

## Week 5: Attacking - Improving Build Up in Opponent's Half (7v7 or 9v9)

OBJECTIVE: Improving build up in opponent's half

TEAM TACTICAL PRINCIPLES:

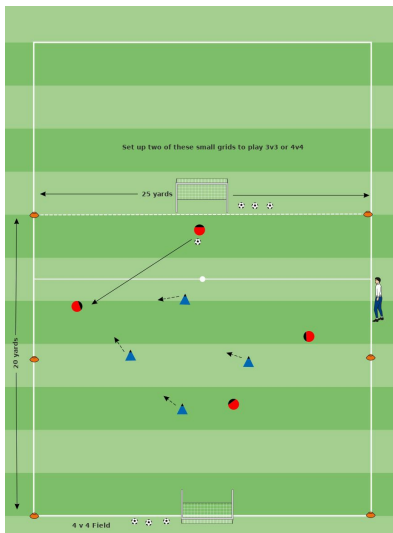
KEY QUALITIES:

Amy Feigl

AGE: U9 / U12 / 10 players

TEAM FUNCTION:

DURATION: 60 min



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

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

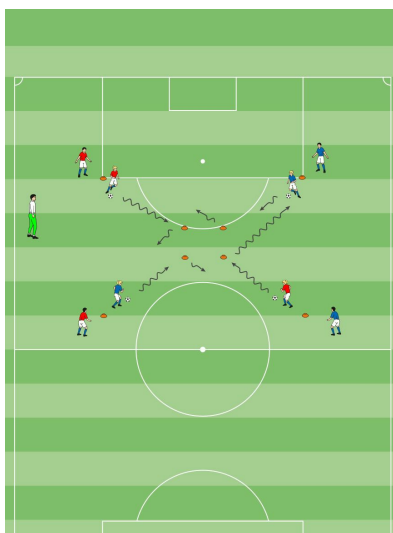
ORGANIZATION: Set up two small grid and let the kids play 4v4, each shooting on a goal or using coned goals. As players arrive, play 1v1-2v2-3v3, etc.&nbsp;nbsp;nbsp;

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

GUIDED QUESTIONS:

ANSWERS:

NOTES:



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

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

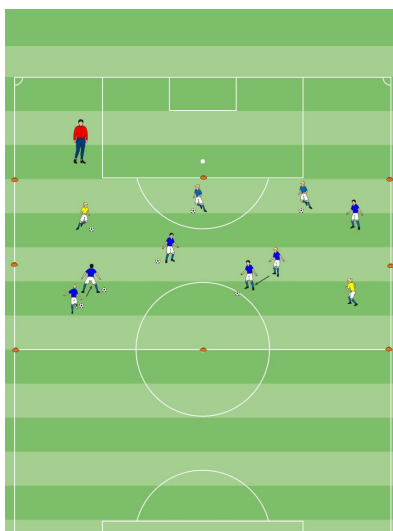
ORGANIZATION: Set up a 12x12 yard grid with four cones and cones in the middle mirroring the outside cones. Split up players around outside cones. The first player in each group has a ball. The players with the ball dribble to the center of the square cutting the ball tightly across their bodies with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

## Week 5: Attacking - Improving Build Up in Opponent's Half (7v7 or 9v9)

OBJECTIVE: Improving build up in opponent's half

TEAM TACTICAL PRINCIPLES:

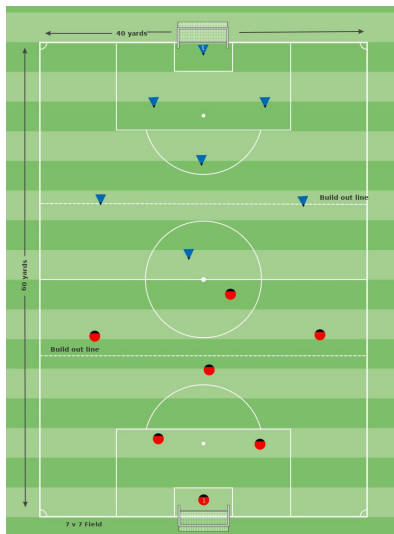
KEY QUALITIES:

Amy Feigl

AGE: U9 / U12 / 10 players

TEAM FUNCTION:

DURATION: 60 min



### 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:

### 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?