

## 11v11 Attacking- Improve Building-Up From Own Half- (A)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus

18

90 min

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

**PRACTICE (Core Activity): 4 v 2 from Large Goal to Two Small Goals**

**PRACTICE (Less Challenging): 3 v 1 from Large Goal to Two Small Goals**

**PRACTICE (More Challenging): 4 v 2 from Large Goal to Two Small Goals**

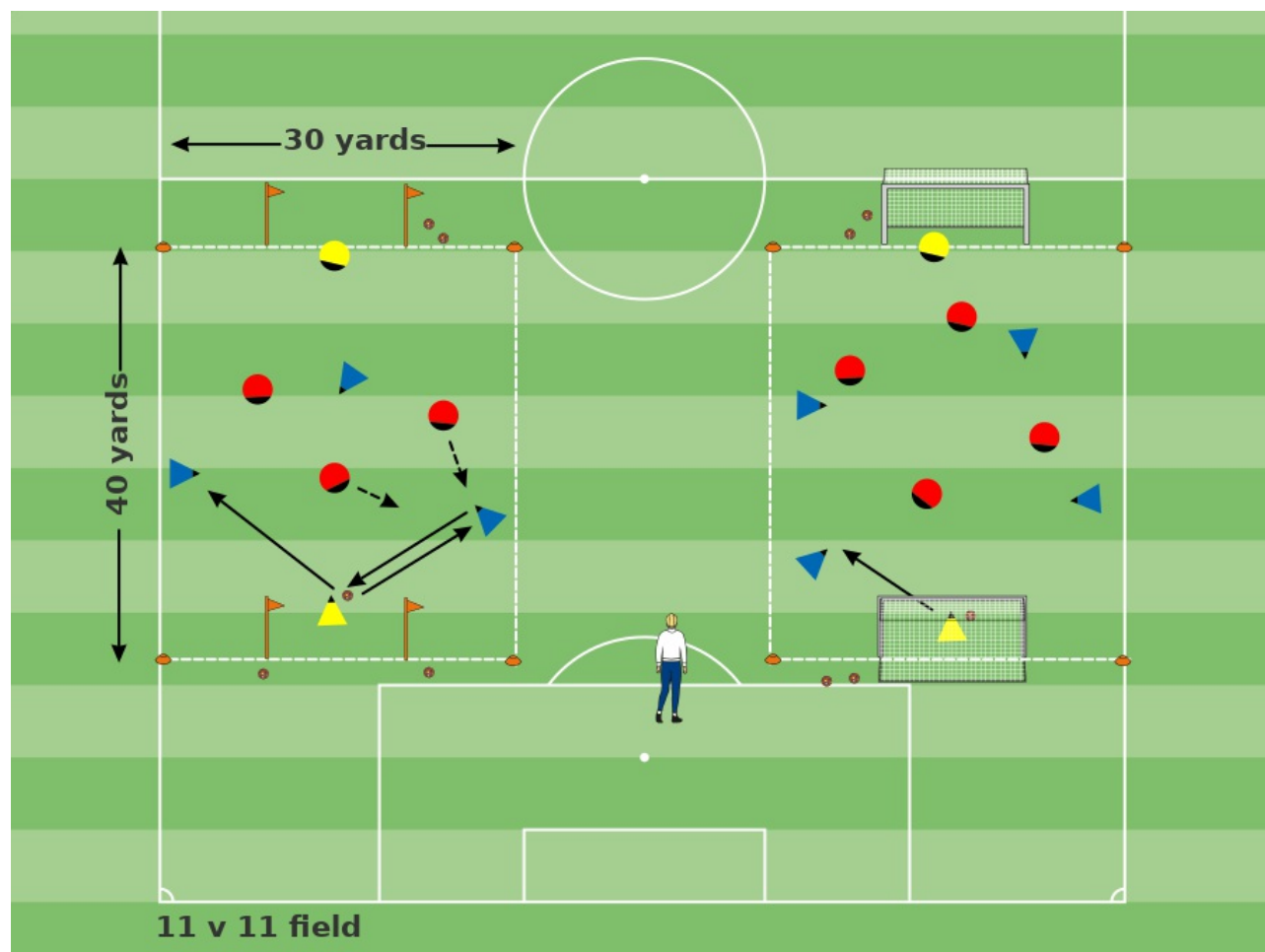
**11v11 BU Own Half- 2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

**OBJECTIVE:** To build from your own half and move the ball forward to create chances.

**PLAYER ACTIONS:** Pass/dribble, Spread out, Pass options

**KEY QUALITIES:** Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Mark out two 40 x 30 yard fields. Free play: Field 1: Teams play 4 v 4 including goalkeepers with flag goals. Field 2: Teams play 5 v 5 including goalkeepers on large goals. Play Phase should last for 30 minutes with minimum two to three breaks.

### KEY WORDS:

Use space, get open, pass, dribble

### GUIDED QUESTIONS:

1) How can you outnumber your opponents while building up during the attack? 2) How can you create space? 3) Which positions should the players of the attacking team cover while building up? 4) What shape is that?

### ANSWERS:

1) By involving the goalkeeper. 2) Spread out across the width of the field; push forward and engage the opposing defenders. 3) Central defender, right wing, left wing, central attacker. 4) A diamond.

### NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual for further guidance.

**MOMENT:**  
Attacking

**AGE:**  
U13+ / 11v11

**PLAYERS:**  
5 vs 5

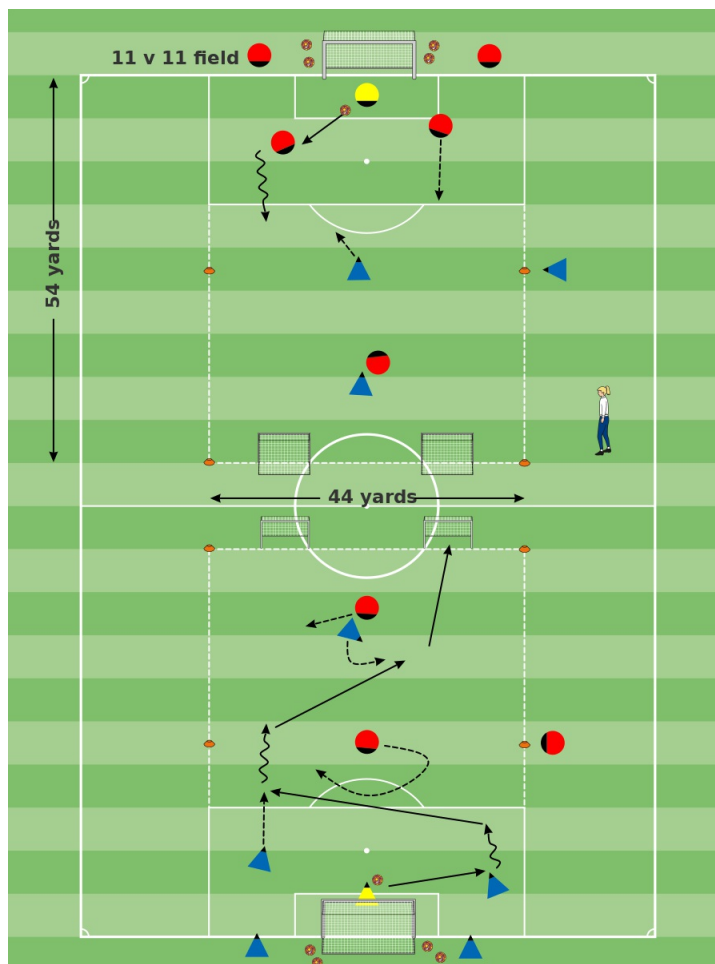
**DURATION:**  
30:0 min

## PRACTICE (Core Activity): 4 v 2 from Large Goal to Two Small Goals

OBJECTIVE: To build from your own half and move the ball forward.

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Mark out two 54 x 44-yard fields. Ball starts with the GK who can play to two attackers who try to build from their half to move into the midfield and finish on one of the mini goals with the help of the central midfielder. The defenders try to win the ball and score on the attackers' large goal. Rotate attackers and defenders after each round. Play for 30 minutes with two breaks.

### KEY WORDS:

Get open, pass, dribble

### GUIDED QUESTIONS:

1) How do you build out of the back? 2) What does the central defender do if he/she cannot pass or dribble forward? 3) What does the central midfielder need to do? 4) How should he/she receive the ball?

### ANSWERS:

1) Look for an opening to pass or dribble forward. 2) Look to pass sideways or back to the goalkeeper. 3) Act as a link player and create passing options behind the opposing forward. 4) With hips open to see the field to focus on moving the attack forward.

**MOMENT:**  
Attacking

**AGE:**  
U13+ / 11v11

**PLAYERS:**  
4 vs 2

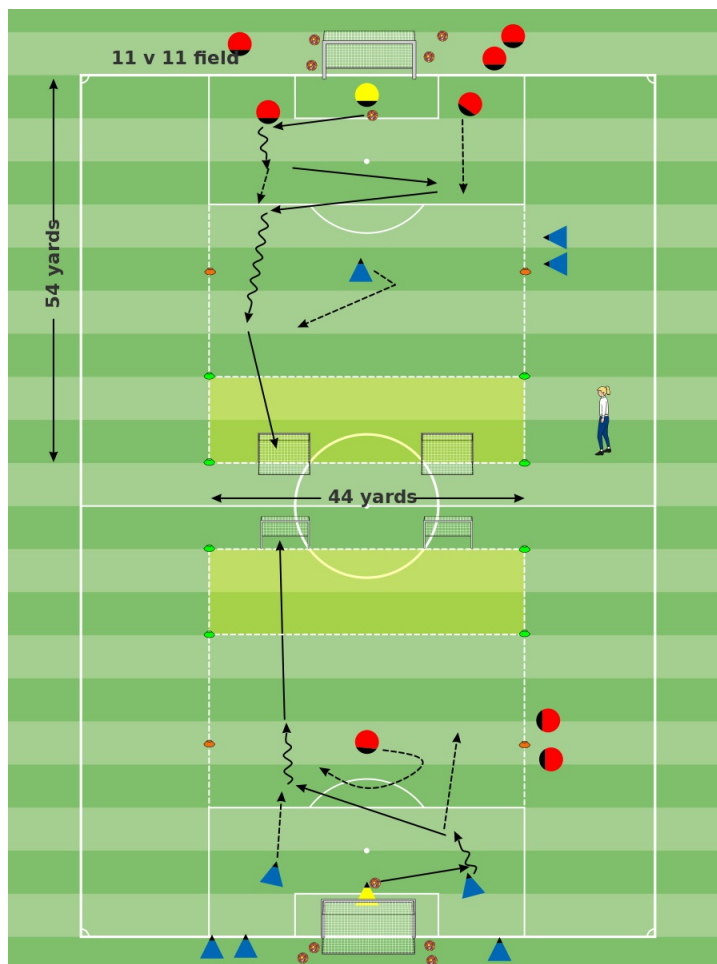
**DURATION:**  
30:0 min

## PRACTICE (Less Challenging): 3 v 1 from Large Goal to Two Small Goals

OBJECTIVE: To build from your own half and move the ball forward.

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Same as Core Activity, except teams play 3 v 1 (no midfielders), and attackers must shoot from outside the marked end zones.

### KEY WORDS:

Get open, pass, dribble

### GUIDED QUESTIONS:

1) How do you build out of the back? 2) What does the central defender do if he/she cannot pass or dribble forward?

### ANSWERS:

1) Look for an opening to pass or dribble forward. 2) Look to pass sideways or back to the goalkeeper.

### 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:**  
U13+ / 11v11

**PLAYERS:**  
3 vs 1

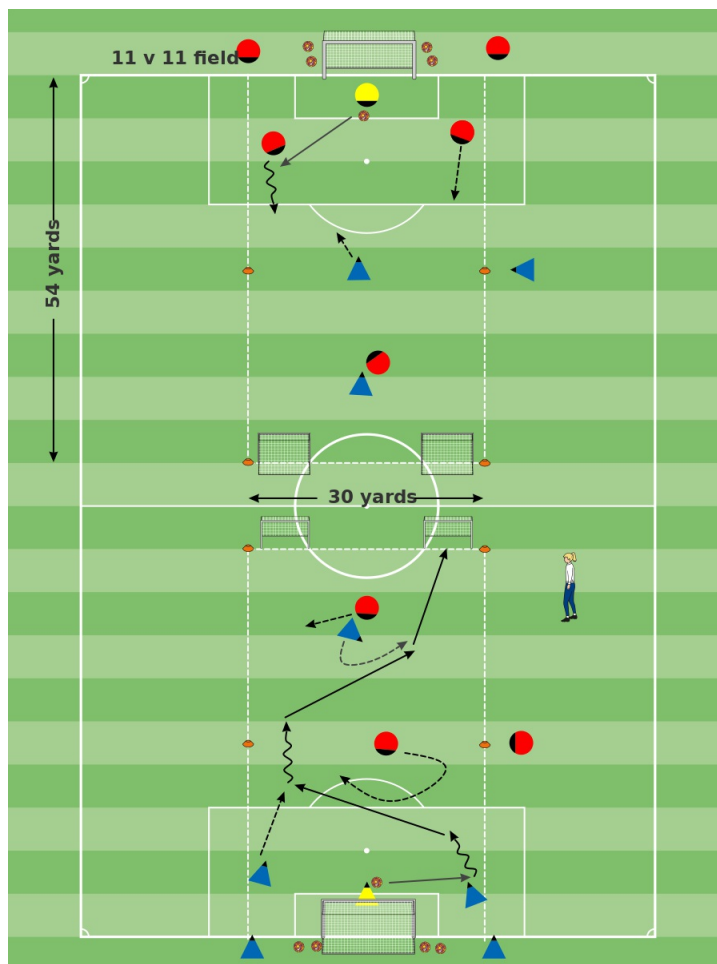
**DURATION:**  
30:0 min

## PRACTICE (More Challenging): 4 v 2 from Large Goal to Two Small Goals

OBJECTIVE: To build from your own half and move the ball forward.

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Same as Core Activity, except the field is just 30 yards wide.

### KEY WORDS:

Get open, pass, dribble

### GUIDED QUESTIONS:

1) How do you build out of the back? 2) What does the central defender do if he/she cannot pass or dribble forward? 3) What does the central midfielder need to do? 4) How should you receive the ball?

### ANSWERS:

1) Look for an opening to pass or dribble forward. 2) Look to pass sideways or back to the goalkeeper. 3) Act as a link player and create passing options behind the opposing forward. 4) With hips open to see the field to focus on moving the attack forward.

### 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:**  
U13+ / 11v11

**PLAYERS:**  
4 vs 2

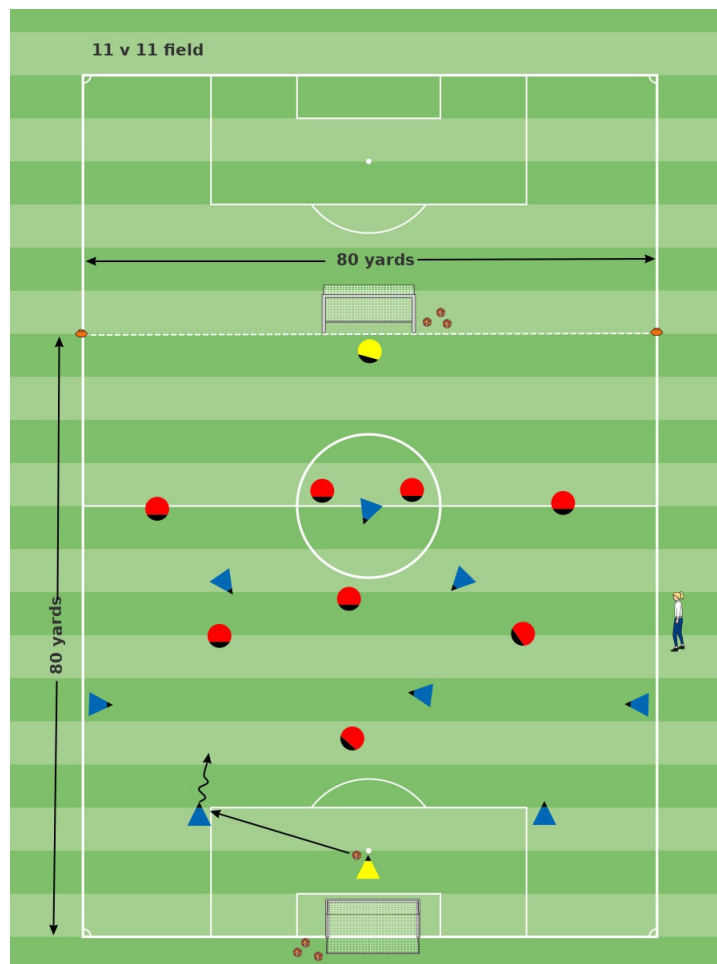
**DURATION:**  
30:0 min

## 11v11 BU Own Half- 2ND PLAY PHASE: The Game

**OBJECTIVE:** To build from your own half and move the ball forward to create chances.

**PLAYER ACTIONS:** Pass/dribble, Spread out, Pass options

**KEY QUALITIES:** Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each team plays a 1-4-3-1 formation. Play according to the Laws of the Game and standards of play.

### KEY WORDS:

Get open, pass, dribble, use space

### GUIDED QUESTIONS:

1) How do you build out of the back? 2) What does the central defender do if he/she cannot pass or dribble forward? 3) What does the central midfielder need to do? 4) How should you receive the ball?

### ANSWERS:

1) Look for an opening to pass or dribble forward. 2) Look to pass sideways or back to the goalkeeper. 3) Act as a link player and create passing options behind the opposing forward. 4) With hips open to see the field to focus on moving the attack forward.

**MOMENT:**  
Attacking

**AGE:**  
U13+ / 11v11

**PLAYERS:**  
9 vs 9

**DURATION:**  
30:0 min

## 11v11 Attacking- Improve Building-Up From Own Half- (A)

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U13+ / 11v11 / 18 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: