

Week 9: Attacking - Improving Scoring Chances from Central Areas (7v7 and 9v9)

OBJECTIVE: Improving scoring chances from central areas

TEAM TACTICAL PRINCIPLES:

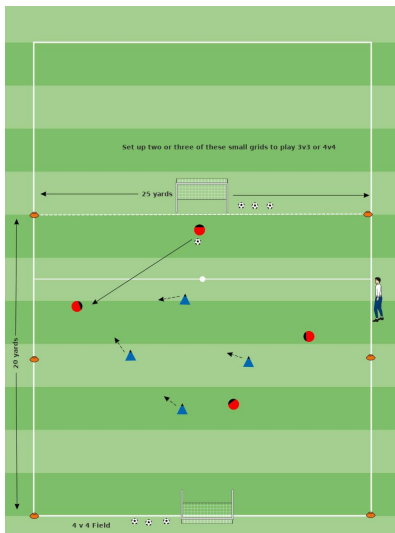
KEY QUALITIES:

Amy Feigl

AGE: U12 / U13 / 14 players

TEAM FUNCTION:

DURATION: 90 min



1st Play Phase: Intentional Free Play (9v9)

OBJECTIVE: Attacking principles, Defending principles, Possession, Passing, Receiving, Combination play, Dribbling, Running with ball, Transition

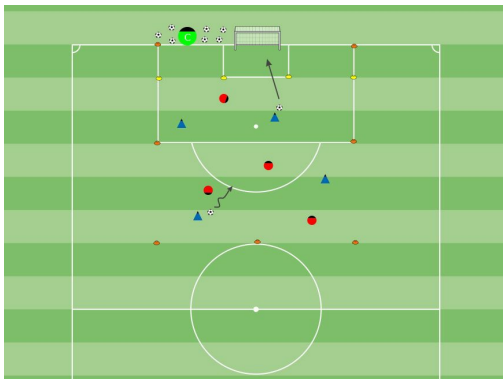
ORGANIZATION: As players arrive to practice, set up small fields to play 4v4 and just let the players play for a good 15-20 minutes on their own with little coaching or "freeze" moments.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:



Practice (Core Activity): Attacking - Improving Scoring In Central Areas: World Cup: A...

OBJECTIVE: Dribbling, Attacking principles, Finishing, Shooting

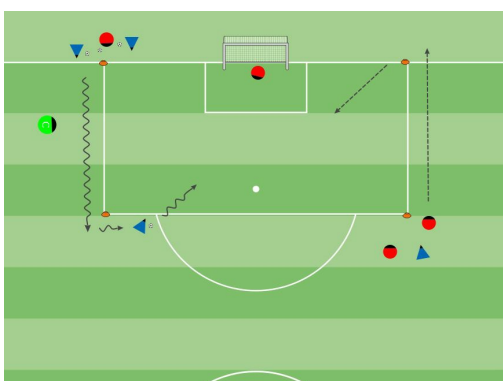
ORGANIZATION: Coach has all the balls next to him/her and your goal. Start out everyone on their own team, then you can move to every player gets a partner (play groups of three after a bit). Coach rolls or throws out a few balls. Players fight over the two balls to get a shot before they hit the zone they can not pass into to take a shot.

KEY WORDS: Practice (Less Challenging): roll out more soccer balls so to give more chances to score Practice (More Challenging): make groups of three and add in a keeper

GUIDED QUESTIONS:

ANSWERS:

NOTES: When playing with pairs, require the players to get 3 passes between themselves before trying to score on goal. If you score you are out and safe until the next round. Those out have to retrieve balls for the coach and bring back to them. If last one on field, that team is out, or you can play three strikes and you are out so you don't have people



Practice (Core Activity): Attacking - Improve Scoring Chances in Central Areas: 1v1 t...

OBJECTIVE: 1st Attacker role, Attacking principles, Speed, Dribbling, Turning/Cutting, Finishing, Shooting

ORGANIZATION: Set up a grid on our attacking half with four cones. Split players up on one of the post corner cones and the opposite diagonal corner cone. The players on the post have the balls and the players diagonal do not. At the coach's command of "go" the first two players start. The post players with the ball dribbles as fast as they can around the

KEY WORDS: Practice (Less Challenging): don't add a keeper to start with and place the dribbling line cones closer together to breed more success Practice (More Challenging): make the defensive line/cones shorter distances apart so that the defenders always get a chance to play 1v1, or make it 2v2

GUIDED QUESTIONS:

ANSWERS:

NOTES:

Week 9: Attacking - Improving Scoring Chances from Central Areas (7v7 and 9v9)

OBJECTIVE: Improving scoring chances from central areas

TEAM TACTICAL PRINCIPLES:

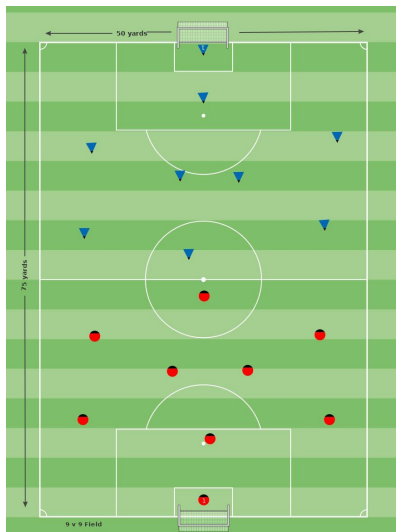
KEY QUALITIES:

Amy Feigl

AGE: U12 / U13 / 14 players

TEAM FUNCTION:

DURATION: 90 min



2nd Play Phase: The Game (9v9)

OBJECTIVE: All your session objectives from the theme of practice

ORGANIZATION: Use a full size 9v9 field or combine with two teams to play each other and use more space. Play with 3 defenders, 2 mid-fielders, and 3 forwards (3-2-3 formation).

KEY WORDS: Minimal "freeze" moments, but do make some and be fully engaged in the session. Rotate subs on that are sitting out.

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?