

11v11 Attacking- Improve Building-Up in Opponents Half- (A)

AGE: U13+ / 11v11 / 18 players

MOMENT:



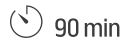
GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Pass/dribble, 2v1/1v1, Change pace

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



18



90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 6 v 5 + GK

PRACTICE (Less Challenging): 6 v 4 + GK

PRACTICE (More Challenging): 6 v 6 + GK

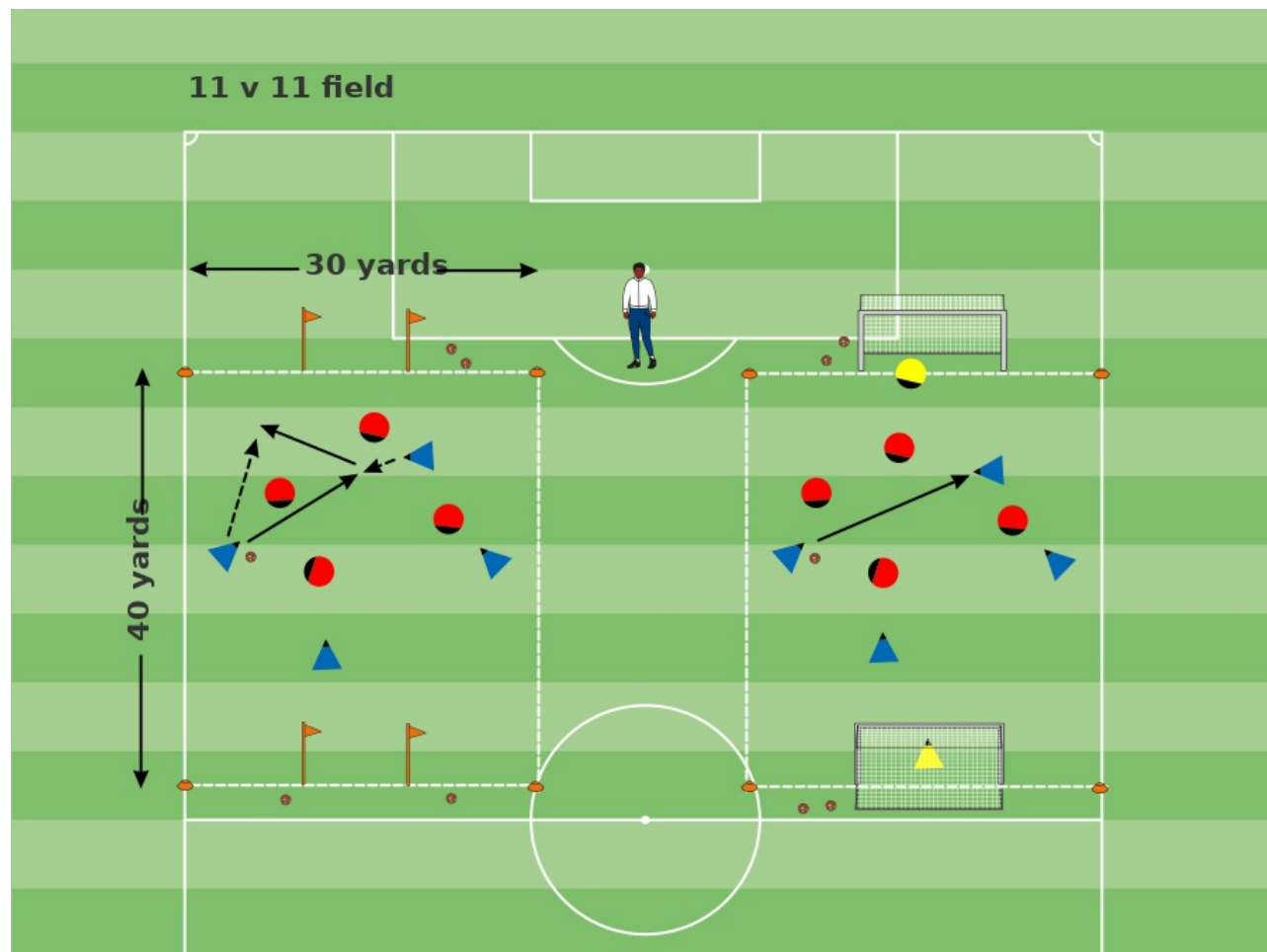
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward, create chances and score goals.

PLAYER ACTIONS: Pass/dribble, Spread out, Change pace

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Mark out two 40 x 30-yard fields, each with two goals. Divide players into four teams. Play 4 v 4 or 5 v 5 including goalkeepers. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS:

Opening, take him/her on, go!

GUIDED QUESTIONS:

1) How can we find or create openings to play forward and score?

ANSWERS:

1) Drag opponent out of position and play quickly.

NOTES:

1st break: Coach asks questions, players continue playing to discover answers. 2nd break: Players share answers with coach and each other. Refer to the Training Session Manual.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
5 vs 5

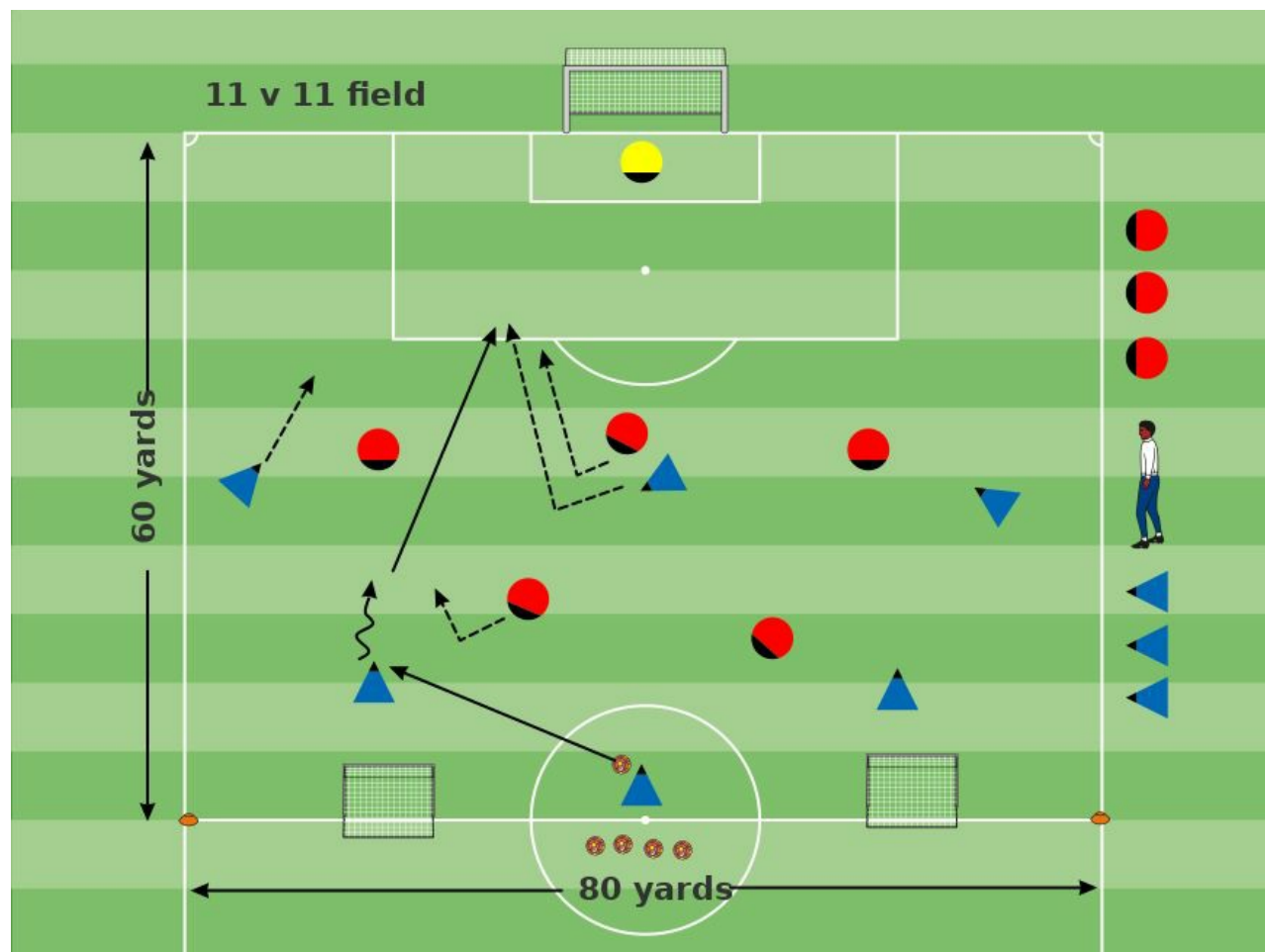
DURATION:
30:0 min

PRACTICE (Core Activity): 6 v 5 + GK

OBJECTIVE: To create passing options and pass or dribble forward

PLAYER ACTIONS: Pass/dribble, 2v1/1v1, Change pace

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

**ORGANIZATION:**

Mark out a 60 x 80-yard field with one full-sized to two counter goals. Play 6 v 5 + GK in favor of blue team (one blue start the play). If opponent wins ball they score in counter goals. First to five goals, then switch sides and reset. Play for 30 minutes with two to three breaks. Rotate players every few minutes so that all players play.

KEY WORDS:

Opening, take him/her on, go!, pass/dribble

GUIDED QUESTIONS:

1) How can we find or create openings to play forward and score? 2) How can we force the opponent to make errors?

ANSWERS:

1) Drag opponent out of position and play quickly. 2) Create 2v1s & 1v1s and pass or dribble forward.

NOTES:

Start here at the Core Activity after the First Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
6 vs 5

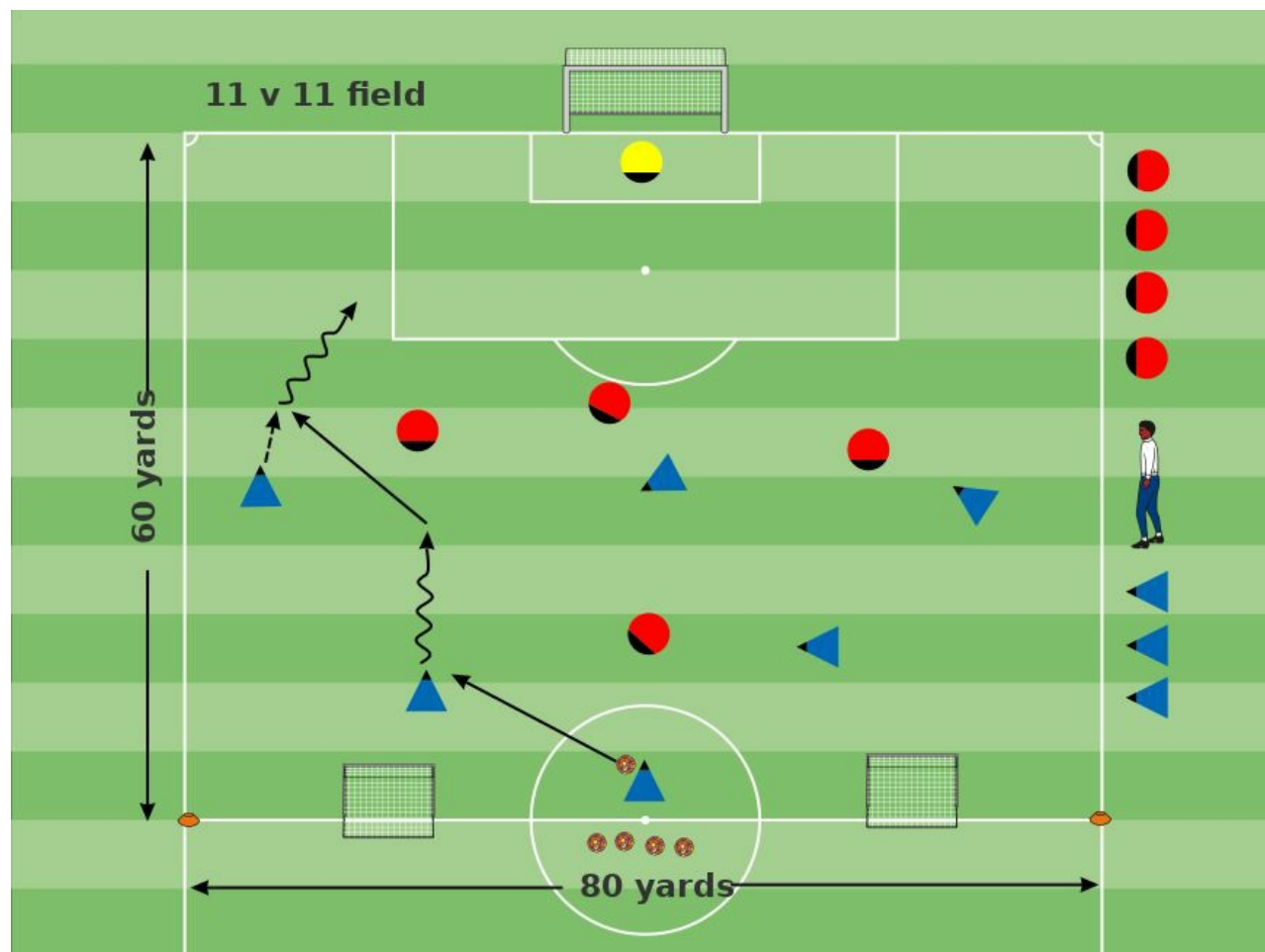
DURATION:
30:0 min

PRACTICE (Less Challenging): 6 v 4 + GK

OBJECTIVE: To create passing options and pass or dribble forward

PLAYER ACTIONS: Pass/dribble, 2v1/1v1, Change pace

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

**ORGANIZATION:**

Same as Core Activity, except teams play 6 v 4 + GK. Two extra blue players can start beside the extra balls and pass the ball in to start the play. Rotate players every few minutes so that all players play.

KEY WORDS:

Opening, take him/her on, go!, pass/dribble

GUIDED QUESTIONS:

1) How can we find or create openings to play forward and score? 2) How can we force the opponent to make errors?

ANSWERS:

1) Drag opponent out of position and play quickly. 2) Create 2v1s & 1v1s and pass or dribble forward.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

**MOMENT:**

Attacking

**AGE:**

U13+ / 11v11

**PLAYERS:**

6 vs 4

**DURATION:**

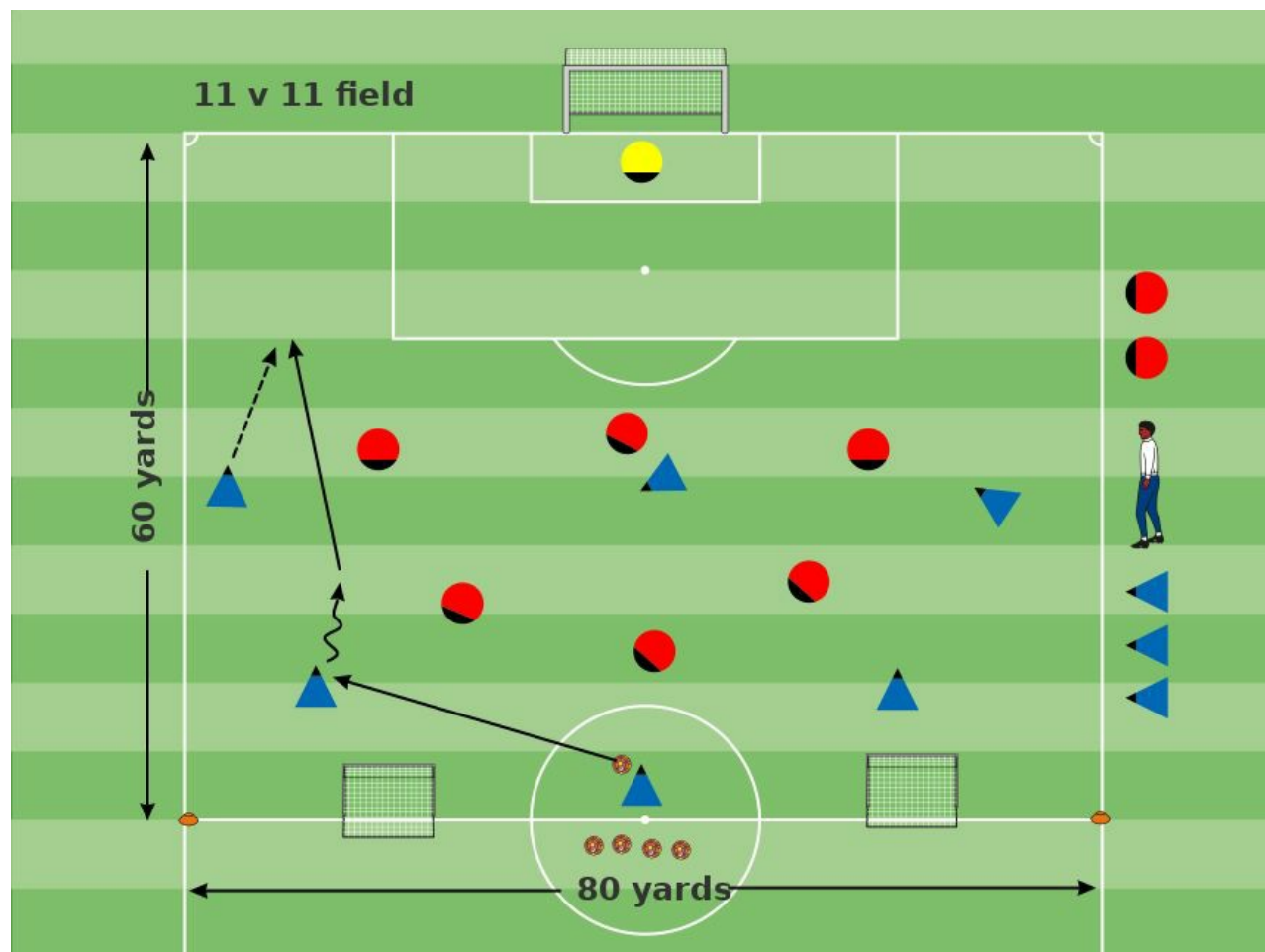
30:0 min

PRACTICE (More Challenging): 6 v 6 + GK

OBJECTIVE: To create passing options and pass or dribble forward

PLAYER ACTIONS: Pass/dribble, 2v1/1v1, Change pace

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

Same as Core Activity, except teams play 6 v 6 + GK. One extra blue players can start beside the extra balls and pass the ball in to start the play. Rotate players every few minutes so that all players play.

KEY WORDS:

Opening, take him/her on, go!, pass/dribble

GUIDED QUESTIONS:

1) How can we find or create openings to play forward and score? 2) How can we force the opponent to make errors?

ANSWERS:

1) Drag opponent out of position and play quickly. 2) Create 2v1s & 1v1s and pass or dribble forward.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
6 vs 6

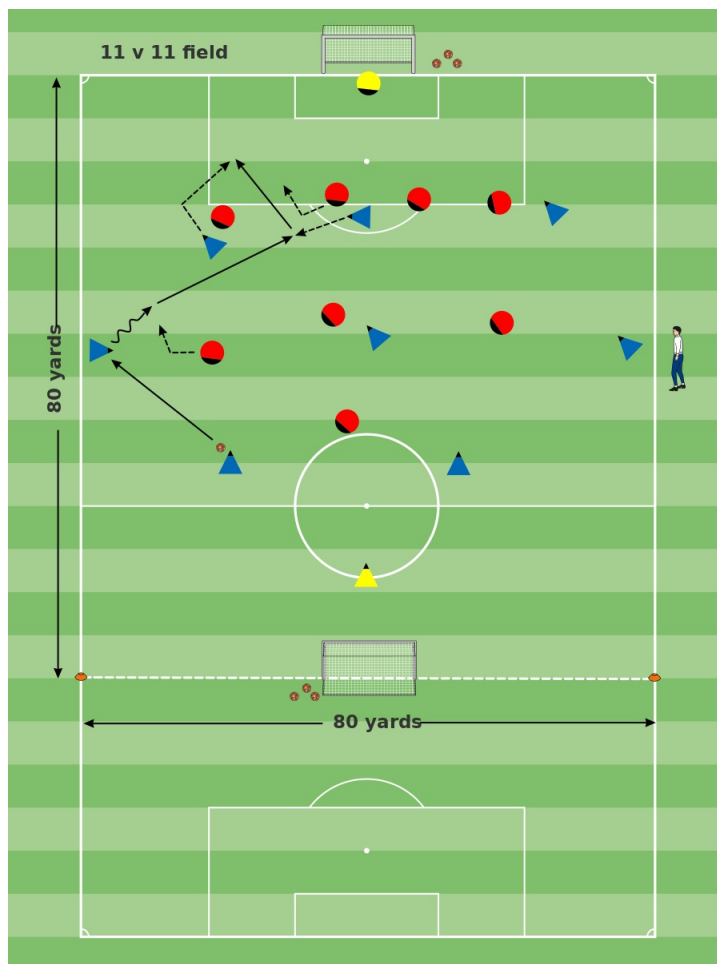
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble forward and score goals.

PLAYER ACTIONS: Pass/dribble, 2v1/1v1, Change pace

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical



ORGANIZATION:

9 v 9 game on 80 x 80 yard field. Both teams play a 1-4-1-3 formation. Play for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS:

Opening, take him/her on, go!, pass/dribble

GUIDED QUESTIONS:

1) How can we find or create openings to play forward and score? 2) How can we force the opponent to make errors?

ANSWERS:

1) Drag opponent out of position and play quickly. 2) Create 2v1 & 1v1 and pass or dribble forward.

NOTES:

Play using the Laws of the Game (LOTG).

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

11v11 Attacking- Improve Building-Up in Opponents Half- (A)

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Pass/dribble, 2v1/1v1, Change pace

KEY QUALITIES: Read game/make decisions, Initiative, Optimal technical

AGE: U13+ / 11v11 / 18 players

Attacking

DURATION: 90 min



Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

11v11 Attacking- Improve Building-Up in Opponents Half- (B)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Spread out, Change point, Pass options

KEY QUALITIES: Read game/make decisions, Optimal technical, Initiative

 18

 90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 10 v 8 on Endline

PRACTICE (Less Challenging): 11 v 7 on Endline

PRACTICE (More Challenging): 9 v 9 on Endline and Goal

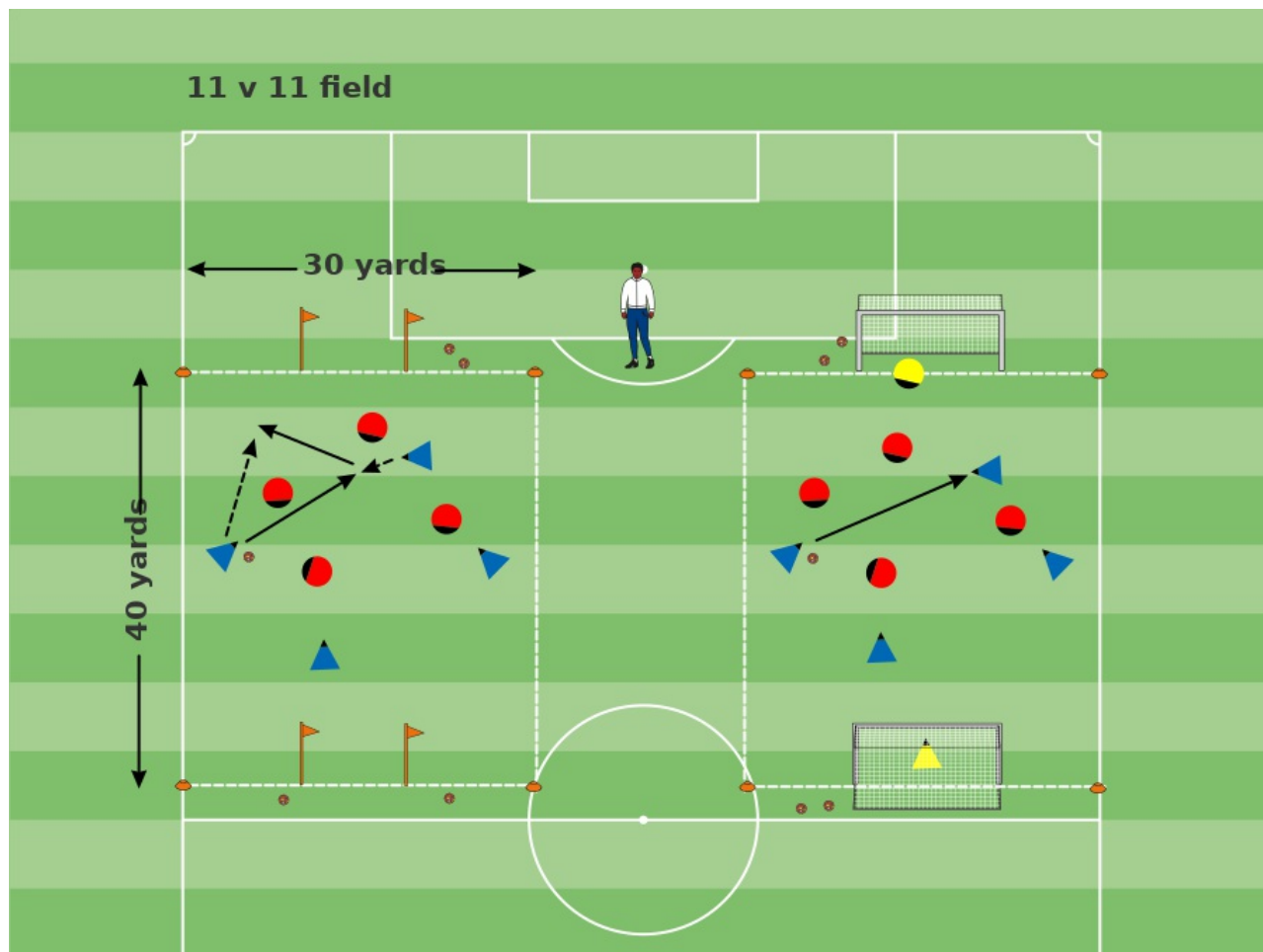
2ND PLAY PHASE: The Game 11v11

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward, create chances and score goals.

PLAYER ACTIONS: Spread out, Pass/dribble, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Mark out two 40 x 30-yard fields, each with two goals. Divide players into four teams. Teams play 4 v 4 or 5 v 5 including goalkeepers. Free play, kick-ins. Work: Rest: 2:2 Repetitions = 5 Total Time = 20 min. Running Time = 25 min.

KEY WORDS:

Scan continuously, hips open, be proactive

GUIDED QUESTIONS:

1) How do you maximize space when you're in possession? 2) What is the purpose of that (spreading out)? 3) What can you do to get past the opponent and break through to the goal? 4) What do you do if you can't go forward?

ANSWERS:

1) Make the field as wide as possible (spread out). 2) Create openings between or behind defenders. 3) Be proactive and engage defenders by dribbling at them. 4) Go sideways by passing to a teammate; switch the point of attack and pass the ball out of pressure.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
5 vs 5

DURATION:
90:0 min

NOTES:

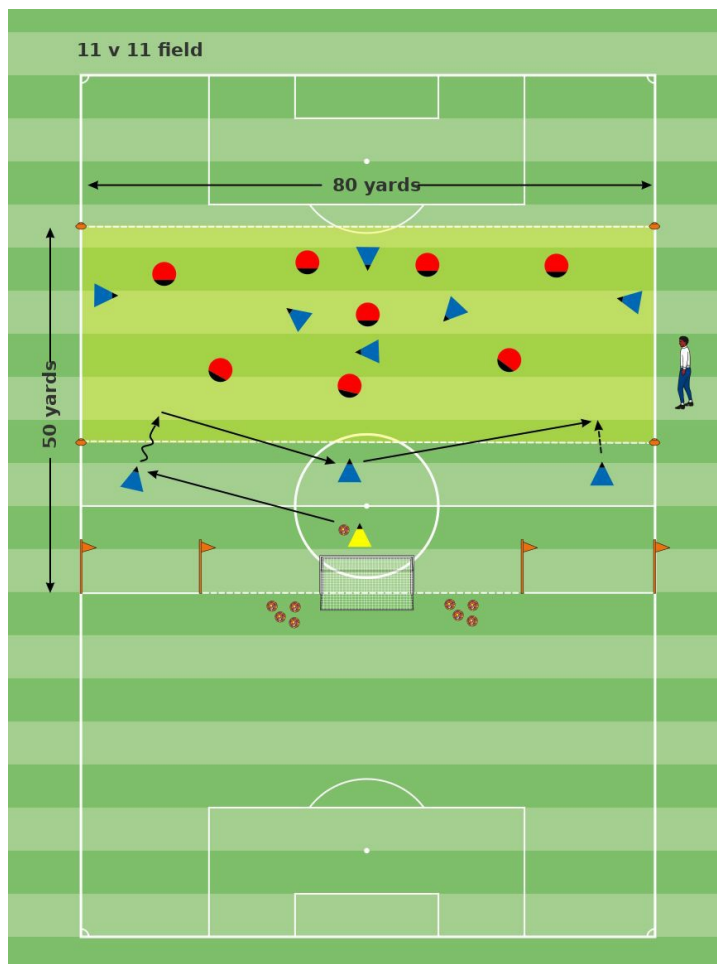
Each break- groups of 3 stretching. One player leads/teaches a stretch. No more than 2 from each state, cannot have more than in the same group 2 times in a row. 1st, 3rd, and 5th breaks Question prompts- 1) role/position 2) best KQ 3) growth area KQ (and ask for support) 2nd and 4th breaks- engage in questions (ask for answers on 4th break) What's Next: Scan continuously, be proactive, think forward 1) Why is it important to spread out and make the game as big as possible? 2) What does it mean to be proactive in attack? 3) What do you do if you cannot play forward? What should supporting teammates do? 4) Why do we change the point of attack? 1) To make the game as big as possible and challenging for the defenders. 2) Look forward, think forward, play forward whenever possible. 3) Play sideways or backwards. Adjust position and move into space quickly/ahead of time. 4) To create openings so we can play forward!

PRACTICE (Core Activity): 10 v 8 on Endline

OBJECTIVE: To build-up and create chances by moving the ball forward and break through the last line of defense.

PLAYER ACTIONS: Spread out, Pass/dribble, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Mark out a 50 x 80-yard field with a 30-yard-deep defensive zone. Divide players into teams of 10 and 8 (Blue and Red). The attackers (Blue) play a 1-3-3-3 formation, and the defenders (Red) play a 4-3-1. To score, Blue has to either dribble across Red's endline or successfully pass to a teammate across the line. Red can only defend inside the defensive zone. If they win the ball, they counterattack on Blue's goal or goal lines. Work:Rest 5:3 Repetitions X4 = 32 minutes. Running Time = 1 hour

KEY WORDS:

Scan continuously, be proactive, think forward

GUIDED QUESTIONS:

1) Why is it important to spread out and make the game as big as possible? 2) What does it mean to be proactive in attack? 3) What do you do if you cannot play forward? What should supporting teammates do? 4) Why do we change the point of attack?

ANSWERS:

1) To make the game as big as possible and challenging for the defenders. 2) Look forward, think forward, play forward whenever possible. 3) Play sideways or backwards. Adjust position and move into space quickly/ahead of time. 4) To create openings so we can play forward!

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
10 vs 8

DURATION:
30:0 min

NOTES:

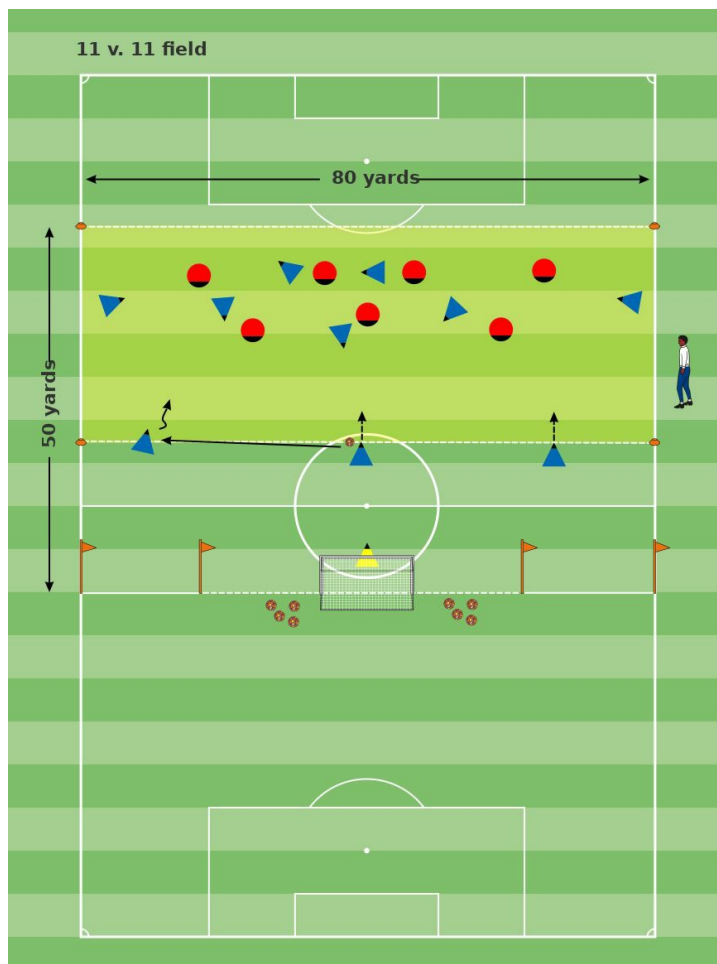
Scan continuously, be proactive, think forward 1) Why is it important to spread out and make the game as big as possible? 2) What does it mean to be proactive in attack? 3) What do you do if you cannot play forward? What should supporting teammates do? 4) Why do we change the point of attack? 1) To make the game as big as possible and challenging for the defenders. 2) Look forward, think forward, play forward whenever possible. 3) Play sideways or backwards. Adjust position and move into space quickly/ahead of time. 4) To create openings so we can play forward!

PRACTICE (Less Challenging): 11 v 7 on Endline

OBJECTIVE: To move the ball forward and break through the last line of defense.

PLAYER ACTIONS: Spread out, Pass/dribble, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Same as Core Activity, except teams play 11 v 7. Blue plays a 1-4-3-3, and Red has a back four and three midfielders.

KEY WORDS:

Scan continuously, be proactive, think forward

GUIDED QUESTIONS:

- 1) Why is it important to spread out and make the game as big as possible?
- 2) What does it mean to be proactive in attack?
- 3) What do you do if you cannot play forward? What should supporting teammates do?
- 4) Why do we change the point of attack?

ANSWERS:

- 1) To make the game as big as possible and challenging for the defenders.
- 2) Look forward, think forward, play forward whenever possible.
- 3) Play sideways or backwards. Adjust position and move into space quickly/ahead of time.
- 4) To create openings so we can play forward!

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
11 vs 7

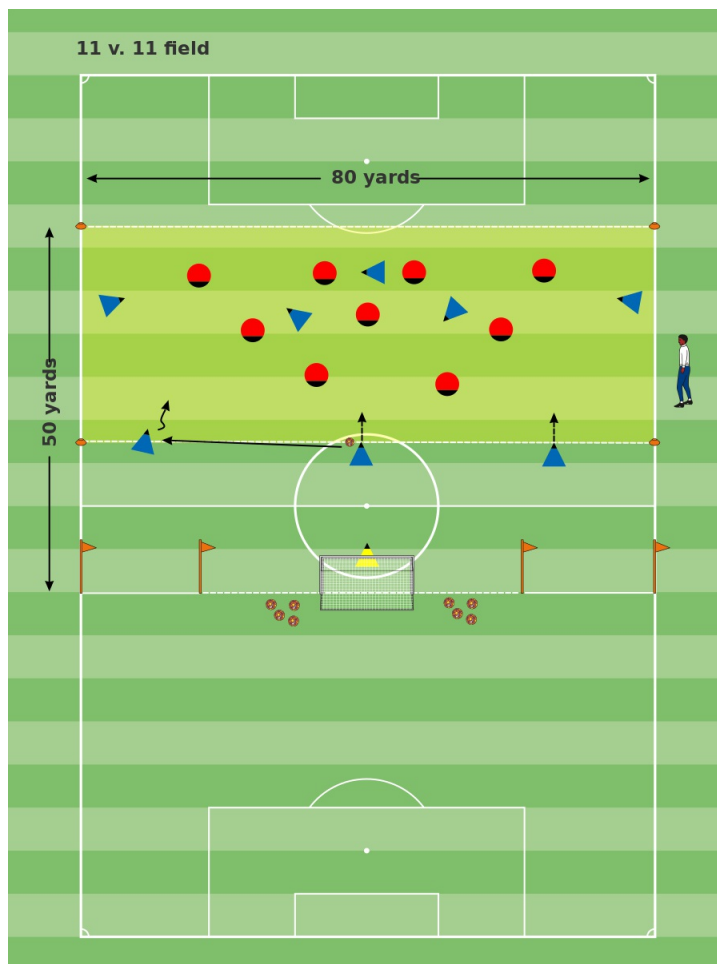
DURATION:
30:0 min

PRACTICE (More Challenging): 9 v 9 on Endline and Goal

OBJECTIVE: To move the ball forward and break through the last line of defense

PLAYER ACTIONS: Spread out, Pass/dribble, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Same as Core Activity, except Red also has a goal with goalkeeper. Teams play 9 v 9. Red is still restricted to the defensive zone. If Blue breaks through, all players follow to finish the game on Red's goal.

KEY WORDS:

Scan continuously, be proactive, think forward, switch it

GUIDED QUESTIONS:

1) How can you get through the defense? 2) What if you cannot go forward through the defense? 3) What do you need to do to break through on the wings? 4) How should you position your body to see as much of the field as possible? 5) Why do we change the point of attack?

ANSWERS:

1) Pass or chip the ball into the end zone, or dribble into the end zone. 2) Play sideways or backwards. 3) Draw opponents to one side, then switch the attack to the other side. 4) Sideways on with hips open. 5) To create openings so we can play forward!

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

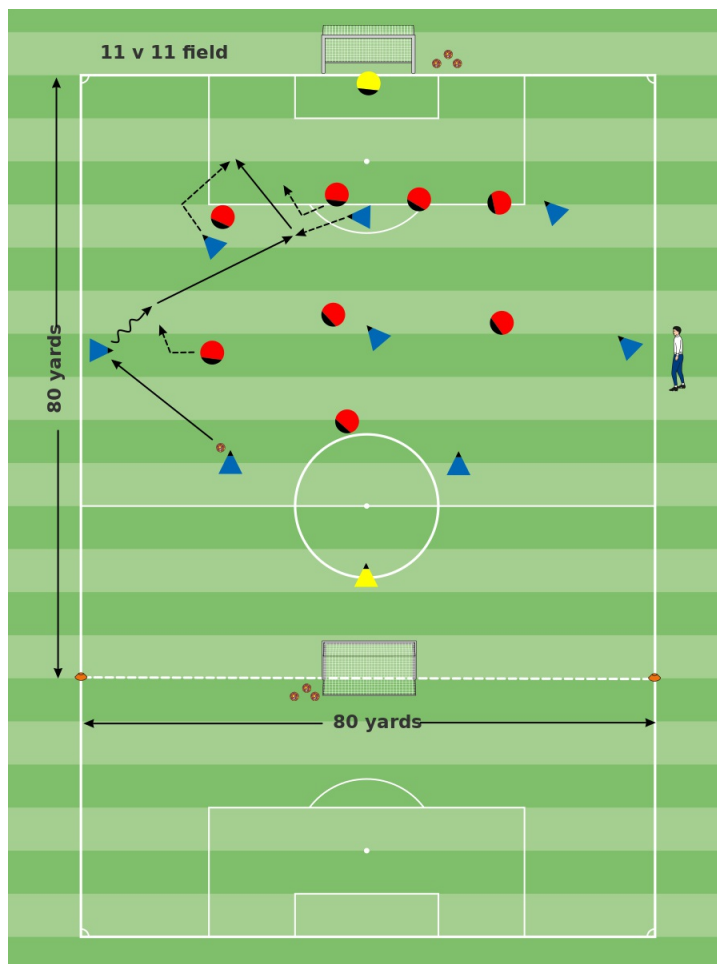
DURATION:
30:0 min

2ND PLAY PHASE: The Game 11v11

OBJECTIVE: To pass or dribble forward, create chances and score goals.

PLAYER ACTIONS: Spread out, Pass/dribble, Change point

KEY QUALITIES: Read game/make decisions, Initiative



ORGANIZATION:

Full size field. Play 11v11. Each plays a 1-4-3-1-formation. Play according to the Laws of the Game for 15-20 minutes including one "halftime" (5 minutes max).

KEY WORDS:

Be proactive, switch it

GUIDED QUESTIONS:

1) How do you maximize space when you're in possession? 2) What if you cannot go forward through the defense? 3) What do you need to do to break through on the wings? 4) How should you position your body to see as much of the field as possible? 5) Why do we want to change the point of attack?

ANSWERS:

1) Make the field as wide as possible (spread out). 2) Play sideways or backwards; switch the point of attack and pass the ball out of pressure; show for through passes behind the defensive line. 3) Draw opponents to one side, then quickly switch the attack to the other side. 4) Sideways on with hips open. 5) To create openings by spreading out the defenders.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

11v11 Attacking- Improve Building-Up in Opponents Half- (B)

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Spread out, Change point, Pass options

KEY QUALITIES: Read game/make decisions, Optimal technical, Initiative

AGE: U13+ / 11v11 / 18 players

Attacking

DURATION: 90 min

**Five Elements of a Training Exercise**

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

11v11 Attacking- Improve Building-Up From Own Half- (A)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus

18

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 4 v 2 from Large Goal to Two Small Goals

PRACTICE (Less Challenging): 3 v 1 from Large Goal to Two Small Goals

PRACTICE (More Challenging): 4 v 2 from Large Goal to Two Small Goals

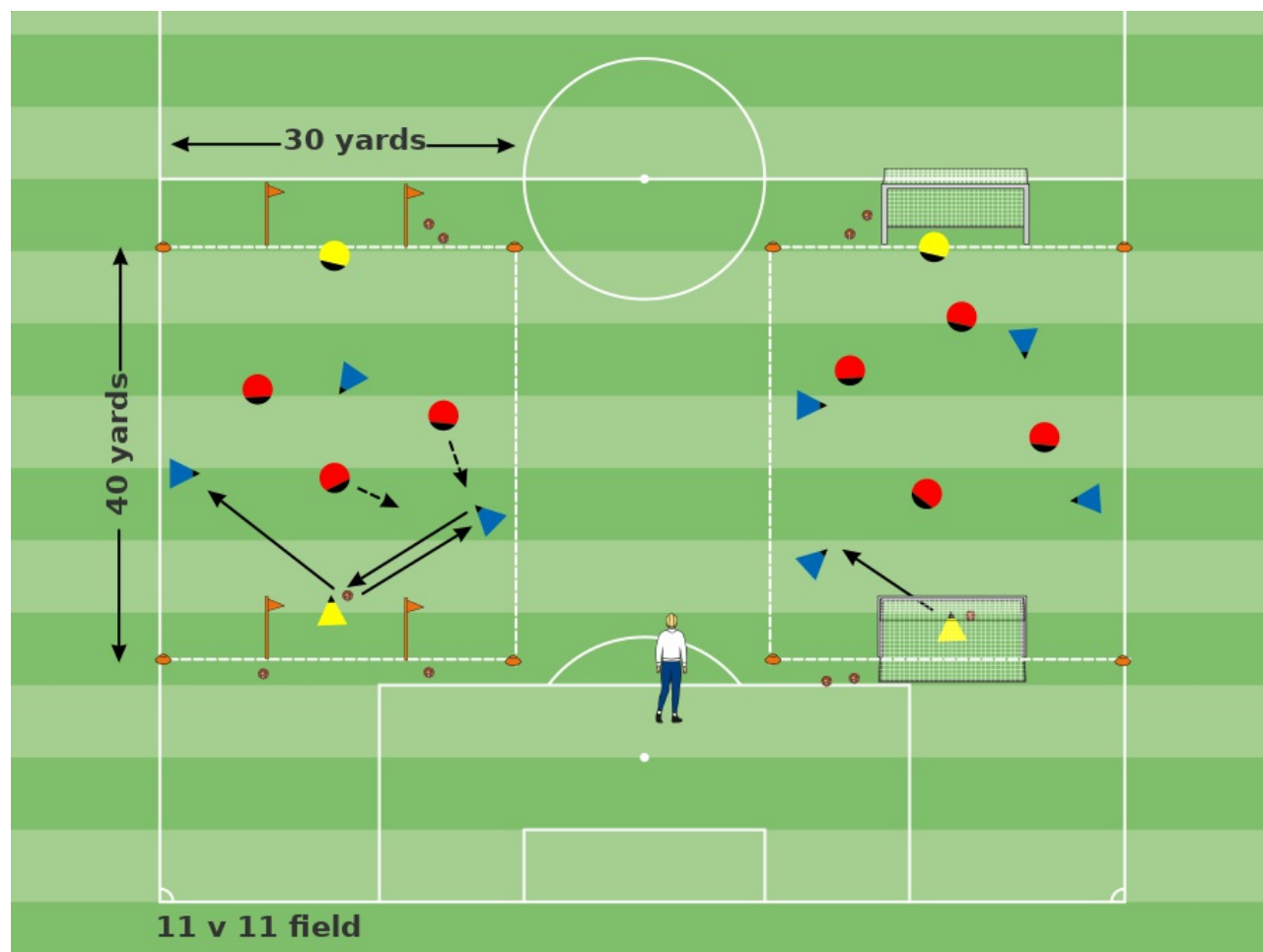
11v11 BU Own Half- 2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build from your own half and move the ball forward to create chances.

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out two 40 x 30 yard fields. Free play: Field 1: Teams play 4 v 4 including goalkeepers with flag goals. Field 2: Teams play 5 v 5 including goalkeepers on large goals. Play Phase should last for 30 minutes with minimum two to three breaks.

KEY WORDS:

Use space, get open, pass, dribble

GUIDED QUESTIONS:

1) How can you outnumber your opponents while building up during the attack? 2) How can you create space? 3) Which positions should the players of the attacking team cover while building up? 4) What shape is that?

ANSWERS:

1) By involving the goalkeeper. 2) Spread out across the width of the field; push forward and engage the opposing defenders. 3) Central defender, right wing, left wing, central attacker. 4) A diamond.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual for further guidance.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
5 vs 5

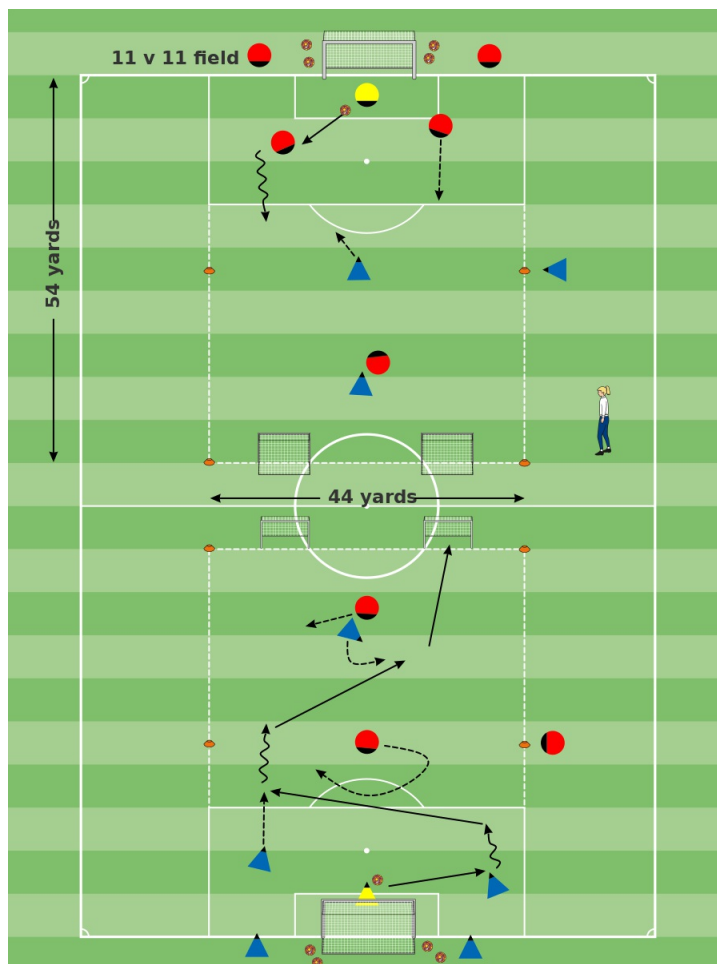
DURATION:
30:0 min

PRACTICE (Core Activity): 4 v 2 from Large Goal to Two Small Goals

OBJECTIVE: To build from your own half and move the ball forward.

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out two 54 x 44-yard fields. Ball starts with the GK who can play to two attackers who try to build from their half to move into the midfield and finish on one of the mini goals with the help of the central midfielder. The defenders try to win the ball and score on the attackers' large goal. Rotate attackers and defenders after each round. Play for 30 minutes with two breaks.

KEY WORDS:

Get open, pass, dribble

GUIDED QUESTIONS:

1) How do you build out of the back? 2) What does the central defender do if he/she cannot pass or dribble forward? 3) What does the central midfielder need to do? 4) How should he/she receive the ball?

ANSWERS:

1) Look for an opening to pass or dribble forward. 2) Look to pass sideways or back to the goalkeeper. 3) Act as a link player and create passing options behind the opposing forward. 4) With hips open to see the field to focus on moving the attack forward.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
4 vs 2

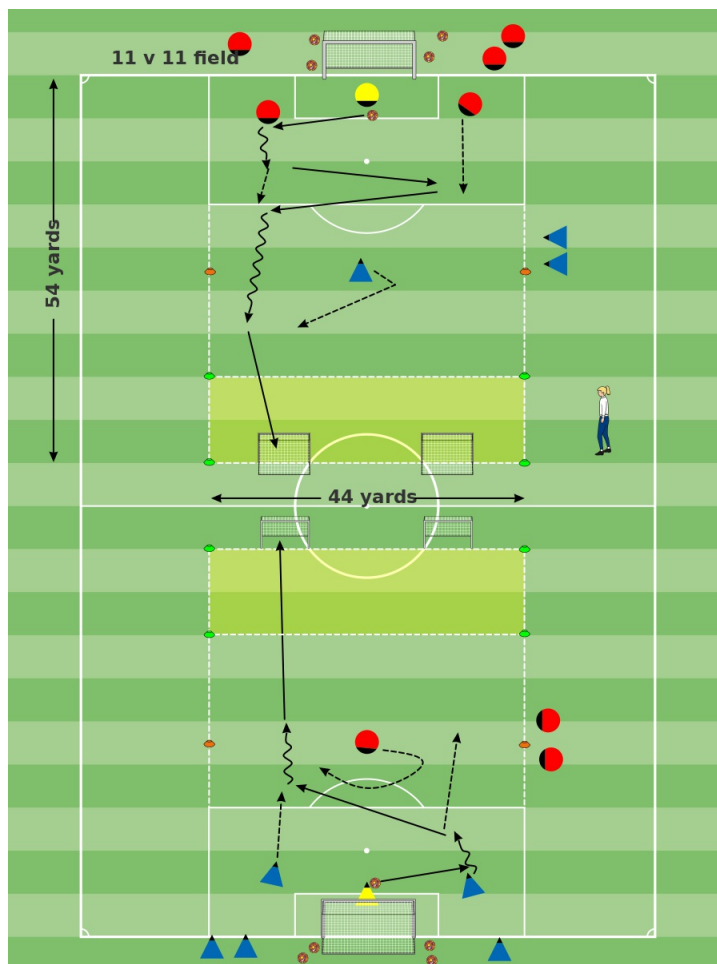
DURATION:
30:0 min

PRACTICE (Less Challenging): 3 v 1 from Large Goal to Two Small Goals

OBJECTIVE: To build from your own half and move the ball forward.

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except teams play 3 v 1 (no midfielders), and attackers must shoot from outside the marked end zones.

KEY WORDS:

Get open, pass, dribble

GUIDED QUESTIONS:

1) How do you build out of the back? 2) What does the central defender do if he/she cannot pass or dribble forward?

ANSWERS:

1) Look for an opening to pass or dribble forward. 2) Look to pass sideways or back to the goalkeeper.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
3 vs 1

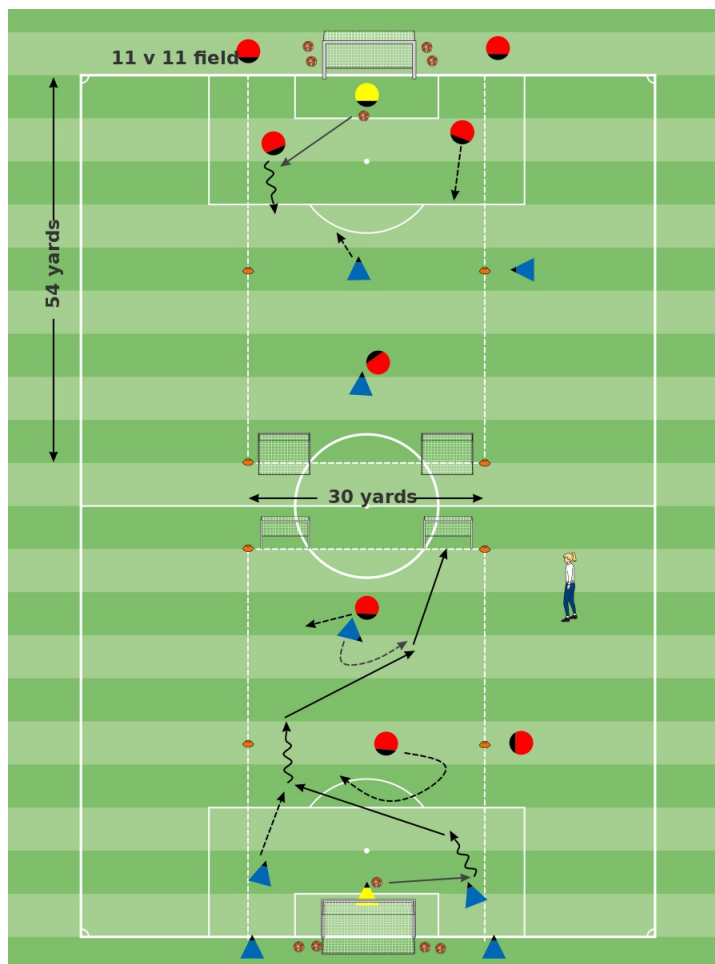
DURATION:
30:0 min

PRACTICE (More Challenging): 4 v 2 from Large Goal to Two Small Goals

OBJECTIVE: To build from your own half and move the ball forward.

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except the field is just 30 yards wide.

KEY WORDS:

Get open, pass, dribble

GUIDED QUESTIONS:

1) How do you build out of the back? 2) What does the central defender do if he/she cannot pass or dribble forward? 3) What does the central midfielder need to do? 4) How should you receive the ball?

ANSWERS:

1) Look for an opening to pass or dribble forward. 2) Look to pass sideways or back to the goalkeeper. 3) Act as a link player and create passing options behind the opposing forward. 4) With hips open to see the field to focus on moving the attack forward.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
4 vs 2

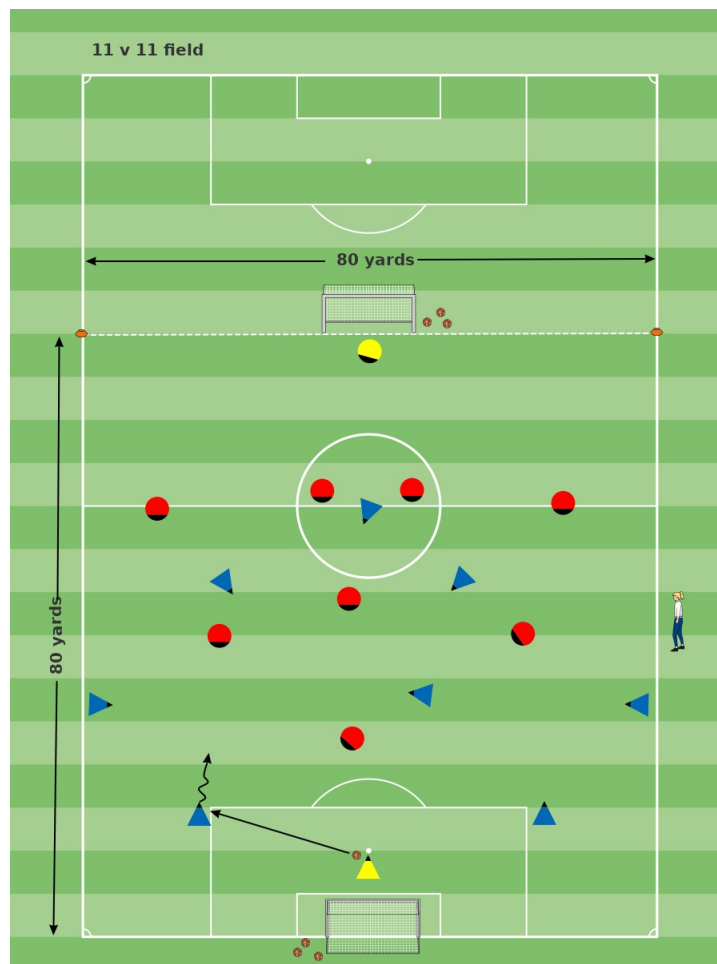
DURATION:
30:0 min

11v11 BU Own Half- 2ND PLAY PHASE: The Game

OBJECTIVE: To build from your own half and move the ball forward to create chances.

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each team plays a 1-4-3-1 formation. Play according to the Laws of the Game and standards of play.

KEY WORDS:

Get open, pass, dribble, use space

GUIDED QUESTIONS:

1) How do you build out of the back? 2) What does the central defender do if he/she cannot pass or dribble forward? 3) What does the central midfielder need to do? 4) How should you receive the ball?

ANSWERS:

1) Look for an opening to pass or dribble forward. 2) Look to pass sideways or back to the goalkeeper. 3) Act as a link player and create passing options behind the opposing forward. 4) With hips open to see the field to focus on moving the attack forward.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

11v11 Attacking- Improve Building-Up From Own Half- (A)

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U13+ / 11v11 / 18 players

Attacking

DURATION: 90 min



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4. Challenging: Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. Coaching: Is there proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

11v11 Attacking- Improve building up in our own half- (B)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble, Pass options, Change pace

KEY QUALITIES: Read game/make decisions, Focus, Optimal technical

18

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 6 v 3 from Large Goal w GK to End Zone

PRACTICE (Less Challenging): 5 v 2 from Large Goal w GK to 1v1 in End Zone

PRACTICE (More Challenging): 6 v 4 from Large Goal w GK to End Zone

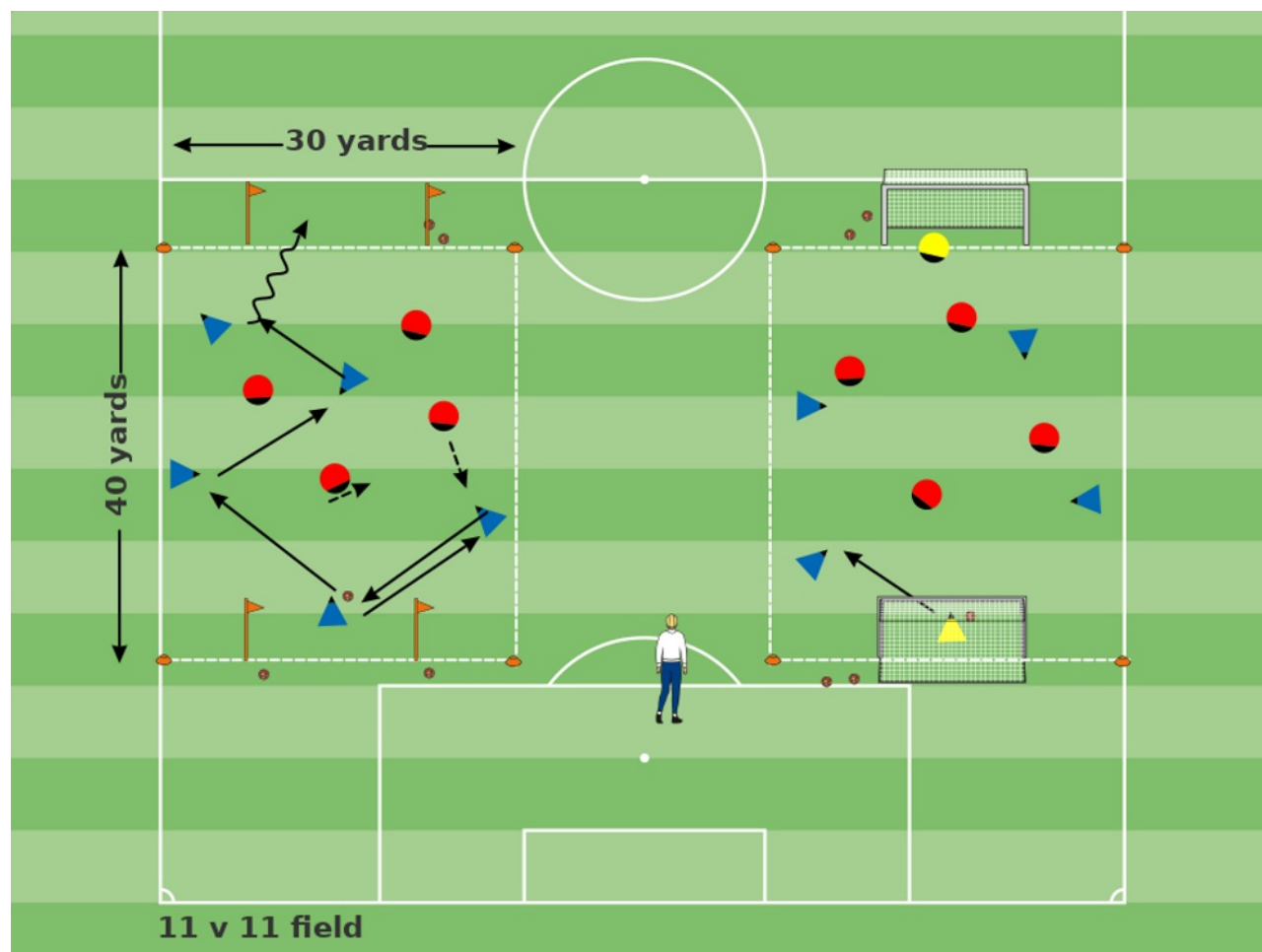
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build from your own half and move the ball forward to create chances.

PLAYER ACTIONS: Pass/dribble, Pass options, Change pace

KEY QUALITIES: Read game/make decisions, Focus, Optimal technical



ORGANIZATION:

Mark out two 40 x 30-yard fields. Field 1: Teams play 4 v 4 with flag goals - combine passing and receiving until one can dribble into the goals. Field 2: Teams play 5 v 5 including goalkeepers on large goals. Play Phase should last for 30 minutes including 2 breaks (dynamic stretching during the first 2). Players experience both games - switch during breaks.

KEY WORDS:

Use space, keep the ball moving, look forward

GUIDED QUESTIONS:

1) How can you move the ball forward? 2) What should you do when the opponent starts to pressure? 3) What do we do if we cannot play forward? 4) How can we change the rhythm/pace? 5) How do you put pace on a pass?

ANSWERS:

1) Spread out across the width and depth of the field and look for openings. 2) Help each other by communicating the position of the pressing defender and keep the ball moving. 3) Pass sideways or back to the goalkeeper to switch the point of attack. 4) Increase the speed of the ball to quickly change it to the other side. 5) Lock ankle.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
5 vs 5

DURATION:
30:0 min

NOTES:

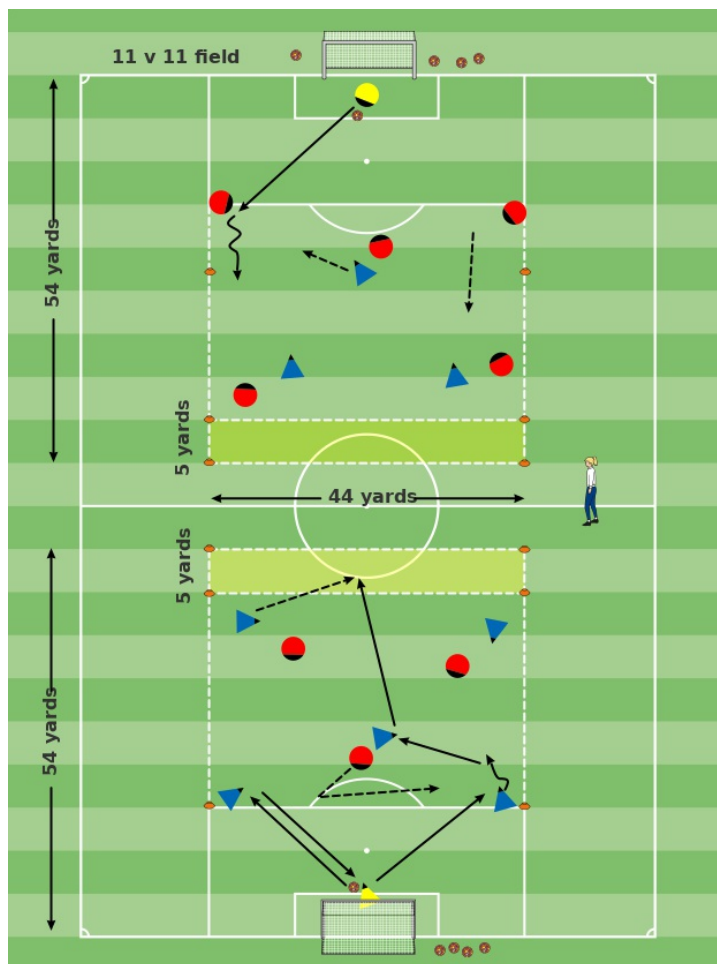
First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual for further guidance.

PRACTICE (Core Activity): 6 v 3 from Large Goal w GK to End Zone

OBJECTIVE: To build from your own half and move the ball forward.

PLAYER ACTIONS: Pass/dribble, Pass options, Change pace

KEY QUALITIES: Read game/make decisions, Focus, Optimal technical



ORGANIZATION:

Mark out two 54 x 44-yard fields with 5-yard endzones. Play 6 attackers vs. 3 defenders; play starts from the GK. The attackers begin outside the 18-yard box try to score by dribbling or passing under control into the endzone. The defenders try to win the ball and score on the attackers' large goal. Play for 30 minutes with two to three breaks. Rotate players between both teams.

KEY WORDS:

Push forward, get open, sideways turn

GUIDED QUESTIONS:

1) How do you create space while building up during the attack? 2) How can the midfielders help create passing options? 3) What should the midfielders think about before receiving the ball? 4) Why should we change the pace or rhythm?

ANSWERS:

1) Make the field as big as possible by spreading out. 2) Act as link players and move to create openings for passes behind the opposing forwards/midfielders. 3) Options to move the ball forward. 4) To get the defenders to move in one direction so that we can quickly move to the other direction and behind them.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
6 vs 3

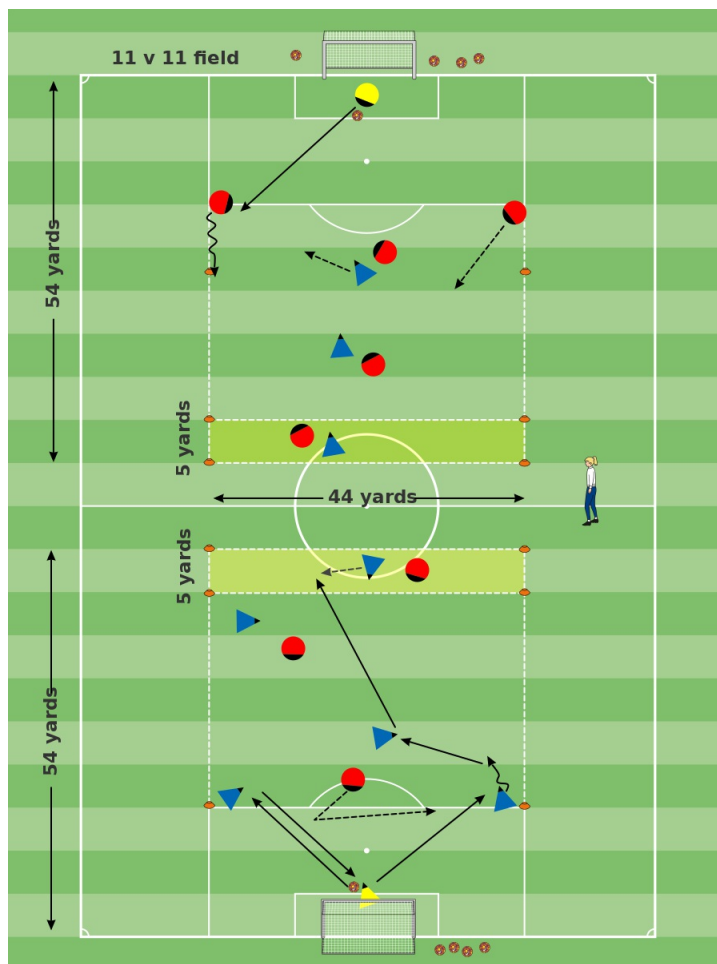
DURATION:
30:0 min

PRACTICE (Less Challenging): 5 v 2 from Large Goal w GK to 1v1 in End Zone

OBJECTIVE: To build from your own half and move the ball forward.

PLAYER ACTIONS: Pass/dribble, Pass options, Change pace

KEY QUALITIES: Focus, Read game/make decisions, Optimal technical



ORGANIZATION:

Same as Core Activity, except teams play 5 v 2 in their own half, with one additional attacker and defender that must stay in the endzone. Attackers score by dribbling into or passing to the player in the endzone. Defenders score in the large goal. Endzone players can only leave when the defending team wins the ball.

KEY WORDS:

Push forward, pass, dribble, be open, sideways turn

GUIDED QUESTIONS:

1) How do you create space while building up during the attack? 2) How can the midfielders help create passing options? 3) What should the midfielders think about before receiving the ball? 4) Why should we change the pace or rhythm?

ANSWERS:

1) Make the field as big as possible by spreading out. 2) Act as link players and move to create openings for passes behind the opposing forwards/midfielders. 3) Options to move the ball forward. 4) To get the defenders to move in one direction so that we can quickly move to the other direction and behind them.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
5 vs 2

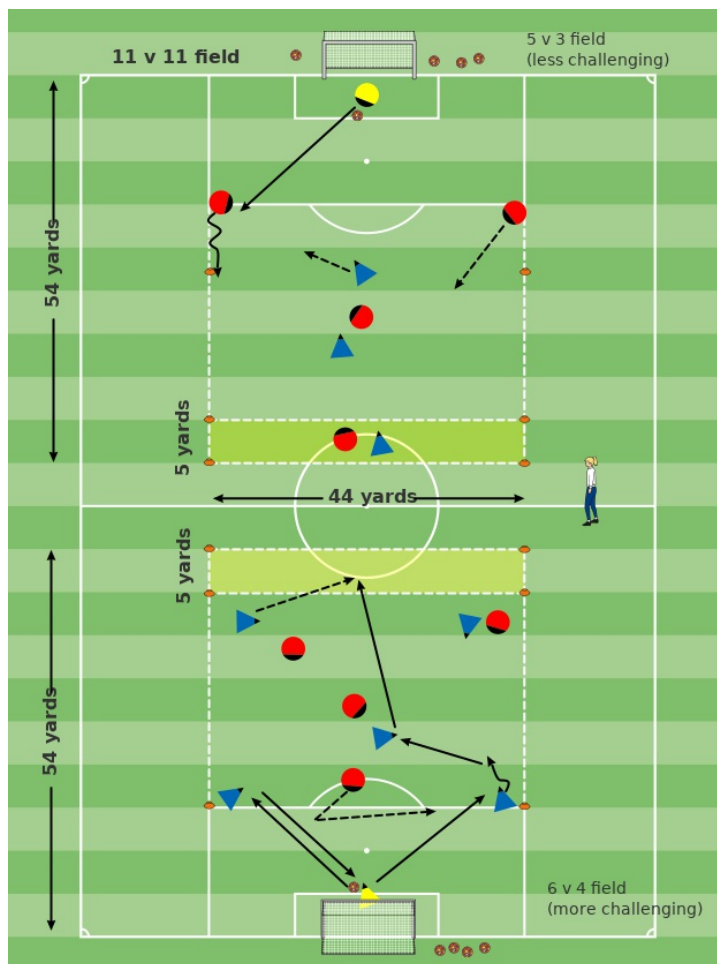
DURATION:
30:0 min

PRACTICE (More Challenging): 6 v 4 from Large Goal w GK to End Zone

OBJECTIVE: To build from your own half and move the ball forward.

PLAYER ACTIONS: Pass/dribble, Pass options, Change pace

KEY QUALITIES: Read game/make decisions, Focus, Optimal technical



ORGANIZATION:

Same as Core Activity, except one side plays 6 v 4 (more challenging) on one half of the field and the other half of the field plays 5 v 2 to 1 v 1 in the endzone (same as Less Challenging). Rotate players as needed.

KEY WORDS:

Push forward, pass, dribble, be open, sideways turn

GUIDED QUESTIONS:

1) How do you create space while building up during the attack? 2) How can the midfielders help create passing options? 3) What should the midfielders think about before receiving the ball? 4) Why should we change the pace or rhythm?

ANSWERS:

1) Make the field as big as possible by spreading out. 2) Act as link players and move to create openings for passes behind the opposing forwards/midfielders. 3) Options to move the ball forward. 4) To get the defenders to move in one direction so that we can quickly move to the other direction and behind them.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase. Refer to the training session manual.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
6 vs 4

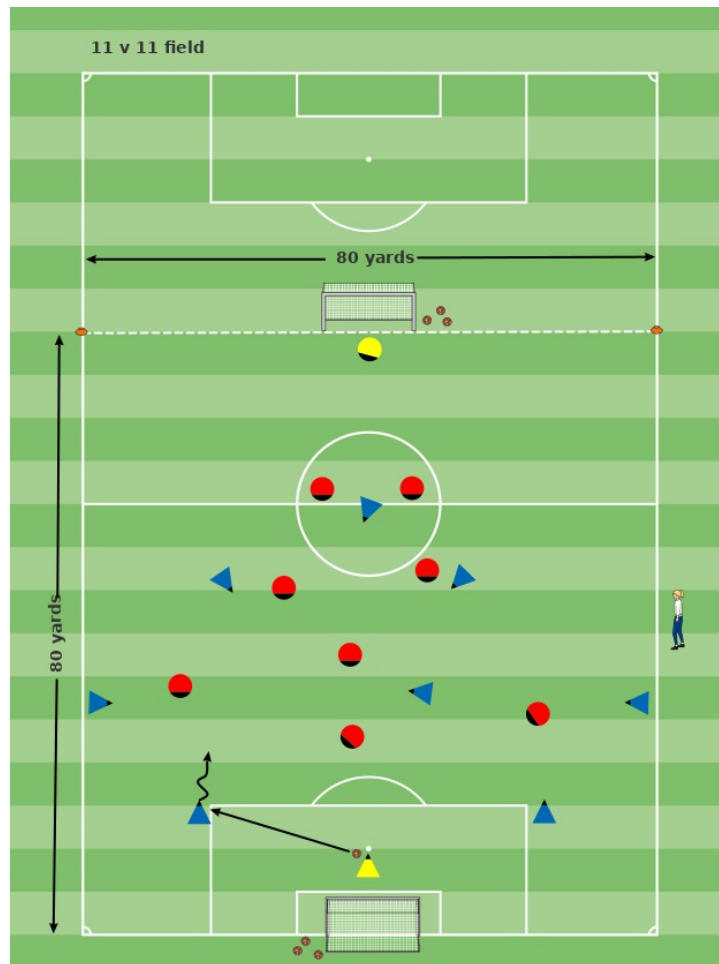
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To build from your own half and move the ball forward to create chances.

PLAYER ACTIONS: Pass/dribble, Pass options, Change pace

KEY QUALITIES: Read game/make decisions, Focus, Optimal technical



Session B

ORGANIZATION:

Mark out an 80 x 80-yard field. Divide players into two teams of nine. Blue plays 1-4-3-1 formation. Red plays 1-2-3-3. Play according to the Laws of the Game (LOTG) and the standards of play.

KEY WORDS:

Pass or dribble forward, create passing options, change the rhythm/pace, Use space, hips open, look forward

GUIDED QUESTIONS:

1) How can you move the ball forward? 2) What should you do when the opponent starts to pressure? 3) What do we do if we cannot play forward? 4) How can we change the rhythm/pace? 5) How do you put pace on a pass? 6) Why should we change the pace or rhythm?

ANSWERS:

1) Spread out across the width and depth of the field and look for openings. 2) Help each other by communicating the openings and keep the ball moving. 3) Pass sideways or back to the goalkeeper to switch the point of attack. 4) Increase the speed of the ball to quickly change it to the other side. 5) Lock ankle. 6) To get the defenders to move in one direction so that we can quickly move to the other direction and behind them.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

11v11 Attacking- Improve building up in our own half- (B)

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble, Pass options, Change pace

KEY QUALITIES: Read game/make decisions, Focus, Optimal technical

AGE: U13+ / 11v11 / 18 players

Attacking

DURATION: 90 min

**Five Elements of a Training Exercise**

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

11v11 Attacking- Improve Building-Up in Own Half- (C)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus

18

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 7 v 4 to 3 v 4 w GK

PRACTICE (Less Challenging): 7 v 3 to 3 v 5 w GK

PRACTICE (More Challenging): 7 v 5 to 3 v 3 with GKs

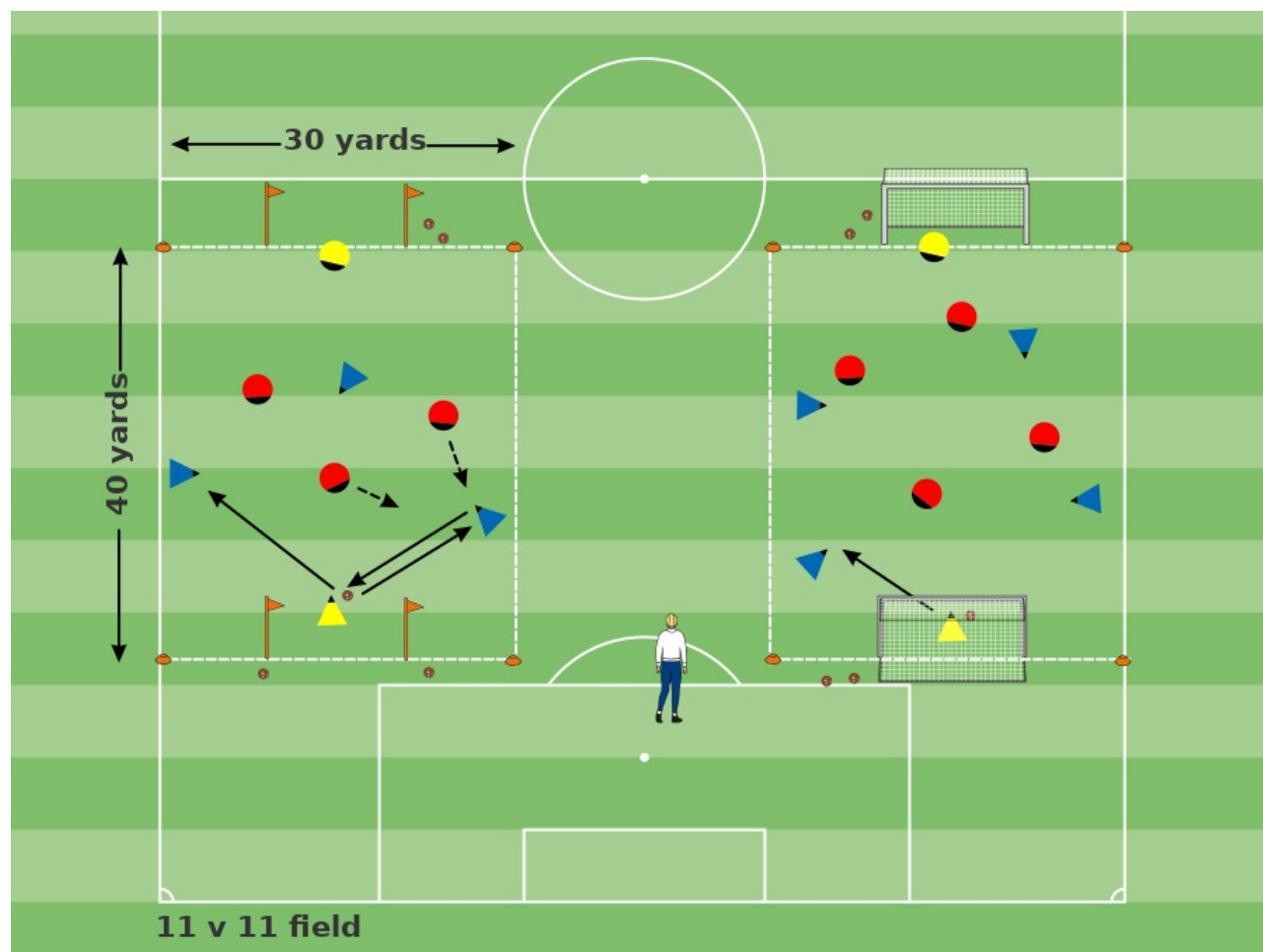
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build from your own half and move the ball forward to create chances.

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out two 40 x 30 yard fields. Free play: Field 1: Teams play 4 v 4 including goalkeepers with flag goals. Field 2: Teams play 5 v 5 including goalkeepers on large goals. Play Phase should last for 30 minutes including two to three breaks.

KEY WORDS:

Use space, hips open, pass, dribble

GUIDED QUESTIONS:

1) How can you outnumber your opponents while building up during the attack? 2) How can you create space? 3) What positions should the attacking team have while building up? 4) What shape is that? 5) How should you receive the ball?

ANSWERS:

1) By involving the goalkeeper. 2) Spread out across the width of the field; push forward and engage the opposing defenders. 3) Central defender, right wing, left wing, central attacker. 4) A diamond. 5) With hips open and facing forward.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual for further guidance.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
5 vs 5

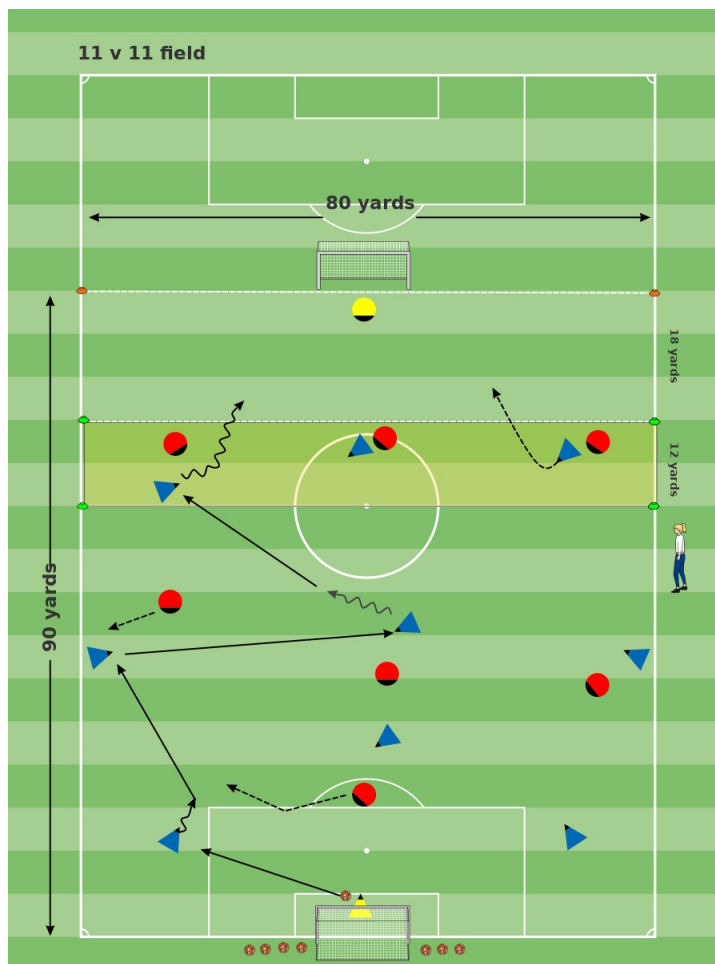
DURATION:
30:0 min

PRACTICE (Core Activity): 7 v 4 to 3 v 4 w GK

OBJECTIVE: To build from your own half and move the ball forward.

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out an 80 x 90-yard field divided into three zones (own half, 12 yard middle zone, and final zone to Red's large goal). 10 Blue vs. 8 Red. Blue plays 7 v 4 in their own half and the 3 forwards can only receive balls in the middle zone before entering the final zone. Red tries to score on Blue's large goal. Play for 30 minutes with 2-3 breaks.

KEY WORDS:

Use space, hips open, look forward

GUIDED QUESTIONS:

1) On distributions, how should the defenders show for the ball? 2) What should the central midfielders do? 3) What do the forward players need to do? 4) How should you receive the ball? 5) Where should you go if you cannot play forward?

ANSWERS:

1) The center backs should be outside the penalty box, and the outside backs push higher up the field. Get as wide as possible. 2) Act as link players and show for passes behind the opposing forwards; focus on moving the attack forward after receiving a pass. 3) Find or create openings by changing angles of support. 4) With hips open and facing forward. 5) Sideways or to a player behind to change the point of attack.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
7 vs 4

DURATION:
30:0 min

NOTES:

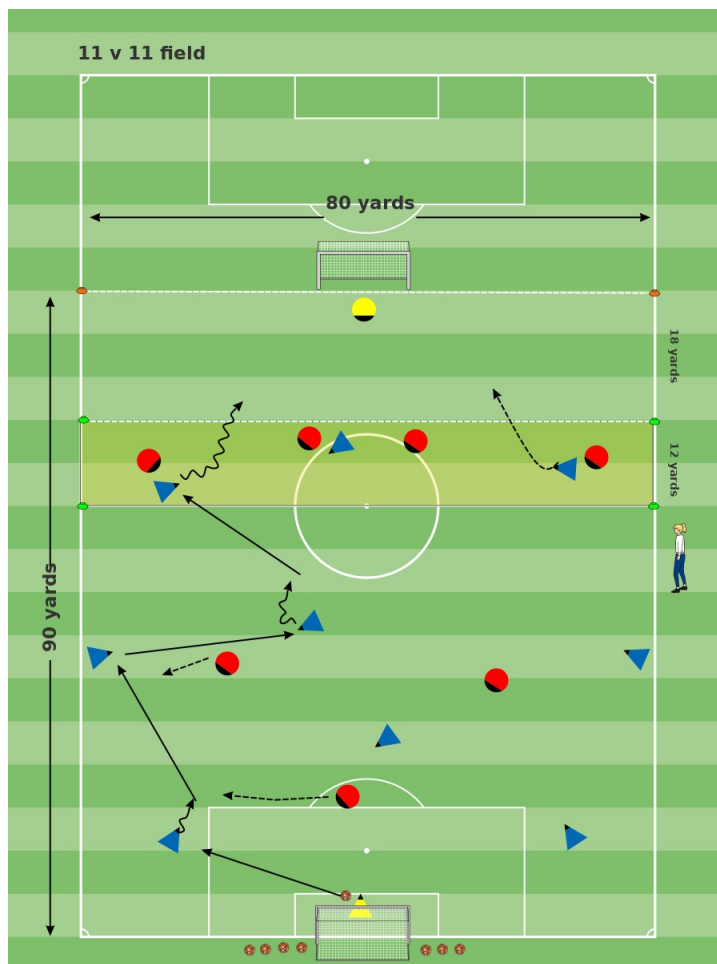
All players can cross all zones once the blue team enters the final zone. Option to change the method of restart with Red team occasionally starting with the ball or from a natural re-start.

PRACTICE (Less Challenging): 7 v 3 to 3 v 5 w GK

OBJECTIVE: To build from your own half and move the ball forward.

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus

**ORGANIZATION:**

Same as Core Activity, except teams play 7 v 3 in the Blue's half (includes Blue GK), except with 3 Blue v 4 Red in the middle zone plus the Red GK.

KEY WORDS:

Use space, hips open, look forward

GUIDED QUESTIONS:

1) On distributions, how should the defenders show for the ball? 2) What should the central midfielders do? 3) What do the forward players need to do? 4) How should you receive the ball? 5) Where should you go if you cannot play forward?

ANSWERS:

1) The center backs should be outside the penalty box, and the outside backs push higher up the field. Get as wide as possible. 2) Act as link players and show for passes behind the opposing forwards; focus on moving the attack forward after receiving a pass. 3) Find or create openings by changing angles of support. 4) With hips open and facing forward. 5) Sideways or to a player behind to change the point of attack.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
7 vs 3

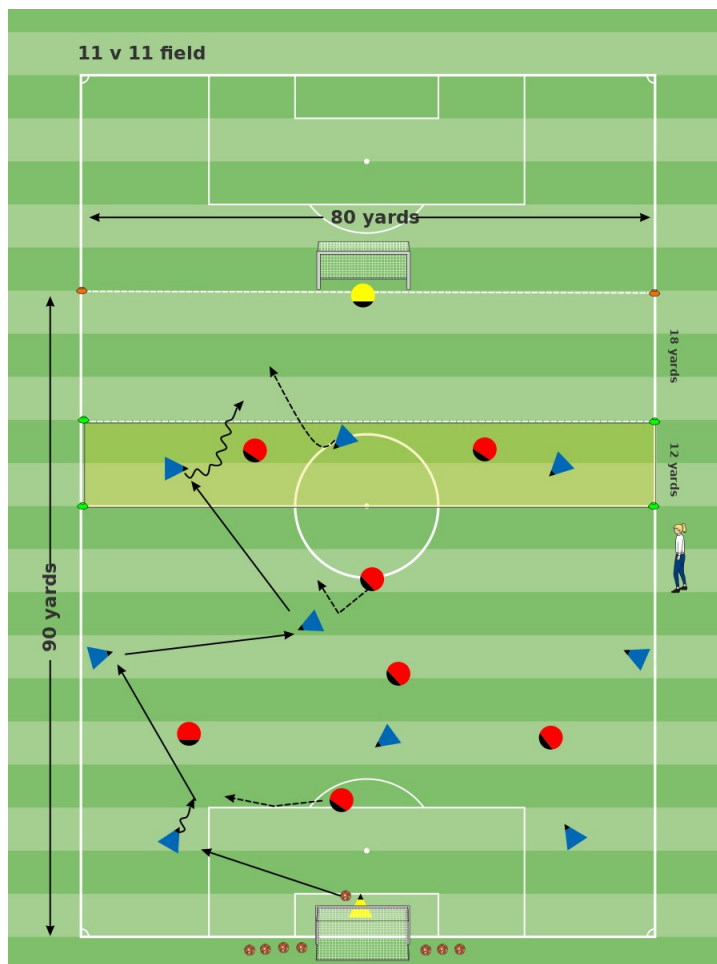
DURATION:
30:0 min

PRACTICE (More Challenging): 7 v 5 to 3 v 3 with GKs

OBJECTIVE: To build from your own half and move the ball forward.

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except teams play 7 v 5 in the Blue's half (includes Blue GK), and now 3 v 2 in the middle zone. Red team plays 1-2-2-3; Blue team plays 1-4-2-3.

KEY WORDS:

Use space, hips open, pass, dribble

GUIDED QUESTIONS:

1) On distributions, how should the defenders show for the ball? 2) What should the central midfielders do? 3) What do the forward players need to do? 4) How should you receive the ball? 5) Where should you go if you cannot play forward?

ANSWERS:

1) The center backs should be outside the penalty box, and the outside backs push higher up the field. Get as wide as possible. 2) Act as link players and show for passes behind the opposing forwards; focus on moving the attack forward after receiving a pass. 3) Find or create openings by changing angles of support. 4) With hips open and facing forward. 5) Sideways or to a player behind to change the point of attack.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
7 vs 5

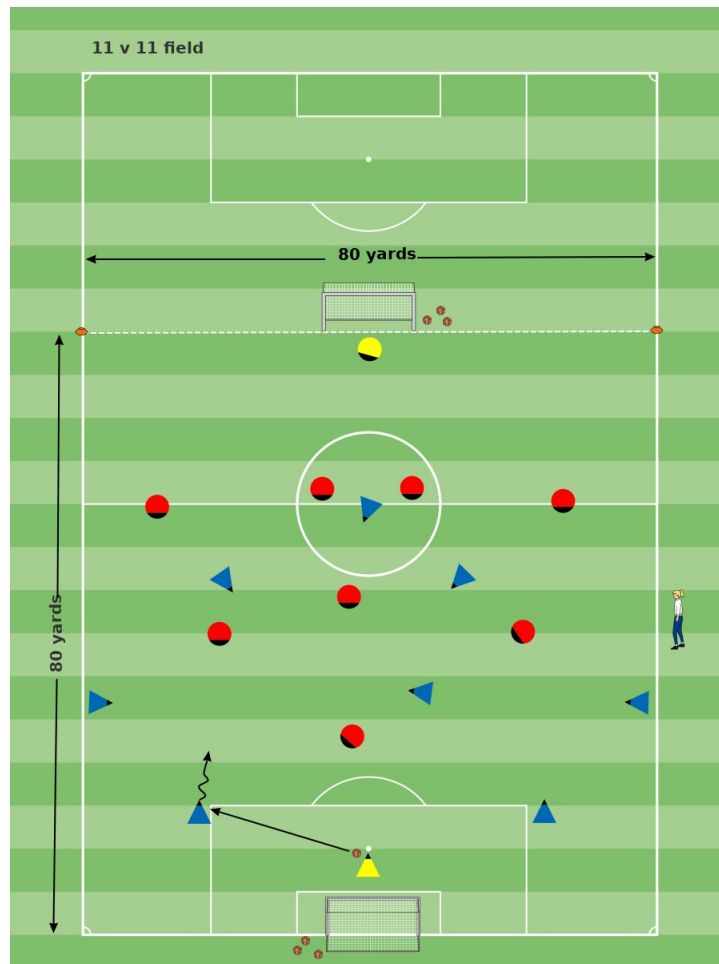
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To build from your own half and move the ball forward to create chances.

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each team plays a 1-4-3-1 formation. Play according to the Laws of the Game and standards of play.

KEY WORDS:

Use space, hips open, look forward, pass, dribble

GUIDED QUESTIONS:

1) How can you outnumber your opponents while building up during the attack? 2) On distributions, how should the defenders show for the ball? 3) What should the central midfielders do? 4) What do the forward players need to do? 5) How should you receive the ball? 6) Where should you go if you cannot play forward?

ANSWERS:

1) By involving the goalkeeper. 2) The center backs should be outside the penalty box, and the outside backs push higher up the field. Get as wide as possible. 3) Act as link players and show for passes behind the opposing forwards; focus on moving the attack forward after receiving a pass. 4) Find or create openings by changing angles of support. 5) With hips open and facing forward. 6) Sideways or to a player behind to change the point of attack.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

11v11 Attacking- Improve Building-Up in Own Half- (C)

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U13+ / 11v11 / 18 players

Attacking

DURATION: 90 min

**Five Elements of a Training Exercise**

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

11v11 Attacking- Improve building up in our own half- (D)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Spread out, Pass options, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Focus

 18

 90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 11 v 7 Large Goal to Three Small Goals

PRACTICE (Less Challenging): 11 v 7 Large Goal to Three Small Goals

PRACTICE (More Challenging): 10 v 8 Large Goal to Three Small Goals

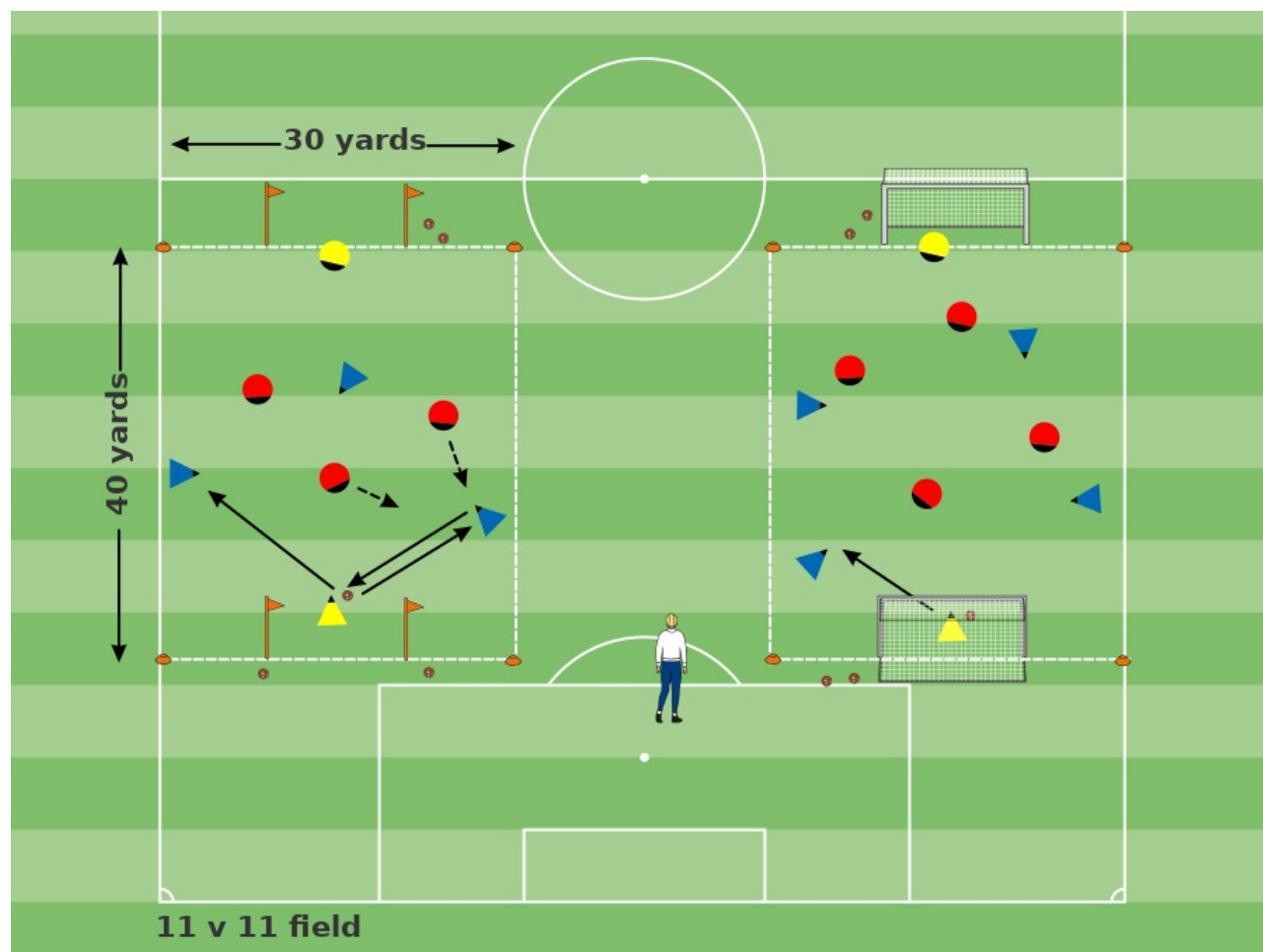
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build from your own half and move the ball forward to create chances.

PLAYER ACTIONS: Spread out, Pass options, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out two 40 x 30 yard fields. Free play: Field 1: Teams play 4 v 4 including goalkeepers with flag goals. Field 2: Teams play 5 v 5 including goalkeepers on large goals. Play Phase should last for 30 minutes including two to three breaks.

KEY WORDS:

Use space, get open, keep the ball moving, look forward

GUIDED QUESTIONS:

1) How can you outnumber your opponents while building up during the attack? 2) How can you create space? 3) When you have the ball, how can you take initiative and be proactive in building the attack?

ANSWERS:

1) By involving the goalkeeper. 2) Spread out across the width of the field; push forward and engage the opposing defenders. 3) I should look to create opportunities instead of reacting or always try to be a threat to move the ball forward.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
5 vs 5

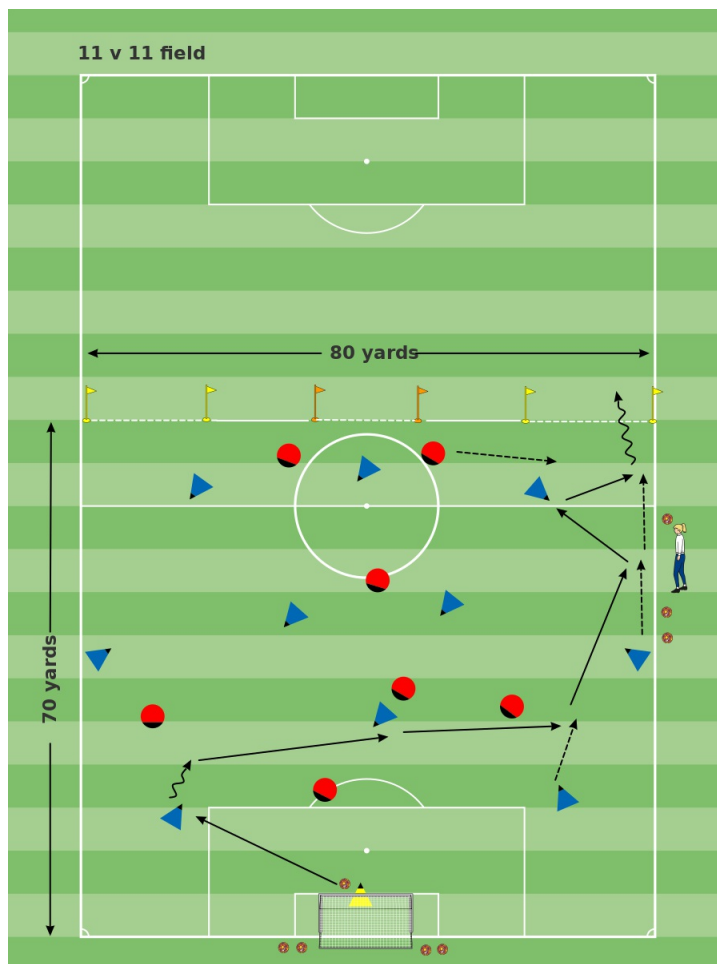
DURATION:
30:0 min

PRACTICE (Core Activity): 11 v 7 Large Goal to Three Small Goals

OBJECTIVE: To build from your own half and move the ball forward; recognize the moment when to change the point of attack.

PLAYER ACTIONS: Spread out, Pass options, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out a 70 X 80 yard field to play 11v7 including Blue GK. Blue team attacks the three goals with the players positioned as shown. Blue scores by dribbling through the gate (1 point) or by passing to an onside teammate (3 points). Play for 30 minutes with two to three breaks. Blue plays 1-4-3-3; Red plays 2-2-3.

KEY WORDS:

Open up, look forward, switch it, stay composed

GUIDED QUESTIONS:

1) What are we looking for when building from our own half? 2) How can you give yourself more time and space? 3) What is your cue that we need to change the point of attack? 4) What can you do to stay composed?

ANSWERS:

1) Openings to move the ball forward into the opponent's half. 2) Make the field as big as possible by spreading out. 3) When we look up and see that the openings in front of us are closed. 4) Think one or two plays ahead and help teammates by communicating.

NOTES:

Vary the different restarts including the red team occasionally starting the play so that the blue team must win the ball and transition to attack.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
11 vs 7

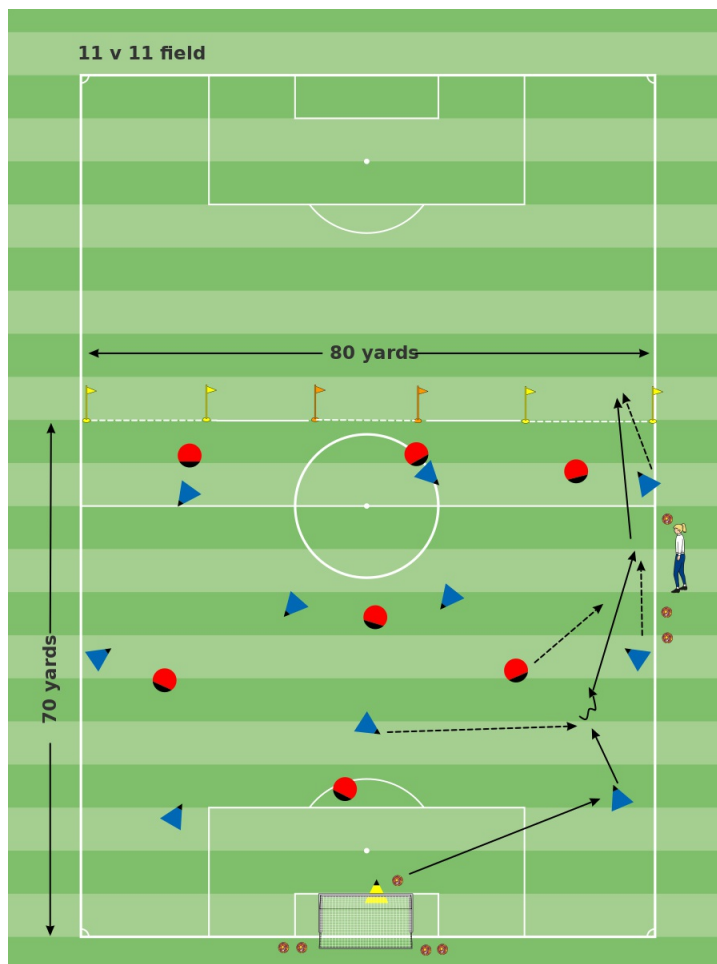
DURATION:
30:0 min

PRACTICE (Less Challenging): 11 v 7 Large Goal to Three Small Goals

OBJECTIVE: To build from your own half and move the ball forward; recognize the moment when to change the point of attack.

PLAYER ACTIONS: Pass/dribble, Spread out, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except Red team plays 3-1-3 to create more space for the Blue midfield.

KEY WORDS:

Open up, look forward, switch it, stay composed

GUIDED QUESTIONS:

1) What are we looking for when building from our own half? 2) How can you give yourself more time and space? 3) What is your cue that we need to change the point of attack? 4) What can you do to stay composed?

ANSWERS:

1) Openings to move the ball forward into the opponent's half. 2) Make the field as big as possible by spreading out. 3) When we look up and see that the openings in front of us are closed. 4) Think one or two plays ahead and help teammates by communicating.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
11 vs 7

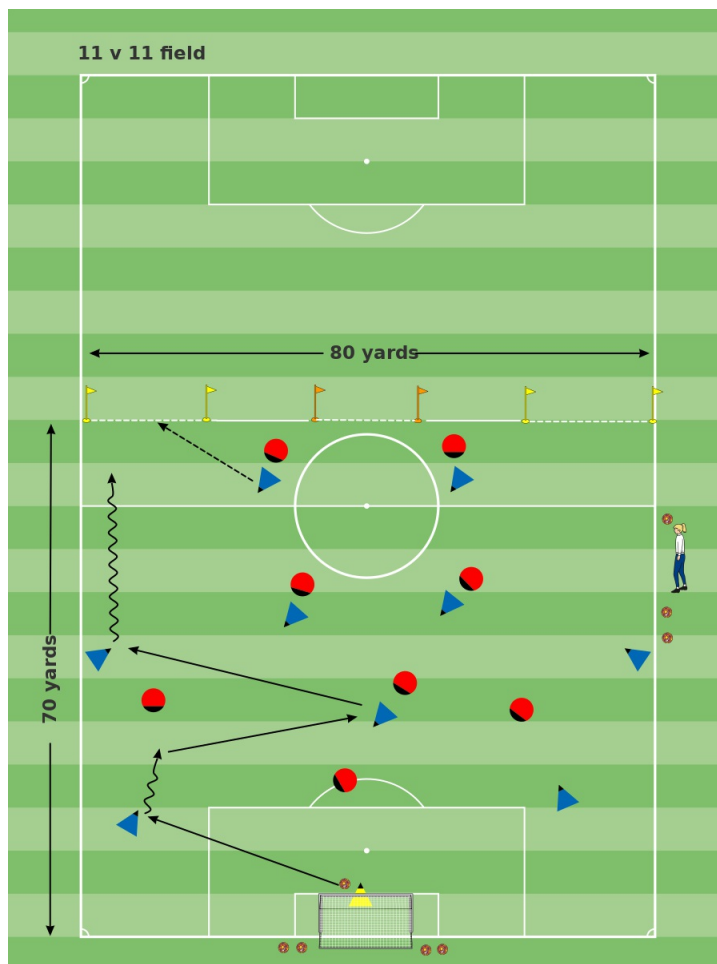
DURATION:
30:0 min

PRACTICE (More Challenging): 10 v 8 Large Goal to Three Small Goals

OBJECTIVE: To build from your own half and move the ball forward; recognize the moment when to change the point of attack.

PLAYER ACTIONS: Spread out, Pass options, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except teams play 10v8. Blue plays 1-4-3-2; Red plays 2-3-3 so that the three Red midfielders match-up with the three Blue midfielders.

KEY WORDS:

Use space, opening, pass, dribble, get open, look forward

GUIDED QUESTIONS:

1) On distributions, how should the defenders show for the ball? 2) What should the central midfielders do? 3) What do the forward players need to do? 4) How should you receive the ball? 5) Where should you go if you cannot play forward?

ANSWERS:

1) Spread out and open hips to see as much of the field as possible. 2) Look to find or create openings between the opposition forward line. 3) Follow the play and provide support options as the team changes the point of attack. 4) Sideways on with head up. 5) Go sideways to change the point of attack, or backwards to then change the point.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
10 vs 8

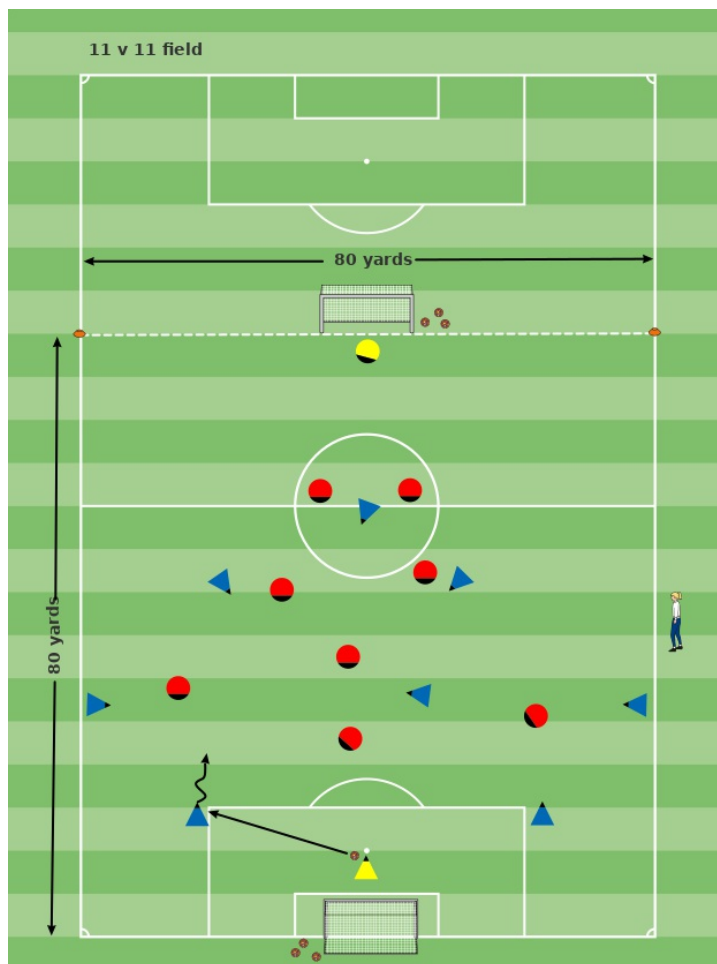
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To build from your own half and move the ball forward to create chances.

PLAYER ACTIONS: Spread out, Pass options, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Focus



Session B

ORGANIZATION:

Mark out an 80 x 80-yard field. Divide players into two teams of nine. Blue plays 1-4-3-1 formation. Red plays 1-2-3-3. Play according to the Laws of the Game (LOTG) and the standards of play for 15-20 minutes including one "halftime" (5 minutes max).

KEY WORDS:

Use space, opening, pass, dribble, get open, look forward

GUIDED QUESTIONS:

1) What are we looking for when building cue that from we our need own to half? change 2) How the can you point give of attack? yourself 4) more What time can and you do space? to stay 3) What composed?is your

ANSWERS:

1) Openings to move the ball forward into the opponent's half. 2) Make the field of as big as possible. 3) When we look up and see that the openings in front of us are closed. 4) Think one or two plays ahead and help teammates by communicating.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

11v11 Attacking- Improve building up in our own half- (D)

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

PLAYER ACTIONS: Spread out, Pass options, Change point

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U13+ / 11v11 / 18 players

Attacking

DURATION: 90 min

**Five Elements of a Training Exercise**

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

11v11 Attacking- Improve Scoring Goals- (A)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Focus

18

90 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): Attackers One-Up on Two Goals with Goalkeepers

PRACTICE (Less Challenging): Attackers Two-Up on Two Goals with Goalkeepers

PRACTICE (More Challenging): Equal Teams on Two Goals with Goalkeepers

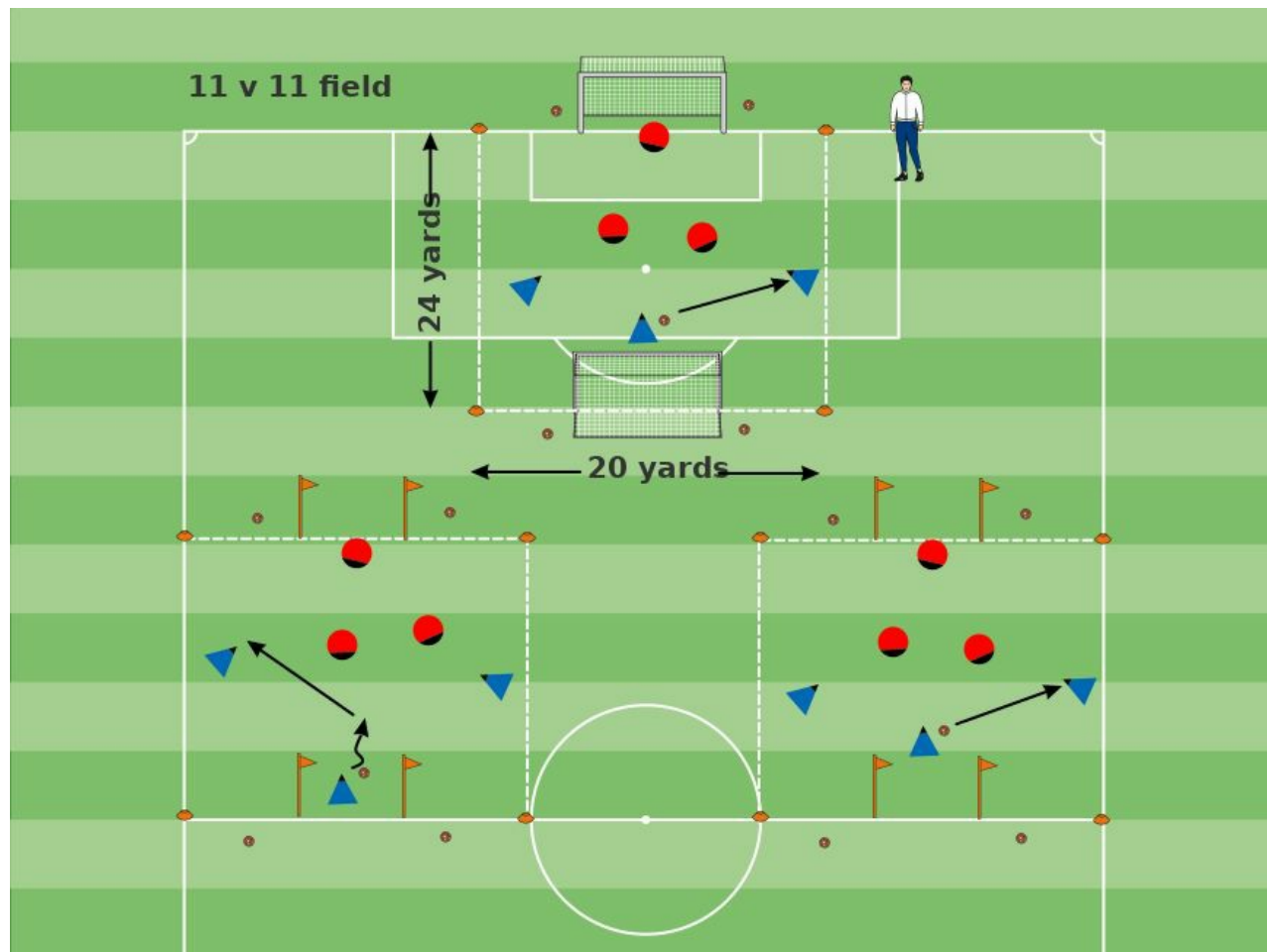
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create shooting opportunities and score.

PLAYER ACTIONS: Shoot, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out three 24 x 20-yard fields. Teams play 3 v 3, either on goals (Field 1) or on goal lines (Fields 2 and 3). There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS:

Shoot, take opponents on

GUIDED QUESTIONS:

1) How do you create a good shooting position? 2) What do you do when the opponent closes down one wing?

ANSWERS:

1) Spread the field and pass to an open player, who pushes forward and shoots. 2) Break off the attack, play the ball out of pressure and switch to the other wing.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
3 vs 3

DURATION:
30:0 min

PRACTICE (Core Activity): Attackers One-Up on Two Goals with Goalkeepers

OBJECTIVE: To create shooting opportunities and score.

PLAYER ACTIONS: Shoot, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out a 36 x 44-yard field with goals and goalkeepers. Choose eight attackers (Blue) and eight defenders (Red) and position them as shown. The coach calls out the game (2 v 1, 3 v 2 or 4 v 3) and then plays the ball in to Blue. The appropriate number of players run onto the field and play until a goal is scored by either team. If a round ends too quickly, play in a second ball. Then break off the attack and start a new round. Play for 30 minutes with two breaks.

KEY WORDS:

Shoot, pass, dribble, take opponents on

GUIDED QUESTIONS:

1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot? 3) If you want to keep the shot low, how should you lean?

ANSWERS:

1) When you have an opening and a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary. 3) Forward and over the ball.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
4 vs 3

DURATION:
30:0 min

PRACTICE (Less Challenging): Attackers Two-Up on Two Goals with Goalkeepers

OBJECTIVE: To create shooting opportunities and score.

PLAYER ACTIONS: Shoot, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except the attackers play two-up: Options are 3 v 1, 4 v 2 or 5 v 3.

KEY WORDS:

Shoot, pass, dribble, take opponents on

GUIDED QUESTIONS:

1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot? 3) If you want to keep the shot low, how should you lean?

ANSWERS:

1) When you have an opening and a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary. 3) Forward and over the ball.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.



MOMENT:
Attacking



AGE:
U13+ / 11v11



PLAYERS:
5 vs 3



DURATION:
30:0 min

PRACTICE (More Challenging): Equal Teams on Two Goals with Goalkeepers

OBJECTIVE: To create shooting opportunities and score.

PLAYER ACTIONS: Shoot, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except both teams are equal: Options are 1 v 1, 2 v 2, 3 v 3 or 4 v 4.

KEY WORDS:

Shoot, pass, dribble, take opponents on

GUIDED QUESTIONS:

1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot? 3) If you want to keep the shot low, how should you lean?

ANSWERS:

1) When you have an opening and a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary. 3) Forward and over the ball.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



MOMENT:

Attacking



AGE:

U13+ / 11v11



PLAYERS:

4 vs 4



DURATION:

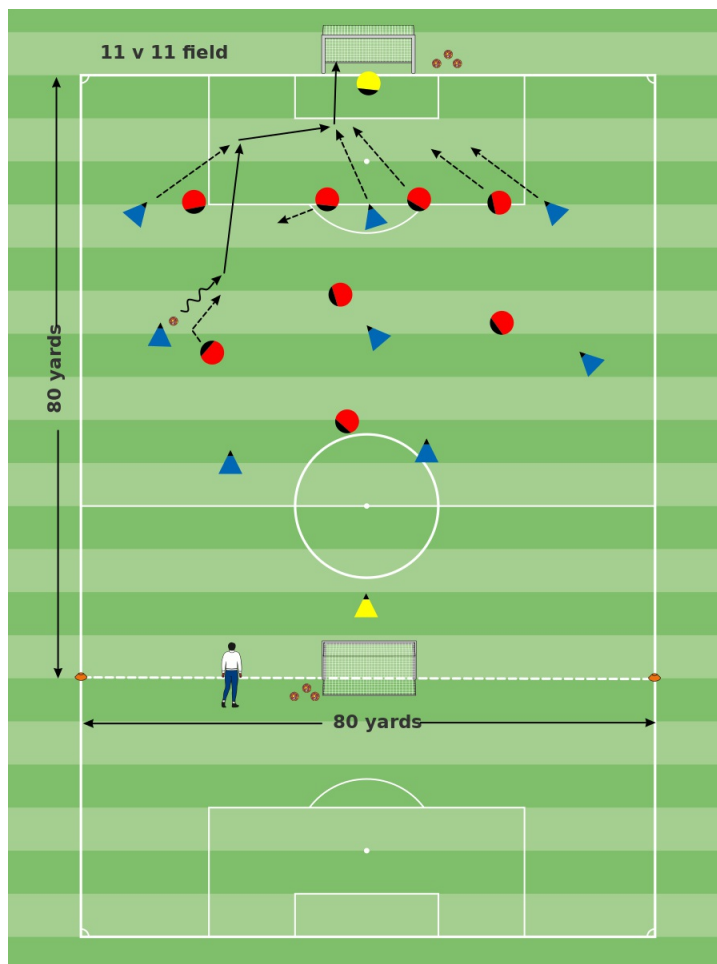
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To move the ball forward, create chances and score goals.

PLAYER ACTIONS: Shoot, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each plays a 1-4-1-3. Play according to the Laws of the Game.

KEY WORDS:

Be open, pass, dribble, use space

GUIDED QUESTIONS:

1) When is it a good time to shoot? 2) How can you get an attacker into a good position to shoot? 3) If you want to keep the shot low, how should you lean?

ANSWERS:

1) When you have an opening and a clear shot at the goal. 2) Spread the field and pass to a wing player, who pushes forward and shoots; create 1 v 1s and 2 v 1s; break off the attack and switch if necessary. 3) Forward and over the ball.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

11v11 Attacking- Improve Scoring Goals- (A)

GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U13+ / 11v11 / 18 players

Attacking

DURATION: 90 min



Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

11v11 Attacking- Improve Scoring Goals- (B)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Focus

18

30 min

1ST PLAY PHASE: Intentional Free Play

PRACTICE (Core Activity): 11 v 7 on Two Goals with GKs

PRACTICE (Less Challenging): 10 v 6 on Two Goals with GKs plus Target Player

PRACTICE (More Challenging): 10 v 8 on Two Goals with GKs

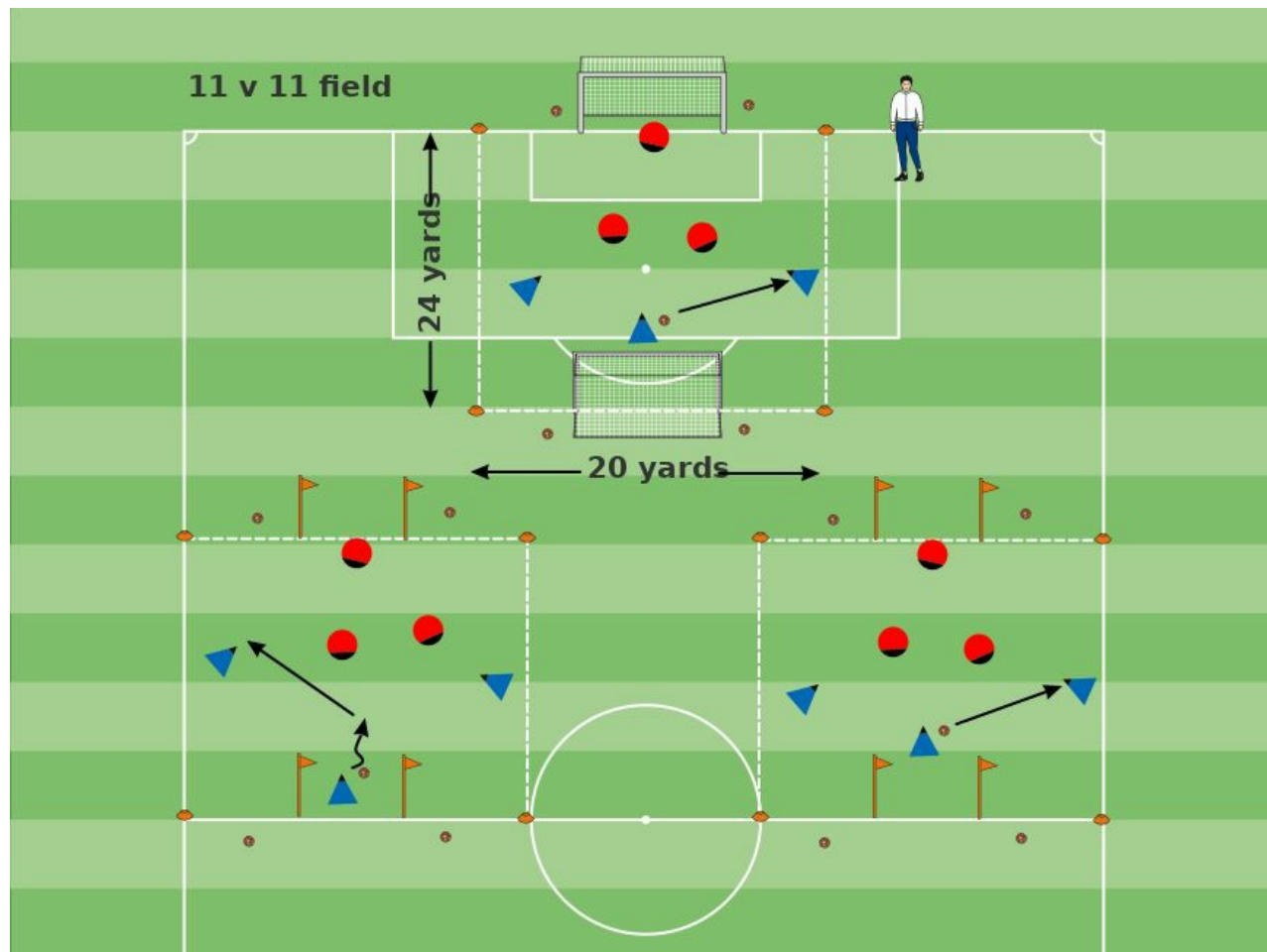
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create shooting opportunities and score.

PLAYER ACTIONS: Shoot, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out three 24 x 20-yard fields. Teams play 3 v 3, either on goals (Field 1) or on goal lines (Fields 2 and 3). There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS:

Shoot, take opponents on

GUIDED QUESTIONS:

1) How many goals did you score? What can you do to score more goals? 2) How can you create a good shooting position?

ANSWERS:

1) Be creative and take risks; create 1 v 1s and 2 v 1s; finish faster; be ready to jump on rebounds after shots. 2) Spread the field and pass to an open player, who pushes forward and shoots.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
3 vs 3

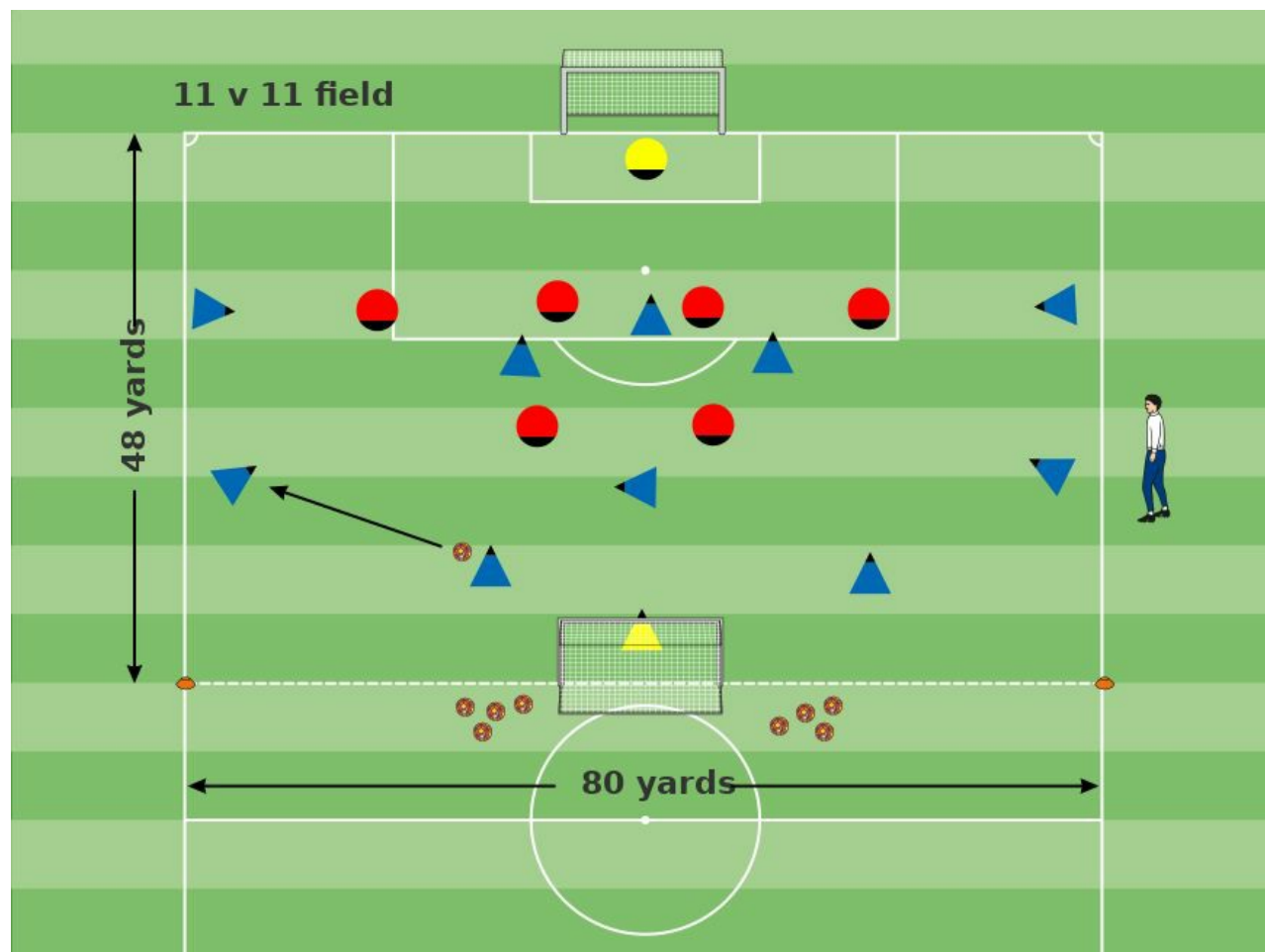
DURATION:
30:0 min

PRACTICE (Core Activity): 11 v 7 on Two Goals with GKs

OBJECTIVE: To create chances and score by rapidly circulating the ball.

PLAYER ACTIONS: Shoot, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out a 48 x 80-yard field with goals and goalkeepers. Divide players into teams of 11 and 7 (Blue and Red). Blue attacks in a 1-4-3-3 formation, and Red defends in a 1-4-2 positioned deep around the penalty box. If Red wins the ball, they counterattack on Blue's goal. Play for 30 minutes with two breaks.

KEY WORDS:

Shoot, pass, dribble, take opponents on, get in the box

GUIDED QUESTIONS:

1) How can you score when the opponent is deep in their own half? 2) When should you create a 2v1? 3) What types of runs can supporting players make in the box?

ANSWERS:

1) Try to draw them out by keeping the ball moving; also by changing the rhythm and the point of attack. 2) When we can outnumber the opponent. 3) Near post, far post and in front of goal.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
11 vs 7

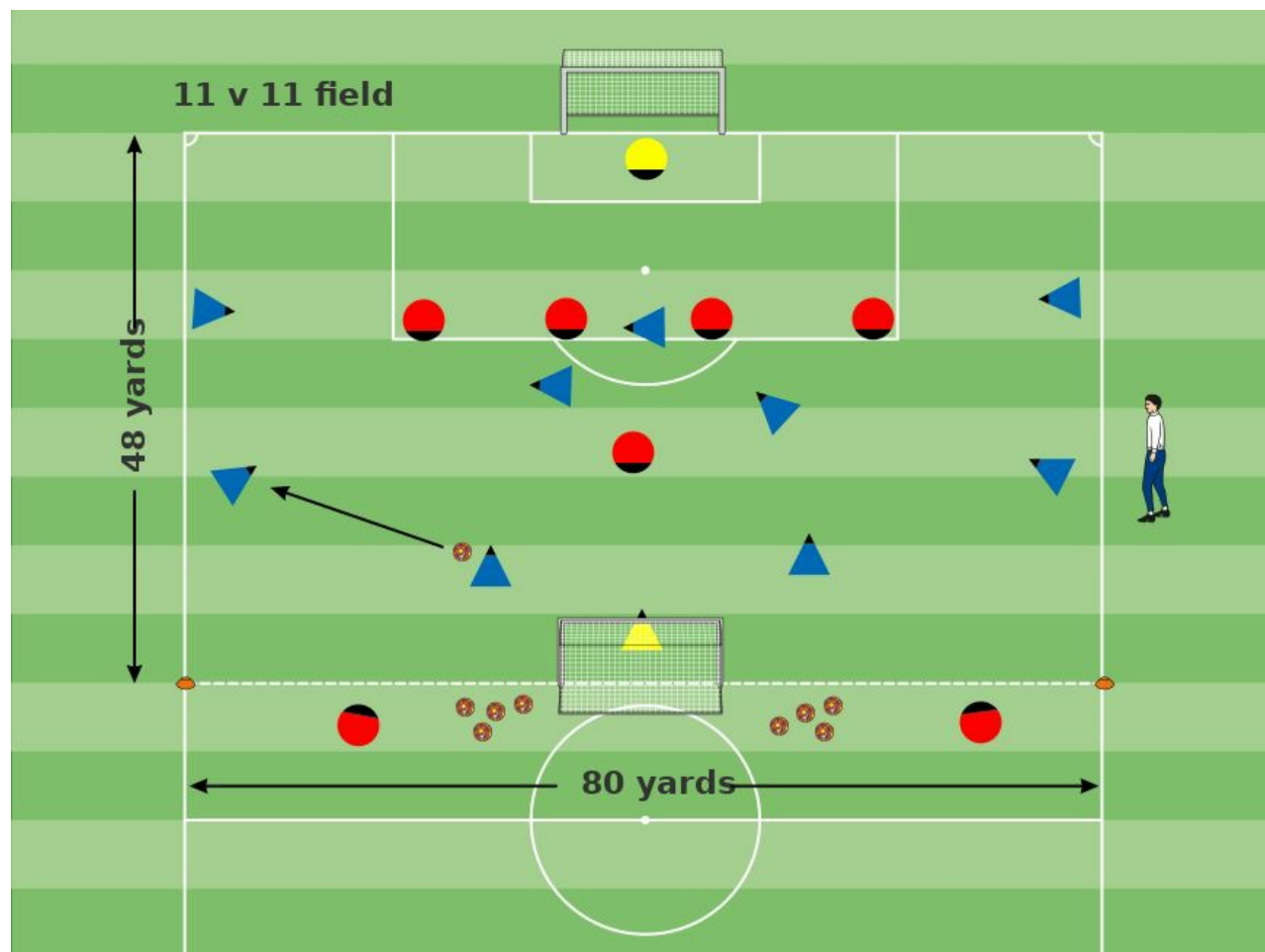
DURATION:
30:0 min

PRACTICE (Less Challenging): 10 v 6 on Two Goals with GKs plus Target Player

OBJECTIVE: To create chances and score by rapidly circulating the ball.

PLAYER ACTIONS: Shoot, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except teams play 10 v 6, and if Red wins the ball, they can also score by playing a pass or flighted ball to a target player.

KEY WORDS:

Shoot, pass, dribble, take opponents on, get in the box

GUIDED QUESTIONS:

1) How can you score when the opponent is deep in their own half? 2) When should you create a 2v1? 3) What types of runs can supporting players make in the box?

ANSWERS:

1) Try to draw them out by keeping the ball moving; also by changing the rhythm and the point of attack. 2) When we can outnumber the opponent. 3) Near post, far post and in front of goal.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
10 vs 6

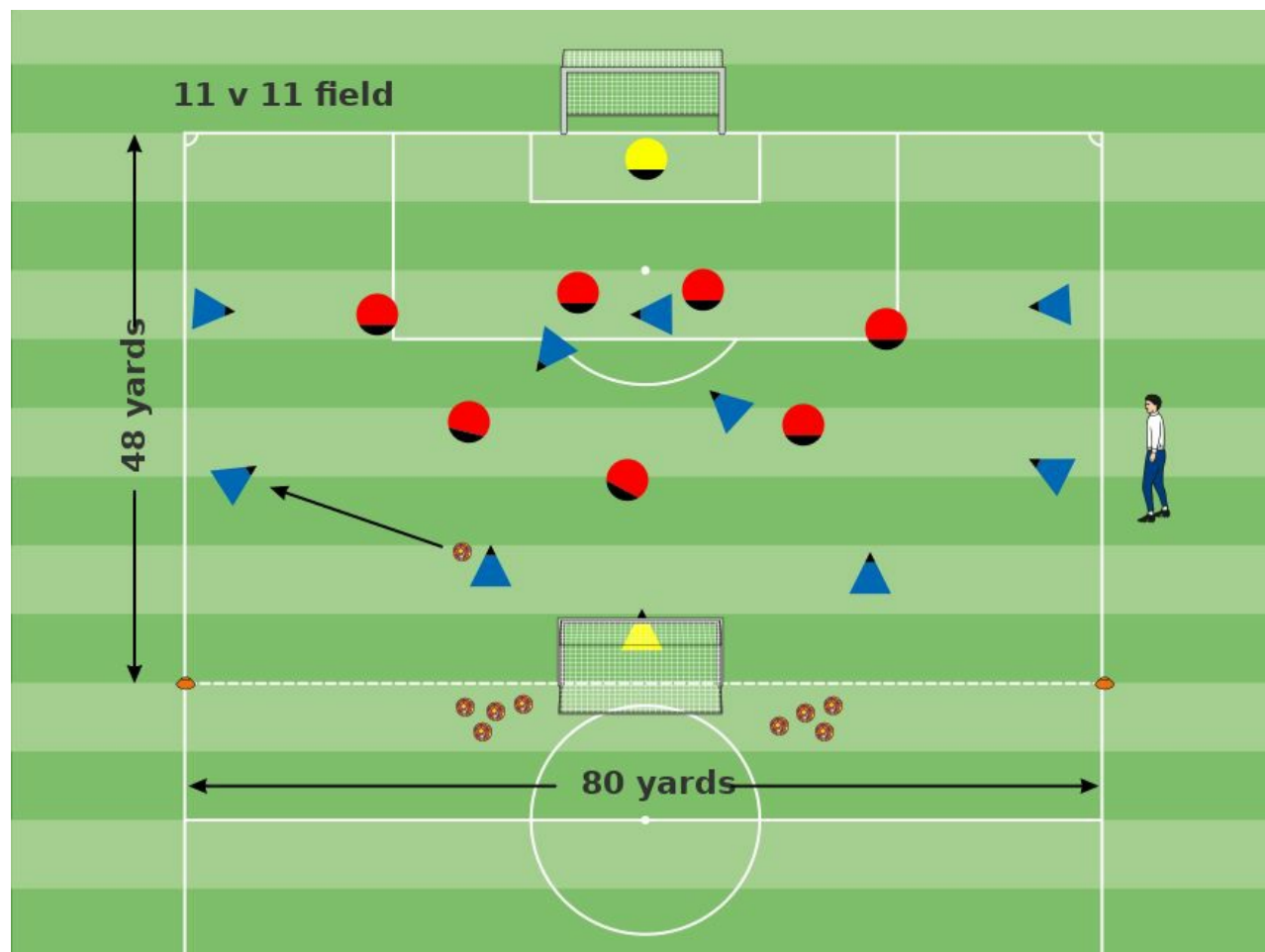
DURATION:
30:0 min

PRACTICE (More Challenging): 10 v 8 on Two Goals with GKs

OBJECTIVE: To create chances and score by rapidly circulating the ball.

PLAYER ACTIONS: Shoot, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except teams play 10 v 8.

KEY WORDS:

Shoot, pass, dribble, take opponents on, get in the box

GUIDED QUESTIONS:

1) How can you score when the opponent is deep in their own half? 2) When should you create a 2v1? 3) What types of runs can supporting players make in the box?

ANSWERS:

1) Try to draw them out by keeping the ball moving; also by changing the rhythm and the point of attack.
2) When we can outnumber the opponent. 3) Near post, far post and in front of goal.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



MOMENT:

Attacking



AGE:

U13+ / 11v11



PLAYERS:

10 vs 8



DURATION:

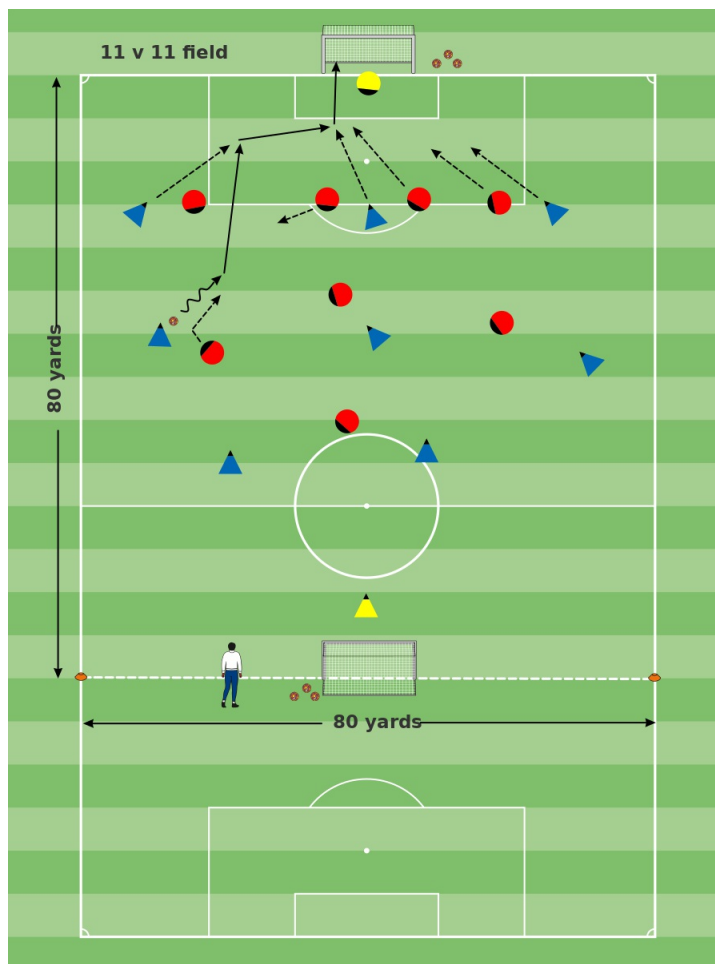
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To move the ball forward, create chances and score goals.

PLAYER ACTIONS: Shoot, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each plays a 1-4-1-3. Play according to the Laws of the Game.

KEY WORDS:

Shoot, pass, dribble, take opponents on, get in the box

GUIDED QUESTIONS:

1) How can you score when the opponent is deep in their own half? 2) When should you create a 2v1? 3) What types of runs can supporting players make in the box? 4) What can you do to score more goals?

ANSWERS:

1) Attack up the wings and play crosses; keep the ball moving, changing the rhythm and the point of attack. 2) When we can outnumber the opponent. 3) Near post, far post and in front of goal. 4) Be creative and take risks.

MOMENT:
Attacking

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

11v11 Attacking- Improve Scoring Goals- (B)

GOAL: Improve scoring goals

PLAYER ACTIONS: Shoot, 2v1/1v1

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U13+ / 11v11 / 18 players

Attacking

DURATION: 30 min



Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

11v11 Defending- Improve Preventing Opponent from Building-Up in Our Half- (A)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Mark player/area

KEY QUALITIES: Read game/make decisions, Initiative, Focus

18

90 min

1ST PLAY PHASE: Small-Sided Games

PRACTICE (Core Activity): 5 v 4 on End Zone and Three Mini Goals

PRACTICE (Less Challenging): 4 v 4 on End Zone and Target Player

PRACTICE (More Challenging): 5 v 4 on End Zone and Three Mini Goals

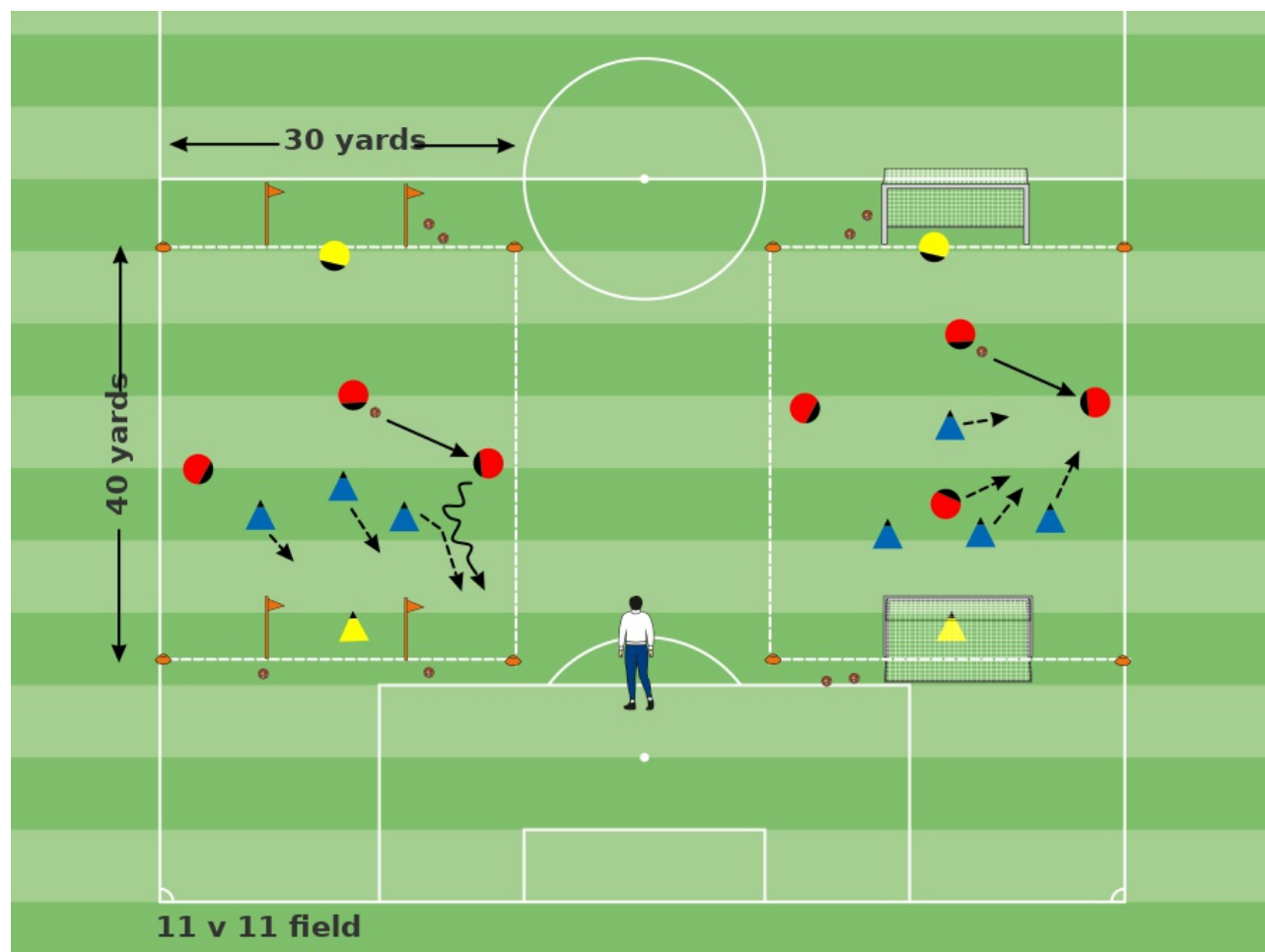
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Small-Sided Games

OBJECTIVE: To deny chances, win the ball back and score

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Mark player/area

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out two 40 x 30-yard fields. Free play: Divide players into two teams of four and two of five. Teams play 4 v 4 and 5 v 5 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS:

Stay compact, move with the ball

GUIDED QUESTIONS:

1) How can you prevent the opponent from creating chances? 2) How do you close the gaps? 3) How do you keep them closed?

ANSWERS:

1) Close the gaps and keep them closed. 2) Form a compact unit (stay close to all nearby teammates). 3) Move while the ball moves, following it from side to side.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



MOMENT:

Defending



AGE:

U13+ / 11v11



PLAYERS:

5 vs 5



DURATION:

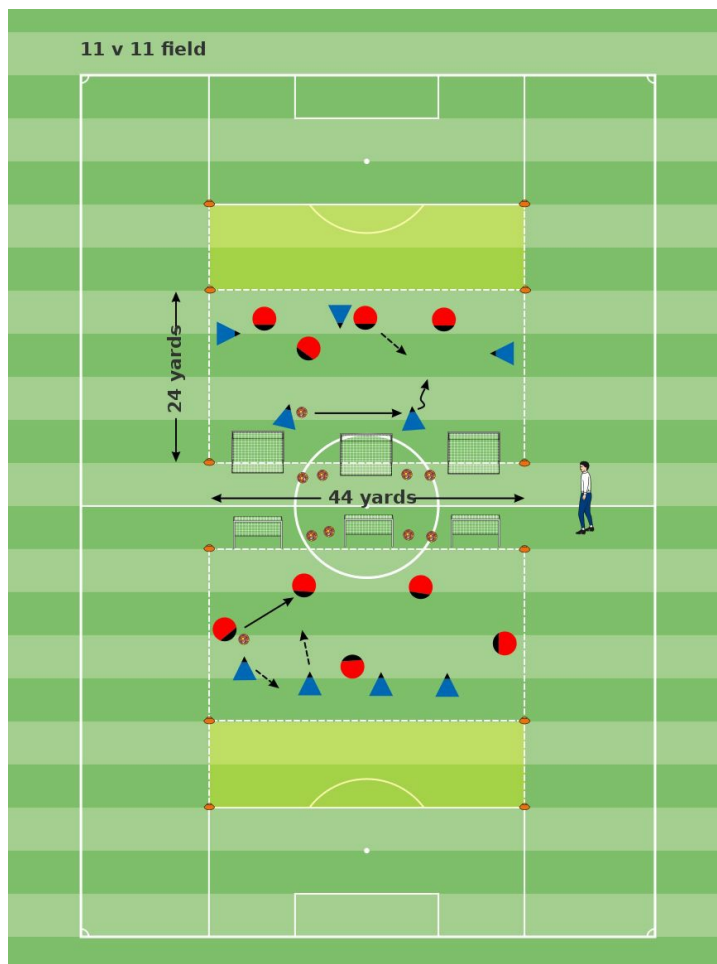
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PRACTICE (Core Activity): 5 v 4 on End Zone and Three Mini Goals

OBJECTIVE: To deny chances, win the ball back and score

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Mark player/area

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

For every 5 attackers and 4 defenders, mark out a 24 x 44-yard field with an end zone and three mini goals. The attackers can score by dribbling or completing a pass into the end zone. The defenders form a flat four and try to keep the attackers from breaking through. If they win the ball, they counterattack on the mini goals. Play for 30 minutes with two breaks.

KEY WORDS:

Stay compact, move with the ball

GUIDED QUESTIONS:

1) What's the best formation for the defenders to cover the width of the field? 2) What should the flat four do on attacks up the middle? 3) What if the ball carrier passes to a teammate?

ANSWERS:

1) A flat four. 2) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover. 3) The defender in front drops back, the flat four moves with the ball, and whoever is closest now steps up to pressure.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
5 vs 4

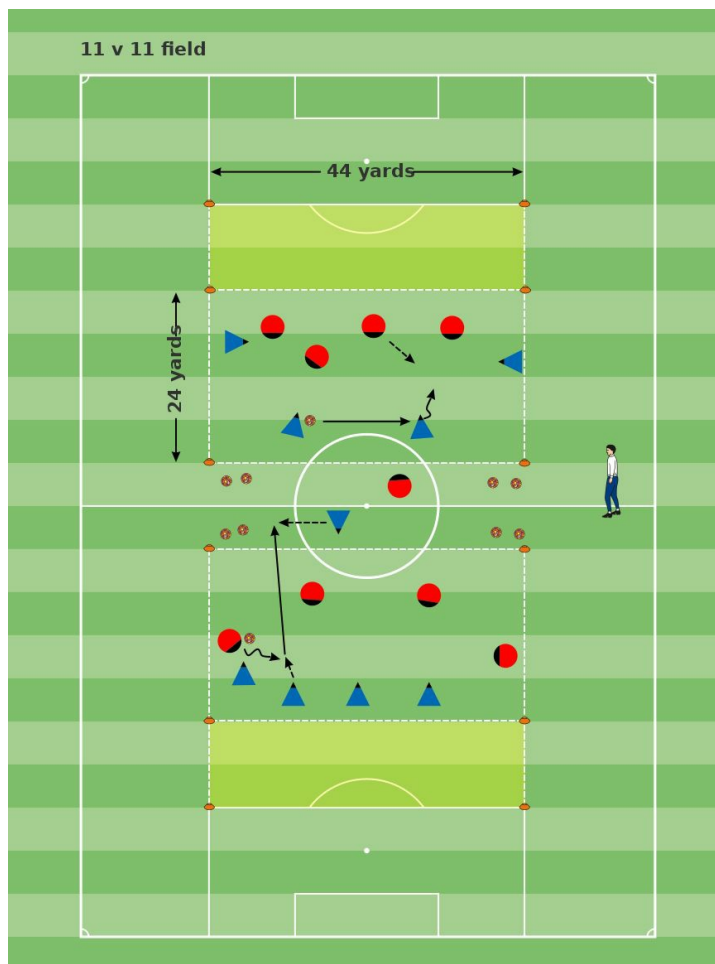
DURATION:
30:0 min

PRACTICE (Less Challenging): 4 v 4 on End Zone and Target Player

OBJECTIVE: To deny chances, win the ball back and score

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Mark player/area

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except teams play 4 v 4, and the defenders have to pass to the target player to score.

KEY WORDS:

Stay compact, move with the ball

GUIDED QUESTIONS:

1) What's the best formation for the defenders to cover the width of the field? 2) What should the flat four do on attacks up the middle? 3) What if the ball carrier passes to a teammate?

ANSWERS:

1) A flat four. 2) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover. 3) The defender in front drops back, the flat four moves with the ball, and whoever is closest now steps up to pressure.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
4 vs 4

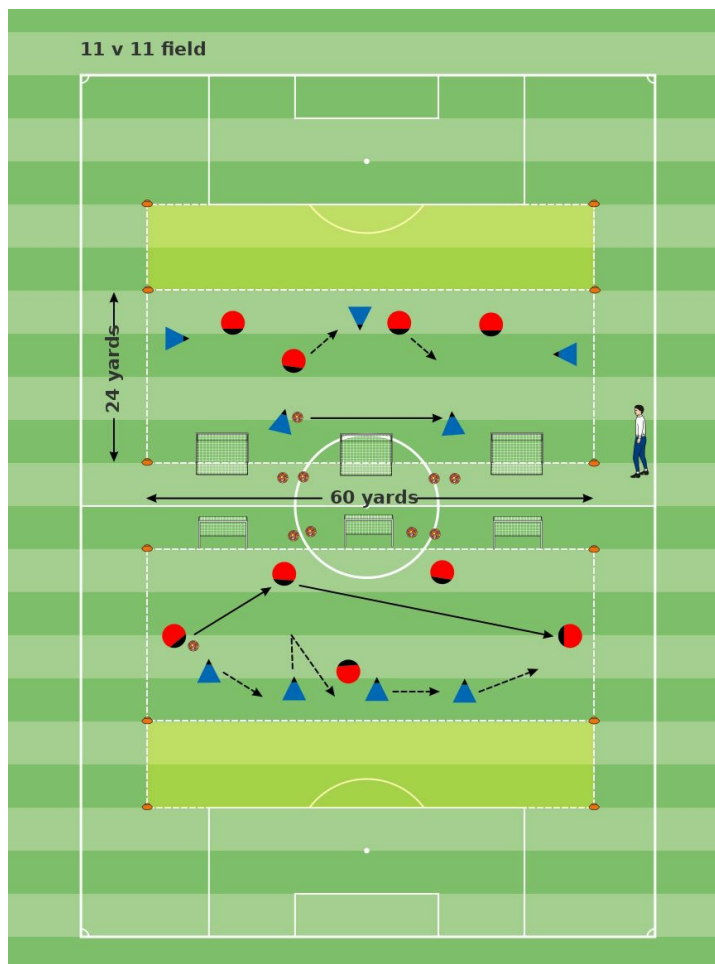
DURATION:
30:0 min

PRACTICE (More Challenging): 5 v 4 on End Zone and Three Mini Goals

OBJECTIVE: To deny chances, win the ball back and score

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Mark player/area

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except the field is 60 yards wide

KEY WORDS:

Stay compact, move with the ball

GUIDED QUESTIONS:

1) What's the best formation for the defenders to cover the width of the field? 2) What should the flat four do on attacks up the middle? 3) What if the ball carrier passes to a teammate?

ANSWERS:

1) A flat four. 2) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover. 3) The defender in front drops back, the flat four moves with the ball, and whoever is closest now steps up to pressure.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
5 vs 4

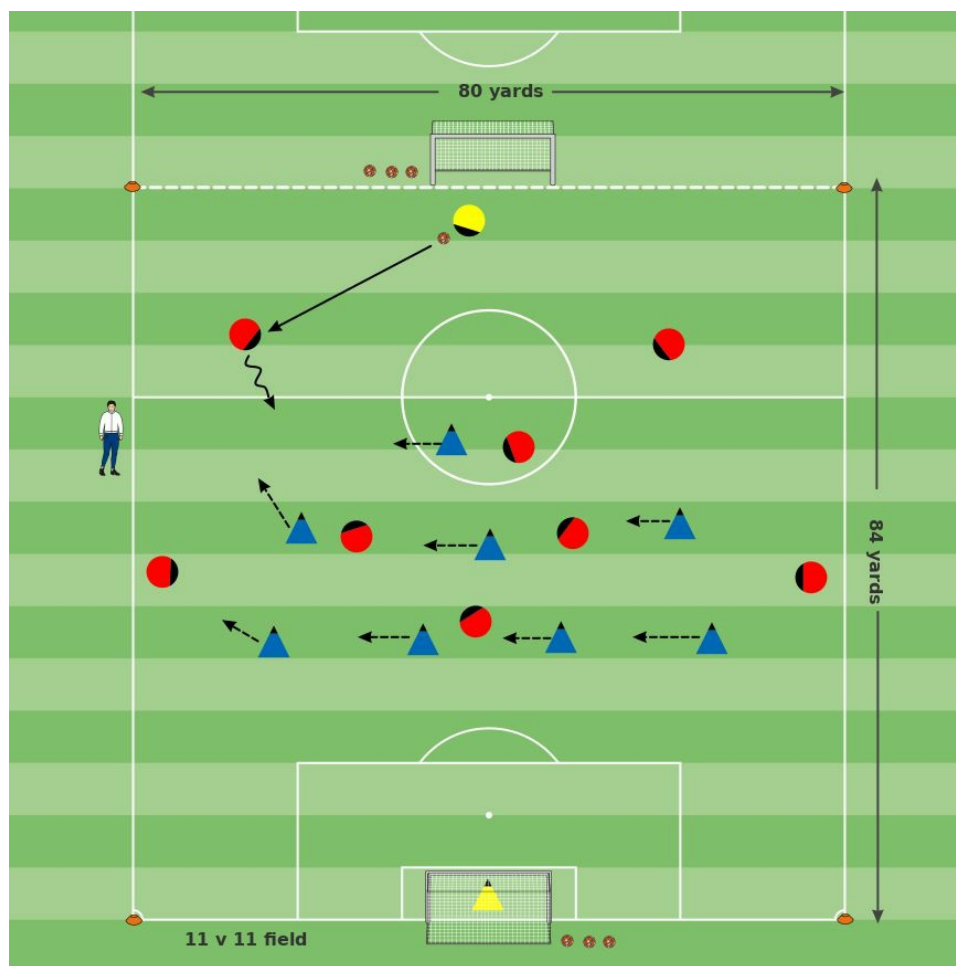
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To deny chances, win the ball back and score

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Mark player/area

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out an 80 x 84-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1. Play according to the Laws of the Game for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS:

Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS:

1) How can you keep opponents from creating chances? 2) How do you close the gaps? 3) How do you keep them closed? 4) What should the flat four do on attacks up the middle?

ANSWERS:

1) Close the gaps and keep them closed. 2) Form a compact unit (stay close to all nearby teammates). 3) Move while the ball moves, following it from side to side. 4) Whoever is closest steps up and stops the ball carrier, while the others drop diagonally back to cover.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

11v11 Defending- Improve Preventing Opponent from Building-Up in Our Half- (A)

GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Pressure/cover/balance, Stay compact, Mark player/area

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U13+ / 11v11 / 18 players

Defending

DURATION: 90 min



Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

11v11 Defending- Improve Preventing Opponent from Building-Up in Our Half- (B)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Get compact, Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus

18

90 min

1ST PLAY PHASE: Small-Sided Games

PRACTICE (Core Activity): 9 v 9

PRACTICE (Less Challenging): 9 v 9 on Narrow Field

PRACTICE (More Challenging): 10 v 8

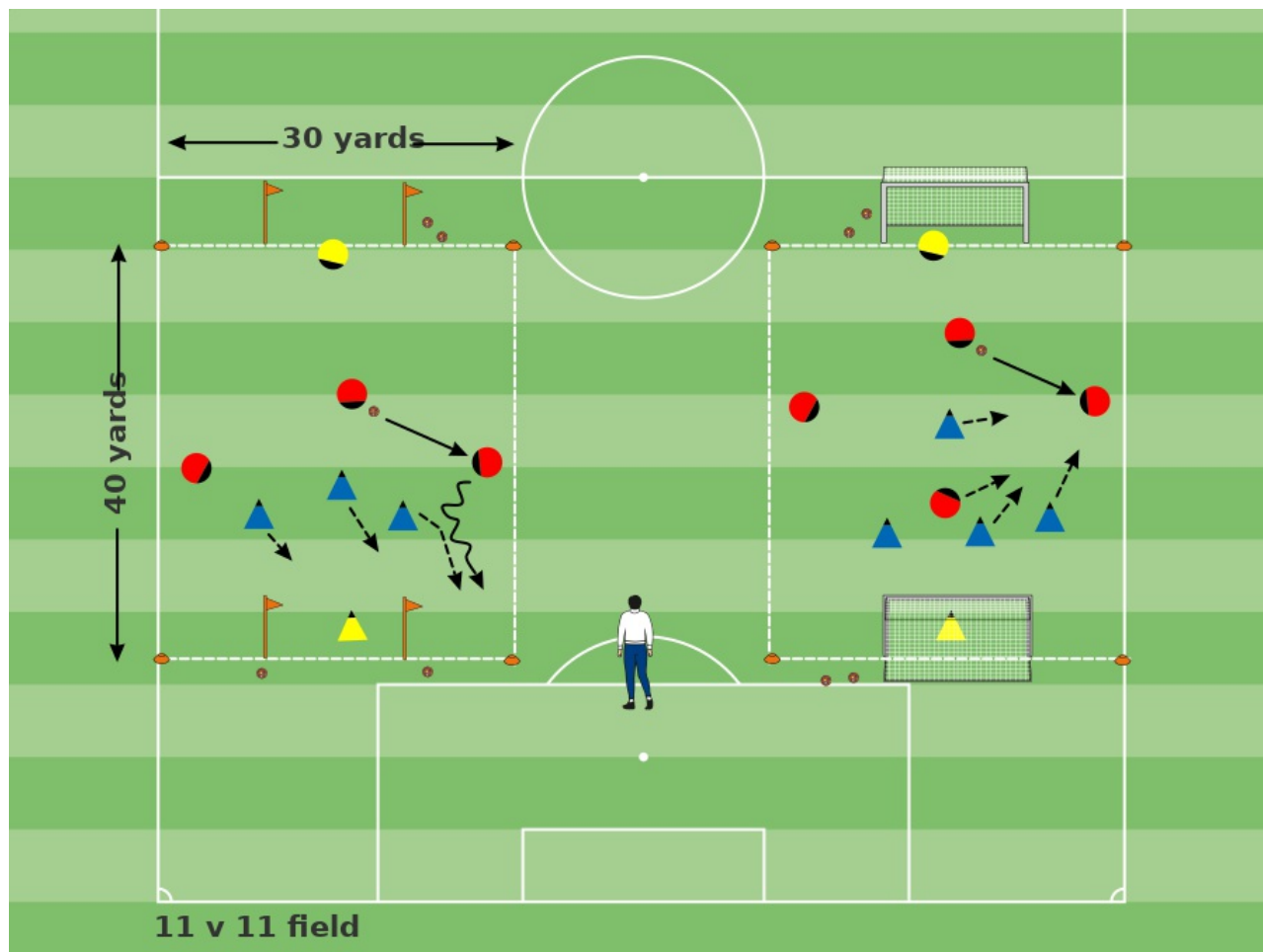
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Small-Sided Games

OBJECTIVE: To deny chances, win the ball back and score

PLAYER ACTIONS: Get compact, Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out two 40 x 30-yard fields. Free play: Divide players into two teams of four and two of five. Teams play 4 v 4 and 5 v 5 on goals with goalkeepers. Play for 30 minutes with two breaks

KEY WORDS:

Stay compact, move with the ball

GUIDED QUESTIONS:

1) How can you prevent the opponent from creating chances? 2) How do you close the gaps? 3) How do you keep them closed?

ANSWERS:

1) Close the gaps and keep them closed. 2) Form a compact unit (stay close to all nearby teammates). 3) Move with the ball, following it from side to side.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



MOMENT:

Defending



AGE:

U13+ / 11v11



PLAYERS:

5 vs 5



DURATION:

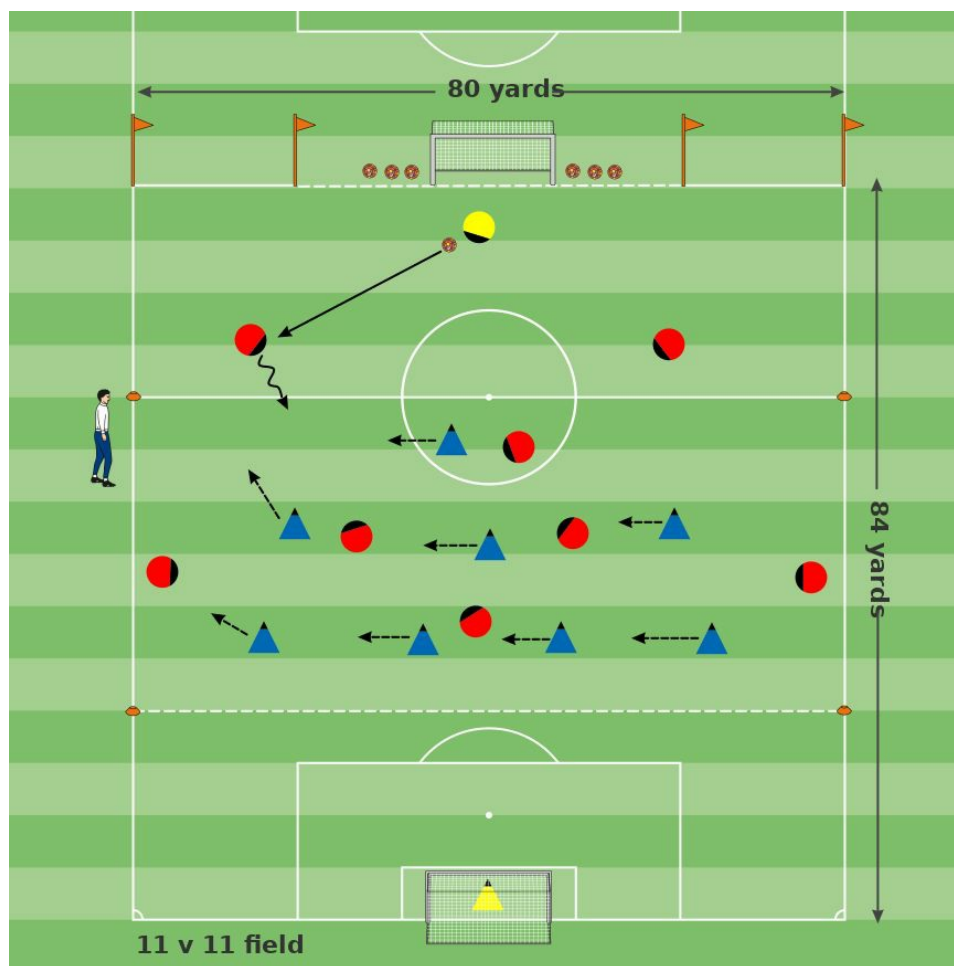
30:0 min

PRACTICE (Core Activity): 9 v 9

OBJECTIVE: To deny chances, win the ball back and score

PLAYER ACTIONS: Get compact, Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out an 80 x 84-yard field. Teams play 9 v 9. Red plays a 1-2-3-3 formation, and Blue plays a 1-4-3-1. Play starts with a pass from Red's goalkeeper. Blue starts out in the marked middle zone. If they win the ball, they counterattack on the goal in the middle or the goal lines on the wings. After interruptions, players return to their starting positions and play is restarted by Red's goalkeeper. Play for 30 minutes with two breaks.

KEY WORDS:

Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS:

1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS:

1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Focus on defending; form a compact block between the penalty box and the centerline; stay close to all nearby teammates; move with the ball.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

PRACTICE (Less Challenging): 9 v 9 on Narrow Field

OBJECTIVE: To deny chances, win the ball back and score

PLAYER ACTIONS: Get compact, Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except the field is only 60 yards wide

KEY WORDS:

Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS:

1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS:

1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Focus on defending; form a compact block between the penalty box and the centerline; stay close to all nearby teammates; move with the ball.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.



MOMENT:

Defending



AGE:

U13+ / 11v11



PLAYERS:

9 vs 9



DURATION:

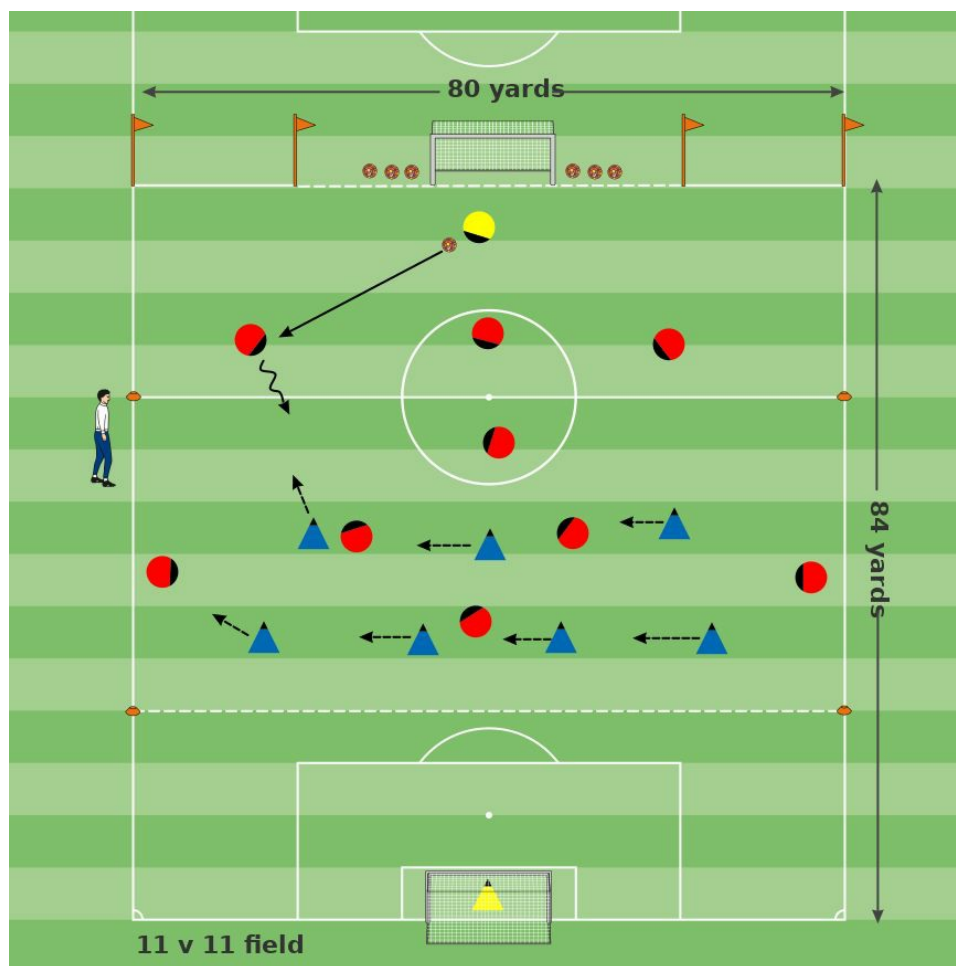
30:0 min

PRACTICE (More Challenging): 10 v 8

OBJECTIVE: To deny chances, win the ball back and score

PLAYER ACTIONS: Get compact, Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except Red has 10 players and Blue has 8. Formations are 1-3-3-3 (Red) and 1-4-3 (Blue).

KEY WORDS:

Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS:

1) What are you trying to do in this activity? 2) How do you do that?

ANSWERS:

1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Focus on defending; form a compact block between the penalty box and the centerline; stay close to all nearby teammates; move with the ball.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



MOMENT:
Defending



AGE:
U13+ / 11v11



PLAYERS:
10 vs 8



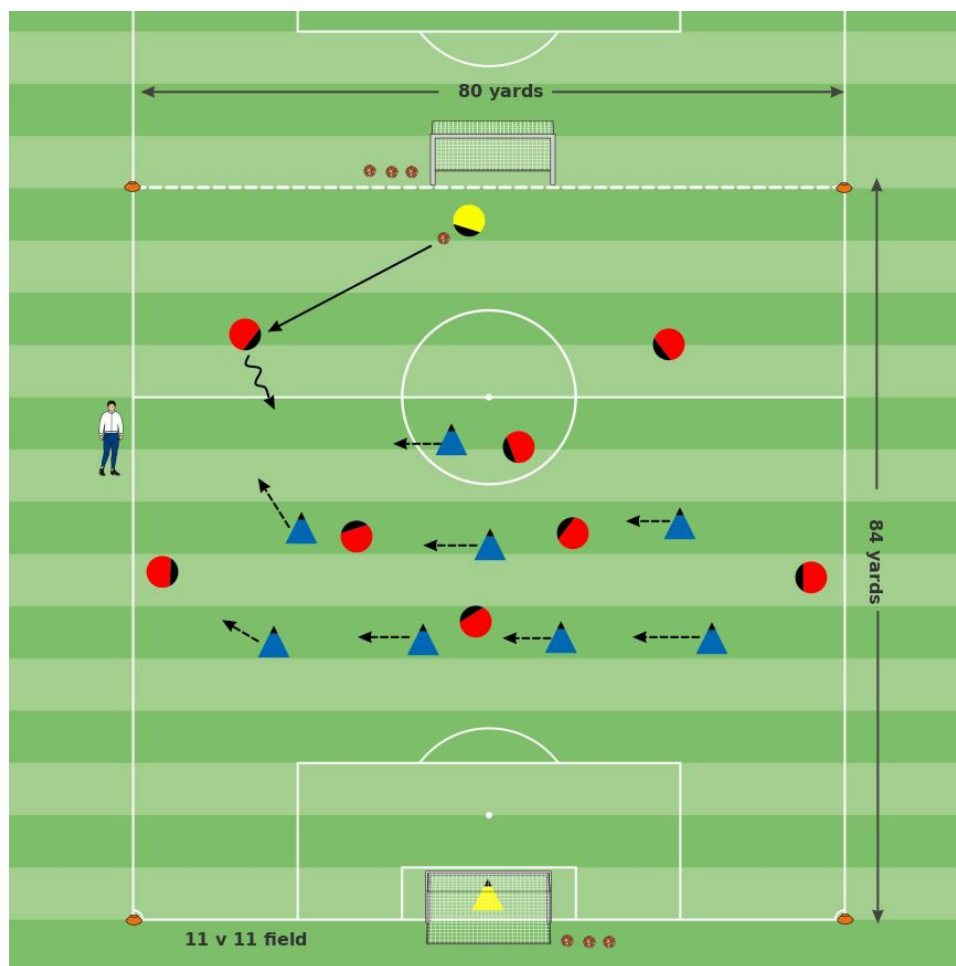
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To deny chances, win the ball back and score

PLAYER ACTIONS: Get compact, Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out an 80 x 84-yard field. Divide players into two teams of nine. Each plays a 1-4-3-1. Play according to the Laws of the Game for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS:

Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS:

1) What are you trying to do in this activity? 2) Which part of the field do you need to cover when the other team has the ball? 3) How can you prevent the opponent from creating chances? 4) How do you close the gaps? 5) How do you keep them closed?

ANSWERS:

1) Disrupt the buildup in our own half, deny chances and win the ball back. 2) Our own half in front of the penalty box. 3) Close the gaps and keep them closed. 4) Form a compact unit (stay close to all nearby teammates). 5) Move with the ball, following it from side to side.



MOMENT:

Defending



AGE:

U13+ / 11v11



PLAYERS:

9 vs 9



DURATION:

30:0 min

11v11 Defending- Improve Preventing Opponent from Building-Up in Our Half- (B)

GOAL: Improve preventing the opponent from building-up and creating chances in our half

PLAYER ACTIONS: Get compact, Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U13+ / 11v11 / 18 players

Defending

DURATION: 90 min



Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

11v11 Defending- Improve Preventing Opponent from Scoring- (A)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Outnumber, Stay involved, Steal

KEY QUALITIES: Read game/make decisions, Focus, Responsibility

 18

 90 min

1ST PLAY PHASE: Small-Sided Games

PRACTICE (Core Activity): From 1 v 2 to 2 v 2

PRACTICE (Less Challenging): 1 v 2 after Forward Pass

PRACTICE (More Challenging): 2 v 2 in Middle

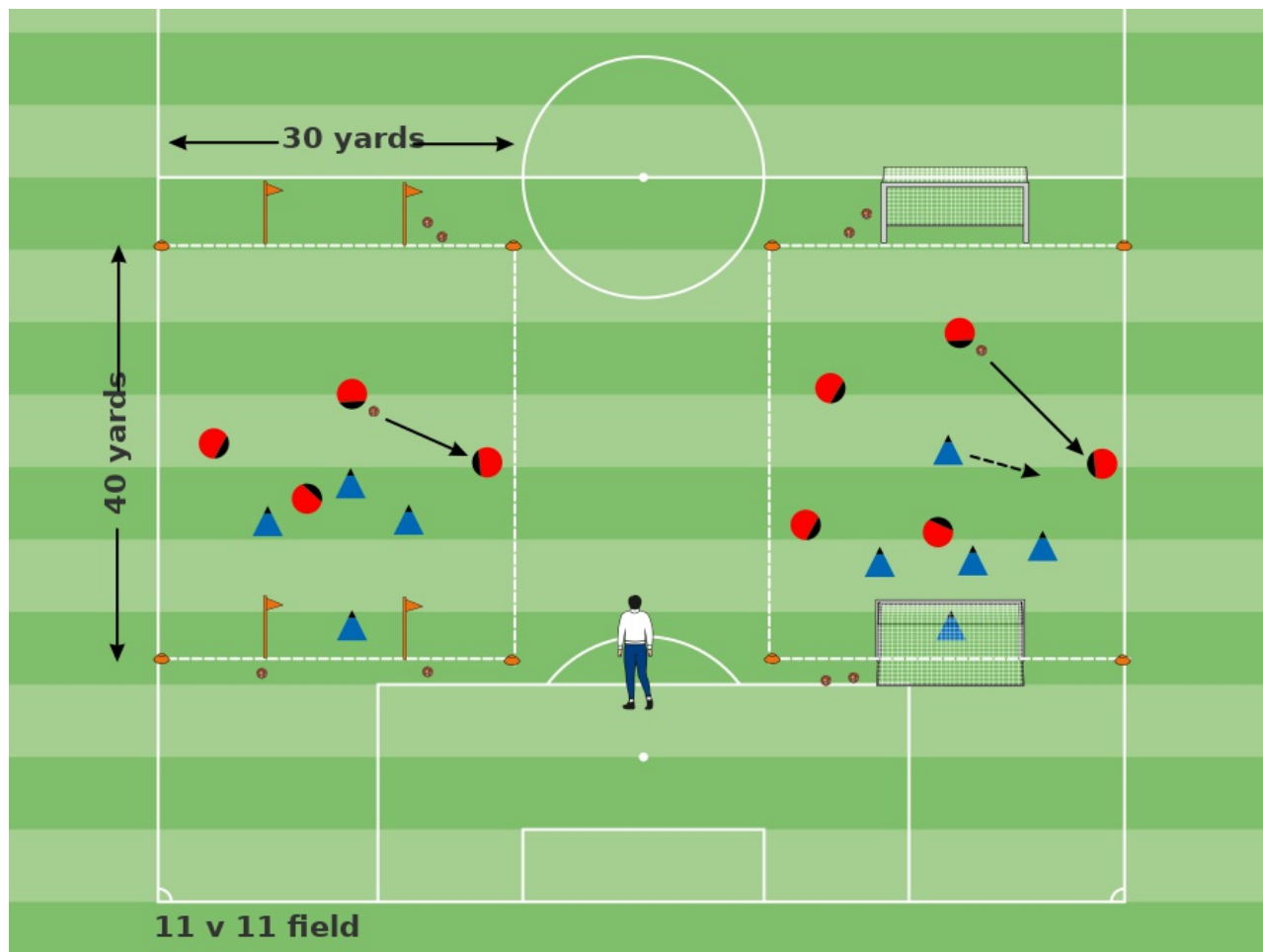
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Small-Sided Games

OBJECTIVE: To deny chances, win the ball back and score

PLAYER ACTIONS: Outnumber, Stay involved, Steal

KEY QUALITIES: Read game/make decisions, Focus, Responsibility



ORGANIZATION:

Mark out two 40 x 30-yard fields. Free play: Teams play 4 v 4 on goal lines or 5 v 5 on goals. There are no permanent goalkeepers. One player from the defending team always covers the goal. Play for 30 minutes with two breaks.

KEY WORDS:

Protect the goal, stay compact, move with the ball

GUIDED QUESTIONS:

1) What's your top priority when you're outnumbered? 2) How can you keep the opponent away from the goal even though you're outnumbered? 3) How can you help each other?

ANSWERS:

1) To protect the goal. 2) Form a compact unit, and block the direct path to the goal; steer attackers away from the goal. 3) Cover each other and communicate.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
5 vs 5

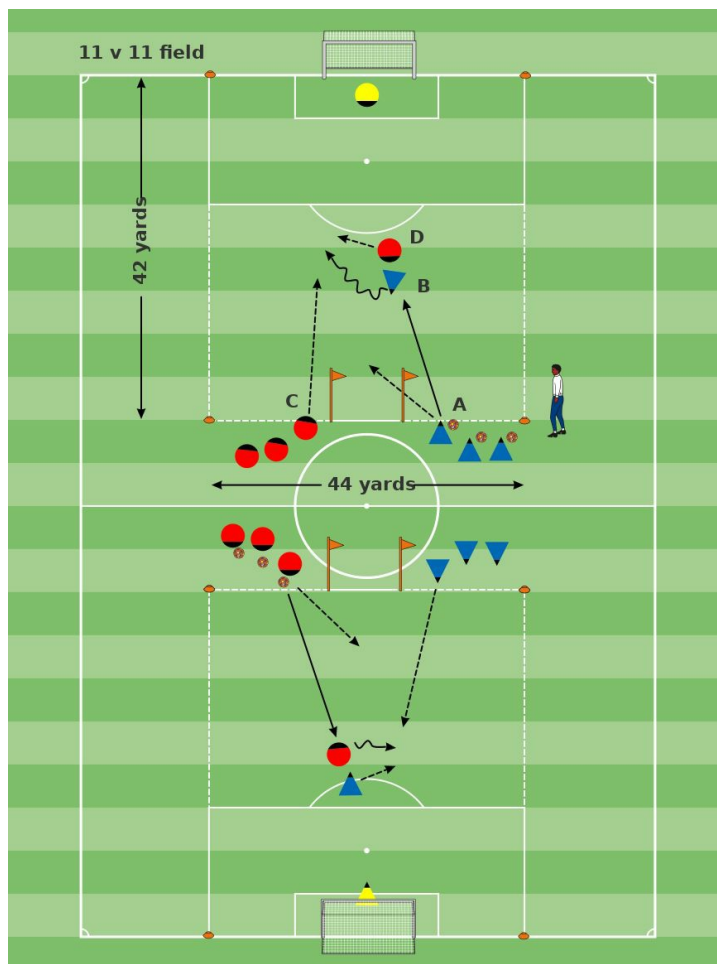
DURATION:
30:0 min

PRACTICE (Core Activity): From 1 v 2 to 2 v 2

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Outnumber, Stay involved, Steal

KEY QUALITIES: Read game/make decisions, Focus, Responsibility



ORGANIZATION:

Mark out two 42 x 44-yard fields. Divide players into two teams and position them as shown. Play begins with a pass from A to B. As soon as the pass is played, C runs in to help D. If the defenders win the ball, they counterattack on the goal line, Player A runs in to help B, and teams play 2 v 2 until a goal is scored. Afterward, A rotates to B's position and C rotates to D's. Play for 30 minutes with two breaks.

KEY WORDS:

Close opponents down, defend the goal, pressure the ball

GUIDED QUESTIONS:

1) What's the job of the defender behind the attacker? 2) What's the job of the other defender? 3) How do you close down the space? 4) When is it a good time to outnumber the opponent?

ANSWERS:

1) Steal the ball if possible; otherwise stop the attacker from turning around to face the goal. 2) Recover to help the first defender, pressure the attacker and win the ball. 3) Take long strides and then shorter steps to approach. 4) When the opponent's head is down, or he/she takes a bad touch.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
2 vs 2

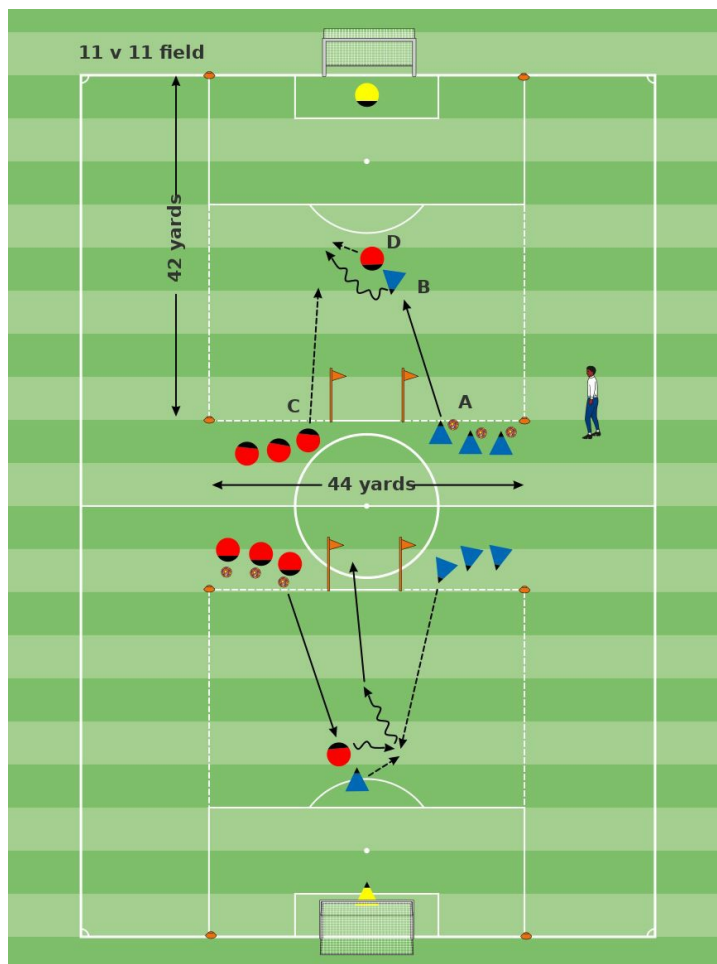
DURATION:
30:0 min

PRACTICE (Less Challenging): 1 v 2 after Forward Pass

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Outnumber, Stay involved, Steal

KEY QUALITIES: Read game/make decisions, Focus, Responsibility



ORGANIZATION:

Same as Core Activity, except teams play 1 v 2, and Player A stays out of the game after the opening pass, even if the defenders win the ball.

KEY WORDS:

Close opponents down, defend the goal, pressure the ball

GUIDED QUESTIONS:

1) What's the job of the defender behind the attacker? 2) What's the job of the other defender? 3) How do you close down the space? 4) When is it a good time to outnumber the opponent?

ANSWERS:

1) Steal the ball if possible; otherwise stop the attacker from turning around to face the goal. 2) Recover to help the first defender, pressure the attacker and win the ball. 3) Take long strides and then shorter steps to approach. 4) When the opponent's head is down, or he/she takes a bad touch.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
1 vs 2

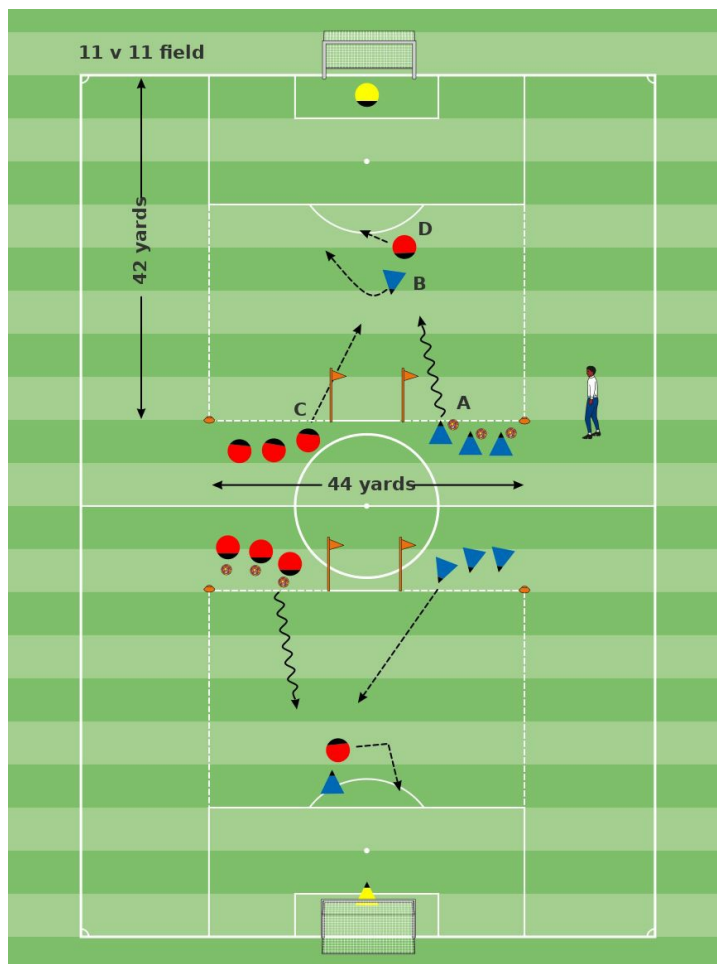
DURATION:
30:0 min

PRACTICE (More Challenging): 2 v 2 in Middle

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Outnumber, Stay involved, Steal

KEY QUALITIES: Read game/make decisions, Focus, Responsibility



ORGANIZATION:

Same as Core Activity, except teams play 2 v 2 (Player A dribbles onto the field). Play continues until a goal is scored by either team.

KEY WORDS:

Close opponents down, defend the goal, pressure the ball

GUIDED QUESTIONS:

1) What's the job of the defender behind the attacker? 2) What's the job of the other defender? 3) How do you close down the space? 4) When is it a good time to outnumber the opponent?

ANSWERS:

1) Steal the ball if possible; otherwise stop the attacker from turning around to face the goal. 2) Recover to help the first defender, pressure the attacker and win the ball. 3) Take long strides and then shorter steps to approach. 4) When the opponent's head is down, or he/she takes a bad touch

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
2 vs 2

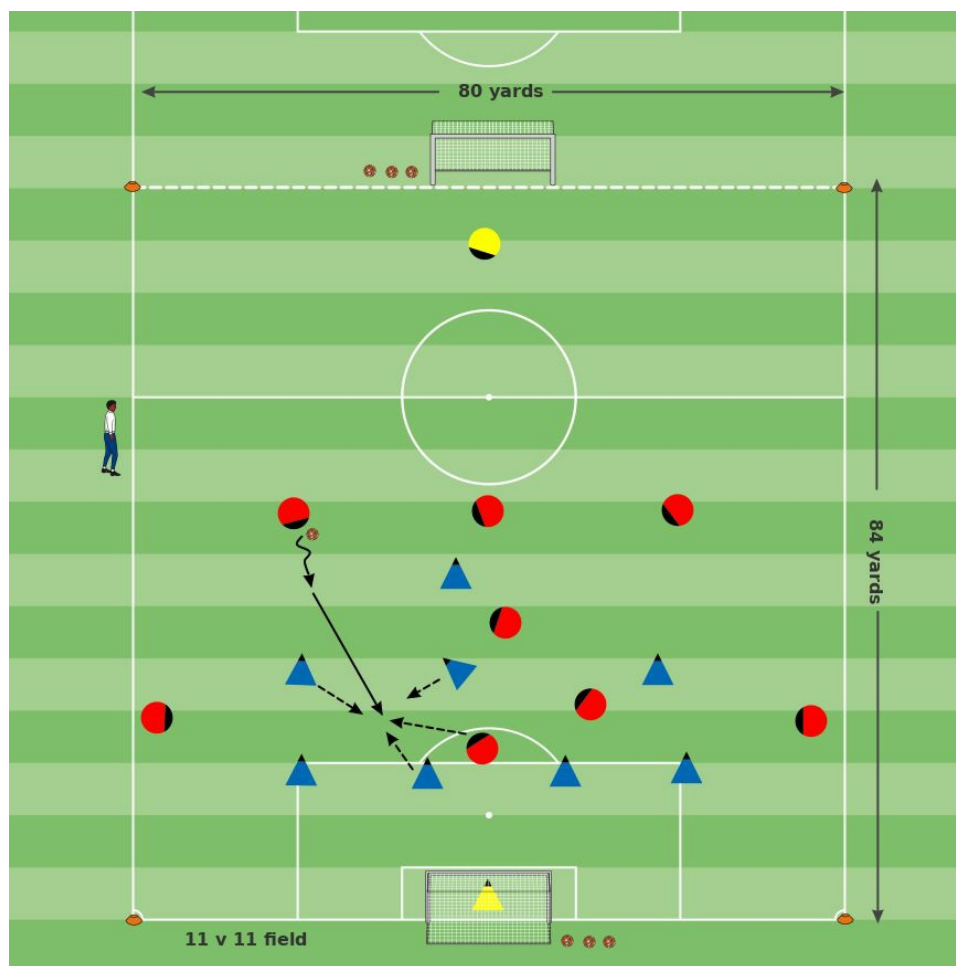
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring

PLAYER ACTIONS: Outnumber, Stay involved, Steal

KEY QUALITIES: Read game/make decisions, Focus, Responsibility



ORGANIZATION:

Mark out an 80 x 84-yard field. Divide players into two teams of nine. Each plays in a 1-4-3-1 formation. Play according to the Laws of the Game for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS:

Close opponents down, protect the goal, maintain contact, pressure the ball

GUIDED QUESTIONS:

1) What's your top priority when you're outnumbered? 2) How can you keep the opponent away from the goal even though you're outnumbered? 3) How can you help each other? 4) How do you close down the space? 5) When is it a good time to outnumber the opponent?

ANSWERS:

1) To protect the goal. 2) Form a compact unit, and block the direct path to the goal; steer attackers away from the goal. 3) Cover each other and communicate. 4) Take long strides and then shorter steps to approach. 5) When the opponent's head is down, or he/she takes a bad touch.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

11v11 Defending- Improve Preventing Opponent from Scoring- (A)

GOAL: Improve preventing the opponent from scoring

PLAYER ACTIONS: Outnumber, Stay involved, Steal

KEY QUALITIES: Read game/make decisions, Focus, Responsibility

AGE: U13+ / 11v11 / 18 players

Defending

DURATION: 90 min



Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

11v11 Defending- Improve Preventing the Opponent from Building-Up in Their Half- (A)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Steal, Pressure/cover/balance, Outnumber

KEY QUALITIES: Read game/make decisions, Initiative, Focus

 18

 90 min

1ST PLAY PHASE: Small-Sided Games

PRACTICE (Core Activity): Win the Ball (Defenders Numbers-Up)

PRACTICE (Less Challenging): Win the Ball (Defenders Numbers-Up)

PRACTICE (More Challenging): Win the Ball (Equal Teams)

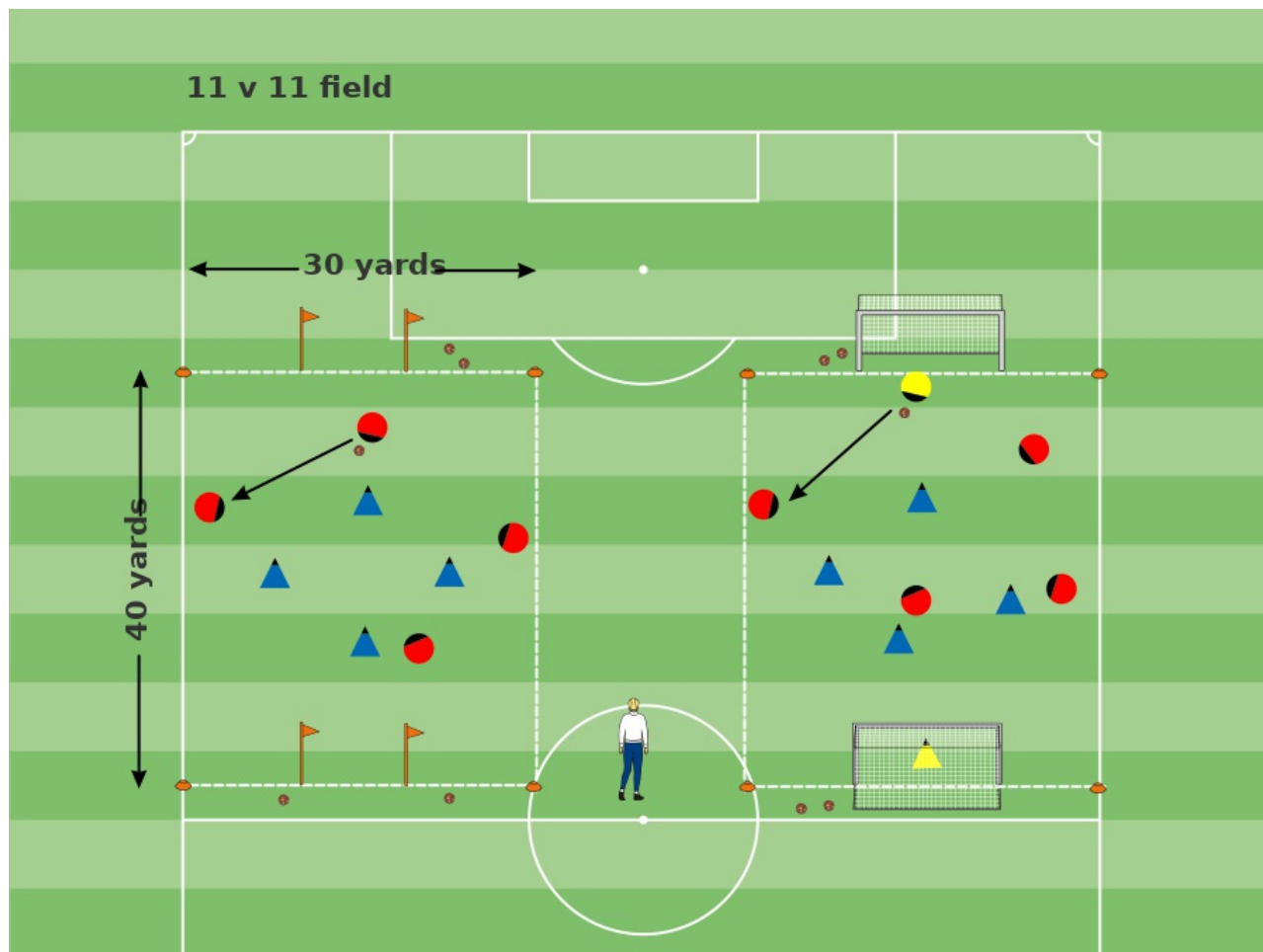
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Small-Sided Games

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score

PLAYER ACTIONS: Steal, Pressure/cover/balance, Outnumber

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out two 40 x 30-yard fields. Free play: Field 1: Teams play 4 v 4 on 8-yard goal lines without goalkeepers (pass on the ground to score). Field 2: Teams play 4 v 4 on goals with goalkeepers. Goals scored after winning the ball in the opponent's half count double. Play for 30 minutes with two breaks

KEY WORDS:

Stay compact, pressure, cover, balance, work together

GUIDED QUESTIONS:

1) Why is it good to win the ball in the opponent's half? 2) What do you need to do to be able to disrupt their buildup right away?

ANSWERS:

1) We're close to their goal (shorter transition time). 2) Form a compact unit, block forward passing lanes, make them play square passes, work together (with communication) to put pressure on the opponent.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
5 vs 5

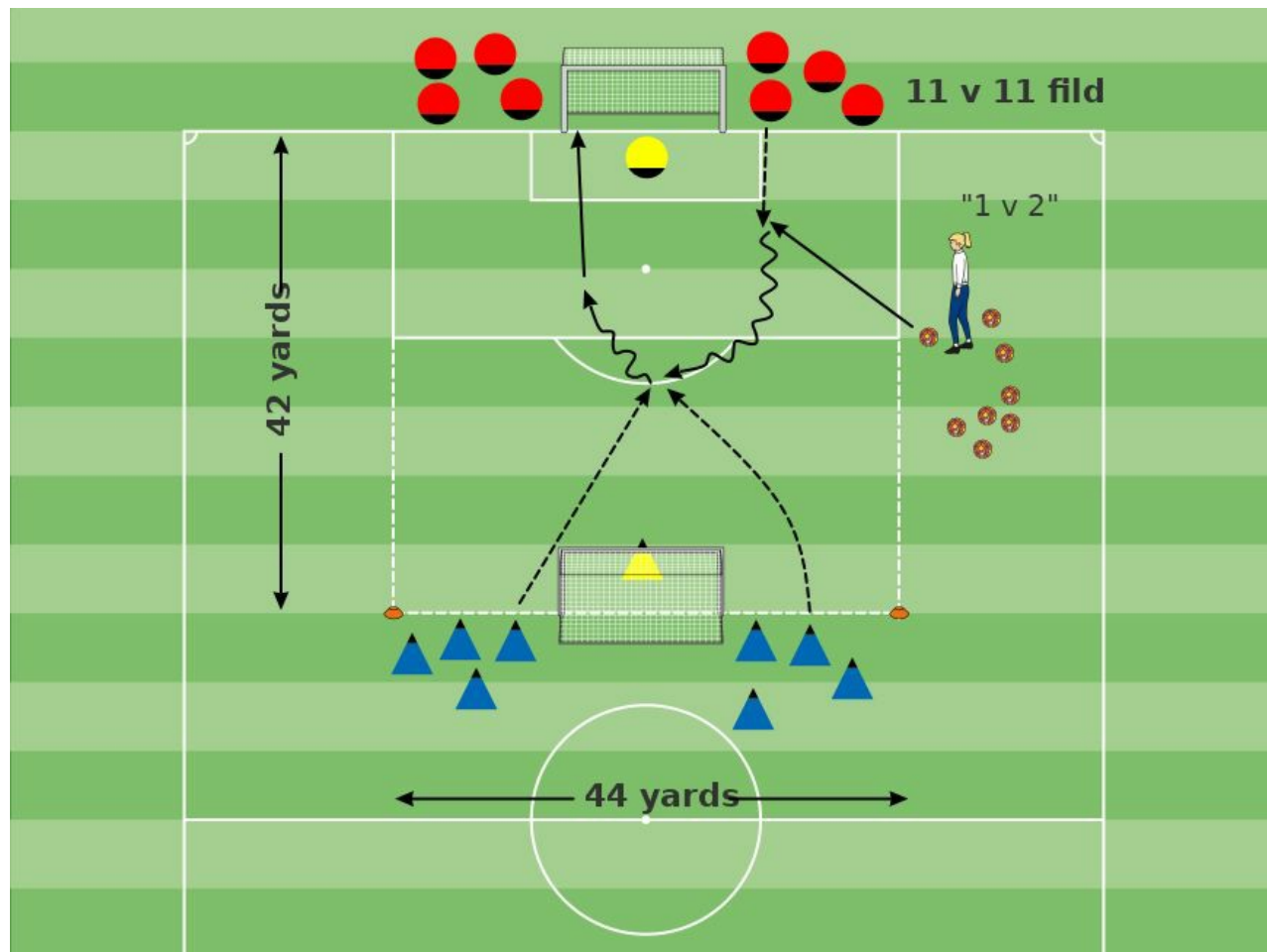
DURATION:
30:0 min

PRACTICE (Core Activity): Win the Ball (Defenders Numbers-Up)

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score

PLAYER ACTIONS: Steal, Pressure/cover/balance, Outnumber

KEY QUALITIES: Read game/make decisions, Initiative, Focus

**ORGANIZATION:**

Mark out a 42 x 44-yard field with goals and goalkeepers. Choose eight attackers (Blue) and eight defenders (Red) and assign each team to a goal. The coach calls out the game (1 v 2, 2 v 3 or 3 v 4) and then plays the ball in to Blue. The appropriate number of players run onto the field and play until a goal is scored by either team. Then a new round begins. Play for 30 minutes with two breaks.

KEY WORDS:

Outnumber the opponent, pressure, cover, work together

GUIDED QUESTIONS:

- 1) What are you trying to do in this activity?
- 2) How do you do that?
- 3) When do you step to apply pressure?
- 4) Do we go together or with just one defender? Why?

ANSWERS:

1) Disrupt the buildup in the opponent's half, win the ball and score. 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball. 3) When the opponent has head down or takes a bad touch or bad pass. 4) Go together as a unit so that we stay compact.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
3 vs 4

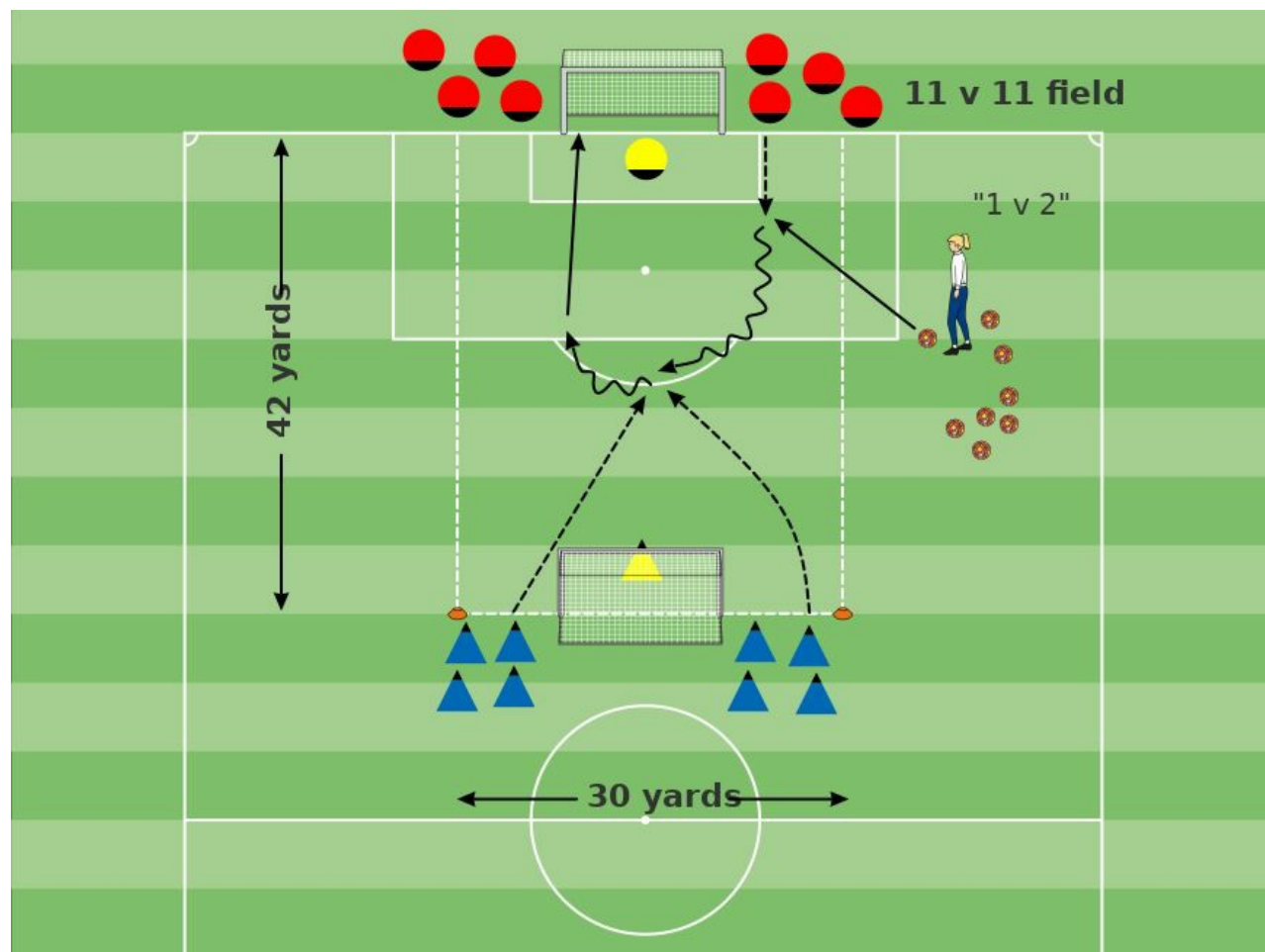
DURATION:
30:0 min

PRACTICE (Less Challenging): Win the Ball (Defenders Numbers-Up)

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score.

PLAYER ACTIONS: Steal, Pressure/cover/balance, Outnumber

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except the field is only 30 yards wide

KEY WORDS:

Outnumber the opponent, pressure, cover, attack the ball

GUIDED QUESTIONS:

- 1) What are you trying to do in this activity?
- 2) How do you do that?
- 3) When do you step to apply pressure?
- 4) Do we go together or with just one defender? Why?

ANSWERS:

1) Disrupt the buildup in the opponent's half, win the ball and score. 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball. 3) When the opponent has head down or takes a bad touch or bad pass. 4) Go together as a unit so that we stay compact.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.



MOMENT:

Defending



AGE:

U13+ / 11v11



PLAYERS:

4 vs 3



DURATION:

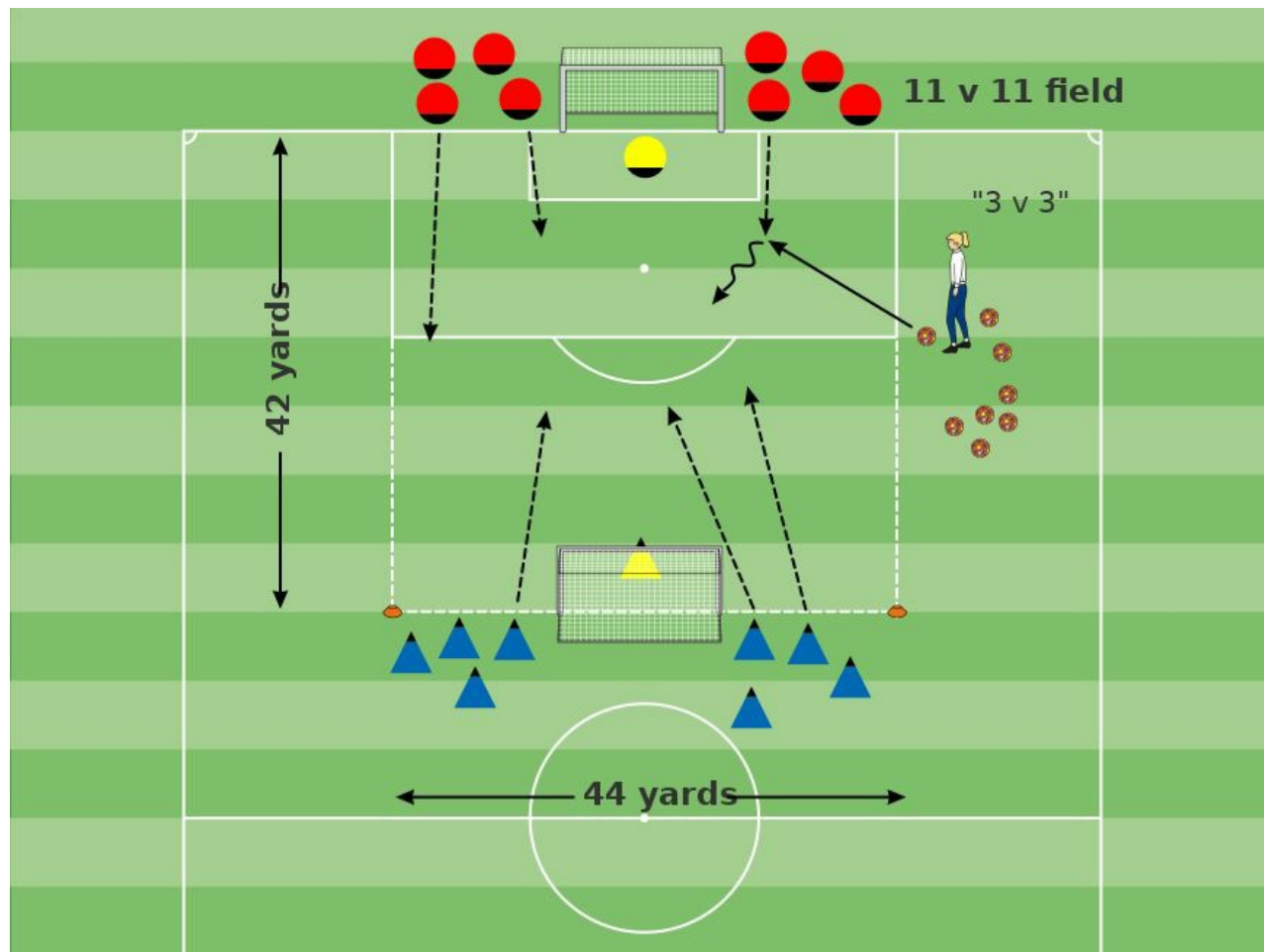
30:0 min

PRACTICE (More Challenging): Win the Ball (Equal Teams)

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score

PLAYER ACTIONS: Steal, Pressure/cover/balance, Outnumber

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except both teams are equal: Options are 1 v 1, 2 v 2, 3 v 3 or 4 v 4.

KEY WORDS:

Outnumber the opponent, pressure, cover, attack the ball

GUIDED QUESTIONS:

- 1) What are you trying to do in this activity?
- 2) How do you do that?
- 3) When do you step to apply pressure?
- 4) Do we go together or with just one defender? Why?

ANSWERS:

1) Disrupt the buildup in the opponent's half, win the ball and score. 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball. 3) When the opponent has head down or takes a bad touch or bad pass. 4) Go together as a unit so that we stay compact

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



MOMENT:

Defending



AGE:

U13+ / 11v11



PLAYERS:

4 vs 4



DURATION:

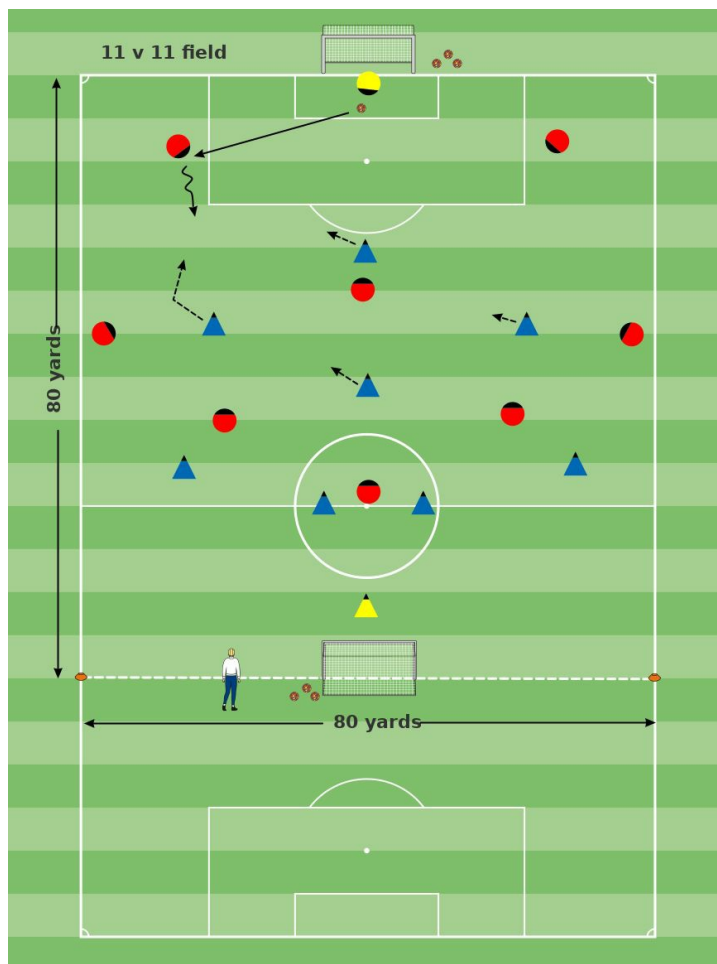
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To deny chances, win the ball back and score

PLAYER ACTIONS: Steal, Pressure/cover/balance, Outnumber

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out an 80 x 80-yard field. Divide players into two teams of eight. Each plays in a 1-4-1-3 formation and tries to disrupt the other's buildup as quickly as possible. Play according to the Laws of the Game for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS:

Stay compact, move with the ball, work together

GUIDED QUESTIONS:

1) Why is it good to win the ball in the opponent's half? 2) What do you need to do to be able to disrupt their buildup right away? 3) What are your signals to start pressing? 4) Do we go together or with just one defender? Why?

ANSWERS:

1) We're close to their goal (shorter transition time). 2) Start defending forward as soon as the game starts, work together to pressure the ball carrier and try to finish quickly if we win the ball. 3) When the opponent has head down or takes a bad touch or bad pass. 4) Go together as a unit so that we stay compact.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

11v11 Defending- Improve Preventing the Opponent from Building-Up in Their Half- (A)

GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Steal, Pressure/cover/balance, Outnumber

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U13+ / 11v11 / 18 players

Defending

DURATION: 90 min



Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES:

11v11 Defending- Improve Preventing the Opponent from Building-Up in Their Half- (B)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Get compact, Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus

 18

 30 min

1ST PLAY PHASE: Small-Sided Games

PRACTICE (Core Activity): 6 v 6 to 3 v 1 on Two Goals with Goalkeepers

PRACTICE (Less Challenging): 5 v 6 to 3 v 2 on Two Goals with Goalkeepers

PRACTICE (More Challenging): 7 v 6 to 3 v 0 on Two Goals with Goalkeepers

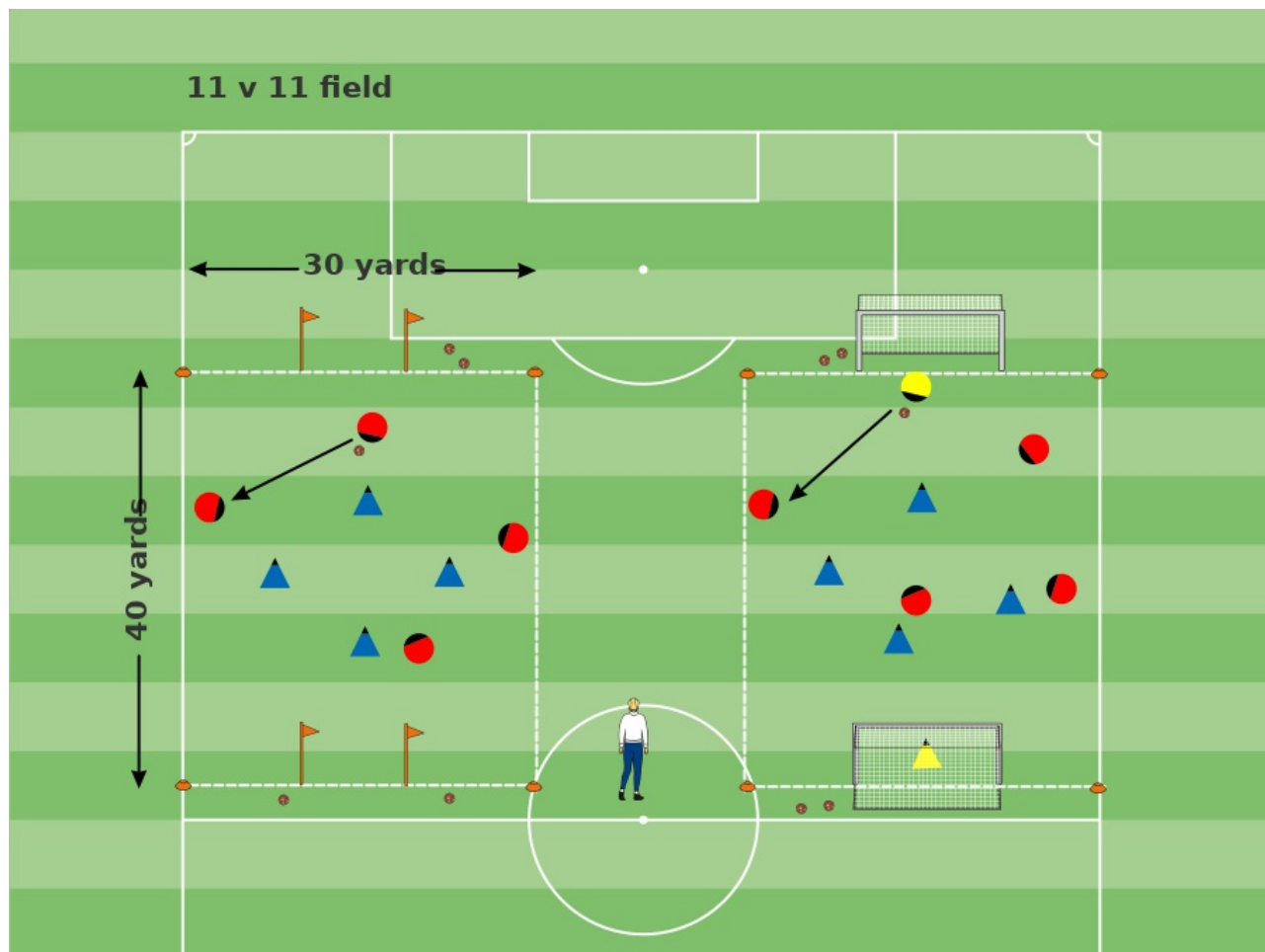
2ND PLAY PHASE: The Game

1ST PLAY PHASE: Small-Sided Games

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score

PLAYER ACTIONS: Get compact, Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out two 40 x 30-yard fields. Free play: Field 1: Teams play 4 v 4 on 8-yard goal lines (pass on the ground to score). Field 2: Teams play 4 v 4 on goals with goalkeepers. Play for 30 minutes with two breaks

KEY WORDS:

Stay compact, move with the ball, attack the ball

GUIDED QUESTIONS:

1) What do you need to do to be able to disrupt the opponent's buildup right away? 2) What should you do after a turnover?

ANSWERS:

1) Form a compact unit, block forward passing lanes, make them play square passes, and work together (with communication) to put pressure on them. 2) Immediately switch to offense and finish as quickly as possible.

NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
5 vs 5

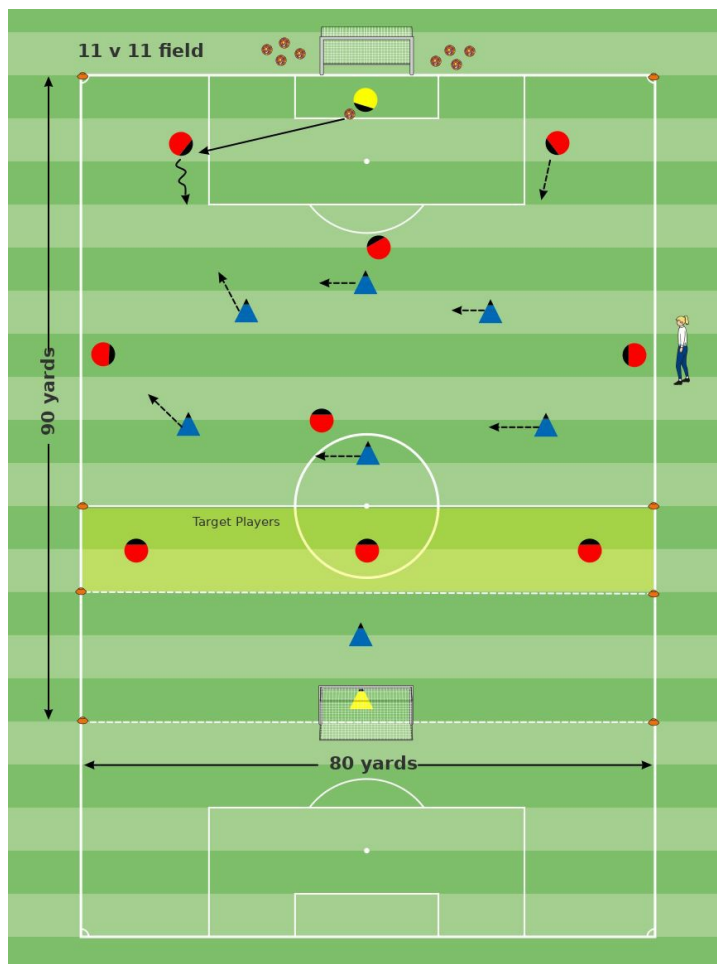
DURATION:
30:0 min

PRACTICE (Core Activity): 6 v 6 to 3 v 1 on Two Goals with Goalkeepers

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score

PLAYER ACTIONS: Get compact, Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out an 80 x 90-yard field divided into three zones. Divide players into teams of 9 and 7 (Red and Blue) and position them as shown. Red plays 6 v 6 against Blue in the attack-building zone. Red's three target players can only receive ground balls. After they receive the ball, they attack 3 v 1 on Blue's goal. If Blue wins the ball, they counterattack on Red's goal. Play for 30 minutes with two breaks.

KEY WORDS:

Stay compact, move with the ball, slide across together

GUIDED QUESTIONS:

1) Why is it a bad idea to always put pressure high up the field? 2) What should we do when their initial buildup is short? 3) When and where do we want to win the ball?

ANSWERS:

1) Because if we do, they could pass the ball over the top of us. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender who struggles in their build-up. We could also force them into an outnumbered situation.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
6 vs 6

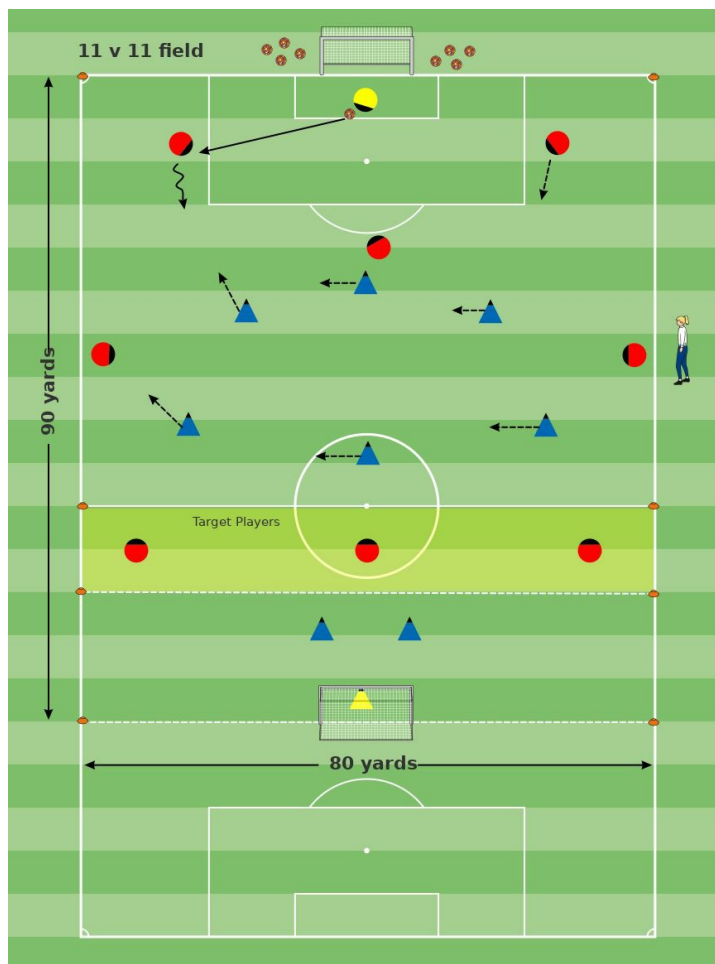
DURATION:
30:0 min

PRACTICE (Less Challenging): 5 v 6 to 3 v 2 on Two Goals with Goalkeepers

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score

PLAYER ACTIONS: Get compact, Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except teams play 5 v 6 in the attack-building zone, and the target players attack 3 v 2 on Blue's goal.

KEY WORDS:

Stay compact, move with the ball, slide across together

GUIDED QUESTIONS:

1) Why is it a bad idea to always put pressure high up the field? 2) What should we do when their initial buildup is short? 3) When and where do we want to win the ball?

ANSWERS:

1) Because if we do, they could pass the ball over the top of us. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender who struggles in their build-up. We could also force them into an outnumbered situation.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
5 vs 6

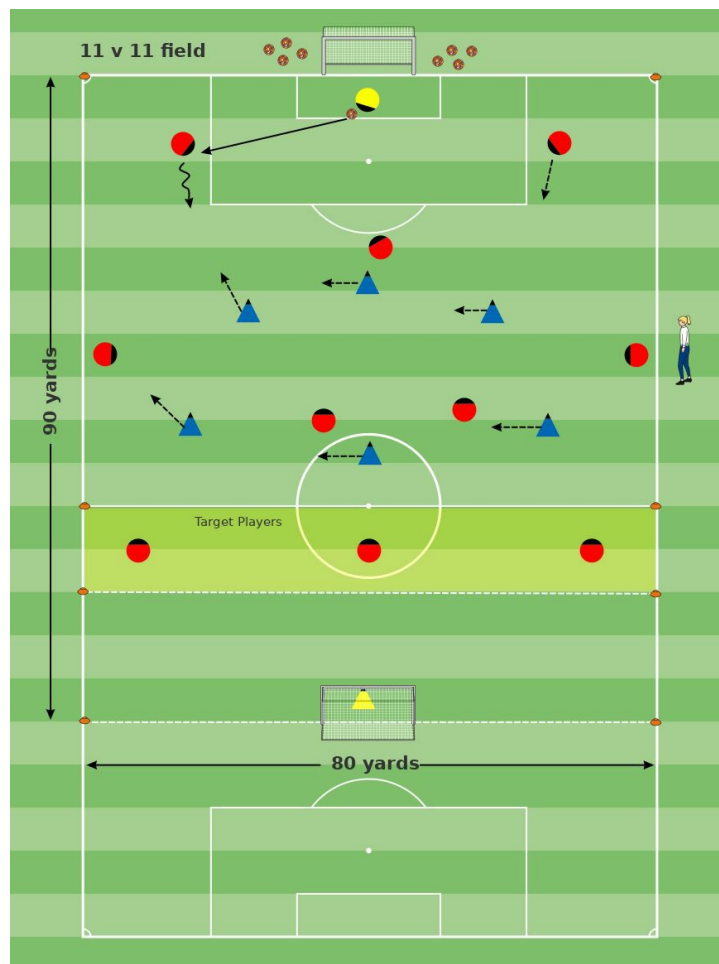
DURATION:
30:0 min

PRACTICE (More Challenging): 7 v 6 to 3 v 0 on Two Goals with Goalkeepers

OBJECTIVE: To disrupt the buildup in the opponent's half, win the ball and score

PLAYER ACTIONS: Get compact, Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Same as Core Activity, except teams play 7 v 6 in the attack-building zone, and the target players have three seconds to finish on Blue's goal.

KEY WORDS:

Stay compact, move with the ball, slide across together

GUIDED QUESTIONS:

1) Why is it a bad idea to always put pressure high up the field? 2) What should we do when their initial buildup is short? 3) When and where do we want to win the ball?

ANSWERS:

1) Because if we do, they could pass the ball over the top of us. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender who struggles in their build-up. We could also force them into an outnumbered situation.

NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
7 vs 6

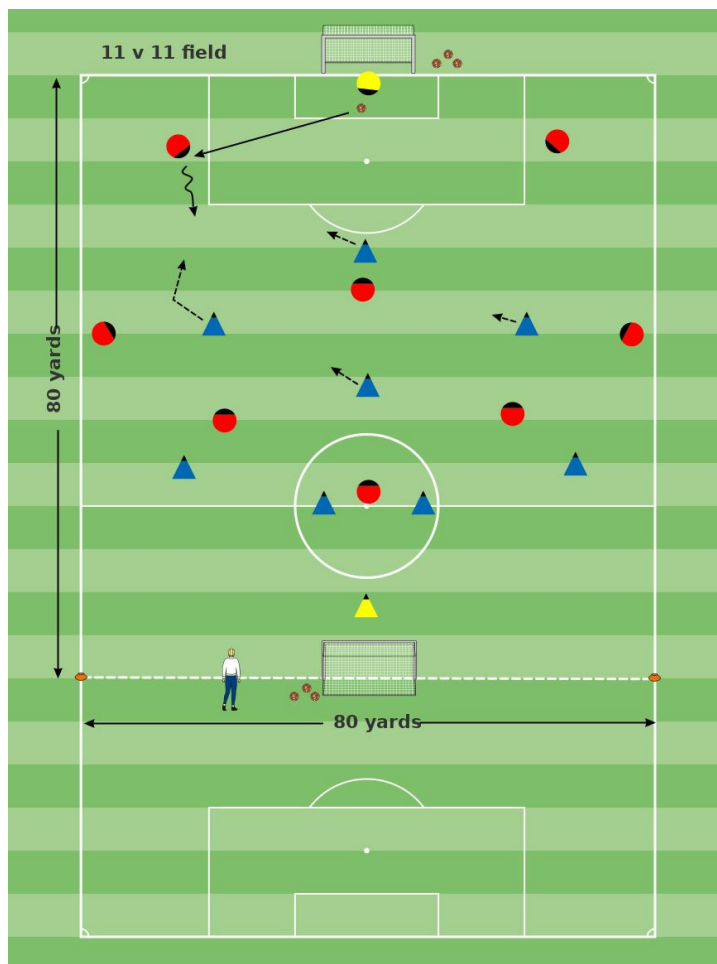
DURATION:
30:0 min

2ND PLAY PHASE: The Game

OBJECTIVE: To deny chances, win the ball back and score

PLAYER ACTIONS: Get compact, Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus



ORGANIZATION:

Mark out an 80 x 80-yard field. Divide players into two teams of eight. Each plays a 1-4-1-3 and tries to disrupt the other's buildup as quickly as possible. Play according to the Laws of the Game for 30 minutes including one "halftime" (5 minutes max).

KEY WORDS:

Stay compact, move with the ball, slide across together

GUIDED QUESTIONS:

1) Why is it a bad idea to always put pressure high up the field? 2) What should we do when their initial buildup is short? 3) When and where do we want to win the ball?

ANSWERS:

1) Because if we do, they could pass the ball over the top of us. 2) Move up slightly: The player closest to the ball leads; the others follow the ball but don't attack yet. 3) It depends on our strategy; one example might be on a pass to an outside defender who struggles in their build-up. We could also force them into an outnumbered situation.

MOMENT:
Defending

AGE:
U13+ / 11v11

PLAYERS:
9 vs 9

DURATION:
30:0 min

11v11 Defending- Improve Preventing the Opponent from Building-Up in Their Half- (B)

GOAL: Improve preventing the opponent from building-up in their own half

PLAYER ACTIONS: Get compact, Stay compact, Steal

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U13+ / 11v11 / 18 players

Defending

DURATION: 30 min



Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: