

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

OBJECTIVE: Improving build up in opponent's half

TEAM TACTICAL PRINCIPLES:

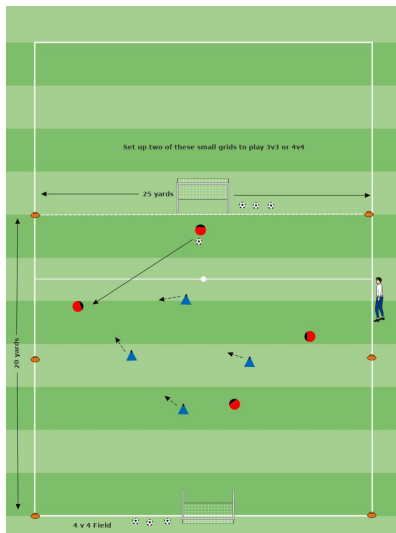
KEY QUALITIES:

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

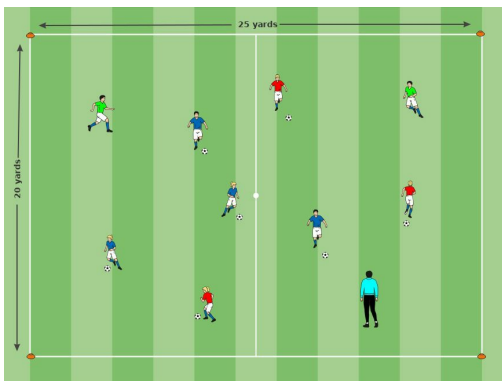
ORGANIZATION: Set up two small grid and let the kids play 4v4, each shooting on a goal or using coned goals. As players arrive, play 1v1-2v2-3v3, etc.&nbsp;

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

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

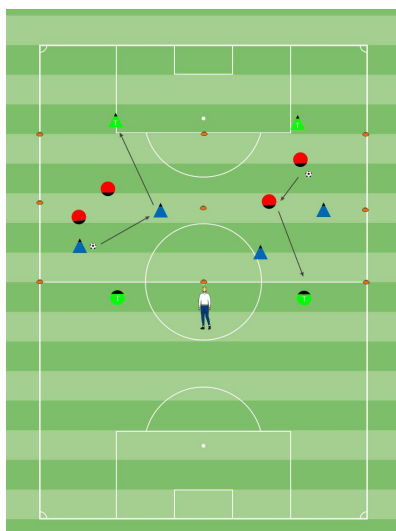
ORGANIZATION: Start with only pinnies to grab and no dribbling so kids get an idea of how the game works and gain success. Have the tigers put their pinnies in the back of their shorts and have the Hunters try to run around and grab the pinnie out. If the Hunter gets their tail, they can yell out "Got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

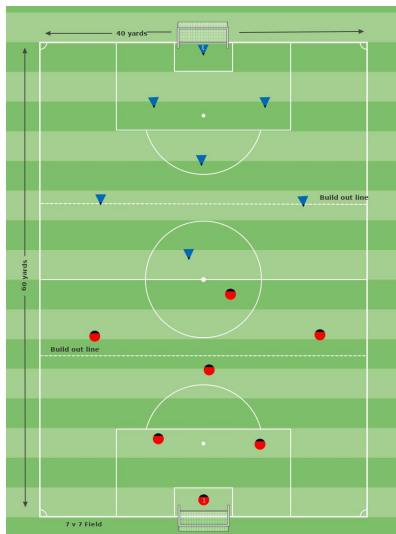
KEY QUALITIES:

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?