

11v11 Attacking- Improve building up in our own half- (D)

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: Spread out, Pass options, Change point

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

18

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 11 v 7 Large Goal to Three Small Goals

PRACTICE (Less Challenging): 11 v 7 Large Goal to Three Small Goals

PRACTICE (More Challenging): 10 v 8 Large Goal to Three Small Goals

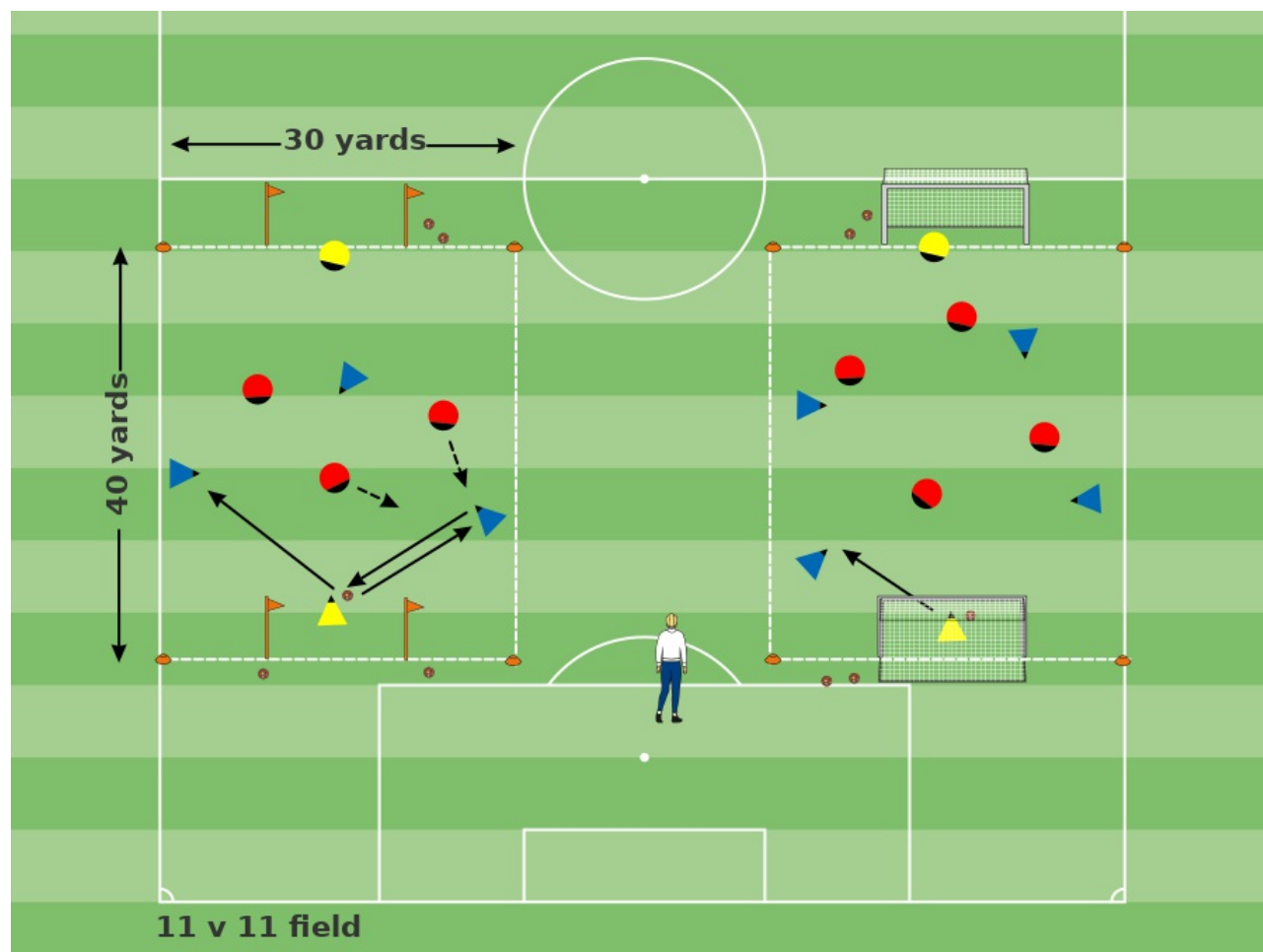
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

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

PLAYER ACTIONS: Spread out, Pass options, Change point

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 including two to three breaks.

KEY WORDS:

Use space, get open, keep the ball moving, look forward

GUIDED QUESTIONS:

1) How can you outnumber your opponents while building up during the attack? 2) How can you create space? 3) When you have the ball, how can you take initiative and be proactive in building the attack?

ANSWERS:

1) By involving the goalkeeper. 2) Spread out across the width of the field; push forward and engage the opposing defenders. 3) I should look to create opportunities instead of reacting or always try to be a threat to move the ball forward.

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:
5 vs 5

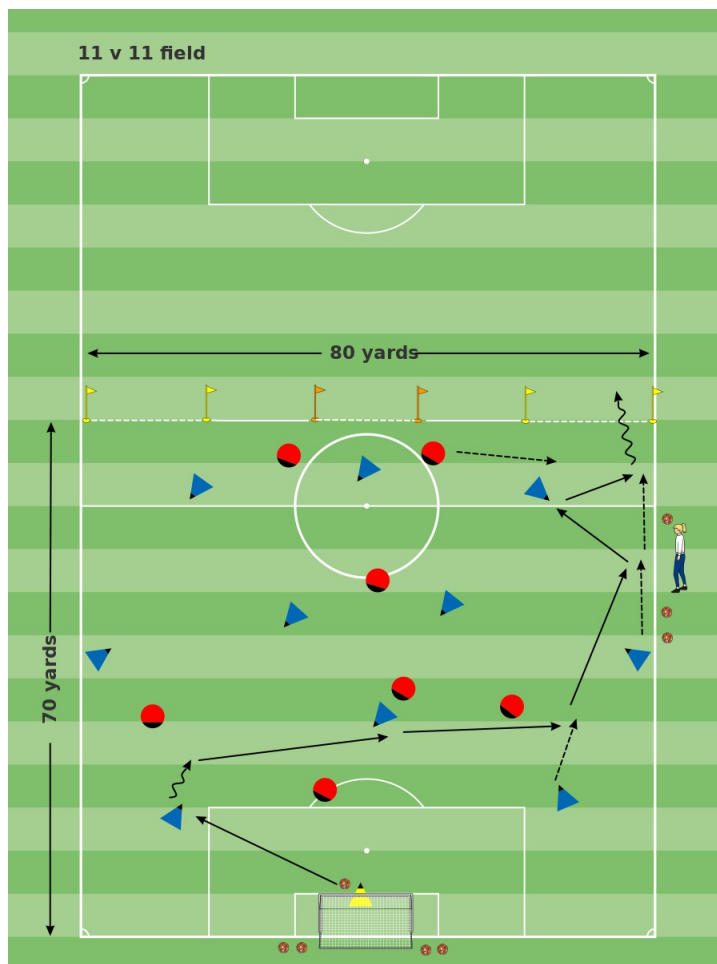
DURATION:
30:0 min

PRACTICE (Core Activity): 11 v 7 Large Goal to Three Small Goals

OBJECTIVE: To build from your own half and move the ball forward; recognize the moment when to change the point of attack.

PLAYER ACTIONS: Spread out, Pass options, Change point

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



ORGANIZATION:

Mark out a 70 X 80 yard field to play 11v7 including Blue GK. Blue team attacks the three goals with the players positioned as shown. Blue scores by dribbling through the gate (1 point) or by passing to an onside teammate (3 points). Play for 30 minutes with two to three breaks. Blue plays 1-4-3-3; Red plays 2-2-3.

KEY WORDS:

Open up, look forward, switch it, stay composed

GUIDED QUESTIONS:

1) What are we looking for when building from our own half? 2) How can you give yourself more time and space? 3) What is your cue that we need to change the point of attack? 4) What can you do to stay composed?

ANSWERS:

1) Openings to move the ball forward into the opponent's half. 2) Make the field as big as possible by spreading out. 3) When we look up and see that the openings in front of us are closed. 4) Think one or two plays ahead and help teammates by communicating.

NOTES:

Vary the different restarts including the red team occasionally starting the play so that the blue team must win the ball and transition to attack.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
11 vs 7

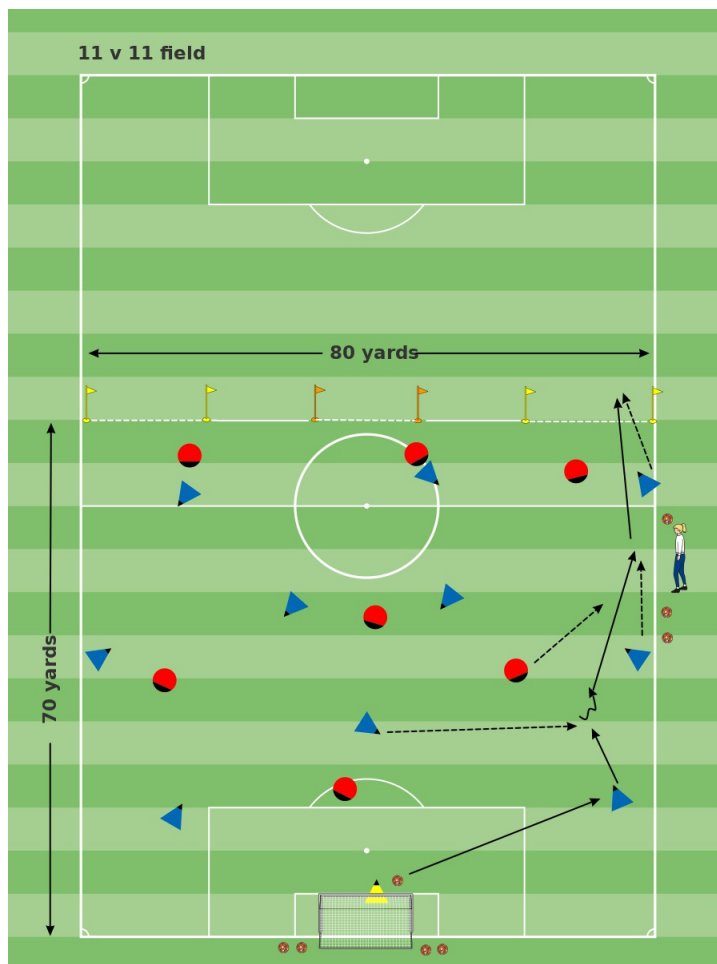
DURATION:
30:0 min

PRACTICE (Less Challenging): 11 v 7 Large Goal to Three Small Goals

OBJECTIVE: To build from your own half and move the ball forward; recognize the moment when to change the point of attack.

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

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



ORGANIZATION:

Same as Core Activity, except Red team plays 3-1-3 to create more space for the Blue midfield.

KEY WORDS:

Open up, look forward, switch it, stay composed

GUIDED QUESTIONS:

1) What are we looking for when building from our own half? 2) How can you give yourself more time and space? 3) What is your cue that we need to change the point of attack? 4) What can you do to stay composed?

ANSWERS:

1) Openings to move the ball forward into the opponent's half. 2) Make the field as big as possible by spreading out. 3) When we look up and see that the openings in front of us are closed. 4) Think one or two plays ahead and help teammates by communicating.

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. Refer to the Training Session Manual.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
11 vs 7

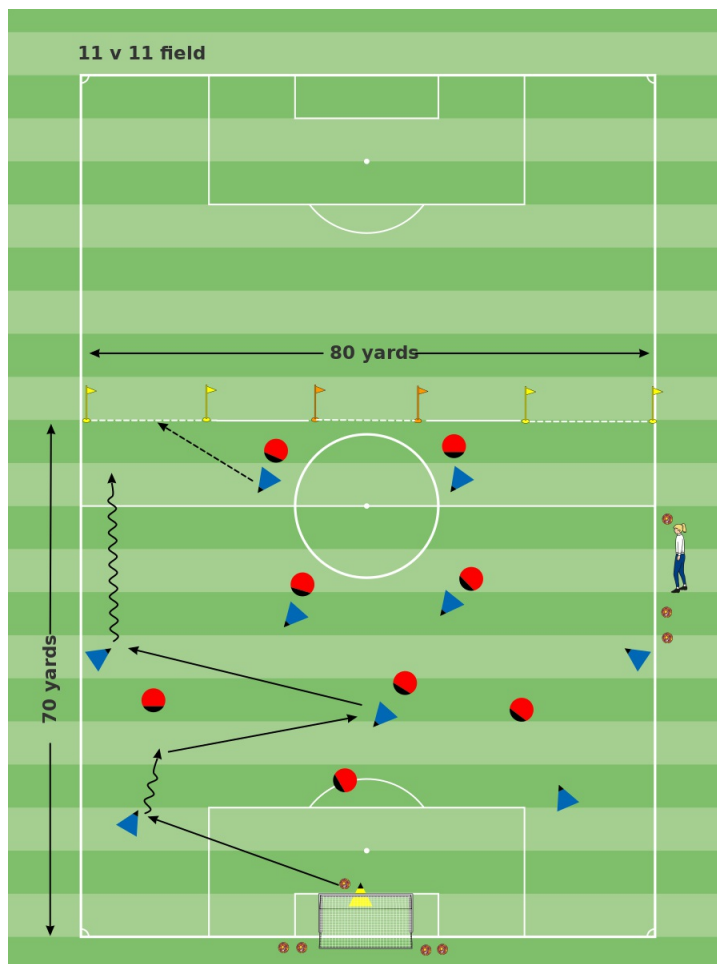
DURATION:
30:0 min

PRACTICE (More Challenging): 10 v 8 Large Goal to Three Small Goals

OBJECTIVE: To build from your own half and move the ball forward; recognize the moment when to change the point of attack.

PLAYER ACTIONS: Spread out, Pass options, Change point

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



ORGANIZATION:

Same as Core Activity, except teams play 10v8. Blue plays 1-4-3-2; Red plays 2-3-3 so that the three Red midfielders match-up with the three Blue midfielders.

KEY WORDS:

Use space, opening, pass, dribble, get open, look forward

GUIDED QUESTIONS:

1) On distributions, how should the defenders show for the ball? 2) What should the central midfielders do? 3) What do the forward players need to do? 4) How should you receive the ball? 5) Where should you go if you cannot play forward?

ANSWERS:

1) Spread out and open hips to see as much of the field as possible. 2) Look to find or create openings between the opposition forward line. 3) Follow the play and provide support options as the team changes the point of attack. 4) Sideways on with head up. 5) Go sideways to change the point of attack, or backwards to then change the point.

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. Refer to the Training Session Manual.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
10 vs 8

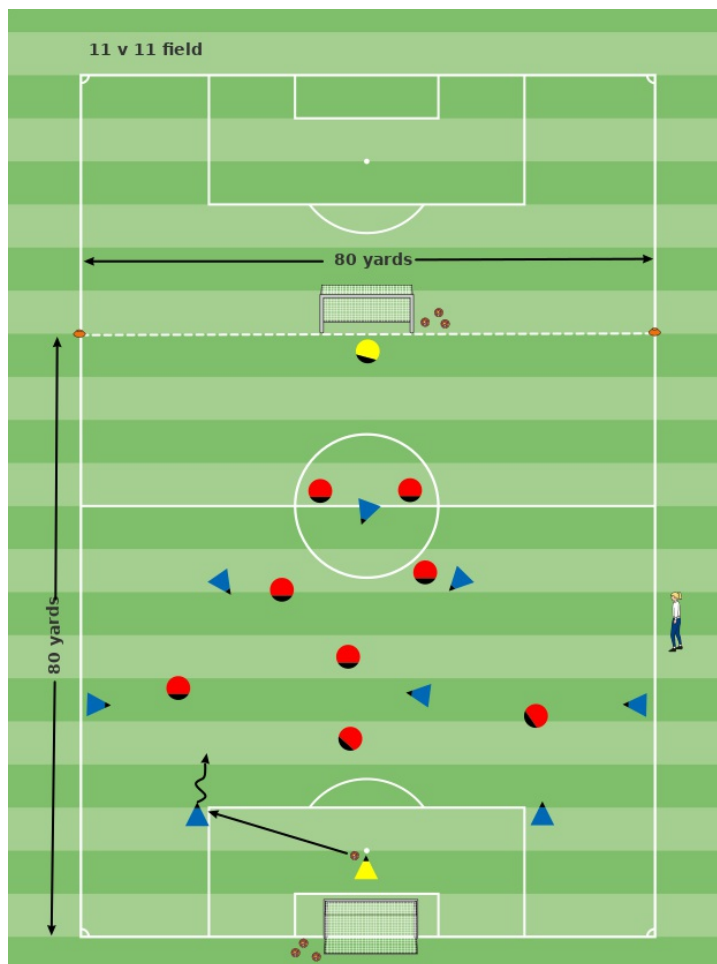
DURATION:
30:0 min

2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Spread out, Pass options, Change point

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



Session B

ORGANIZATION:

Mark out an 80 x 80-yard field. Divide players into two teams of nine. Blue plays 1-4-3-1 formation. Red plays 1-2-3-3. Play according to the Laws of the Game (LOTG) and the standards of play for 15-20 minutes including one "halftime" (5 minutes max).

KEY WORDS:

Use space, opening, pass, dribble, get open, look forward

GUIDED QUESTIONS:

1) What are we looking for when building cue that from we our need own to half? change 2) How the can you point give of attack? yourself 4) more What time can and you do space? to stay 3) What composed?is your

ANSWERS:

1) Openings to move the ball forward into the opponent's half. 2) Make the field of as big as possible. 3) When we look up and see that the openings in front of us are closed. 4) Think one or two plays ahead and help teammates by communicating.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

11v11 Attacking- Improve building up in our own half- (D)

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

PLAYER ACTIONS: Spread out, Pass options, Change point

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: