

## Week 2: Attacking - Improving Build Up in Own Half (11v11)

OBJECTIVE: Improving build up in own half

TEAM TACTICAL PRINCIPLES:

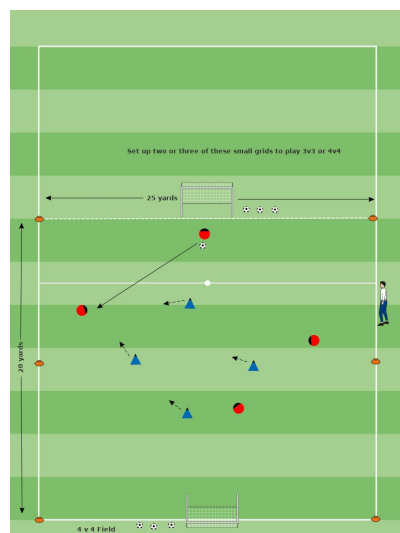
KEY QUALITIES:

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

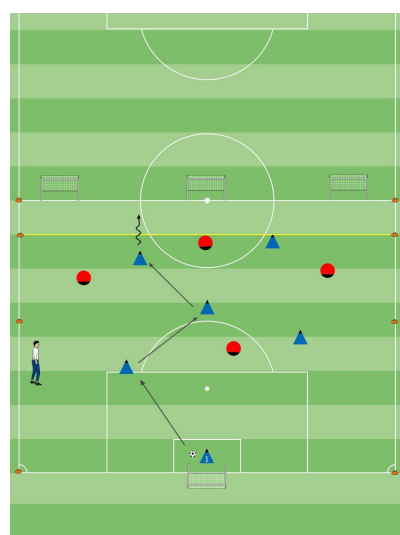
ORGANIZATION: As players arrive to practice, set up small fields to play 4v4 and just let the players play for a good 15-20 minutes on their own with little coaching or "freeze" moments.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:



### Practice (Core Activity): Attacking - Build Up in Own Half (7v7) End Zone Game

OBJECTIVE: Playing out from the back, Dribbling, 1v1 technique, Running with ball, Spatial awareness, Combination play, Defending principles, Attacking principles, Passing, Receiving, Turning

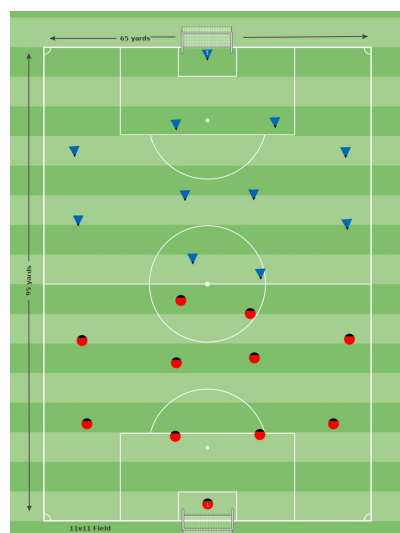
ORGANIZATION: Use half a normal size 7v7 field and play 6 blues vs 4 reds.

KEY WORDS: Practice (Less Challenging): don't use the goals at the beginning but rather have the Blue team attack the End Zone by dribbling in for a point or passing into another teammate's feet Practice (More Challenging): restrict the size of the grid to something smaller, or add another Red player (if numbers permit), or add a touch limit for the Blue

GUIDED QUESTIONS:

ANSWERS:

NOTES: Blue team has a goal keeper but red does not. Rotate the blues and reds so that the same players are not playing the whole time. Play for three intervals around 6 minutes an interval. Play new ball from Blue GK each time ball goes out of bounds or there is a score.



### 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:

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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?