

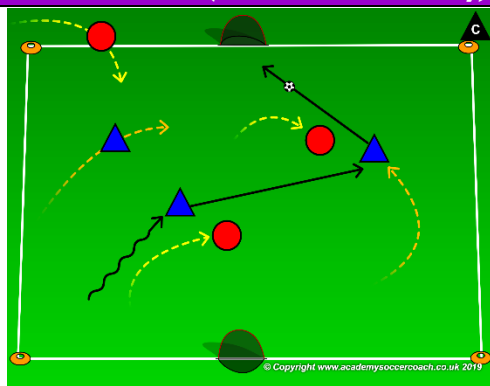
# SCOR ACADEMY: SPRING 2022



<b>GOAL:</b>	Improve Scoring Goals			<b>AGE GROUP</b>
<b>PLAYER ACTIONS</b>	Dribble forward, Score, Play forward when possible			<b>U7/8U</b>
<b>KEY QUALITIES</b>	Take initiative, be pro-active			
<b>MOMENT</b>	Attacking	<b>DURATION</b>	<b>60 Minutes</b>	<b>4v4</b>

## 1st PLAY PHASE (intentional Free Play)

18 Min.-Play multiple 3-4 minute games



**Objective:** to pass or dribble past an opponent then score goals

**Organization:** On your (25Wx35L) game field, set up two 17Wx25L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once one field is at 3v3, start a second game on the field next to it.

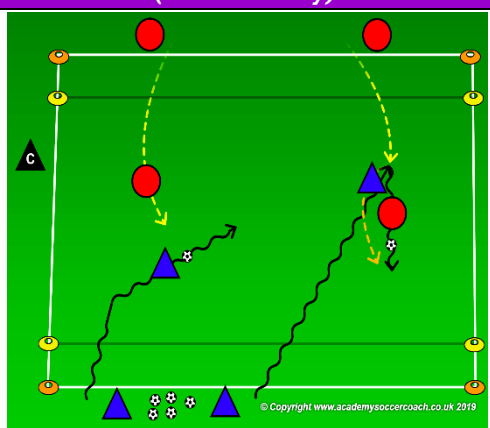
**Key Words:** go to goal, score goals

**Guided Questions:** If you see an opening in front of you, where should you go? When should you pass instead of dribble?

**Answers:** Play forward to goal whenever possible. If all the openings in front of you are closed, quickly pass to a teammate to see if they can find an opening forward.

## PRACTICE (Core Activity): 2 x 1v1 to End Zones

20 Minutes-10 intervals-1 min. play-1 min. rest



**Organization:** In 20Wx30L yard grid with a 5yd end zone on each end of the field. Each team starts behind one of the end zones. One team starts with the soccer balls. On the coach's command, 2 players with soccer balls enter the field and try to dribble the ball into the opponent's end zone. The team without soccer balls send 2 players to try to steal the ball and score in the opposite end zone. Players who can stop the ball in the opponent's end zone get 10 points. After 5 intervals, switch teams so both teams have a chance to attack. **Rules:** Players try to dribble across to the other end zone. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After both soccer balls are either scored or knocked out of play, the game is over and the next game begins. If one ball is kicked out or scored, help your teammate.

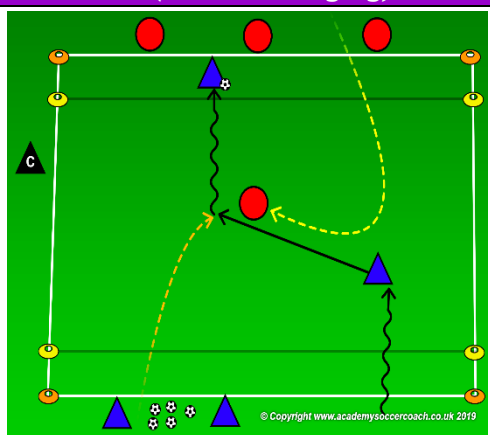
**Key Words:** Look up, find an opening, fake the defender, go forward.

**Guided Questions:** What should you do when confronted by a defender? When should you kick the ball further of front of you?

**Answers:** When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.

## PRACTICE (Less Challenging): 2v1 to End Zones

20 Minutes-20 intervals-30 sec. play-30 sec. rest



**Organization:** In 20Wx30L yard grid with a 5yd end zone on each end of the field. Each team starts behind their end zone. One team starts with a soccer balls. On the coach's command, 2 players with 1 ball enter the field and try to dribble the ball into the opponent's end zone. The team w/o soccer balls can only send 1 defender. Players who can stop the ball in the opponent's end zone get 10 points. After 5 intervals, switch so both teams have a chance to attack. **Rules:** Players try to dribble across to the other end zone. Defenders can only steal the ball outside the end zones. If a defender steals a ball and dribbles it into the other end zone, he/she wins the points for their team. After both soccer balls are either scored or knocked out of play, the game is over and the next game begins.

**Key Words:** Look up, find an opening, fake the defender, go to goal.

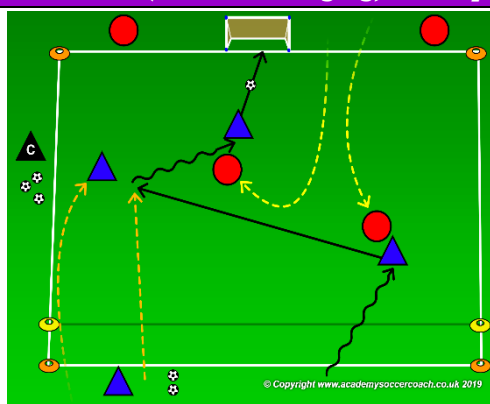
**Guided Questions:** What should you do when confronted by a defender? When should you kick the ball further of front of you?

**Answers:** When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.

**Notes:** Spread out can also be introduced so 1 defender cannot cover both players. Remember to keep the primary focus on the player with the ball.

## PRACTICE (More Challenging): Multiple 3v2 to Goal & End Zone

18 Minutes-12 intervals-1 min. play-30 sec. rest



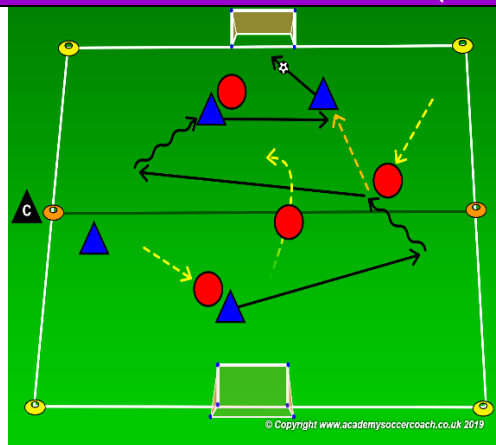
**Organization:** In 20Wx30L yard grid with a 5yd end zone at 1 end and a small goal at the other. Each team starts behind their end line. One team starts with soccer balls. On the coach's command, 3 players with 1 soccer ball enter the field and try to score in the small goal. The team w/o a soccer ball sends 2 players to defender. They can score by stopping the ball in their opponent's end zone. **Rules:** First team to score wins the round. Coach can play a soccer ball in if the ball leaves the field and no one scores. Game lasts for 1 minute or 1 goal.

**Key Words:** Look up, find an opening, fake the defender, go to goal.

**Guided Questions:** What should you do when confronted by a defender? When should you kick the ball further of front of you?

**Answers:** When a defender is close, take softer touches to keep the ball close. If you see an opening to the end zone, kick the ball further in front so you can score as quickly as possible.

**Notes:** It is important to allow one team to start with the ball. Coach can observe to see how the player with the ball starts the attack. Switch sides after 6 intervals.



**Objective:** to pass or dribble past an opponent then score goals

**Organization:** In a 25Wx35L field and a small goal on each end line, play a 4v4. Play for 24 minutes – 2 intervals of 10 minutes with a 2 minute rest between intervals. Local rules apply. If the ball leaves the field, the coach should roll another ball onto the field and play continues. No goal keepers allowed.

**Key Words:** turn, get the ball, score goals

**Guided Questions:** Who should determine whether to dribble pass or shoot? Why is it challenging to score goals? So, how can you beat them?

**Answers:** The players must be allowed to make their own decisions. There is another team on the field who is trying to stop you and score in your goal. Go to goal when you can. If you can't go to goal, find a teammate who can.

### 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 training session?
4. **Challenging:** Are the players being challenged? (is the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there coaching based on the age and level of the players?

### Training Session Self-Reflection Questions

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