

## Week 10: Attacking - Improving Scoring Chances from Wide Areas (11v11)

OBJECTIVE: Improving scoring chances from wide areas

TEAM TACTICAL PRINCIPLES:

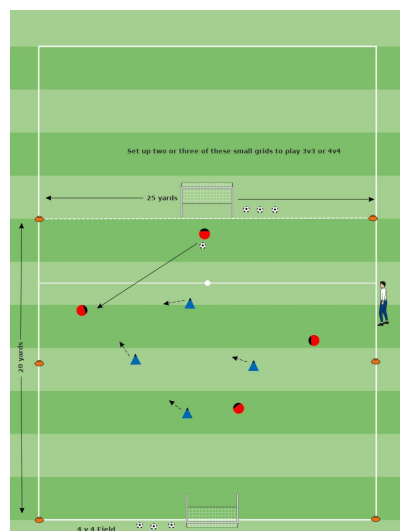
KEY QUALITIES:

Amy Feigl

AGE: U13 / Senior / 12 players

TEAM FUNCTION:

DURATION: 90 min



### 1st Play Phase: Intentional Free Play (11v11)

OBJECTIVE: Attacking principles, Defending principles, Possession, Passing, Receiving, Combination play, Dribbling, Running with ball, Transition

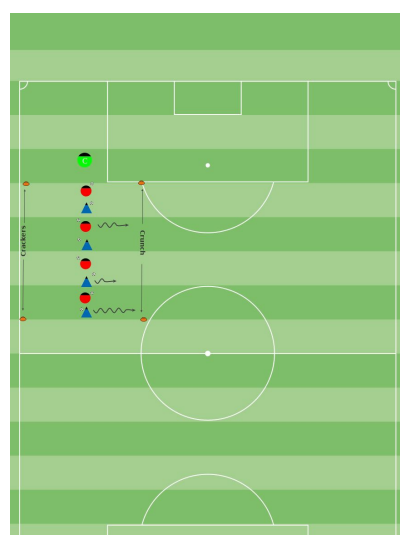
ORGANIZATION: As players arrive to practice, set up small fields to play 4v4 and just let the players play for a good 15-20 minutes on their own with little coaching or "freeze" moments.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:



### Practice (Core Activity): Attacking - Improve Scoring Chances in Wide Areas: Cracke...

OBJECTIVE: Dribbling, Ball control, Turning/Cutting, Speed, Reaction time

ORGANIZATION: Set up a grid in our attacking half on one of the flank/wide areas. All the players are lined up in the center of the grid with a ball at their feet.

KEY WORDS: Practice (Less Challenging): don't use soccer balls at first but just have the players run to either side Coach calls out Practice (More Challenging): have the players go to the specific side twice in a row in stead of just once, or even three times before ending the round

GUIDED QUESTIONS:

ANSWERS:

NOTES: Designate one side of grid as the "Crackers" side and one side of the grid as the "Crunch" side. Coach calls out Crackers or Crunch and players dribble as fast as they can to that side line. Use these variations: Only right foot dribbling. Only left foot dribbling. Specific turns - Inside cut, Outside cut, Scissors, Step over turn/revillino



### Practice (Core Activity): Partner Dribbling

OBJECTIVE: Dribbling, Turning with ball, Running with ball, Ball control, Passing, Receiving

ORGANIZATION: Set up a square with four cones and then another four cones in the middle.

KEY WORDS: Practice (Less Challenging): have the players simply dribble around the cones and back without any restrictions or specific rules at first to make sure they can complete the activity correctly Practice (More Challenging): have the players perform specific turns around the cone they are dribbling towards, and start incorporating a passing and

GUIDED QUESTIONS:

ANSWERS:

NOTES: Put two kids on each cone, or if more split up evenly. Each pair/group has a ball and dribbles to their middle cone, dribbles back, and then the next in line goes. 2 minutes for each variation: Right foot only, Left foot only, Inside outside of foot to cone and back, Rolls across body, Competition

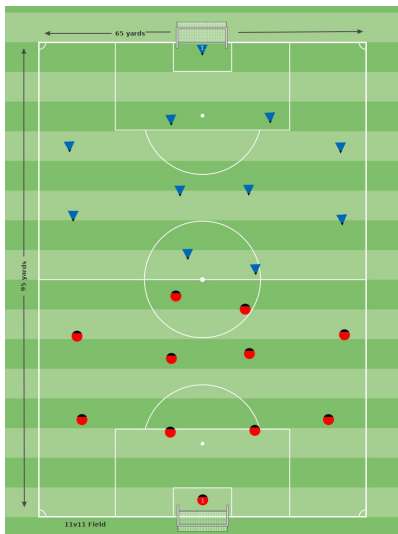
**Week 10: Attacking - Improving Scoring Chances from Wide Areas (11v11)**

OBJECTIVE: Improving scoring chances from wide areas

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:

Amy Feigl  
AGE: U13 / Senior / 12 players  
TEAM FUNCTION:  
DURATION: 90 min



**2nd Play Phase: The Game (11v11)**

OBJECTIVE: All your session objectives from the theme of practice

ORGANIZATION: Use a full size 11v11 field or 9v9 field if that is all exists and scrimmage 11v11 or combine with two teams to play each other and use more space. Play with 4 defenders, 4 mid-fielders, and 2 forwards (4-4-2 formation).

KEY WORDS: Minimal "freeze" moments, but do make some and be fully engaged in the session. Rotate subs on that are sitting out.

GUIDED QUESTIONS:

ANSWERS:

NOTES:

**Five Elements of a Training Activity**

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity 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 effective coaching. based on the age and level of the player?

**Training Session Self-Reflection Questions**

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?