

Fall 2020



GOAL:	Improve the build up in the opponent's half in order to create scoring chances 2			
PLAYER ACTIONS	Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack			
KEY QUALITIES	Read the game, Focus, Optimal technical abilities			
MOMENT	ATTACKING	DURATION	60 minutes	PLAYERS
				18

13+
11V11

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

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: To pass or dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In our own half set up two or more 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate, Overload, Possession, and Switch.

GUIDED QUESTIONS: 1. Where do we want to keep possession of the ball to penetrate? 2. When is a good time to penetrate through an opening? 3. What do we need to do to create an overload?

ANSWERS: 1. In the attacking half of the field - 2. We will pass forward though an opening when we have a receiver on the other side of the opening - 3. Create a 2v1 and combine forward.

Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 1v1 to regular goals

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: To pass or dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In a 11v11 field, set up a 70Wx70L playing area with regular goals. The 6 Blue players: 2 midfielders 2 winger and 2 strikers against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Both teams score in the opponent's goal. All Laws of the game in effect. When one team scores, the other team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate, Overload, Possession, and Switch.

GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do if we can't penetrate? 3. What should you do in an overload? 4. When should we penetrate on the dribble? 5. When is a good time to switch fields?

ANSWERS: 1. We spread out - 2. Possess the ball, pass around the defenders to move the ball forward - 3 We should combine in a 2v1 - 4. When we have space or we are in a 1v1 - 5. We change fields when we have too many defenders in front and can't penetrate.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 5v4 to goal

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To pass or dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In a 11v11 field, set up two 30Wx45L fields with a goal at each end. The 5 Blue players will try to score in the Red's goal and the 4 Red players will score in the Blue's goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate, Overload, Possession, and Switch.

GUIDED QUESTIONS: 1. Where do we want to keep possession of the ball? 2. When is a good time to penetrate through an opening? 3. What do we need to create an overload?

ANSWERS: 1. In the attacking half of the field - 2. We will pass forward though an opening when we have a receiver on the other side to receive the ball - 3. To create a 2v1 and combine forward.

Note: Switch to this activity if the Core is too difficult for the players.

MORE CHALLENGING: 7v8 to regular goals



DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To pass or dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In a 11v11 field, set up a 70Wx70L playing area with regular goals. The 6 Blue players: 2 midfielders 2 wingers and 2 strikers against 8 Red players: 1 GK, 4 defenders and 3 midfielders. Both teams score in the opponent's goal. All Laws of the game in effect. When one team scores, the other team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate, Overload, Possession, and Switch.

GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do if we can't penetrate? 3. What should you do in an overload? 4. When should we penetrate on the dribble? 5. When is a good time to switch fields?

ANSWERS: 1. We spread out - 2. Possess the ball, pass around the defenders to move the ball forward - 3 We should combine in a 2v1 - 4. When we have space or we are in a 1v1 - 5. We change fields when we have too many defenders in front and can't penetrate.

Note: Switch to this activity if the Core is too easy for the players.

2nd PLAY PHASE: The Game – 9V9



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: To pass or dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue team will play in a 1-2-4-2 formation and the Red team will play in a 1-4-3-1 formation.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate, Overload, Possession, and Switch.

GUIDED QUESTIONS: 1. How do we create an opening? 2. Where should we move the ball when in possession? 3. When should we penetrate through and forward? 4. Why do we want to create an overload? 5. In what ways can we pass the ball to switch fields?

ANSWERS: 1. Spread out - 2. Pass the ball backwards, sideways and diagonally to move the defenders and find or create an opening - 3 Pass though and forward when we find or create an opening - 4. To create a 2v1 and combine passing around a defender - 5. We can pass around defenders to get the ball to the other side or we can pass over defenders.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

1. **Organized:** Is the exercise organized in the right way?
2. **Game like:** Is the exercise game like?
3. **Repetitions:** Are there repetitions 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 the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. How did you achieve your goals in the training session?
2. What did you do well?
3. What could you do better?