



Objective

Improve the build up from our own half in order to move the ball into the opponent's half - #1

Age Group

U15+

Moment

Attacking

Duration

90 Minutes

11v11

Play Phase #1 - Free Play (Up to 4v4/5v5)

30 Minutes - Multiple Intervals



OBJECTIVE: Get the ball into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward and Create passing options.

ORGANIZATION: A FULL 11v11 game field is 55Wx100L yards. On HALF of a 11v11 game field set up two 25Wx45L fields with a small goal at each end. Play 1v1, 2v1, up to 5v5 as players arrive. Play 4 rounds for a total of 30 minutes. Play with kick-ins OR throw-ins when the ball goes out of bounds.

KEY WORDS: Pass, Dribble, Get Wide, and Help.

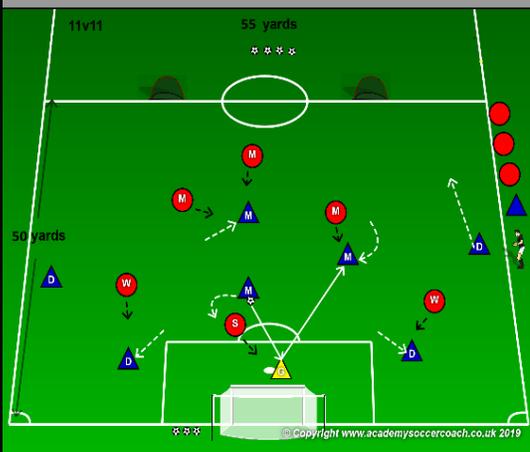
GUIDED QUESTIONS: 1. How do we create openings? 2. When do we pass or dribble forward? 3. Where do we need to be to help the player with the ball?

ANSWERS: 1. By spreading out - 2. When you have an opening - 3. We support by being in front, to the sides, and behind the player with the ball to create passing options.

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.

Practice Phase - 8v6 to Goal and Small Goals

30 Minutes - 5 Min Intervals



OBJECTIVE: Create or find an opening to move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out and Create passing options.

ORGANIZATION: In the defending half of the 11v11 field (55wx50L) with a regular goal and 2 small goals at half line. Blue team scores by passing into small goals. Red team scores in the regular goal. Rotate in players who are sitting out each round if any. Each round starts with Blue team goal kick. **Practice FOCUS is on BLUE team building out and getting to target.**

KEY WORDS: Pass, Dribble and Get wide, Help.

GUIDED QUESTIONS: 1. Why do we need to get wide? 2. What should you do when you see an opening? 3. What do you need to do if you do not have the ball?

ANSWERS: 1. To create openings - 2. Dribble or pass the ball forward through the opening - 3. Support the attack by being in front, to the sides or behind the ball to create a passing option.

Note: To make easier, remove defender. To make more difficult, add defender or remove attacker

Play Phase #2 - The Game

30 Minutes



OBJECTIVE: Create or find an opening to move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out and Create passing options.

ORGANIZATION: In a 11v11 field (55Wx100L) play 11v11 against your paired team. Recommend playing in 4-3-3 formation.

KEY WORDS: Pass, Dribble and Get wide, Help.

GUIDED QUESTIONS: 1. Why do we need to get wide? 2. What should you do when you see an opening? 3. What do you need to do if you do not have the ball?

ANSWERS: 1. To create openings - 2. Dribble or pass the ball forward through the opening - 3. Help your teammate by creating passing options.

Note: All Laws of the game are in effect.

Self Reflection Questions

How did you do in achieving the goal of the training session?

What did you do well?

What could you do better?