

Week 6: Attacking - Improving Build Up in Opponent's Half (11v11)

OBJECTIVE: Improving build up in opponent's half

TEAM TACTICAL PRINCIPLES:

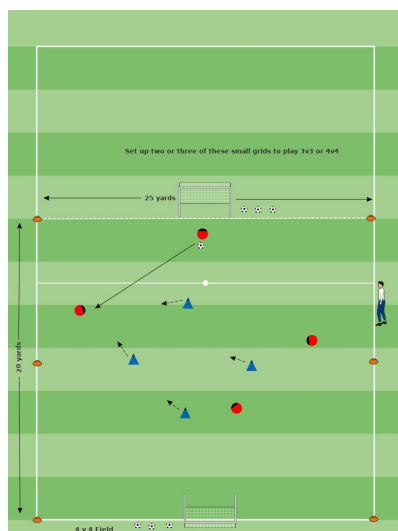
KEY QUALITIES:

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

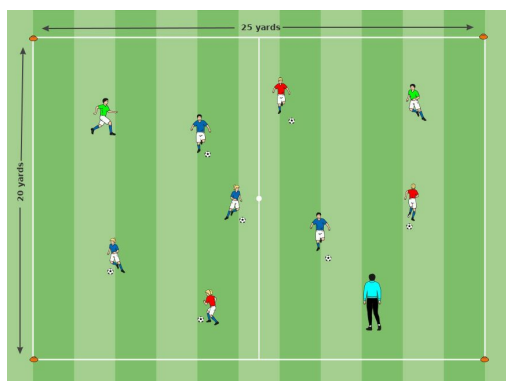
ORGANIZATION: As players arrive to practice, set up small fields to play 4v4 and just let the players play for a good 15-20 minutes on their own with little coaching or "freeze" moments.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Attacking - Build Up in Opp. Half (7v7) Tail Tag: Additional Ac...

OBJECTIVE: Dribbling, Running with ball, Attacking principles, Turning

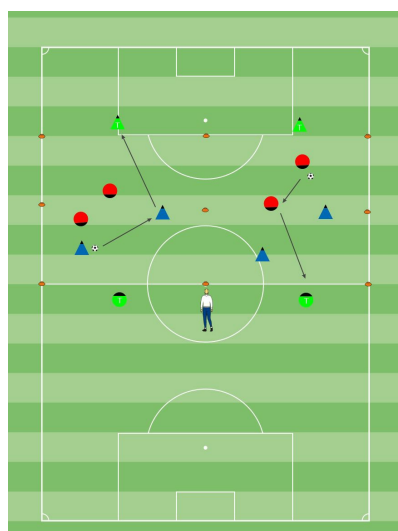
ORGANIZATION: Start with only pinnies to grab and no dribbling so kids get an idea of how the game works and gain success. Have the tigers put their pinnies in the back of their shorts and have the Hunters try to run around and grab the pinnie out. If the Hunter gets their tail, they can yell out "Got your tail!"

KEY WORDS: Practice (Less Challenging): don't include soccer balls at first Practice (More Challenging): include more "Tigers" or taggers and reduce the size of the grid

GUIDED QUESTIONS:

ANSWERS:

NOTES: To keep the game flowing, have the Hunters take the pinnie back to the coach, and the Tiger must run back to the coach to retrieve pinny and stick back in shorts to keep going. Only play for a few minutes before switching Tigers and Hunter to opposite groups. Now include a ball if players are still interested in the game. Each Tiger starts out



Practice (Core Activity): Attacking - Build Up in Opponent's Half (7v7) 2v2 with Targe...

OBJECTIVE: Possession, Combination play, Attacking, Defending, Passing, Receiving, Dribbling,

ORGANIZATION: Set up two small grids and play 2v2 in each grid with Target players on each side of both grids.

KEY WORDS: Practice (Less Challenging): play 2v1 or 4v2 to an end line/end zone and create more chances for the team with numbers up to be successful going forward - they score by dribbling over the end line Practice (More Challenging): place a touch limit on the players and the Targets - play two or three touch

GUIDED QUESTIONS:

ANSWERS:

NOTES: The Target (T) players are neutral and always play with the team with possession of the ball. Start with the ball at one of the Target players and they will pass into the Blue team to begin. Blue team tries to get the ball into the opposite Target for a point. If they get a point and successfully get the pass into the Target's feet, then the Target plays into the

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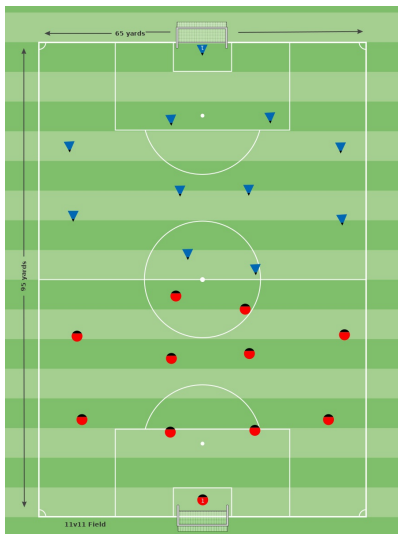
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Amy Feigl

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?