Week 1 (c): Attacking - Improving Build Up in Own Half (7v7 or 9v9)
OBJECTIVE: Improving build up in own half
TEAM TACTICAL PRINCIPLES:
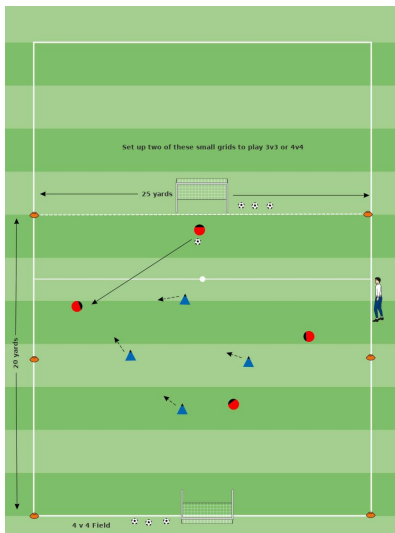KEY QUALITIES:

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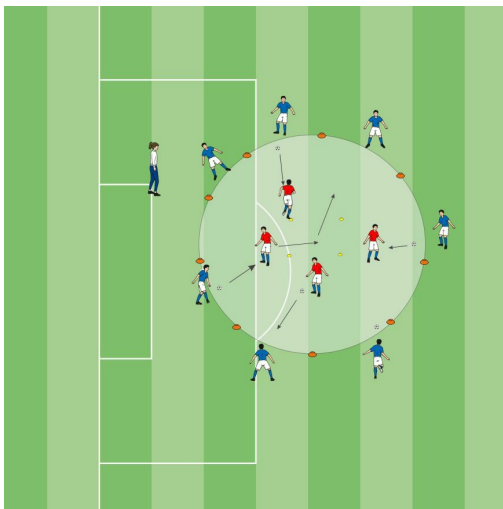
ORGANIZATION: Set up two small grid and let the kids play 4v4, each shooting on a goal or using coned goals. As players arrive, play 1v1-2v2-3v3, etc.

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 - Improving Build Up in Own Half (7v7): Brazilian Cir...

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

ORGANIZATION: Set up a large circle of cones with a small square of cones inside the circle.

KEY WORDS: Practice (Less Challenging): don't use soccer balls at first, but just have the players replace someone on the outside and take their spot Practice (More Challenging): require a pass or a receiving touch with a specific foot, or include volleys or a certain trap (thigh or chest) before passing the ball back out to the outside player
GUIDED QUESTIONS:

ANSWERS:

NOTES: See diagram. Have six players on the outside with balls (but have them place to the side of them) and four players in the middle without balls. The middle player will run to the outside of the circle, replace an open player, and the outside player will run to the middle box, change direction and go replace someone else on the outside. Every time a player
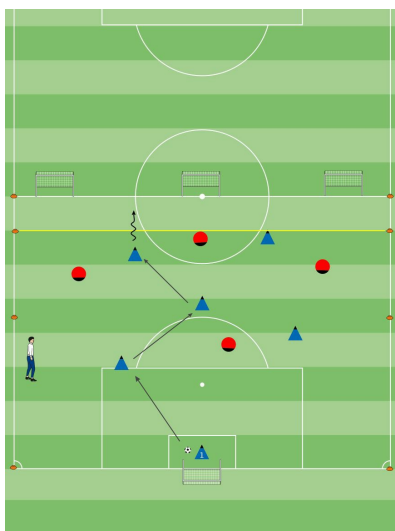
Practice (Core Activity): Attacking - Build Up in Own Half (7v7) End Zone Game

OBJECTIVE: Playing out from the back, Dribbling, 1v1 technique, Running with ball, Spacial awareness, Combination play, Defending principles, Attacking principles, Passing, Receiving, Turning

ORGANIZATION: Use half a normal size 7v7 field and play 6 blues vs 4 reds.

KEY WORDS: Practice (Less Challenging): don't use the goals at the beginning but rather have the Blue team attack the End Zone by dribbling in for a point or passing into another teammate's feet Practice (More Challenging): restrict the size of the grid to something smaller, or add another Red player (if numbers permit), or add a touch limit for the Blue
GUIDED QUESTIONS:

ANSWERS:

NOTES: Blue team has a goal keeper but red does not. Rotate the blues and reds so that the same players are not playing the whole time. Play for three intervals around 6 minutes an interval. Play new ball from Blue GK each time ball goes out of bounds or there is a score.

Week 1 (c): Attacking - Improving Build Up in Own Half (7v7 or 9v9)
OBJECTIVE: Improving build up in own half
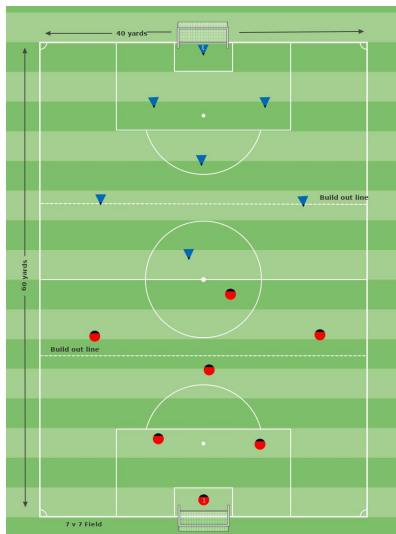TEAM TACTICAL PRINCIPLES:
KEY QUALITIES:

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?