

## Week 5: Attacking - Improving Build Up in Opponent's Half (11v11)

OBJECTIVE: Improving build up in opponent's half

TEAM TACTICAL PRINCIPLES:

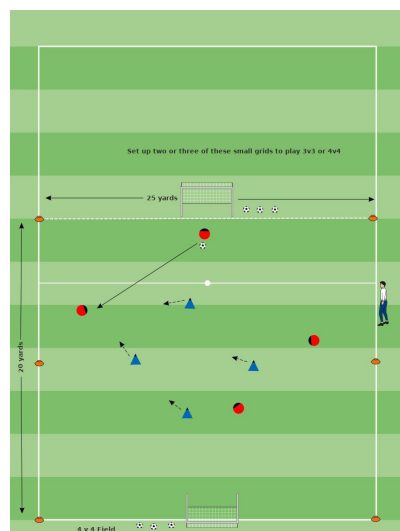
KEY QUALITIES:

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

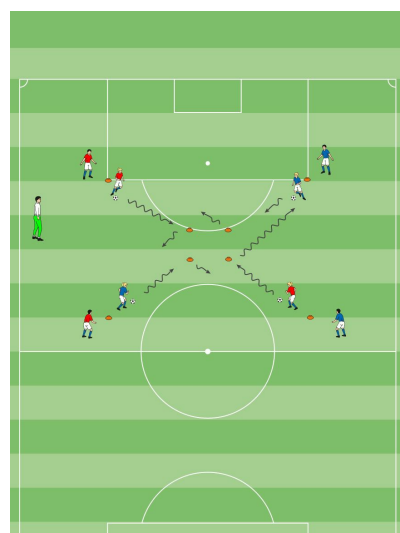
ORGANIZATION: As players arrive to practice, set up small fields to play 4v4 and just let the players play for a good 15-20 minutes on their own with little coaching or "freeze" moments.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:



### Practice (Core Activity): Attacking - Improve Build Up in Opp. Half: Star Cut and Dribbl...

OBJECTIVE: Dribbling, Turning, Running with the ball, Ball control

ORGANIZATION: Set up a 12x12 yard grid with four cones and cones in the middle mirroring the outside cones. Split up players around outside cones. The first player in each group has a ball. The players with the ball dribble to the center of the square cutting the ball tightly across their bodies with the inside and outside of the same foot, so if moving

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES: Practice (Less Challenging): have the players go about 50% and slower till they know how to do the activity Practice (More Challenging): have the players pass to the next person in line and work on receiving and passing



### Practice (Core Activity): Attacking - Build Up in Opp. Half: Nut Meg Tag: Additional Ac...

OBJECTIVE: Dribbling, Running with ball, Turning, Ball Control

ORGANIZATION: Have every player with a ball but two. Create a large space for players to dribble in in our attacking half. Encourage both feet and large surfaces (laces, inside, outside) to dribble with. If the players without the ball tag a player with the ball, the tagged player holds the ball over their head and spreads their legs out and someone else not

KEY WORDS: Practice (Less Challenging): don't include a ball at first, but just have the players get tagged and then to be "unfrozen" another player crawls through their legs to get them back into the game Practice (More Challenging): include more "taggers" or reduce the size of the grid

GUIDED QUESTIONS:

ANSWERS:

NOTES: Rotate the taggers every couple of minutes. Move to knock out where everyone has a ball and is playing for themselves. Those that get their ball knocked out sit out until the last one remains and we have a winner. Encourage them (especially the girls) to go after the other players and not just sit in the corner.

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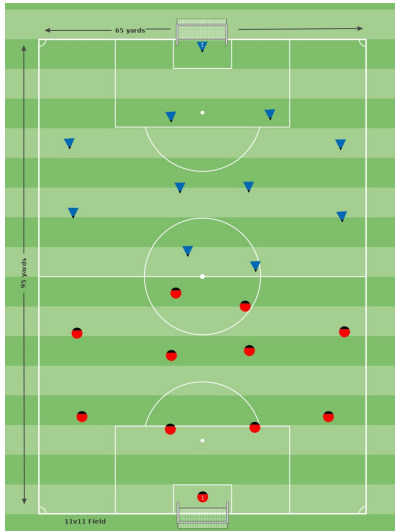
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TEAM FUNCTION:

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?