Spread the field and pass to a wing player, who pushes forward and tries to create a 1 v 1 or 2 v 1. 2) Look for an opening in the middle, or behind, and play the ball out of pressure by switching it to the opening. 3) Shoot first, pass second, dribble third.

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



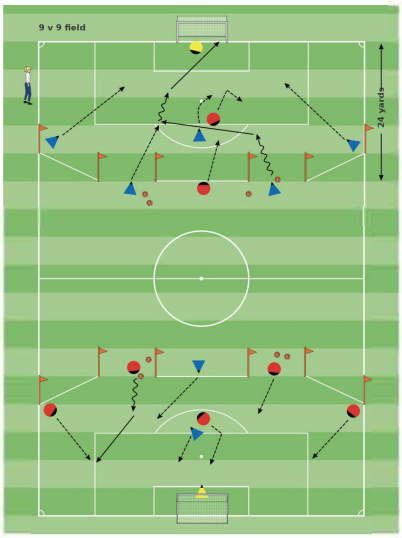
PRACTICE (Core Activity): 5 v 2 on One Goal with Goalkeeper

OBJECTIVE: To create chances and score goals

ORGANIZATION: Mark out two fields as shown. Assign five attackers, two defenders and one goalkeeper to each field. Teams play 5 v 2 + GK. Free play: Attackers begin in their starting positions and try to finish on the goal as quickly as possible. The defenders counterattack by passing through the goal lines. Which team scores more goals in three minutes?
KEY WORDS: Take opponents on, shoot, pass, dribble

GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) What if you can't shoot? 2) What should the other attackers do? 3) How can players without the ball support the attack?

ANSWERS: 1) Look for a shot. 2) Quickly dribble forward toward the defenders, engage one and then pass the ball off to my teammate. 2) Immediately make angled runs into the middle; don't show too far out on the wings. 3) Look to make complimenting runs near post, far post and in front of goal.
NOTES:



PRACTICE (Less Challenging): 5 v 1 + 1 on One Goal with Goalkeeper

OBJECTIVE: To create chances and score goals

ORGANIZATION: Same as Core Activity, except with one defender in the middle and one in the backfield

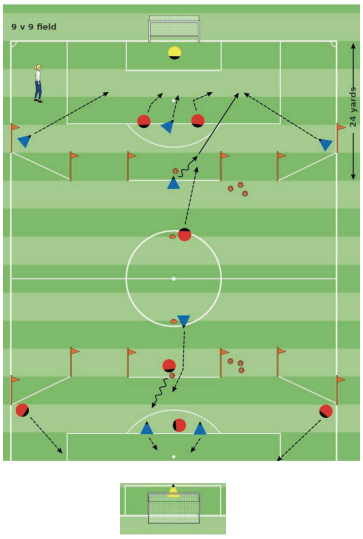
KEY WORDS: Take opponents on, shoot, pass, dribble

GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) What if you can't shoot? 2) What should the other attackers do? 3) How can players without the ball support the attack?

ANSWERS: 1) Look for a shot. 2) Quickly dribble forward toward the defenders, engage one and then pass the ball off to my teammate. 2) Immediately make angled runs into the middle; don't show too far out on the wings. 3) Look to make complimenting runs near post, far post and in front of goal.
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.

PRE ODP **Improve Scoring Goals-**
GOAL: Improve scoring goals
PLAYER ACTIONS: 2v1/1v1, Pass/dribble, Shoot
KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

PRE - ODP SESSION 4
Attacking DURATION:
90 MINS



PRACTICE (More Challenging): 4 v 3 on One Goal with Goalkeeper

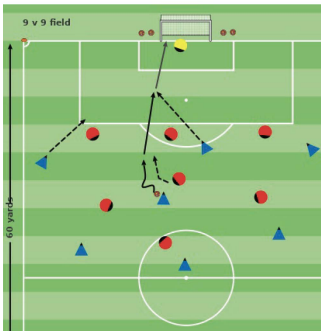
OBJECTIVE: To create chances and score goals.

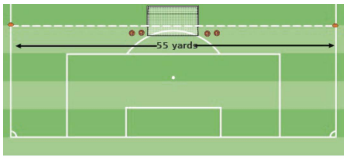
ORGANIZATION: Same as Core Activity, except teams play 4 v 3 with two defenders in the middle and one midfielder in the backfield. The red midfielder makes a recovery one once the play begins.

KEY WORDS: Take opponents on, pass, dribble, shoot

GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) What if you can't shoot? 2) What should the other attackers do? 3) How can players without the ball support the attack?

ANSWERS: 1) Look for a shot. 2) Quickly dribble forward toward the defenders, engage one and then pass the ball off to my teammate. 2) Immediately make angled runs into the middle; don't show too far out on the wings. 3) Look to make complimenting runs near post, far post and in front of 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.





2ND PLAY PHASE: The Game

OBJECTIVE: To create chances and score goals

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: Shoot, Pass, dribble, take opponents on

GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) What if you can't shoot? 2) What should the other attackers do? 3) How can players without the ball support the attack?

ANSWERS: 1) Look for a shot. 2) Quickly dribble forward toward the defenders, engage one and then pass the ball off to my teammate. 2) Immediately make angled runs into the middle; don't show too far out on the wings. 3) Look to make complimenting runs near post, far post and in front of goal.
NOTES:

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity 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 effective coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?