## AGE GROUP

### 11U-12U

### GOAL

Improve Scoring Goals

### PLAYER ACTIONS

Shoot, Pass/dribble forward, Create 2v1 or 1v1

### KEY QUALITIES

Make Decisions, Be proactive, Optimal technical abilities

### MOMENT

Attacking

### DURATION

60 minutes

### PLAYERS

16 Players

### SKILL ACQUISITION:

**Dribbling:** Surface of the foot and ball, quality of the touch  
**Passing:** Surface of the foot and ball, Pace and accuracy  
**Receiving:** Body, position, surface of the foot and ball, first touch  
**Shooting:** Surface of the foot and ball, standing foot and accuracy over power

### 1st PLAY PHASE (Intentional Free Play): 4v4 to Goal

**OBJECTIVE:** To create chances and score goals.

**PLAYER ACTIONS:** Shoot, Pass/dribble forward, Create 2v1 or 1v1

**ORGANIZATION:** Set up two or more 23Wx35L fields with a goal at each end with Goalkeepers. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

**KEY WORDS:** Get open, Shoot, Pass, Take opponents.

**GUIDED QUESTIONS:** 1. How can you get open? 2. What should you do if confronted by a defender? 3. What should you do if you find an opening?

**ANSWERS:** 1. Move to open space or away from defenders. 2. Dribble at him, either take him on or pass the ball. 3. We should pass forward, dribble forward or shoot at goal.

**Note** - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

**PRACTICE (Core Activity): 5v5 to Goal & a counter goal**

**OBJECTIVE:** To create chances and score goals.

**PLAYER ACTIONS:** Shoot, Pass/dribble forward, Create 2v1 or 1v1

**ORGANIZATION:** Set up a 36Wx32L field with a regular goal and one counter goal as shown in the diagram. Select 5 Blue attackers, 4 Red defenders and their GK. Blue team scores in the regular goal, Red team scores in the counter goal. Rotate players every interval. All Laws of the game in effect.

**KEY WORDS:** Get open, Shoot, Pass, Take opponents.

**GUIDED QUESTIONS:** 1. How can you get open? 2. What should you do if confronted by a defender? 3. What should you do if you find an opening?

**ANSWERS:** 1. Move to open space or away from defenders. 2. Dribble at them, either take them on or pass the ball. 3. We should pass forward, dribble forward or shoot at goal.

**Note** – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

**PRACTICE (Less Challenging): 5v5 to Goal & a counter goal**

**OBJECTIVE:** To possess the ball, move it forward and create scoring chances.

**PLAYER ACTIONS:** Spread out, Pass/dribble forward, Create passing options, 2v1 or 1v1

**ORGANIZATION:** Set up a 44Wx32L field with a regular goal and one counter goal as shown in the diagram. Select 5 Blue attackers, 4 Red defenders and their GK. Blue team scores in the regular goal, Red team scores in the counter goal. Rotate players every interval. All Laws of the game in effect.

**KEY WORDS:** Get open, Shoot, Pass, Take opponents.

**GUIDED QUESTIONS:** 1. How can you get open? 2. What should you do if confronted by a defender? 3. What should you do if you find an opening?

**ANSWERS:** 1. Move to open space or away from defenders. 2. Dribble at them, either take them on or pass the ball. 3. We should pass forward, dribble forward or shoot at goal.

**Note** – Switch to this activity if the CORE is too difficult for the players.
FIVE ELEMENTS of TRAINING EXERCISE | TRAINING SESSION SELF-REFLECTION QUESTIONS
---|---
1. **Organized**: Is the exercise organized in the right way? | 1. Did you achieve your goals of the training session?
2. **Game like**: Is the exercise game like? | 2. What did you do well?
3. **Repetitions**: Are there repetitions when looking at the overall goal of the session? | 3. What could you do better?
4. **Challenging**: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) |