

11v11 Attacking- Improve Scoring Goals- (B)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, 2v1/1v1

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

18

30 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 11 v 7 on Two Goals with GKs

PRACTICE (Less Challenging): 10 v 6 on Two Goals with GKs plus Target Player

PRACTICE (More Challenging): 10 v 8 on Two Goals with GKs

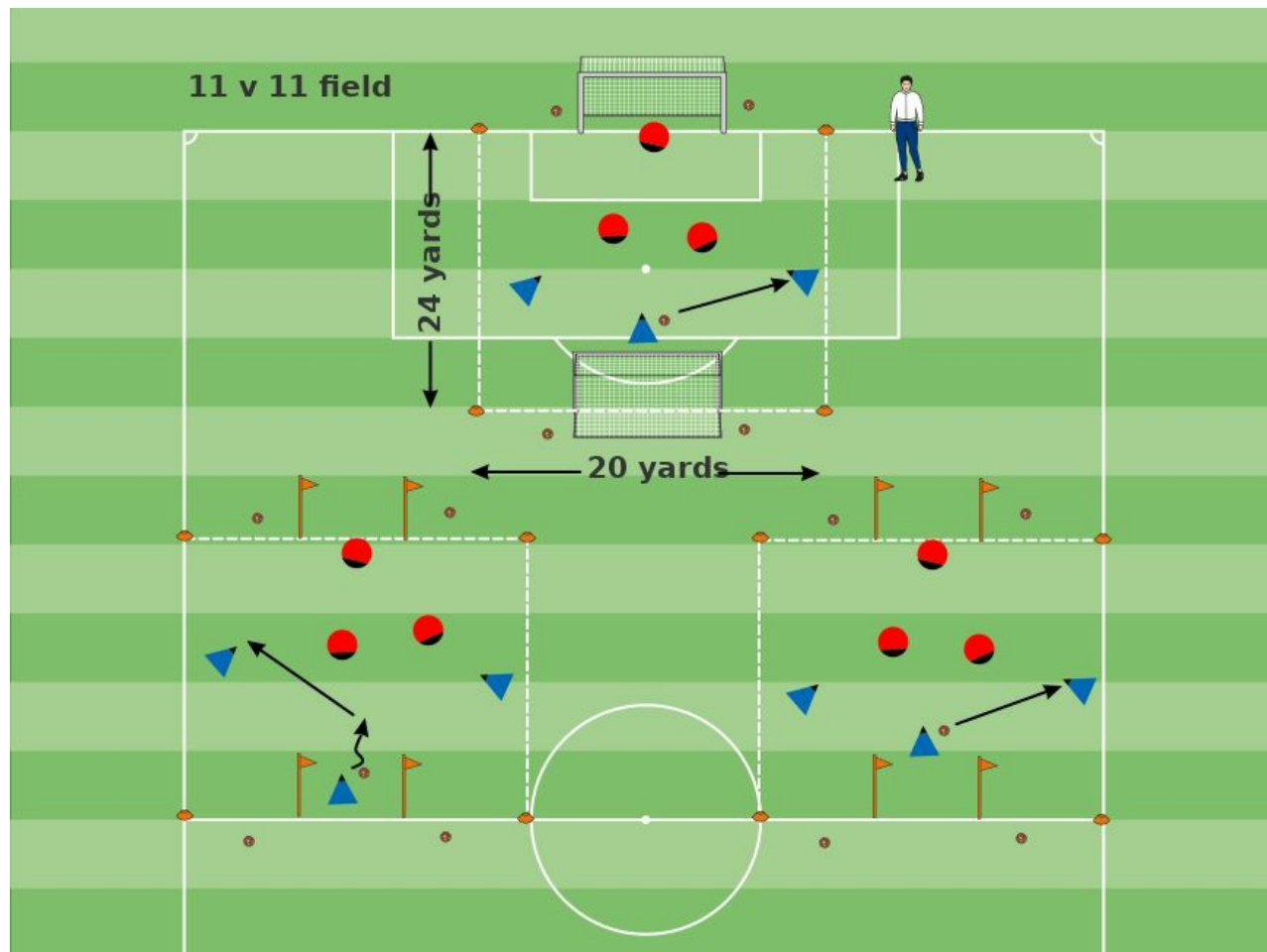
2ND PLAY PHASE: The Game

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 many goals did you score? What can you do to score more goals? 2) How can you create a good shooting position?

ANSWERS:

1) Be creative and take risks; create 1 v 1s and 2 v 1s; finish faster; be ready to jump on rebounds after shots. 2) Spread the field and pass to an open player, who pushes forward and shoots.

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

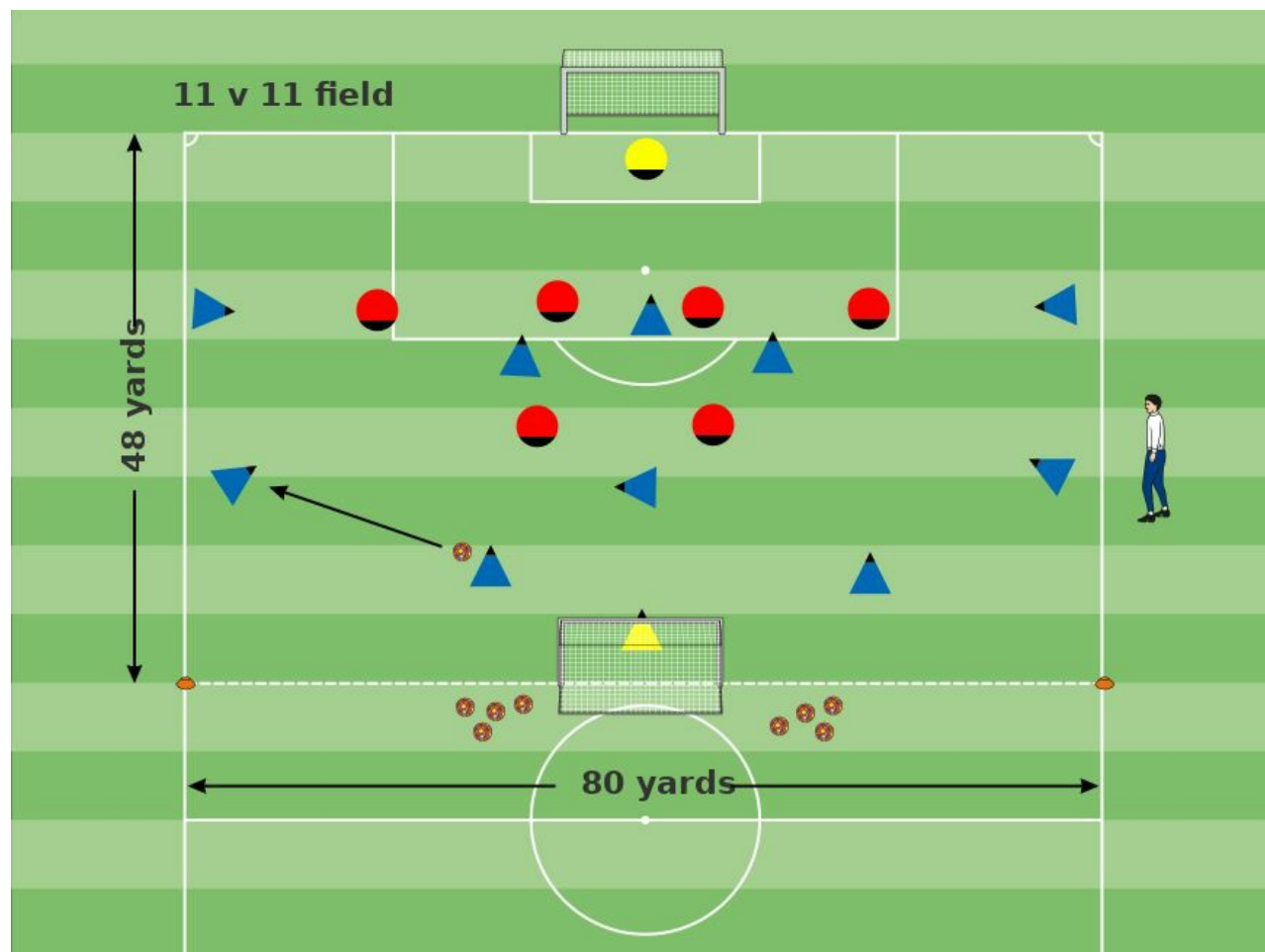
DURATION:
30:0 min

PRACTICE (Core Activity): 11 v 7 on Two Goals with GKs

OBJECTIVE: To create chances and score by rapidly circulating the ball.

PLAYER ACTIONS: Shoot, 2v1/1v1

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



ORGANIZATION:

Mark out a 48 x 80-yard field with goals and goalkeepers. Divide players into teams of 11 and 7 (Blue and Red). Blue attacks in a 1-4-3-3 formation, and Red defends in a 1-4-2 positioned deep around the penalty box. If Red wins the ball, they counterattack on Blue's goal. Play for 30 minutes with two breaks.

KEY WORDS:

Shoot, pass, dribble, take opponents on, get in the box

GUIDED QUESTIONS:

1) How can you score when the opponent is deep in their own half? 2) When should you create a 2v1? 3) What types of runs can supporting players make in the box?

ANSWERS:

1) Try to draw them out by keeping the ball moving; also by changing the rhythm and the point of attack. 2) When we can outnumber the opponent. 3) Near post, far post and in front of goal.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
11 vs 7

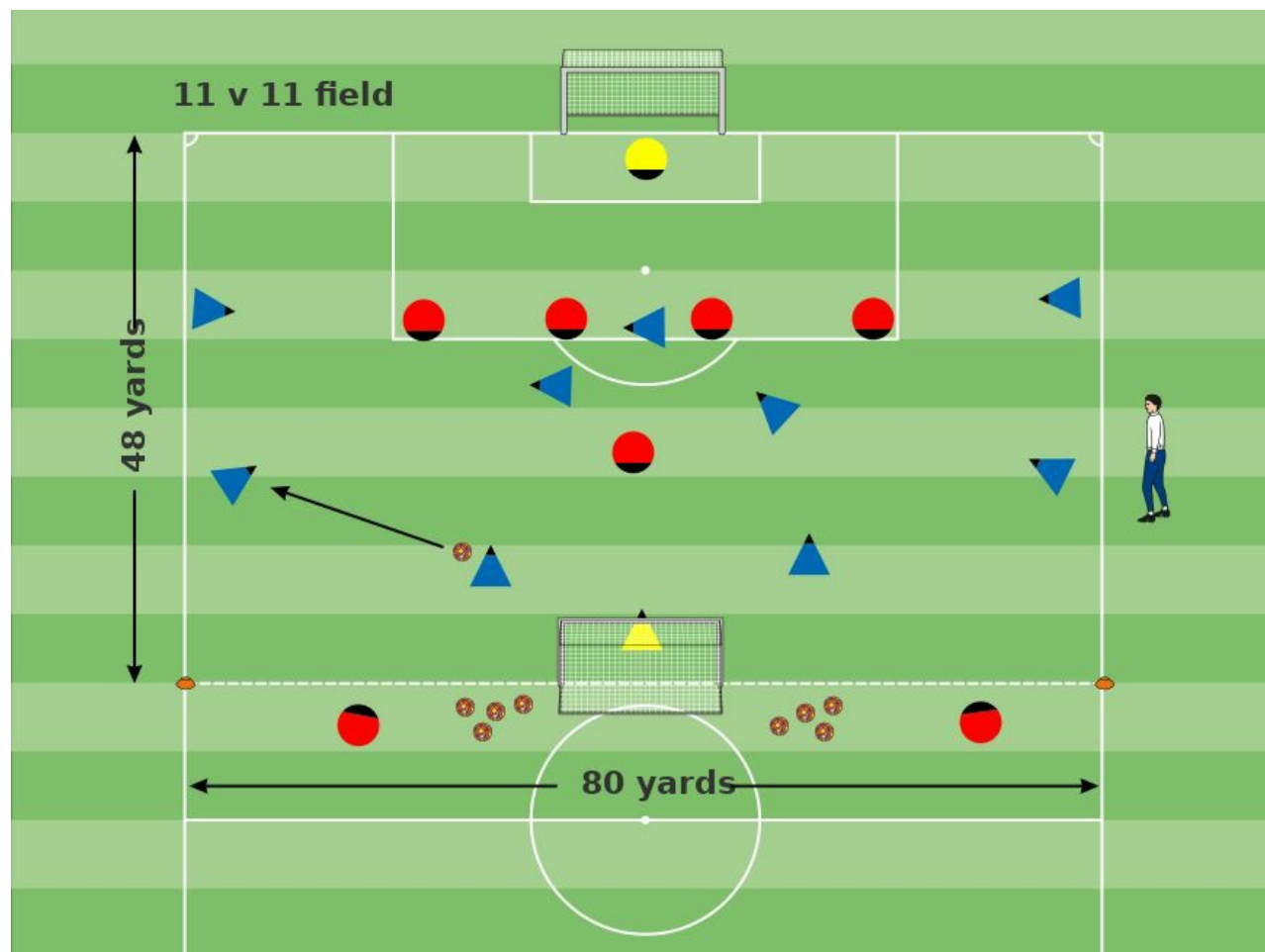
DURATION:
30:0 min

PRACTICE (Less Challenging): 10 v 6 on Two Goals with GKs plus Target Player

OBJECTIVE: To create chances and score by rapidly circulating the ball.

PLAYER ACTIONS: Shoot, 2v1/1v1

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



ORGANIZATION:

Same as Core Activity, except teams play 10 v 6, and if Red wins the ball, they can also score by playing a pass or flighted ball to a target player.

KEY WORDS:

Shoot, pass, dribble, take opponents on, get in the box

GUIDED QUESTIONS:

1) How can you score when the opponent is deep in their own half? 2) When should you create a 2v1? 3) What types of runs can supporting players make in the box?

ANSWERS:

1) Try to draw them out by keeping the ball moving; also by changing the rhythm and the point of attack. 2) When we can outnumber the opponent. 3) 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.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
10 vs 6

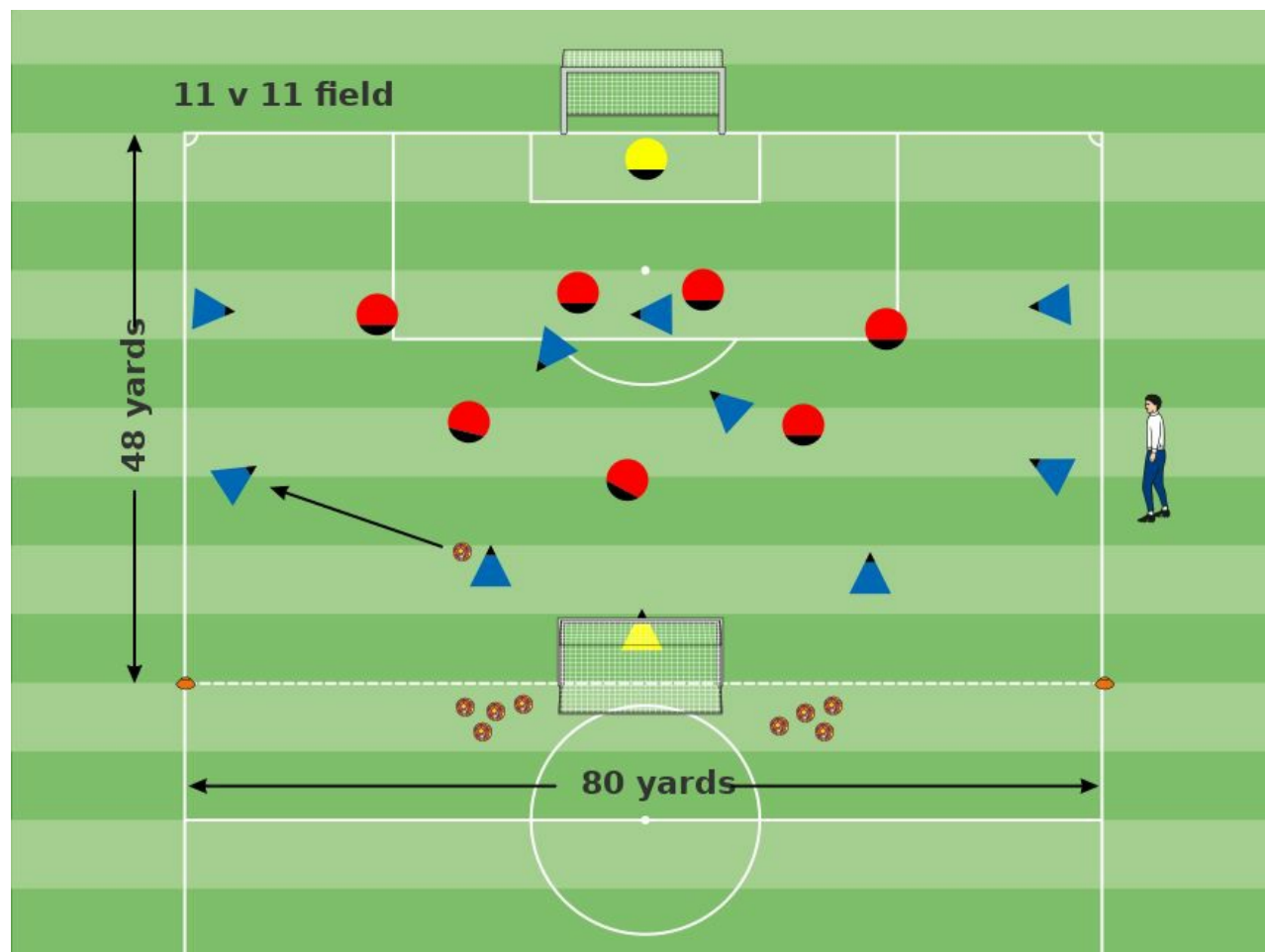
DURATION:
30:0 min

PRACTICE (More Challenging): 10 v 8 on Two Goals with GKs

OBJECTIVE: To create chances and score by rapidly circulating the ball.

PLAYER ACTIONS: Shoot, 2v1/1v1

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



ORGANIZATION:

Same as Core Activity, except teams play 10 v 8.

KEY WORDS:

Shoot, pass, dribble, take opponents on, get in the box

GUIDED QUESTIONS:

1) How can you score when the opponent is deep in their own half? 2) When should you create a 2v1? 3) What types of runs can supporting players make in the box?

ANSWERS:

1) Try to draw them out by keeping the ball moving; also by changing the rhythm and the point of attack.
2) When we can outnumber the opponent. 3) 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.



MOMENT:

Attacking



AGE:

U13+ / 11v11



PLAYERS:

10 vs 8



DURATION:

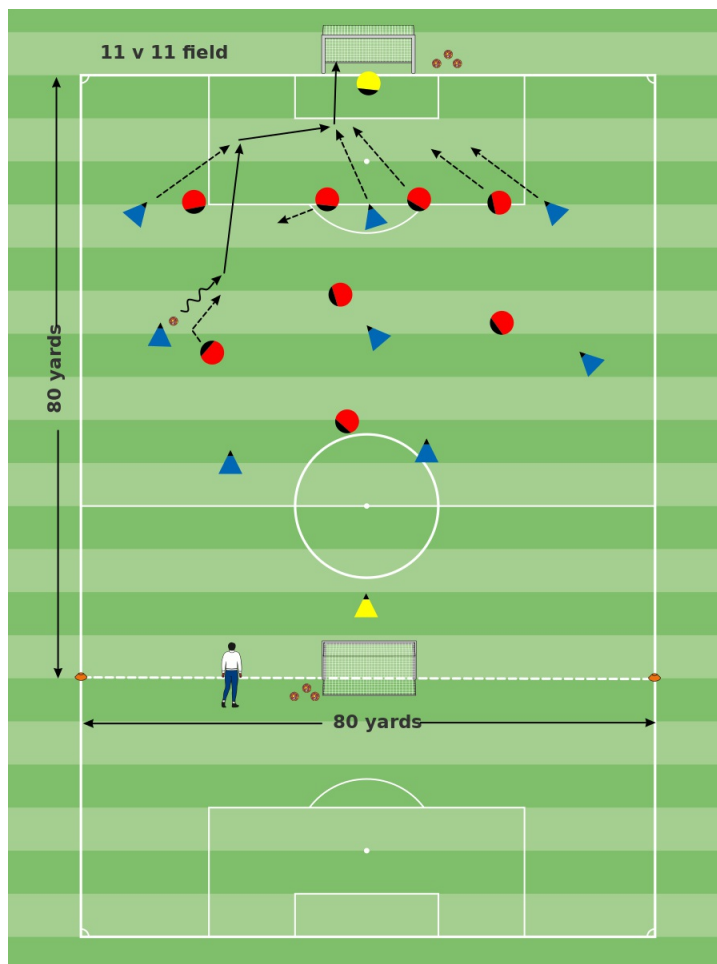
30:0 min

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:

Shoot, pass, dribble, take opponents on, get in the box

GUIDED QUESTIONS:

1) How can you score when the opponent is deep in their own half? 2) When should you create a 2v1? 3) What types of runs can supporting players make in the box? 4) What can you do to score more goals?

ANSWERS:

1) Attack up the wings and play crosses; keep the ball moving, changing the rhythm and the point of attack. 2) When we can outnumber the opponent. 3) Near post, far post and in front of goal. 4) Be creative and take risks.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

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GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, 2v1/1v1

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

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Attacking

DURATION: 30 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: