

11v11 Attacking- Improve Building-Up in Opponents Half- (B)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Spread out, Change point, Pass options

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

 18

 90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 10 v 8 on Endline

PRACTICE (Less Challenging): 11 v 7 on Endline

PRACTICE (More Challenging): 9 v 9 on Endline and Goal

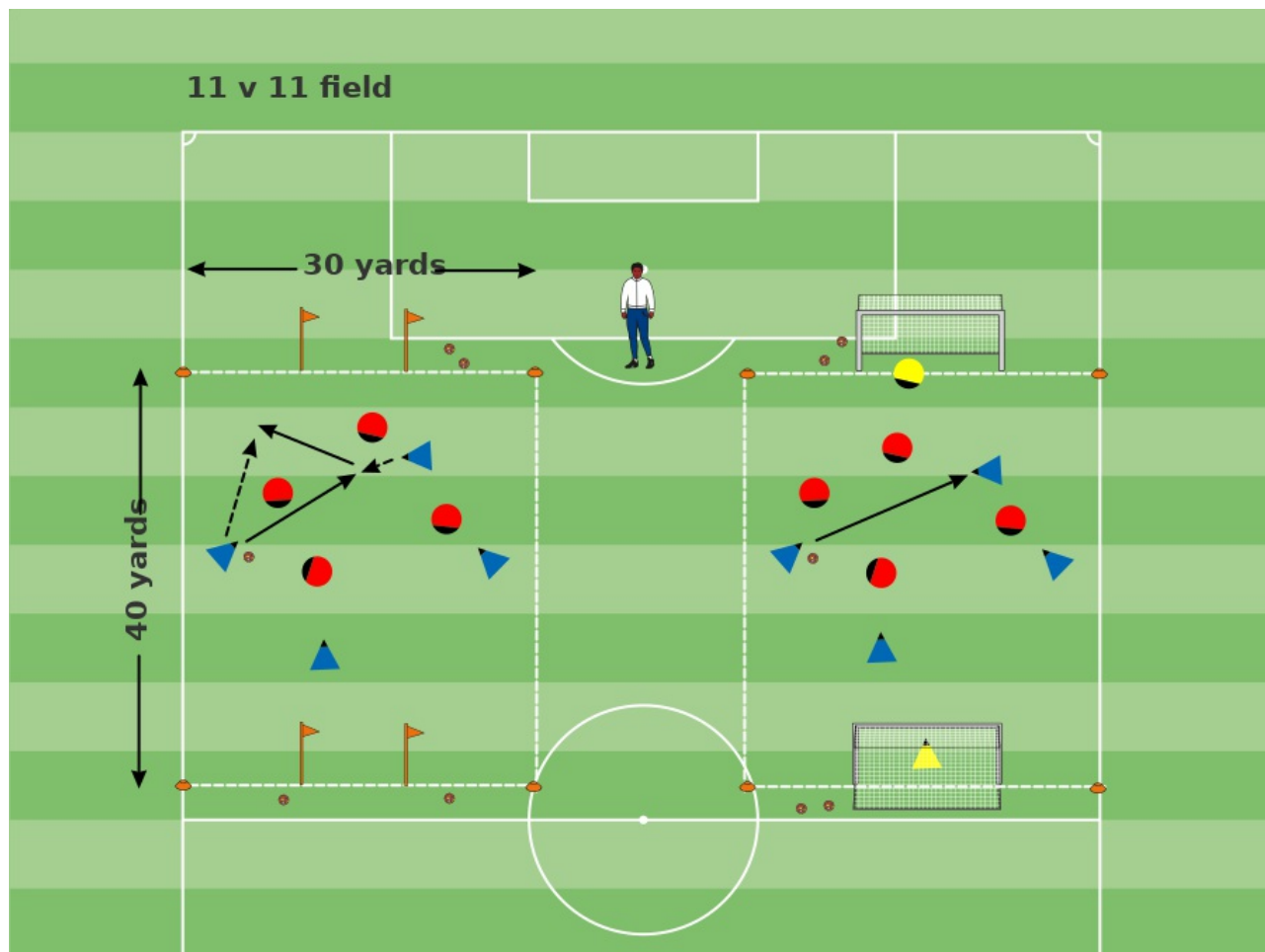
2ND PLAY PHASE: The Game 11v11

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward, create chances and score goals.

PLAYER ACTIONS: Spread out, Pass/dribble, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Mark out two 40 x 30-yard fields, each with two goals. Divide players into four teams. Teams play 4 v 4 or 5 v 5 including goalkeepers. Free play, kick-ins. Work: Rest: 2:2 Repetitions = 5 Total Time = 20 min. Running Time = 25 min.

KEY WORDS:

Scan continuously, hips open, be proactive

GUIDED QUESTIONS:

1) How do you maximize space when you're in possession? 2) What is the purpose of that (spreading out)? 3) What can you do to get past the opponent and break through to the goal? 4) What do you do if you can't go forward?

ANSWERS:

1) Make the field as wide as possible (spread out). 2) Create openings between or behind defenders. 3) Be proactive and engage defenders by dribbling at them. 4) Go sideways by passing to a teammate; switch the point of attack and pass the ball out of pressure.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
5 vs 5

DURATION:
90:0 min

NOTES:

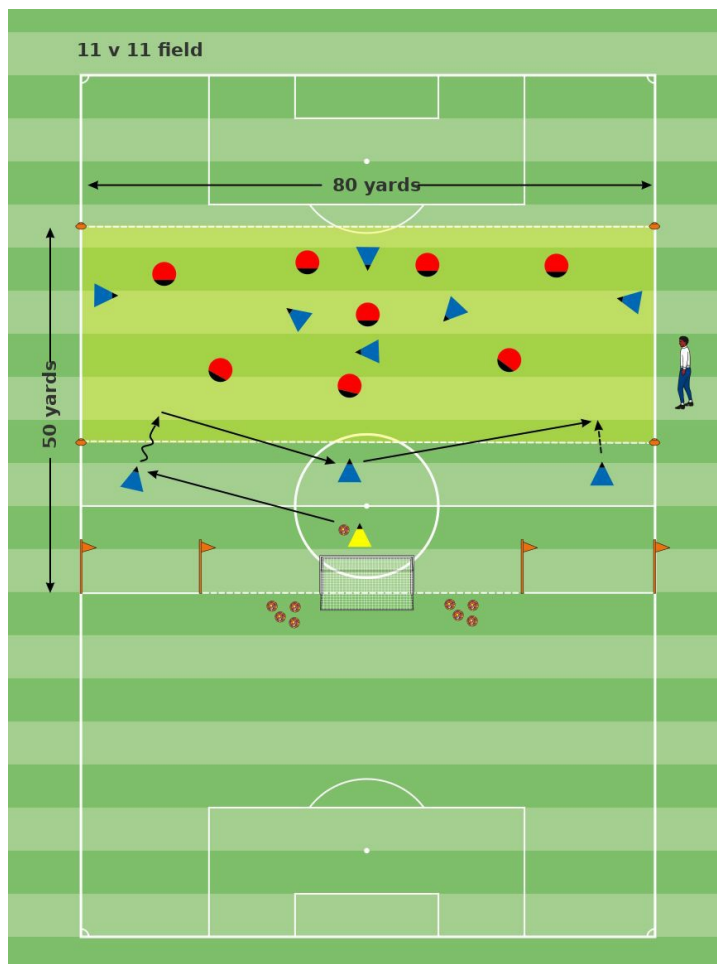
Each break- groups of 3 stretching. One player leads/teaches a stretch. No more than 2 from each state, cannot have more than in the same group 2 times in a row. 1st, 3rd, and 5th breaks Question prompts- 1) role/position 2) best KQ 3) growth area KQ (and ask for support) 2nd and 4th breaks- engage in questions (ask for answers on 4th break) What's Next: Scan continuously, be proactive, think forward 1) Why is it important to spread out and make the game as big as possible? 2) What does it mean to be proactive in attack? 3) What do you do if you cannot play forward? What should supporting teammates do? 4) Why do we change the point of attack? 1) To make the game as big as possible and challenging for the defenders. 2) Look forward, think forward, play forward whenever possible. 3) Play sideways or backwards. Adjust position and move into space quickly/ahead of time. 4) To create openings so we can play forward!

PRACTICE (Core Activity): 10 v 8 on Endline

OBJECTIVE: To build-up and create chances by moving the ball forward and break through the last line of defense.

PLAYER ACTIONS: Spread out, Pass/dribble, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Mark out a 50 x 80-yard field with a 30-yard-deep defensive zone. Divide players into teams of 10 and 8 (Blue and Red). The attackers (Blue) play a 1-3-3-3 formation, and the defenders (Red) play a 4-3-1. To score, Blue has to either dribble across Red's endline or successfully pass to a teammate across the line. Red can only defend inside the defensive zone. If they win the ball, they counterattack on Blue's goal or goal lines. Work:Rest 5:3 Repetitions X4 = 32 minutes. Running Time = 1 hour

KEY WORDS:

Scan continuously, be proactive, think forward

GUIDED QUESTIONS:

1) Why is it important to spread out and make the game as big as possible? 2) What does it mean to be proactive in attack? 3) What do you do if you cannot play forward? What should supporting teammates do? 4) Why do we change the point of attack?

ANSWERS:

1) To make the game as big as possible and challenging for the defenders. 2) Look forward, think forward, play forward whenever possible. 3) Play sideways or backwards. Adjust position and move into space quickly/ahead of time. 4) To create openings so we can play forward!

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
10 vs 8

DURATION:
30:0 min

NOTES:

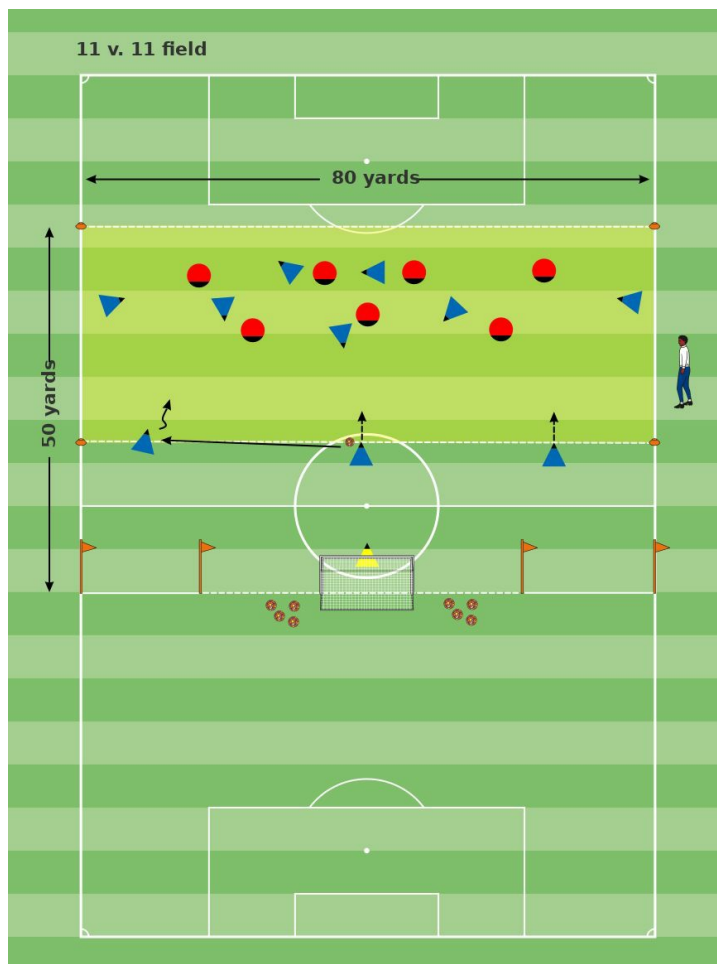
Scan continuously, be proactive, think forward 1) Why is it important to spread out and make the game as big as possible? 2) What does it mean to be proactive in attack? 3) What do you do if you cannot play forward? What should supporting teammates do? 4) Why do we change the point of attack? 1) To make the game as big as possible and challenging for the defenders. 2) Look forward, think forward, play forward whenever possible. 3) Play sideways or backwards. Adjust position and move into space quickly/ahead of time. 4) To create openings so we can play forward!

PRACTICE (Less Challenging): 11 v 7 on Endline

OBJECTIVE: To move the ball forward and break through the last line of defense.

PLAYER ACTIONS: Spread out, Pass/dribble, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Same as Core Activity, except teams play 11 v 7. Blue plays a 1-4-3-3, and Red has a back four and three midfielders.

KEY WORDS:

Scan continuously, be proactive, think forward

GUIDED QUESTIONS:

- 1) Why is it important to spread out and make the game as big as possible?
- 2) What does it mean to be proactive in attack?
- 3) What do you do if you cannot play forward? What should supporting teammates do?
- 4) Why do we change the point of attack?

ANSWERS:

- 1) To make the game as big as possible and challenging for the defenders.
- 2) Look forward, think forward, play forward whenever possible.
- 3) Play sideways or backwards. Adjust position and move into space quickly/ahead of time.
- 4) To create openings so we can play forward!

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:
11 vs 7

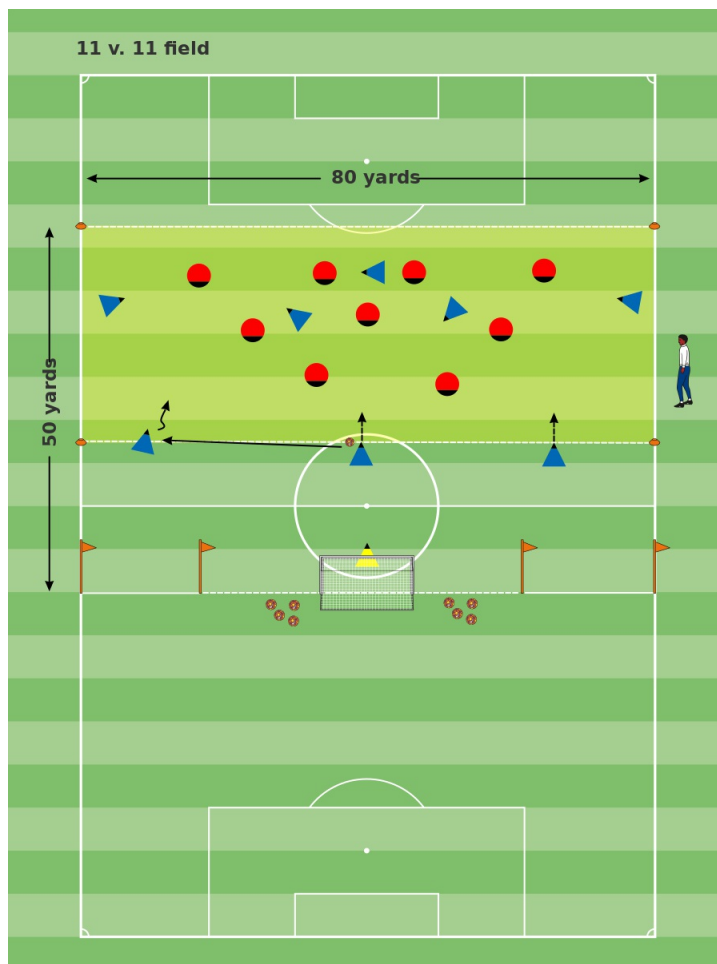
DURATION:
30:0 min

PRACTICE (More Challenging): 9 v 9 on Endline and Goal

OBJECTIVE: To move the ball forward and break through the last line of defense

PLAYER ACTIONS: Spread out, Pass/dribble, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Same as Core Activity, except Red also has a goal with goalkeeper. Teams play 9 v 9. Red is still restricted to the defensive zone. If Blue breaks through, all players follow to finish the game on Red's goal.

KEY WORDS:

Scan continuously, be proactive, think forward, switch it

GUIDED QUESTIONS:

1) How can you get through the defense? 2) What if you cannot go forward through the defense? 3) What do you need to do to break through on the wings? 4) How should you position your body to see as much of the field as possible? 5) Why do we change the point of attack?

ANSWERS:

1) Pass or chip the ball into the end zone, or dribble into the end zone. 2) Play sideways or backwards. 3) Draw opponents to one side, then switch the attack to the other side. 4) Sideways on with hips open. 5) To create openings so we can play 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:
9 vs 9

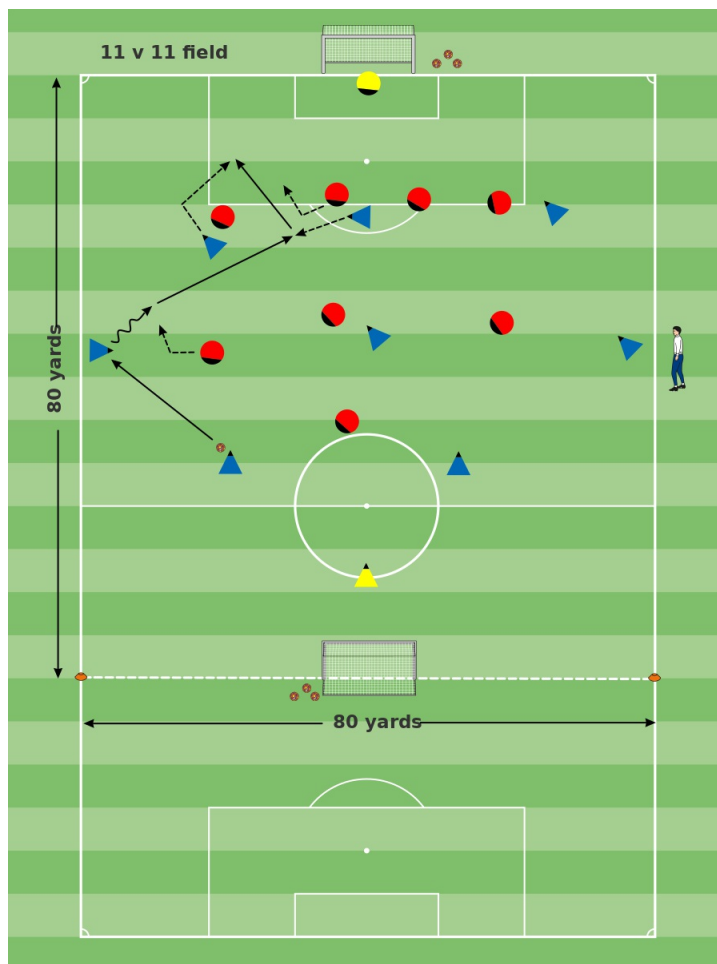
DURATION:
30:0 min

2ND PLAY PHASE: The Game 11v11

OBJECTIVE: To pass or dribble forward, create chances and score goals.

PLAYER ACTIONS: Spread out, Pass/dribble, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Full size field. Play 11v11. Each plays a 1-4-3-1-formation. Play according to the Laws of the Game for 15-20 minutes including one "halftime" (5 minutes max).

KEY WORDS:

Be proactive, switch it

GUIDED QUESTIONS:

1) How do you maximize space when you're in possession? 2) What if you cannot go forward through the defense? 3) What do you need to do to break through on the wings? 4) How should you position your body to see as much of the field as possible? 5) Why do we want to change the point of attack?

ANSWERS:

1) Make the field as wide as possible (spread out). 2) Play sideways or backwards; switch the point of attack and pass the ball out of pressure; show for through passes behind the defensive line. 3) Draw opponents to one side, then quickly switch the attack to the other side. 4) Sideways on with hips open. 5) To create openings by spreading out the defenders.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

11v11 Attacking- Improve Building-Up in Opponents Half- (B)

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Spread out, Change point, Pass options

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

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: