

Attacking- Building Up/ Creating Chances in Opp Half

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

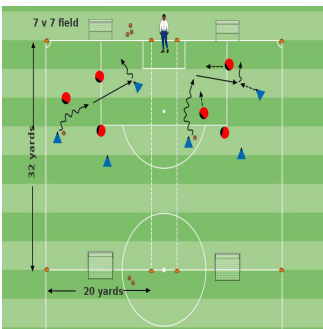
PLAYER ACTIONS: Pass/dribble, Spread out

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

AGE: U7-U10 / 8-10 players

Attacking

DURATION: 90 min



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward and score goals.

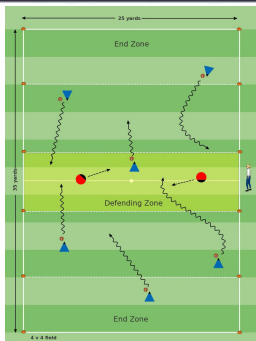
ORGANIZATION: Mark out two 32 x 20 yard fields, each with two mini goals. Teams play 3 v 3. Free play, kick-ins. Play for 30 minutes with two to three breaks.

KEY WORDS: Opening, take opponents on, head up, go!

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it.

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



PRACTICE (Core Activity): Dribbling Game

OBJECTIVE: To dribble past opponents

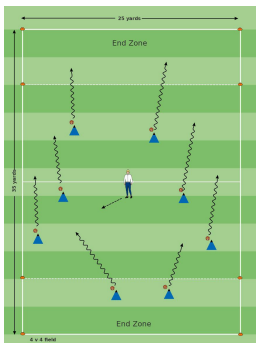
ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with a defending zone and two end zones. Players dribble back and forth into the end zones to earn points. Two defenders are stationed in the defending zone. They switch with the attackers when they win the ball, or every two minutes. Play for 30 minutes with two to three breaks.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start here at the Core Activity. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase.



PRACTICE (Less Challenging): Dribbling Game (Coach as defender)

OBJECTIVE: To dribble past opponents

ORGANIZATION: Same as Core Activity, except the coach acts as a defender and all the players have to go in the same direction.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

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

Attacking- Building Up/ Creating Chances in Opp Half

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

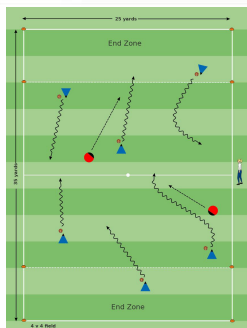
PLAYER ACTIONS: Pass/dribble, Spread out

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

AGE: U7-U10 / 8-10 players

Attacking

DURATION: 90 min



PRACTICE (More Challenging): Dribbling Game (Two free defenders)

OBJECTIVE: To dribble past opponents.

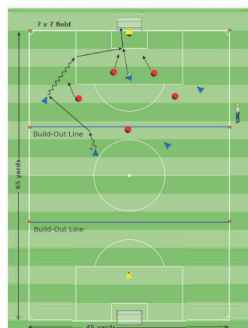
ORGANIZATION: Same as Core Activity, except the two defenders may defend anywhere but the end zones. They switch with the attackers when they win the ball, or every two minutes.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

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



2ND PLAY PHASE: The Game

OBJECTIVE: To score goals.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation Play for 30 minutes including one "halftime" (5 min.)

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) How do you beat a defender 1 v 1? 2) How can you fake the defender? 3) What do you need to do after you fake? 4) How much room do you need to shoot?

ANSWERS: 1) Dribble quickly toward his/her front foot and break through on the open side. 2) Step one way and then quickly go the other. 3) Accelerate past the defender as fast as possible and shoot. 4) The size of the ball.

Five Elements of a Training Activity

- 1) **Organized:** Is the activity organized in the right way?
- 2) **Game-like:** Is the activity game-like?
- 3) **Repetition:** Is there repetition, when looking at the overall goal of the session?
- 4) **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)
- 5) **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

- 1) How did you do in achieving the goals of the training session?
- 2) What did you do well?
- 3) What could you do better?