

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

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, Pass options, Change pace

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

18

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 6 v 3 from Large Goal w GK to End Zone

PRACTICE (Less Challenging): 5 v 2 from Large Goal w GK to 1v1 in End Zone

PRACTICE (More Challenging): 6 v 4 from Large Goal w GK to End Zone

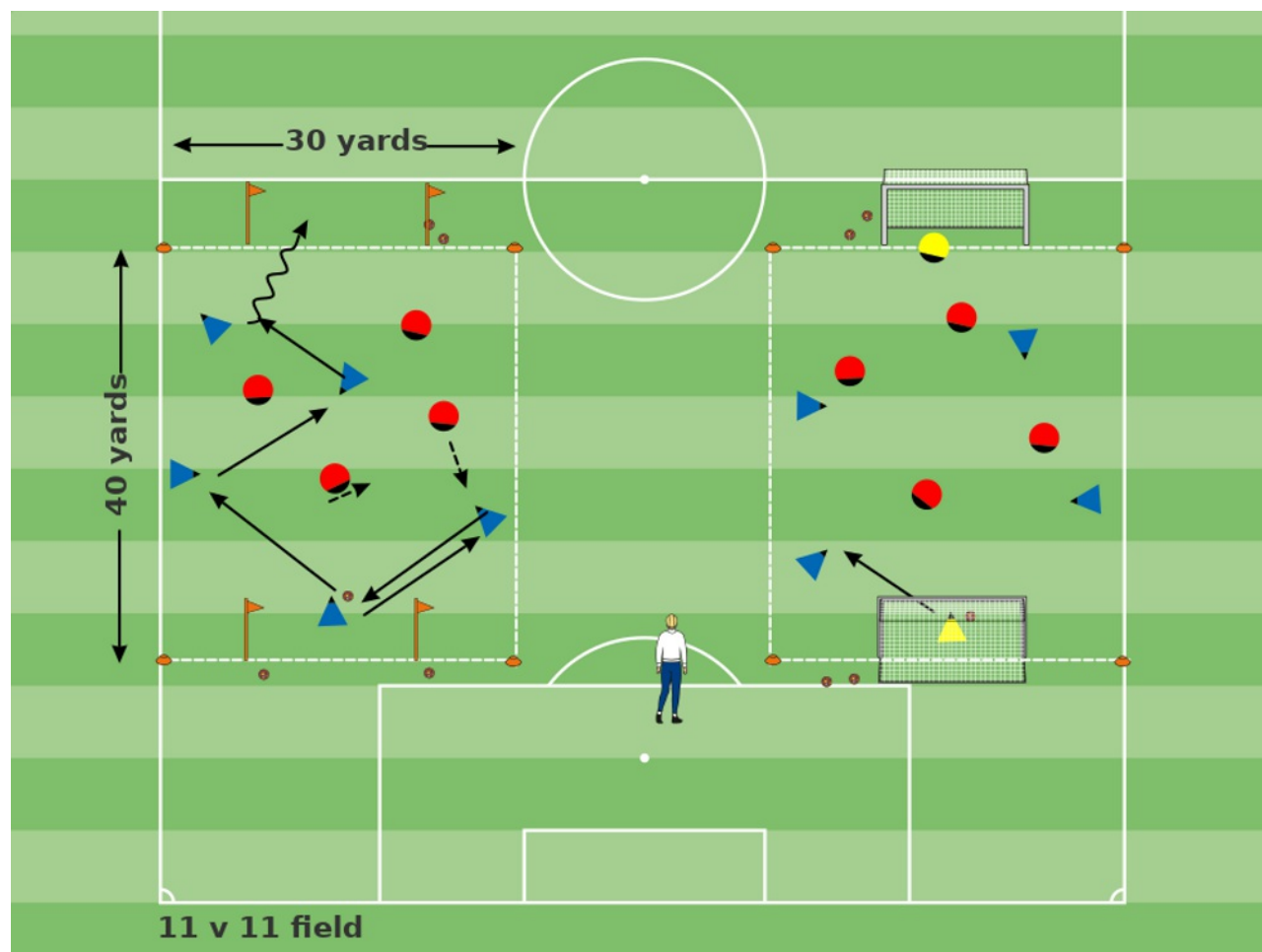
2ND PLAY PHASE: The Game

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, Pass options, Change pace

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



ORGANIZATION:

Mark out two 40 x 30-yard fields. Field 1: Teams play 4 v 4 with flag goals - combine passing and receiving until one can dribble into the goals. Field 2: Teams play 5 v 5 including goalkeepers on large goals. Play Phase should last for 30 minutes including 2 breaks (dynamic stretching during the first 2). Players experience both games - switch during breaks.

KEY WORDS:

Use space, keep the ball moving, look forward

GUIDED QUESTIONS:

1) How can you move the ball forward? 2) What should you do when the opponent starts to pressure? 3) What do we do if we cannot play forward? 4) How can we change the rhythm/pace? 5) How do you put pace on a pass?

ANSWERS:

1) Spread out across the width and depth of the field and look for openings. 2) Help each other by communicating the position of the pressing defender and keep the ball moving. 3) Pass sideways or back to the goalkeeper to switch the point of attack. 4) Increase the speed of the ball to quickly change it to the other side. 5) Lock ankle.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
5 vs 5

DURATION:
30:0 min

NOTES:

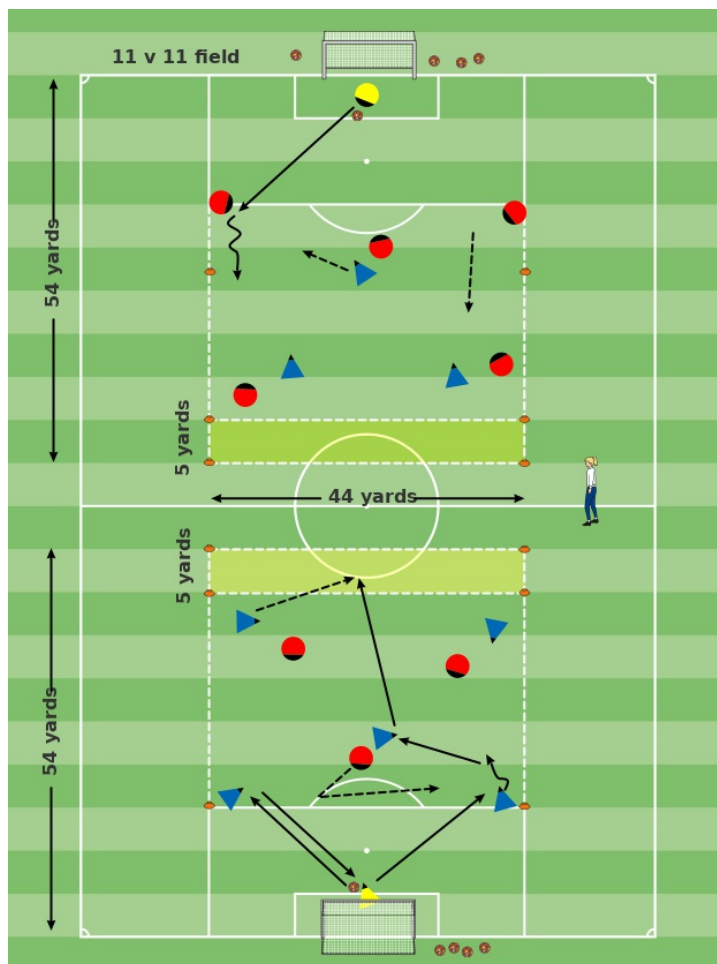
First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual for further guidance.

PRACTICE (Core Activity): 6 v 3 from Large Goal w GK to End Zone

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

PLAYER ACTIONS: Pass/dribble, Pass options, Change pace

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



ORGANIZATION:

Mark out two 54 x 44-yard fields with 5-yard endzones. Play 6 attackers vs. 3 defenders; play starts from the GK. The attackers begin outside the 18-yard box try to score by dribbling or passing under control into the endzone. The defenders try to win the ball and score on the attackers' large goal. Play for 30 minutes with two to three breaks. Rotate players between both teams.

KEY WORDS:

Push forward, get open, sideways turn

GUIDED QUESTIONS:

1) How do you create space while building up during the attack? 2) How can the midfielders help create passing options? 3) What should the midfielders think about before receiving the ball? 4) Why should we change the pace or rhythm?

ANSWERS:

1) Make the field as big as possible by spreading out. 2) Act as link players and move to create openings for passes behind the opposing forwards/midfielders. 3) Options to move the ball forward. 4) To get the defenders to move in one direction so that we can quickly move to the other direction and behind them.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
6 vs 3

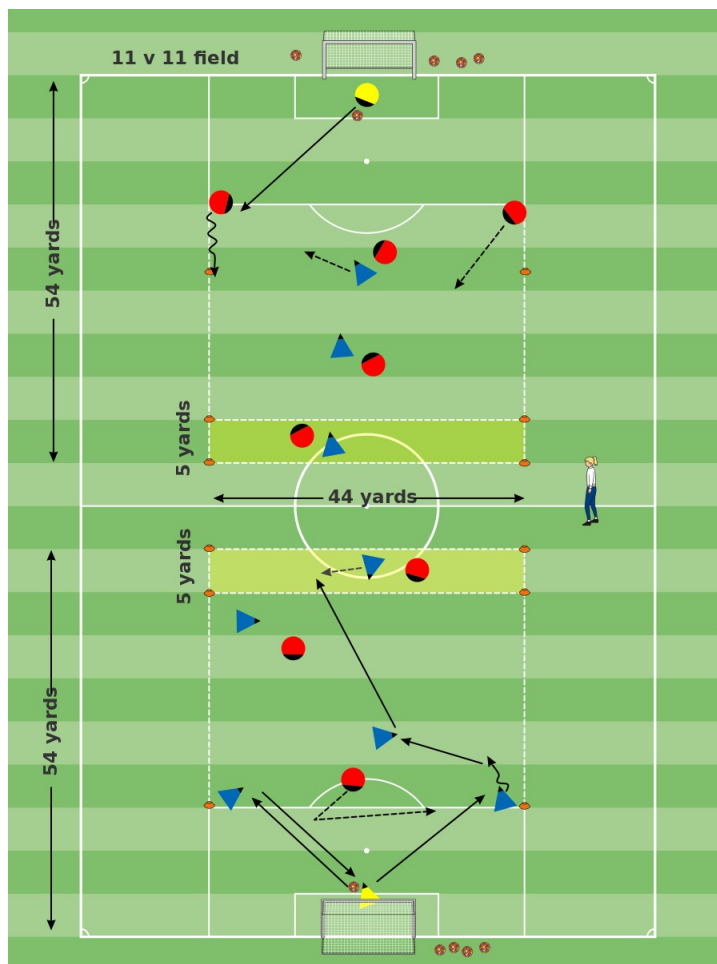
DURATION:
30:0 min

PRACTICE (Less Challenging): 5 v 2 from Large Goal w GK to 1v1 in End Zone

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

PLAYER ACTIONS: Pass/dribble, Pass options, Change pace

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



ORGANIZATION:

Same as Core Activity, except teams play 5 v 2 in their own half, with one additional attacker and defender that must stay in the endzone. Attackers score by dribbling into or passing to the player in the endzone. Defenders score in the large goal. Endzone players can only leave when the defending team wins the ball.

KEY WORDS:

Push forward, pass, dribble, be open, sideways turn

GUIDED QUESTIONS:

1) How do you create space while building up during the attack? 2) How can the midfielders help create passing options? 3) What should the midfielders think about before receiving the ball? 4) Why should we change the pace or rhythm?

ANSWERS:

1) Make the field as big as possible by spreading out. 2) Act as link players and move to create openings for passes behind the opposing forwards/midfielders. 3) Options to move the ball forward. 4) To get the defenders to move in one direction so that we can quickly move to the other direction and behind them.

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:
5 vs 2

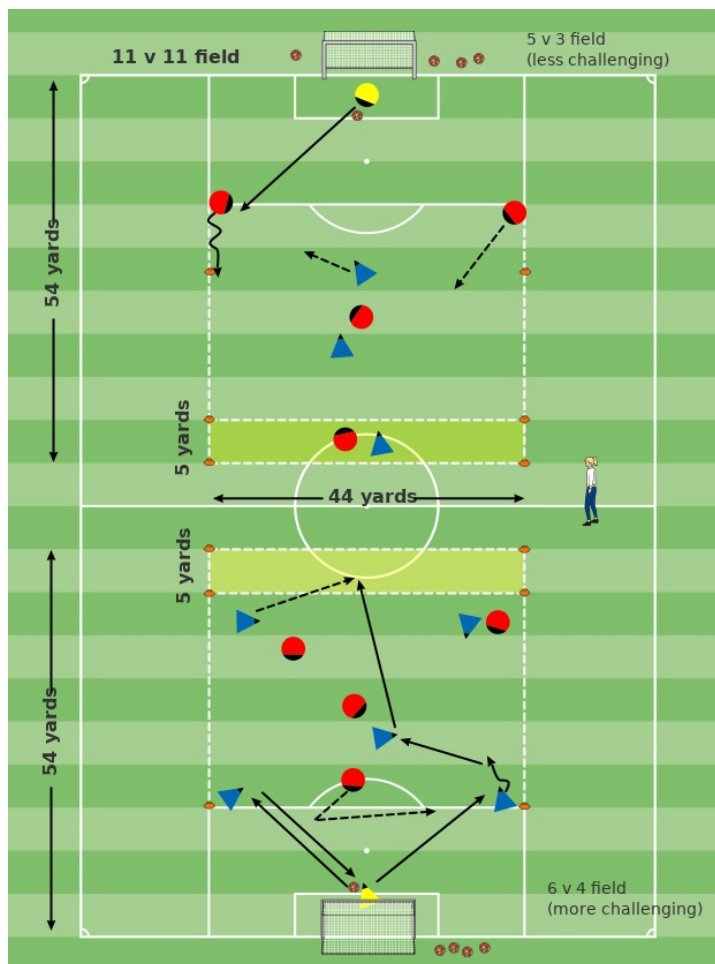
DURATION:
30:0 min

PRACTICE (More Challenging): 6 v 4 from Large Goal w GK to End Zone

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

PLAYER ACTIONS: Pass/dribble, Pass options, Change pace

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



ORGANIZATION:

Same as Core Activity, except one side plays 6 v 4 (more challenging) on one half of the field and the other half of the field plays 5 v 2 to 1 v 1 in the endzone (same as Less Challenging). Rotate players as needed.

KEY WORDS:

Push forward, pass, dribble, be open, sideways turn

GUIDED QUESTIONS:

1) How do you create space while building up during the attack? 2) How can the midfielders help create passing options? 3) What should the midfielders think about before receiving the ball? 4) Why should we change the pace or rhythm?

ANSWERS:

1) Make the field as big as possible by spreading out. 2) Act as link players and move to create openings for passes behind the opposing forwards/midfielders. 3) Options to move the ball forward. 4) To get the defenders to move in one direction so that we can quickly move to the other direction and behind them.

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:
6 vs 4

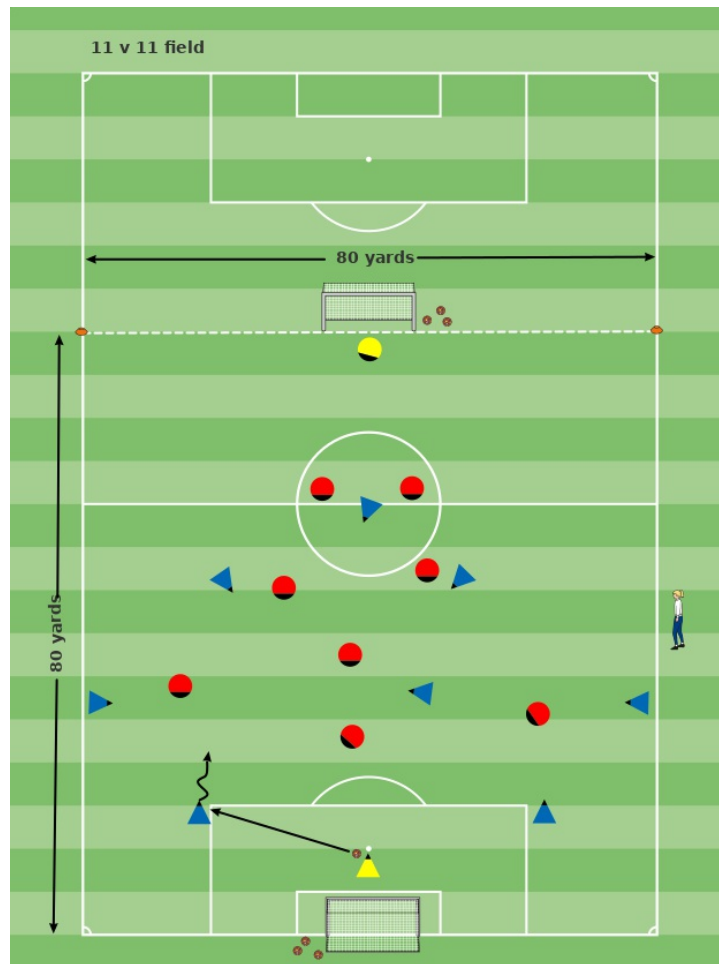
DURATION:
30:0 min

2ND PLAY PHASE: The Game

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

PLAYER ACTIONS: Pass/dribble, Pass options, Change pace

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



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.

KEY WORDS:

Pass or dribble forward, create passing options, change the rhythm/pace, Use space, hips open, look forward

GUIDED QUESTIONS:

1) How can you move the ball forward? 2) What should you do when the opponent starts to pressure? 3) What do we do if we cannot play forward? 4) How can we change the rhythm/pace? 5) How do you put pace on a pass? 6) Why should we change the pace or rhythm?

ANSWERS:

1) Spread out across the width and depth of the field and look for openings. 2) Help each other by communicating the openings and keep the ball moving. 3) Pass sideways or back to the goalkeeper to switch the point of attack. 4) Increase the speed of the ball to quickly change it to the other side. 5) Lock ankle. 6) To get the defenders to move in one direction so that we can quickly move to the other direction and behind them.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

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

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

PLAYER ACTIONS: Pass/dribble, Pass options, Change pace

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

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: