

11v11 Attacking- Improve Scoring Goals- (A)

AGE: U13+ / 11v11 / 18 players

MOMENT:




GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, 2v1/1v1

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

 18

 90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): Attackers One-Up on Two Goals with Goalkeepers

PRACTICE (Less Challenging): Attackers Two-Up on Two Goals with Goalkeepers

PRACTICE (More Challenging): Equal Teams on Two Goals with Goalkeepers

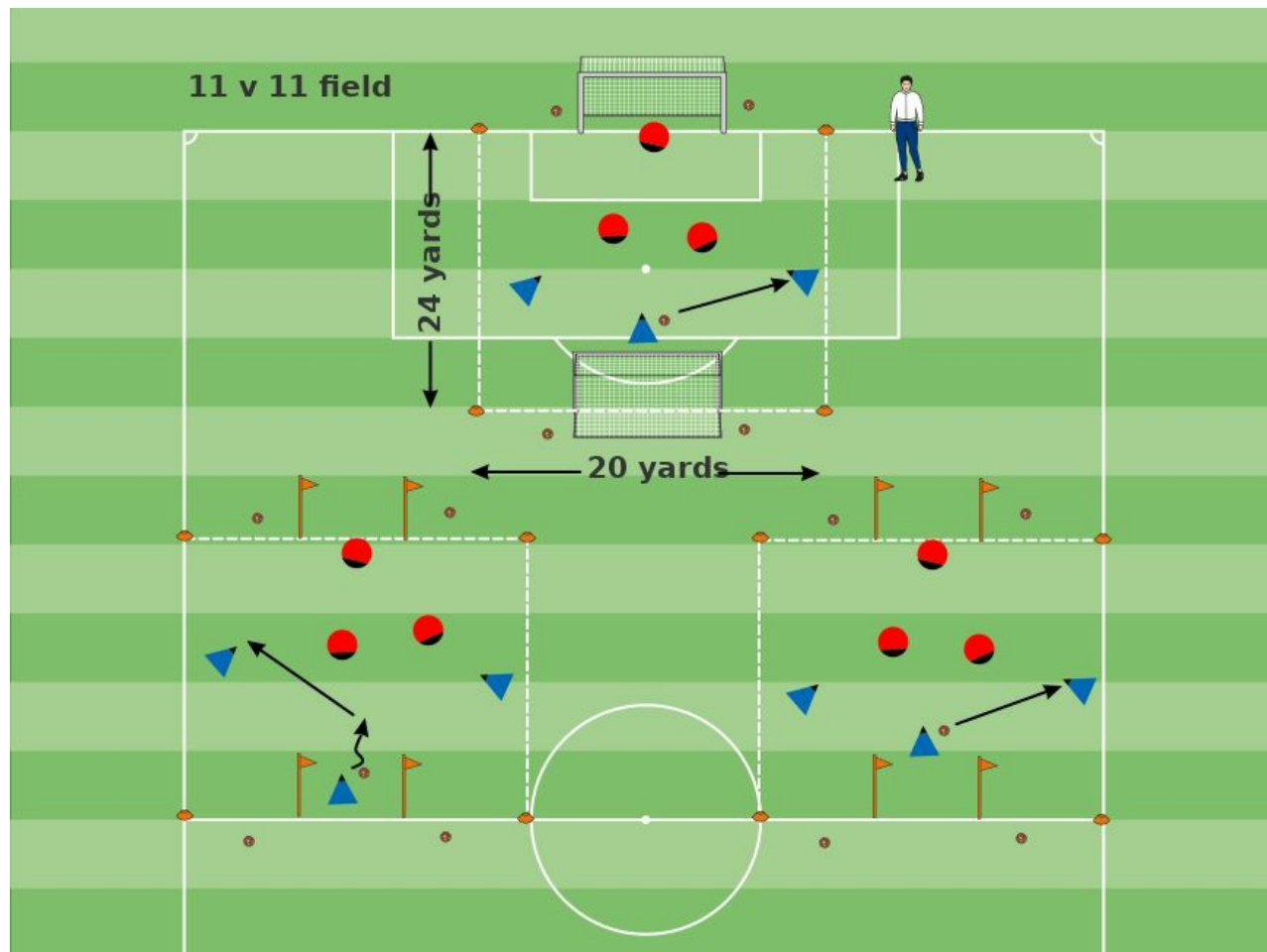
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create shooting opportunities and score.

PLAYER ACTIONS: Shoot, 2v1/1v1

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



ORGANIZATION:

Mark out three 24 x 20-yard fields. Teams play 3 v 3, either on goals (Field 1) or on goal lines (Fields 2 and 3). There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS:

Shoot, take opponents on

GUIDED QUESTIONS:

1) How do you create a good shooting position? 2) What do you do when the opponent closes down one wing?

ANSWERS:

1) Spread the field and pass to an open player, who pushes forward and shoots. 2) Break off the attack, play the ball out of pressure and switch to the other wing.

NOTES:

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

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
3 vs 3

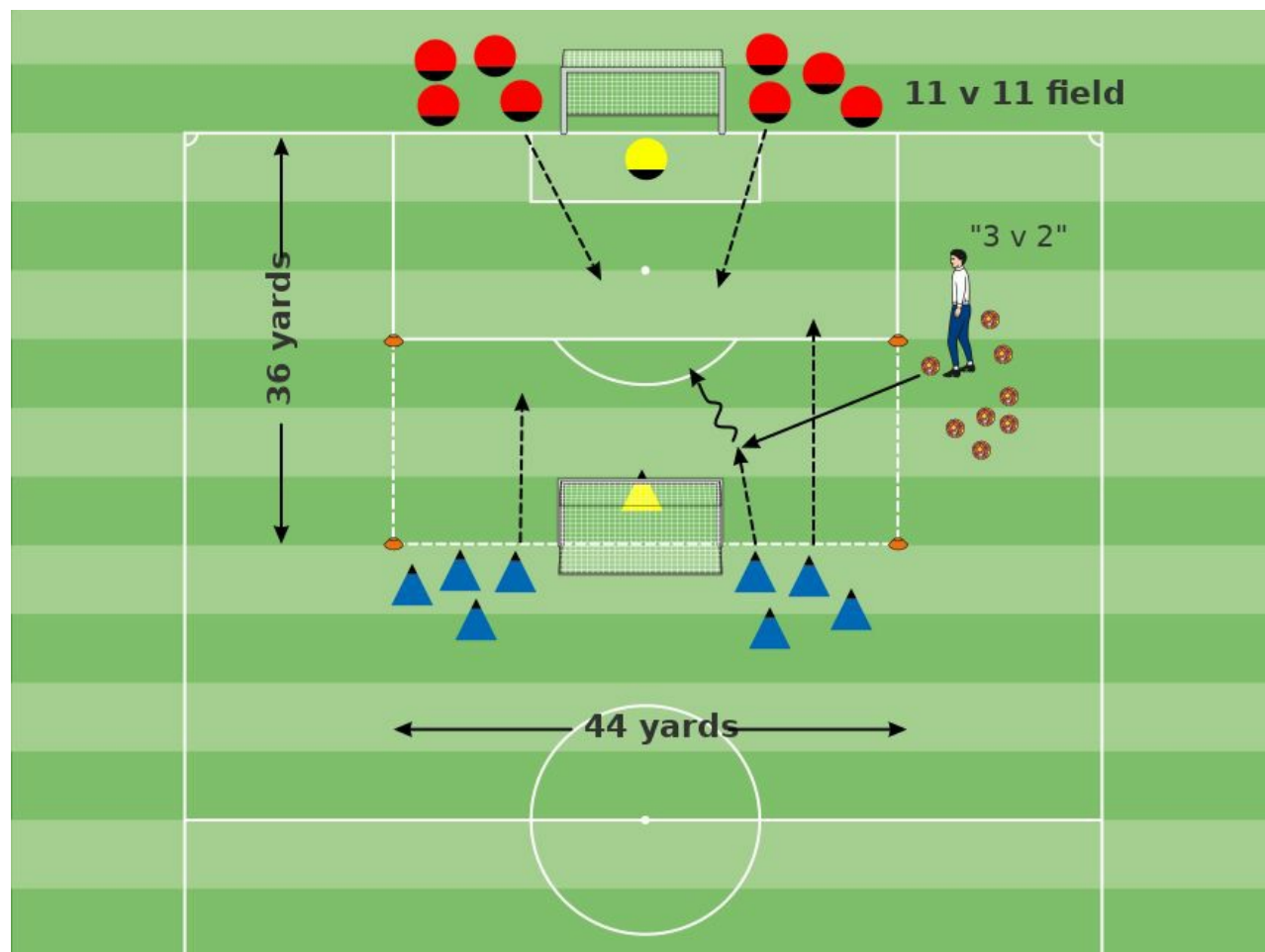
DURATION:
30:0 min

PRACTICE (Core Activity): Attackers One-Up on Two Goals with Goalkeepers

OBJECTIVE: To create shooting opportunities and score.

PLAYER ACTIONS: Shoot, 2v1/1v1

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



ORGANIZATION:

Mark out a 36 x 44-yard field with goals and goalkeepers. Choose eight attackers (Blue) and eight defenders (Red) and position them as shown. The coach calls out the game (2 v 1, 3 v 2 or 4 v 3) and then plays the ball in to Blue. The appropriate number of players run onto the field and play until a goal is scored by either team. If a round ends too quickly, play in a second ball. Then break off the attack and start a new round. Play for 30 minutes with two breaks.

KEY WORDS:

Shoot, pass, dribble, take opponents on

GUIDED QUESTIONS:

1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot? 3) If you want to keep the shot low, how should you lean?

ANSWERS:

1) When you have an opening and a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary. 3) Forward and over the ball.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
4 vs 3

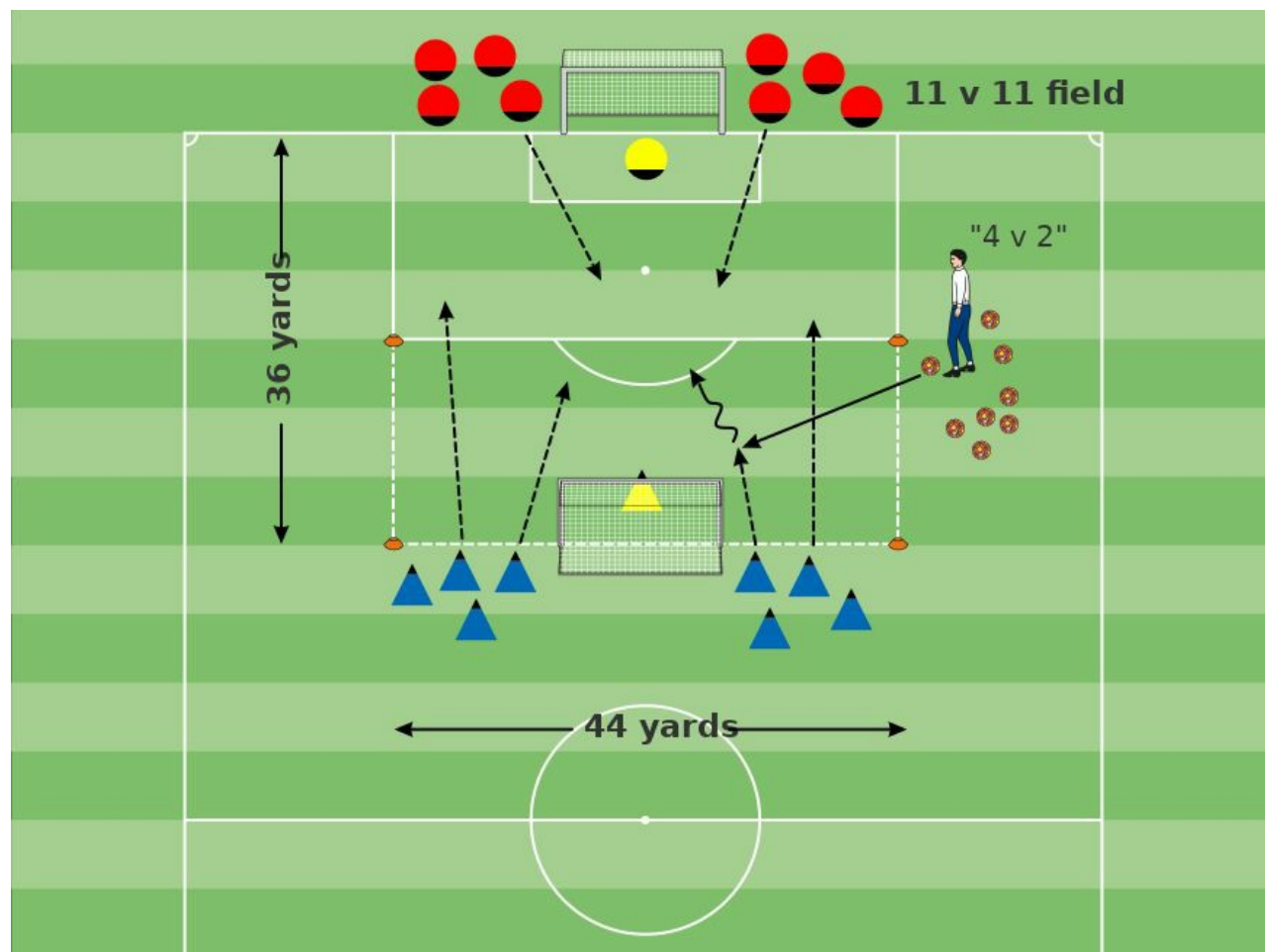
DURATION:
30:0 min

PRACTICE (Less Challenging): Attackers Two-Up on Two Goals with Goalkeepers

OBJECTIVE: To create shooting opportunities and score.

PLAYER ACTIONS: Shoot, 2v1/1v1

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



ORGANIZATION:

Same as Core Activity, except the attackers play two-up: Options are 3 v 1, 4 v 2 or 5 v 3.

KEY WORDS:

Shoot, pass, dribble, take opponents on

GUIDED QUESTIONS:

1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot? 3) If you want to keep the shot low, how should you lean?

ANSWERS:

1) When you have an opening and a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary. 3) Forward and over the ball.

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:
5 vs 3



DURATION:
30:0 min

PRACTICE (More Challenging): Equal Teams on Two Goals with Goalkeepers

OBJECTIVE: To create shooting opportunities and score.

PLAYER ACTIONS: Shoot, 2v1/1v1

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



ORGANIZATION:

Same as Core Activity, except both teams are equal: Options are 1 v 1, 2 v 2, 3 v 3 or 4 v 4.

KEY WORDS:

Shoot, pass, dribble, take opponents on

GUIDED QUESTIONS:

1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot? 3) If you want to keep the shot low, how should you lean?

ANSWERS:

1) When you have an opening and a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary. 3) Forward and over the ball.

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 4



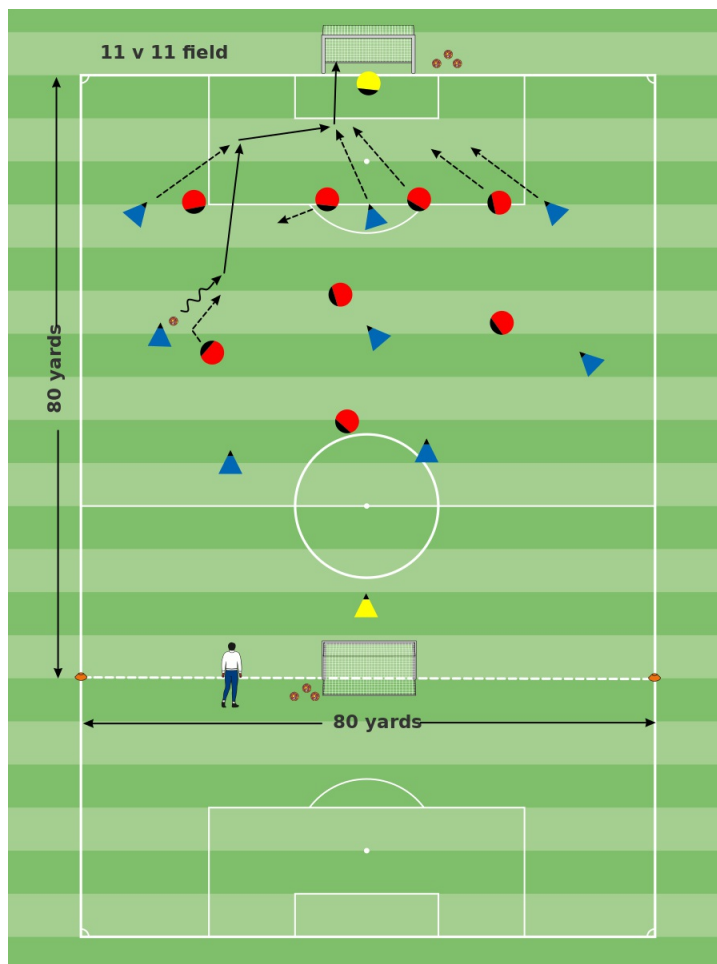
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To move the ball forward, create chances and score goals.

PLAYER ACTIONS: Shoot, 2v1/1v1

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 plays a 1-4-1-3. Play according to the Laws of the Game.

KEY WORDS:

Be open, pass, dribble, use space

GUIDED QUESTIONS:

1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot? 3) If you want to keep the shot low, how should you lean?

ANSWERS:

1) When you have an opening and a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary. 3) Forward and over the ball.

 **MOMENT:**
Attacking

 **AGE:**
U13+ / 11v11

 **PLAYERS:**
9 vs 9

 **DURATION:**
30:0 min

11v11 Attacking- Improve Scoring Goals- (A)

GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, 2v1/1v1

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: