

Week 1 (b): Attacking - Improving Build Up in Own Half (7v7 and 9v9)

OBJECTIVE: Additional activities to supplement improving build up in own half

TEAM TACTICAL PRINCIPLES:

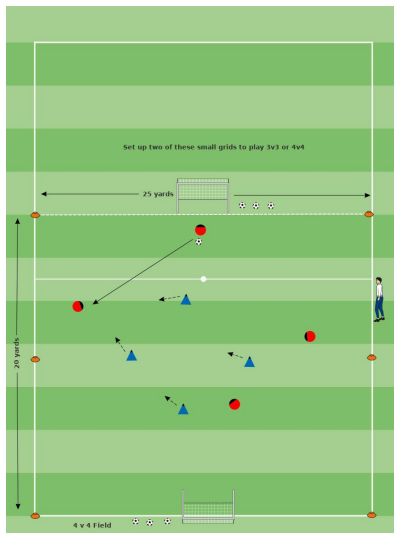
KEY QUALITIES:

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

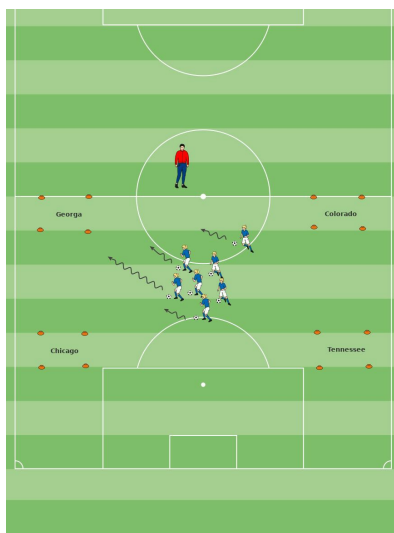
ORGANIZATION: Set up two small grid and let the kids play 4v4, each shooting on a goal or using coned goals. As players arrive, play 1v1-2v2-3v3, etc. nbsp;nbsp;

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 Own Half: State Game: Additional Acti..

OBJECTIVE: Dribbling, Running with ball, Listening skills

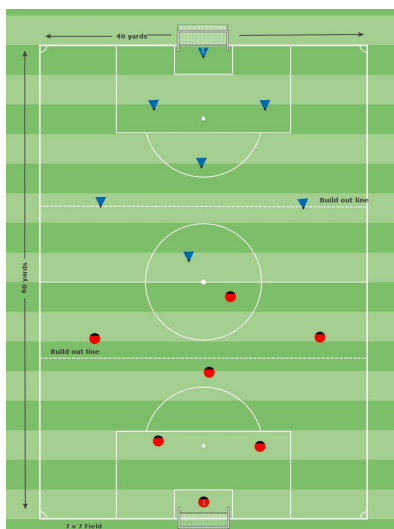
ORGANIZATION: Set up a box and name each side a different state.

KEY WORDS: Practice (Less Challenging): don't include a ball at first but just have the players run into each square/state Practice (More Challenging): pair the players up and now they have to pass and receive as fast as they can into the state you call out, or add some defenders to increase the difficulty where they can steal the balls from the players

GUIDED QUESTIONS:

ANSWERS:

NOTES: Have all the players with one ball dribbling around in a box in all different directions around the coach. When the coach calls out a particular state, all the players dribble as fast as they can to make it to that square. As soon as all make it, have them come back to middle of grid, dribble, and then call another state out. Add in some ways to have



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?