

Winter Week 2 - Extra

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

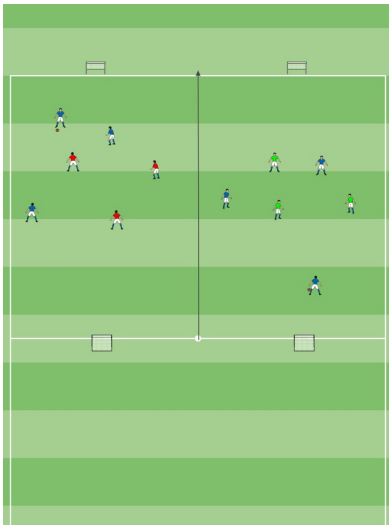
PLAYER ACTIONS: Pass/dribble, Spread out, Pass options

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

AGE: U11-U12 / 9v9 / 12 players

Attacking

DURATION: 60 min



Street Soccer

OBJECTIVE: Create Passing Options

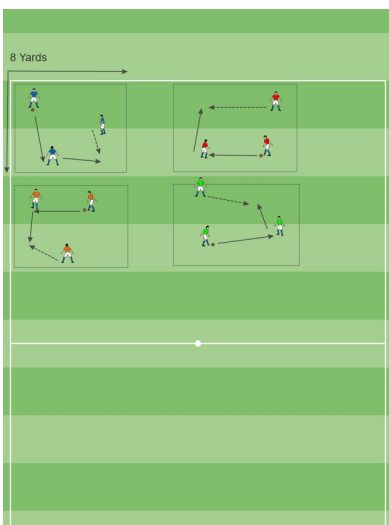
ORGANIZATION: Set up 2x 15x10 playing areas with small goals at each end. As players arrive have them play 1v1, 2v1, 2v2 etc up to a max of 3v3.

KEY WORDS: Passing lane, communication, find your target.

GUIDED QUESTIONS: What do we need to do before making a pass? How do we create a passing lane?

ANSWERS: Look at the position of teammates and choose a target. Move into a space where you have a clear unobstructed line of sight to the ball.

NOTES:



Passing Squares

OBJECTIVE: Find Passing Lanes

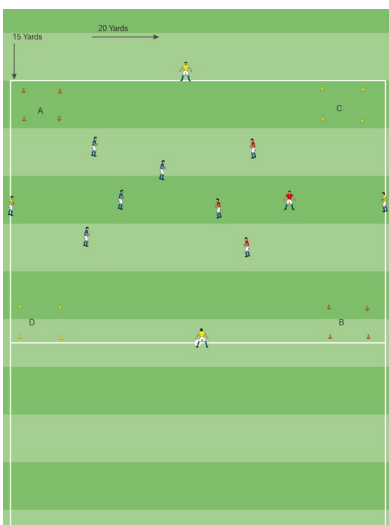
ORGANIZATION: Set up 4 8x8 squares. Split players into groups of 3 and assign each group to a square. Assign each player in each group a number 1-3. To begin each group will have a ball and start by passing between each other. When coach calls a number, that player runs into the next square to play defense in a 2v1. Each square will have the 2 remaining

KEY WORDS: Passing lane, Eyes on the ball.

GUIDED QUESTIONS: How do we know if we're in an open passing lane? How do we know when to prepare to receive a pass?

ANSWERS: Your line of sight to the ball should be unobstructed. If anything is blocking your line of sight to the ball, the passing lane isn't open. Eyes on the player with the ball, verbal and non verbal communicated.

NOTES: If players are struggling to keep possession, have the defender hop on 1 foot. If players grasp the game quickly, make it a competition and aware a point to whichever team holds possession the longest.



4 Corners

OBJECTIVE: Open passing options by stretching the field.

ORGANIZATION: 20x15 yard playing area with a 2x2 square in each corner (diagonally opposite corners should match in color). Split players into teams of 3 or 4. If you have more players, assign them to a side of the playing area and they will play as a neutral. Teams are trying to score on their 2 goals by passing to a teammate who is inside of their goal square.

KEY WORDS: Stretch the field, communication.

GUIDED QUESTIONS: Do we need to be in the square goals to stretch the field? How do we decide which goal to attack?

ANSWERS: No - the square goals are where we want to get to, but we can stretch the field using other areas to create better passing options - not every pass has to lead to a goal. Check your surroundings - which goal has more defenders blocking it?

NOTES: If using neutrals, switch them with the inside players every 1-2 minutes. If teams are having success, make it harder by challenging them to only run into the goal square after a pass is made (staying behind the defender to remain onside).

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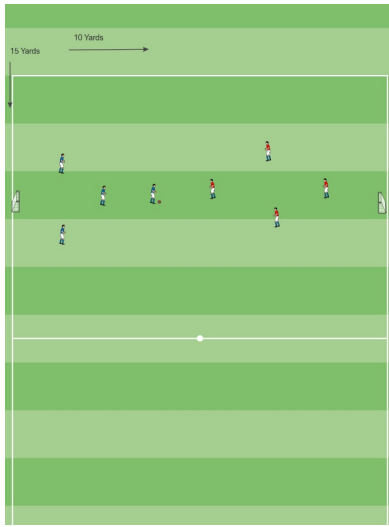
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Small Sided Game

OBJECTIVE: Create passing openings

ORGANIZATION: 20x15 field. Split players into teams of 3 or 4. You may need to make a 3rd team. If you have a 3rd team, play 2 minute rounds. If you only have 2 teams, play 2x7 min halves with 1 minute water break.

KEY WORDS: Communication, Passing Lane.

GUIDED QUESTIONS: If a player is moving forward, where do they want to receive a pass? Which directions can we pass?

ANSWERS: We should be playing the pass into a players run - looking for your target and aiming slightly ahead of them. We can pass in any direction - if passing lanes going forward are blocked we can move the ball backward to create new passing options.

NOTES: Reinforce the coaching points from the session. You can add an additional method of scoring such as 5 consecutive passes.

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?