

7v7 Attacking- Improve Building Up in Our Own Half (B)

AGE: U9-U10 / 7v7 / 12 players

MOMENT:



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

PLAYER ACTIONS: Spread out, Support, Change point

KEY QUALITIES: Read game/make decisions, Initiative

 12

 90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 7 v 5 on One Goal and Two Goal Lines

PRACTICE (Less Challenging): 7 v 5 on One Goal with Goalkeeper and Two Goal Lines

PRACTICE (More Challenging): 7 v 5 on Two Goal Lines

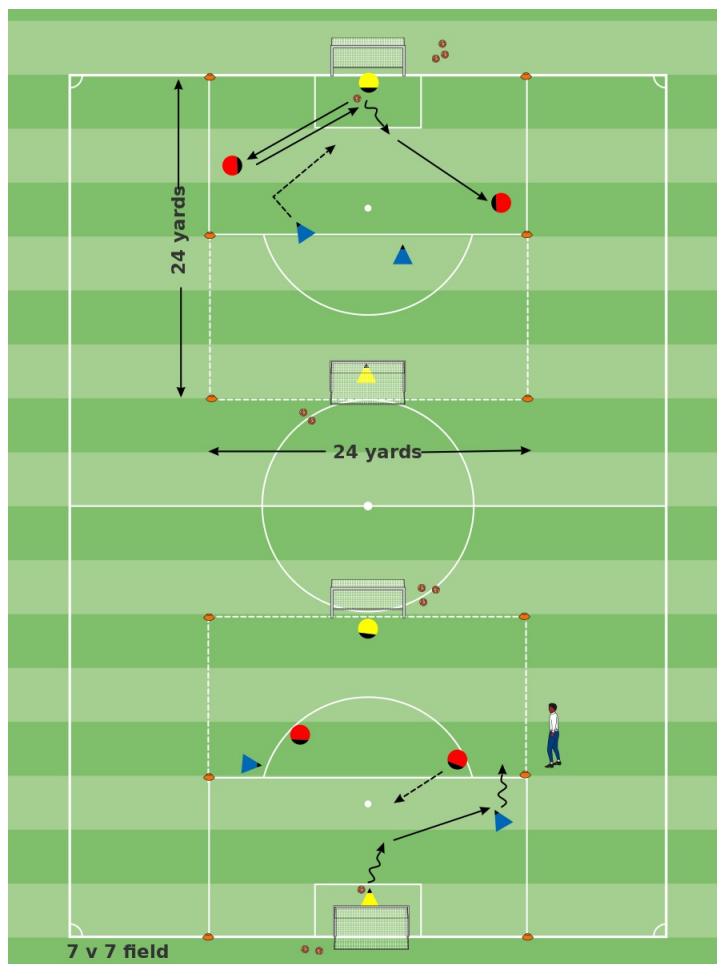
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build a solid attack and move the ball forward

PLAYER ACTIONS: Spread out, Change point, Support

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Mark out two 24 x 24 yard fields. Divide players into four teams of three. Teams play 3 v 3 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS:

Use the space, hips open, pass, dribble

GUIDED QUESTIONS:

1) Attackers, where should you show for the pass from the goalkeeper? 2) What if the defenders mark you on the wings? 3) How can you build the attack? 4) What's the advantage of involving the keeper in the build-up?

ANSWERS:

1) On the wings. 2) I need to move to get away from the defenders and get to where I can see as much of the field as possible. 3) Pass or dribble forward. 4) It gives us an extra player.

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:
U9-U10 / 7v7

PLAYERS:
3 vs 3

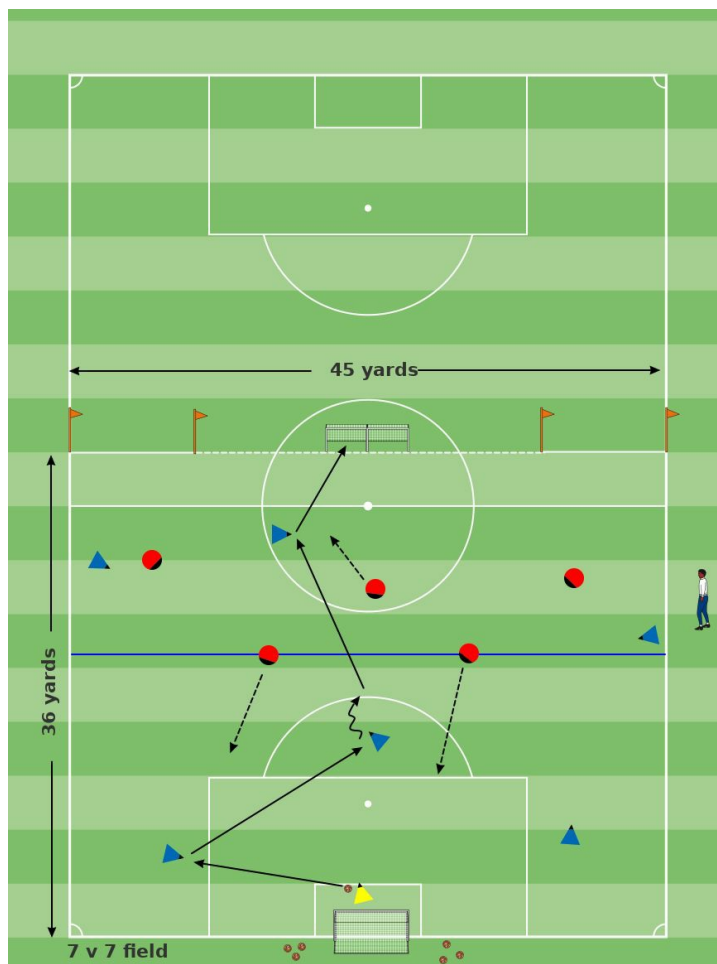
DURATION:
30:0 min

PRACTICE (Core Activity): 7 v 5 on One Goal and Two Goal Lines

OBJECTIVE: Build a solid attack, switch the field and move the ball forward

PLAYER ACTIONS: Spread out, Support, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Mark out a 36 x 45 yard field as shown. Choose 7 Blue attackers and 5 Red defenders. Formations are 1-2-3-1 (Blue) against 3-2 (Red). Blue attacks on the goal in the middle or the goal lines on the wings. Red tries to win the ball and score on Blue's goal. Play is restarted by Blue's goalkeeper after interruptions. Play for 30 minutes with two breaks. Switch the players around between the teams.

KEY WORDS:

Use the space, hips open, switch the field

GUIDED QUESTIONS:

1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) Where should your plant foot face? 4) What do you do when the opponent is keeping you from moving forward? 5) Once you've built the attack, what do you do next?

ANSWERS:

1) By spreading out evenly and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 4) Towards the target. Switch to the other side. 5) Move forward and support the forwards.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
7 vs 5

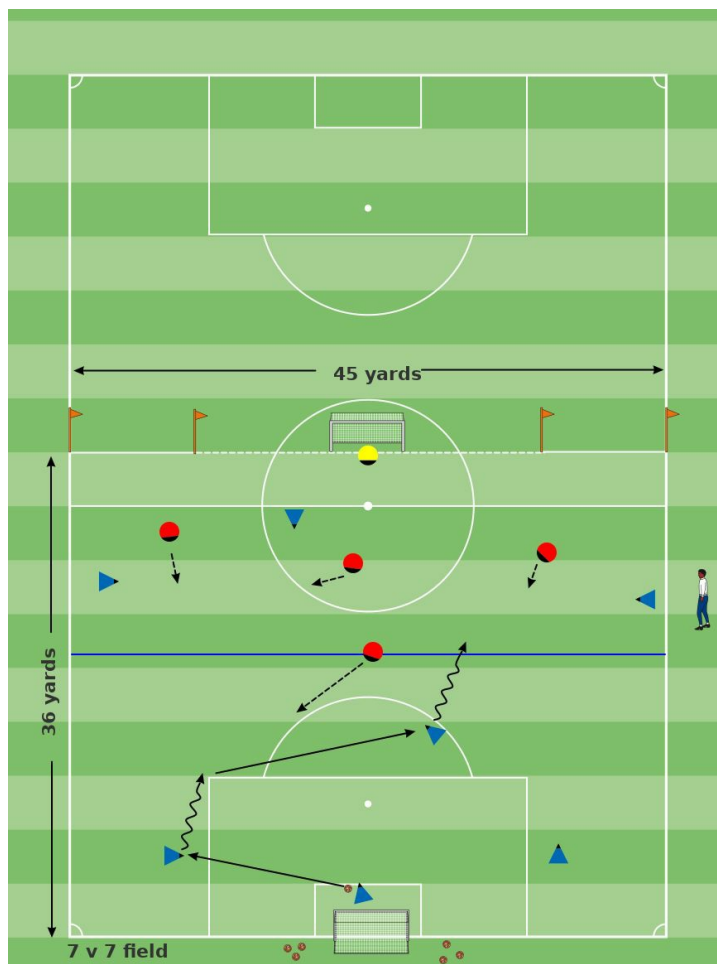
DURATION:
30:0 min

PRACTICE (Less Challenging): 7 v 5 on One Goal with Goalkeeper and Two Goal Lines

OBJECTIVE: Build a solid attack, switch the field and move the ball forward.

PLAYER ACTIONS: Spread out, Support, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Same as Core Activity, except Red's goal has a goalkeeper.

KEY WORDS:

Use the space, hips open, switch the field

GUIDED QUESTIONS:

1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) Where should your plant foot face? 4) What do you do when the opponent is keeping you from moving forward? 5) Once you've built the attack, what do you do next?

ANSWERS:

1) By spreading out evenly and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 4) Towards the target. Switch to the other side. 5) Move forward and support the forwards.

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:
U9-U10 / 7v7

PLAYERS:
7 vs 5

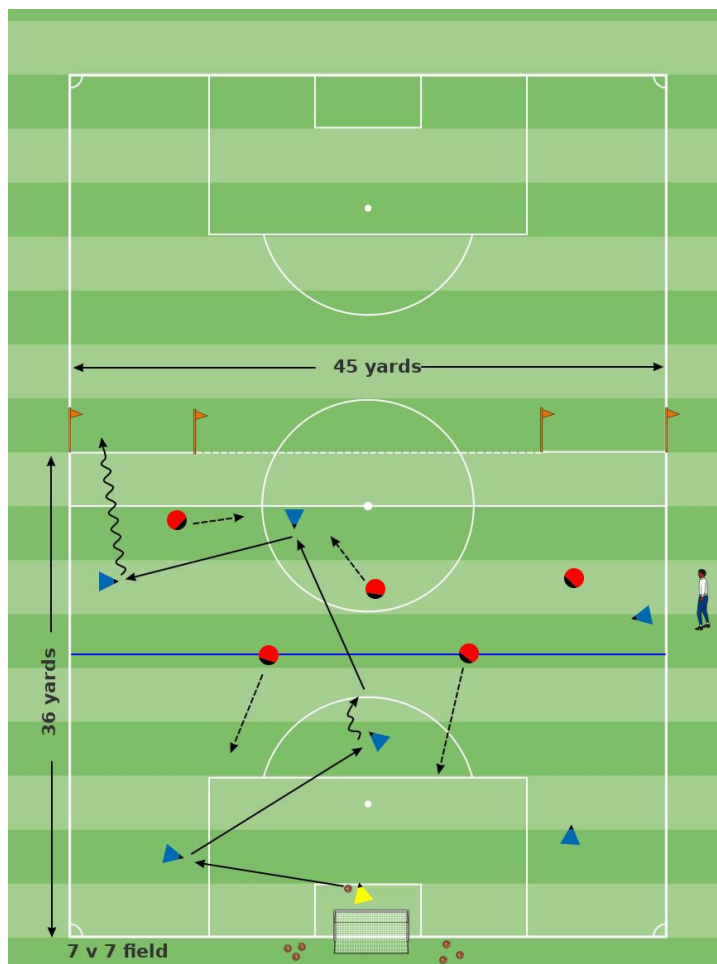
DURATION:
30:0 min

PRACTICE (More Challenging): 7 v 5 on Two Goal Lines

OBJECTIVE: Build a solid attack, switch the field and move the ball forward.

PLAYER ACTIONS: Spread out, Support, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Same as Core Activity, except Red only defends the two goal lines.

KEY WORDS:

Use the space, hips open, switch the field

GUIDED QUESTIONS:

1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) Where should your plant foot face? 4) What do you do when the opponent is keeping you from moving forward? 5) Once you've built the attack, what do you do next?

ANSWERS:

1) By spreading out evenly and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 4) Towards the target. Switch to the other side. 5) Move forward and support the forwards.

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:**
U9-U10 / 7v7

 **PLAYERS:**
7 vs 5

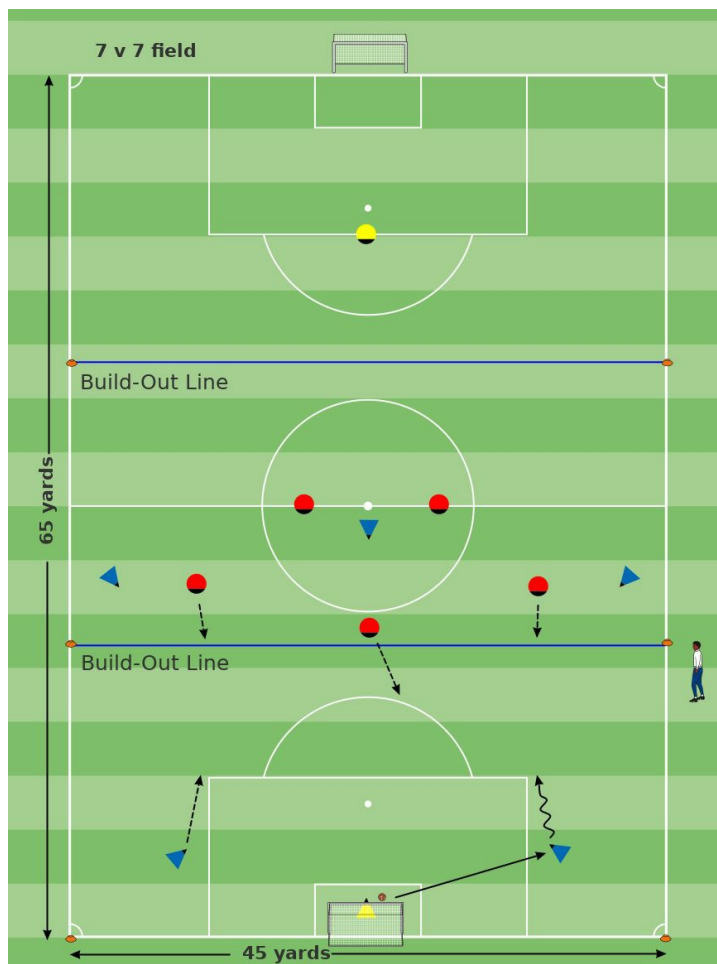
 **DURATION:**
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To build a solid attack, switch the field and move the ball forward..

PLAYER ACTIONS: Spread out, Support, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

To build a solid attack, switch the field and move the ball forward..

KEY WORDS:

Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

GUIDED QUESTIONS:

Use the space, hips open, switch the field

ANSWERS:

1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) Where should you plant foot face? 4) What do you do when the opponent is keeping you from moving forward? 5) Once you've built the attack, what do you do next?

NOTES:

1) By spreading out evenly and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 4) Towards the target. Switch to the other side. 5) Move forward and support the forwards.

MOMENT:
Attacking

AGE:
U9-U10 / 7v7

PLAYERS:
6 vs 6

DURATION:
30:0 min

7v7 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: Spread out, Support, Change point

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AGE: U9-U10 / 7v7 / 12 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: