

Week 9: Attacking - Improving Scoring Chances in Central Areas (7v7)

OBJECTIVE: Improving scoring chances in central areas

TEAM TACTICAL PRINCIPLES:

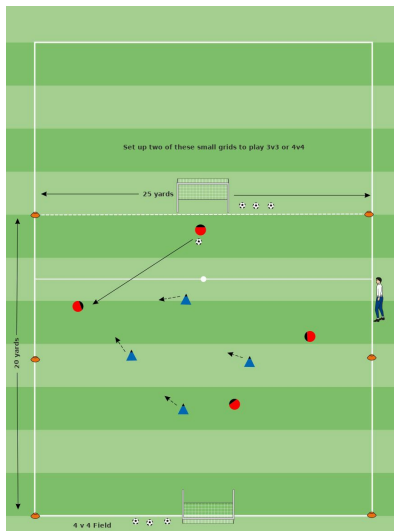
KEY QUALITIES:

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

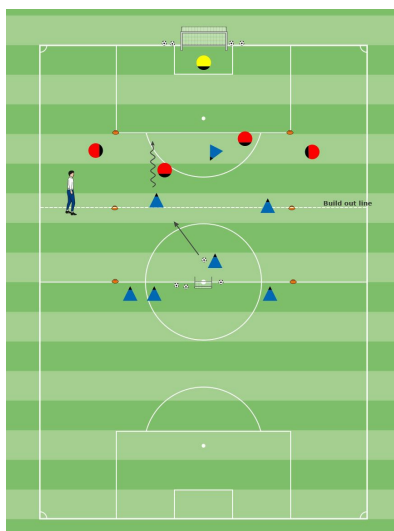
ORGANIZATION: Set up two small grid and let the kids play 4v4, each shooting on a goal or using coned goals. As players arrive, play 1v1-2v2-3v3, etc. nbsp;nbsp;

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

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Attacking - Scoring in Central Areas (7v7) 4v2

OBJECTIVE: Dribbling, 1v1 Attacking, Possession, Passing, Receiving, Finishing

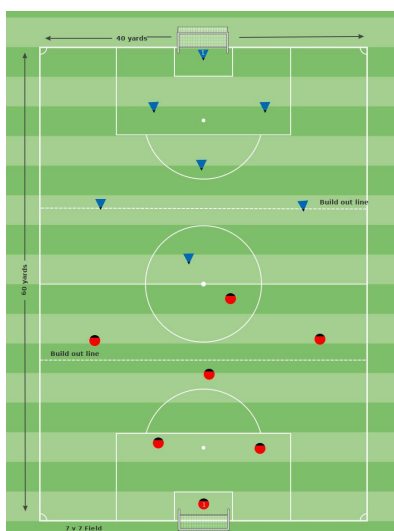
ORGANIZATION: Set up a central grid on a normal sized 7v7 field in your attacking third of the field.

KEY WORDS: Practice (Less Challenging): play with and end zone the players dribble into and score instead of a real goal and keeper, or take away one defender so that success becomes more common Practice (More Challenging): play with three Red defenders or place restrictions on a how many touches a player can take before passing to a teammate

GUIDED QUESTIONS:

ANSWERS:

NOTES: Play with four Blues and two Reds (plus a keeper) inside the grid. Ball either starts with the furthest Blue player or the Coach can play it in. Blues try to possession and attack to get a shot on goal and score. Points are awarded if a player can beat their defender and go forward for a shot or for regular scored goals. If the players score, send on the other set



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:

Week 9: Attacking - Improving Scoring Chances in Central Areas (7v7)

OBJECTIVE: Improving scoring chances in central areas

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:

Amy Feigl

AGE: U9 / U10 / 12 players

TEAM FUNCTION:

DURATION: 60 min

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?