

Week 1: Attacking - Improving Build Up in Own Half (7v7)

OBJECTIVE: Improving build up in own half

TEAM TACTICAL PRINCIPLES:

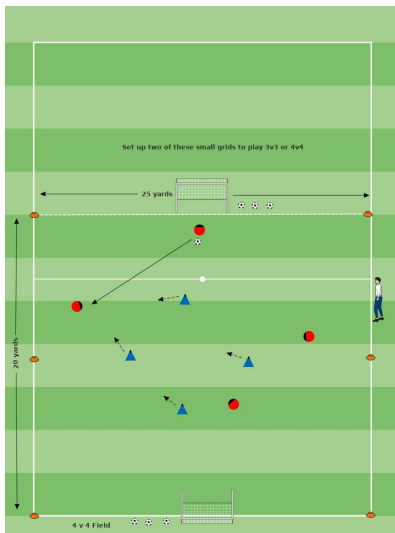
KEY QUALITIES:

Amy Feigl

AGE: U9 / U10 / 12 players

TEAM FUNCTION:

DURATION: 60 min



1st Play Phase: Intentional Free Play (7v7)

OBJECTIVE: Dribbling, Running with ball, Passing, Receiving, 1v1 Attacking and Defending

ORGANIZATION: Set up two small grid and let the kids play 4v4, each shooting on a goal or using coned goals. As players arrive, play 1v1-2v2-3v3, etc. nbsp;nbsp;

KEY WORDS: Go over your coaching topic here with key phrases and words depending on your session.

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Partner Dribbling

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

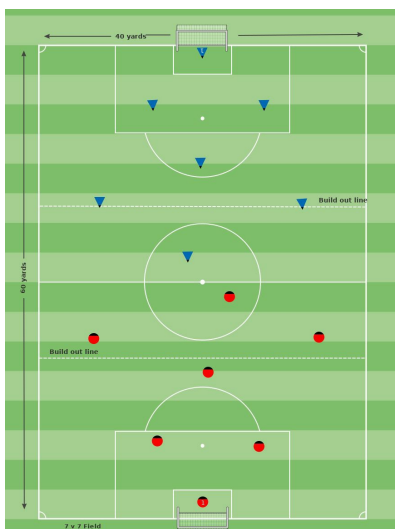
ORGANIZATION: Set up a square with four cones and then another four cones in the middle.

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



2nd Play Phase: The Game (7v7)

OBJECTIVE: Possession, Dribbling, Running with ball, Passing, Receiving, Attacking, Defending, Turning, Switching play

ORGANIZATION: Play 7v7 if numbers permit on a normal sized 7v7 field. If they don't try to graft in another team to scrimmage against or just drop numbers to 5v5 or 6v6 and reduce size of field.

KEY WORDS: Let them play! Minimal "freeze" moments and plenty of reinforcing key phrases for the day's theme.

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?