

## 11v11 Attacking- Improve Building-Up in Own Half- (C)

AGE: U13+ / 11v11 / 18 players

MOMENT:



GOAL: Improve building-up from own half in order to move the ball to the opponent's half

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

KEY QUALITIES: Read game/make decisions, Initiative, Focus

 18

 90 min

**1ST PLAY PHASE: Intentional Free Play**

**PRACTICE (Core Activity): 7 v 4 to 3 v 4 w GK**

**PRACTICE (Less Challenging): 7 v 3 to 3 v 5 w GK**

**PRACTICE (More Challenging): 7 v 5 to 3 v 3 with GKs**

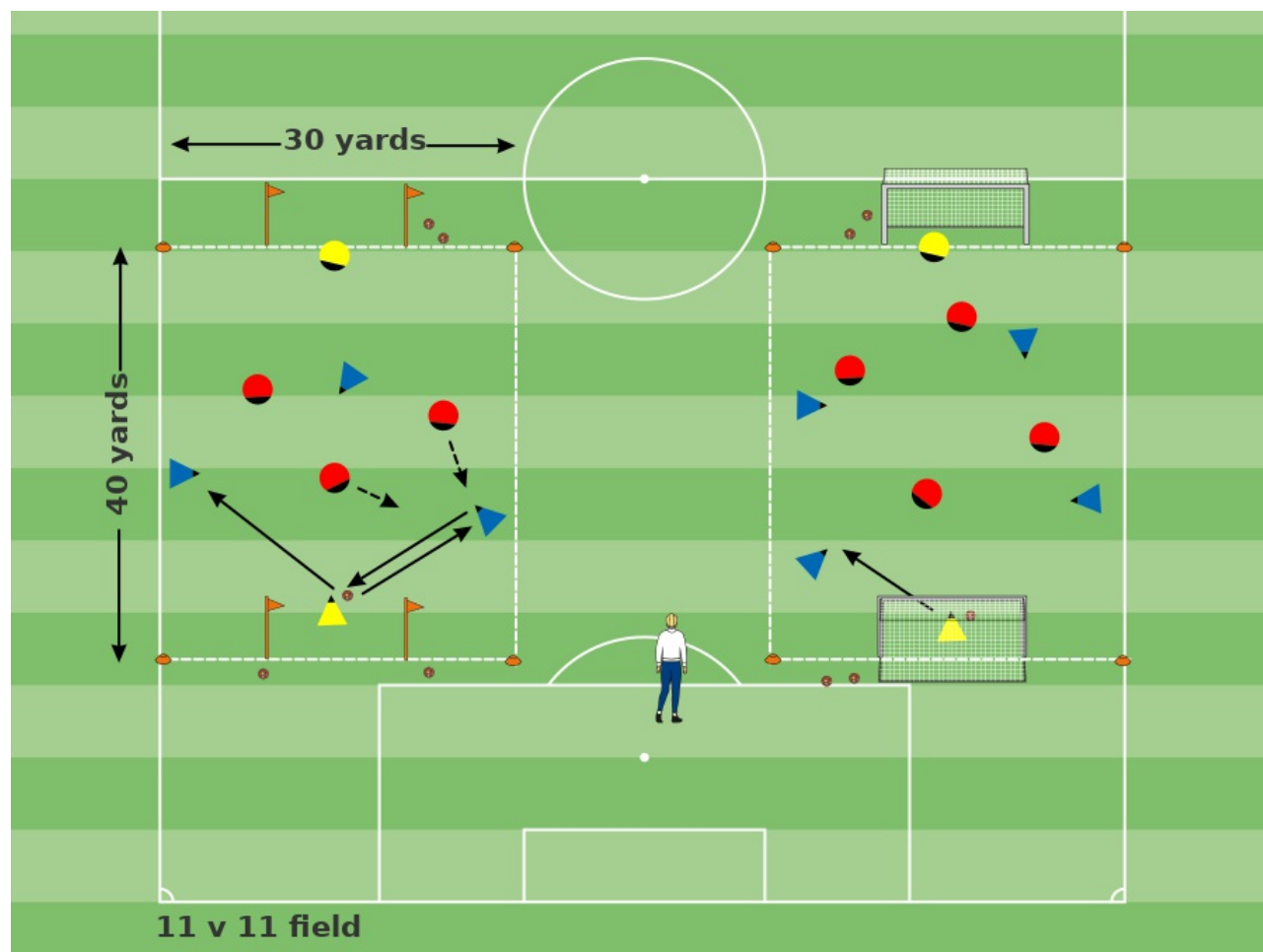
**2ND PLAY PHASE: The Game**

## 1ST PLAY PHASE: Intentional Free Play

**OBJECTIVE:** To build from your own half and move the ball forward to create chances.

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

**KEY QUALITIES:** Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Mark out two 40 x 30 yard fields. Free play: Field 1: Teams play 4 v 4 including goalkeepers with flag goals. Field 2: Teams play 5 v 5 including goalkeepers on large goals. Play Phase should last for 30 minutes including two to three breaks.

### KEY WORDS:

Use space, hips open, pass, dribble

### GUIDED QUESTIONS:

1) How can you outnumber your opponents while building up during the attack? 2) How can you create space? 3) What positions should the attacking team have while building up? 4) What shape is that? 5) How should you receive the ball?

### ANSWERS:

1) By involving the goalkeeper. 2) Spread out across the width of the field; push forward and engage the opposing defenders. 3) Central defender, right wing, left wing, central attacker. 4) A diamond. 5) With hips open and facing forward.

### NOTES:

First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual for further guidance.

**MOMENT:**  
Attacking

**AGE:**  
U13+ / 11v11

**PLAYERS:**  
5 vs 5

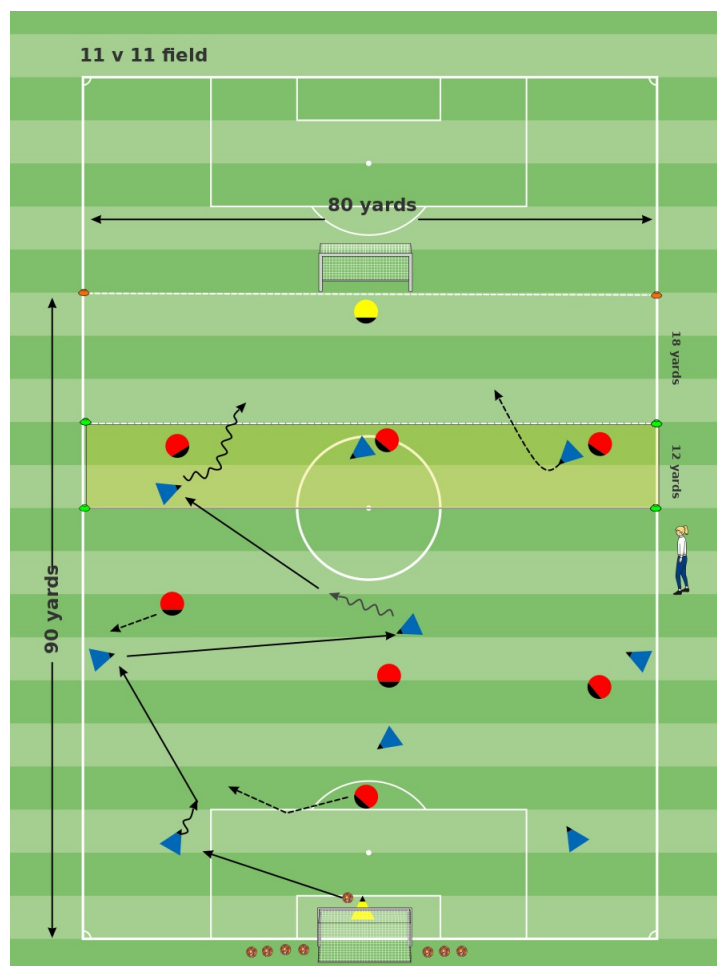
**DURATION:**  
30:0 min

## PRACTICE (Core Activity): 7 v 4 to 3 v 4 w GK

OBJECTIVE: To build from your own half and move the ball forward.

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

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Mark out an 80 x 90-yard field divided into three zones (own half, 12 yard middle zone, and final zone to Red's large goal). 10 Blue vs. 8 Red. Blue plays 7 v 4 in their own half and the 3 forwards can only receive balls in the middle zone before entering the final zone. Red tries to score on Blue's large goal. Play for 30 minutes with 2-3 breaks.

### KEY WORDS:

Use space, hips open, look forward

### GUIDED QUESTIONS:

1) On distributions, how should the defenders show for the ball? 2) What should the central midfielders do? 3) What do the forward players need to do? 4) How should you receive the ball? 5) Where should you go if you cannot play forward?

### ANSWERS:

1) The center backs should be outside the penalty box, and the outside backs push higher up the field. Get as wide as possible. 2) Act as link players and show for passes behind the opposing forwards; focus on moving the attack forward after receiving a pass. 3) Find or create openings by changing angles of support. 4) With hips open and facing forward. 5) Sideways or to a player behind to change the point of attack.

**MOMENT:**  
Attacking

**AGE:**  
U13+ / 11v11

**PLAYERS:**  
7 vs 4

**DURATION:**  
30:0 min

**NOTES:**

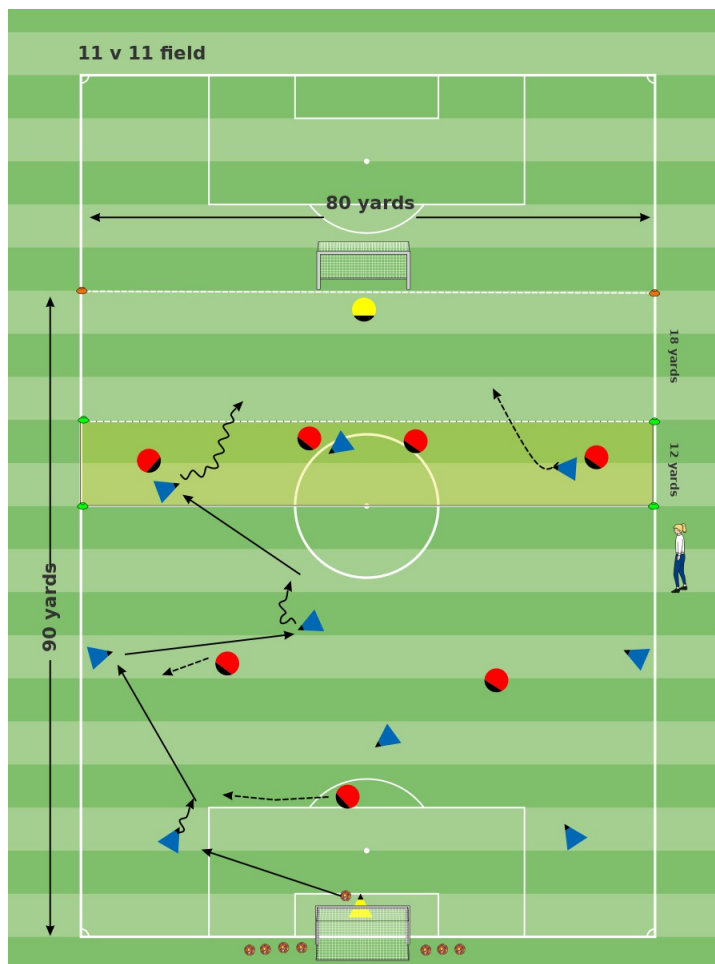
All players can cross all zones once the blue team enters the final zone. Option to change the method of restart with Red team occasionally starting with the ball or from a natural re-start.

## PRACTICE (Less Challenging): 7 v 3 to 3 v 5 w GK

OBJECTIVE: To build from your own half and move the ball forward.

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

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Same as Core Activity, except teams play 7 v 3 in the Blue's half (includes Blue GK), except with 3 Blue v 4 Red in the middle zone plus the Red GK.

### KEY WORDS:

Use space, hips open, look forward

### GUIDED QUESTIONS:

1) On distributions, how should the defenders show for the ball? 2) What should the central midfielders do? 3) What do the forward players need to do? 4) How should you receive the ball? 5) Where should you go if you cannot play forward?

### ANSWERS:

1) The center backs should be outside the penalty box, and the outside backs push higher up the field. Get as wide as possible. 2) Act as link players and show for passes behind the opposing forwards; focus on moving the attack forward after receiving a pass. 3) Find or create openings by changing angles of support. 4) With hips open and facing forward. 5) Sideways or to a player behind to change the point of attack.

### NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

**MOMENT:**  
Attacking

**AGE:**  
U13+ / 11v11

**PLAYERS:**  
7 vs 3

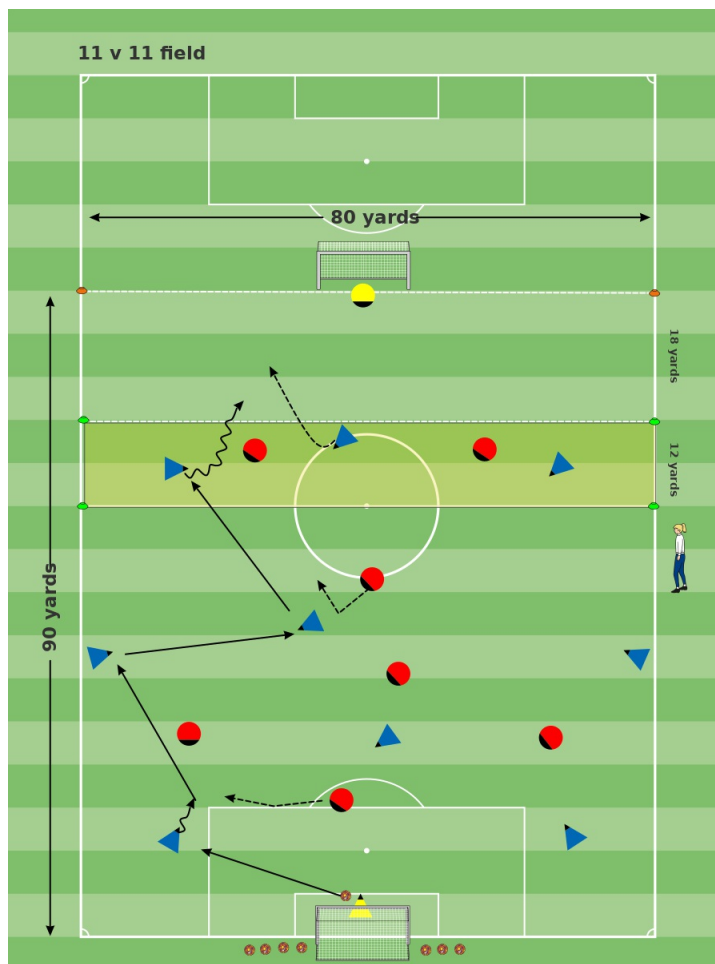
**DURATION:**  
30:0 min

## PRACTICE (More Challenging): 7 v 5 to 3 v 3 with GKs

OBJECTIVE: To build from your own half and move the ball forward.

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

KEY QUALITIES: Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Same as Core Activity, except teams play 7 v 5 in the Blue's half (includes Blue GK), and now 3 v 2 in the middle zone. Red team plays 1-2-2-3; Blue team plays 1-4-2-3.

### KEY WORDS:

Use space, hips open, pass, dribble

### GUIDED QUESTIONS:

1) On distributions, how should the defenders show for the ball? 2) What should the central midfielders do? 3) What do the forward players need to do? 4) How should you receive the ball? 5) Where should you go if you cannot play forward?

### ANSWERS:

1) The center backs should be outside the penalty box, and the outside backs push higher up the field. Get as wide as possible. 2) Act as link players and show for passes behind the opposing forwards; focus on moving the attack forward after receiving a pass. 3) Find or create openings by changing angles of support. 4) With hips open and facing forward. 5) Sideways or to a player behind to change the point of attack.

### NOTES:

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

**MOMENT:**  
Attacking

**AGE:**  
U13+ / 11v11

**PLAYERS:**  
7 vs 5

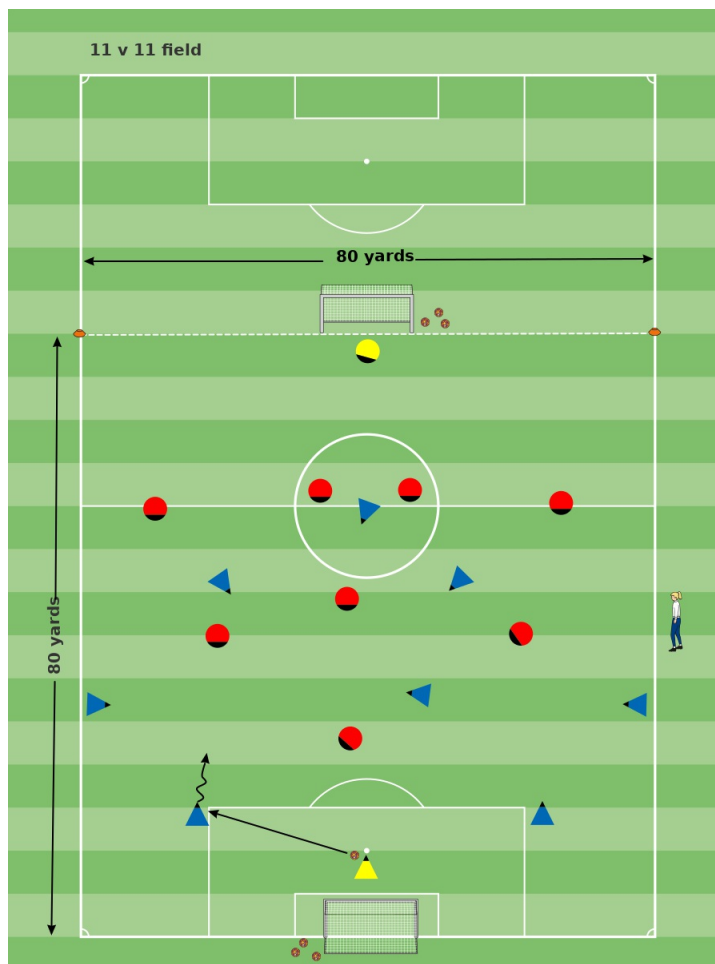
**DURATION:**  
30:0 min

## 2ND PLAY PHASE: The Game

**OBJECTIVE:** To build from your own half and move the ball forward to create chances.

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

**KEY QUALITIES:** Read game/make decisions, Initiative, Focus



### ORGANIZATION:

Mark out an 80 x 80-yard field. Divide players into two teams of nine. Each team plays a 1-4-3-1 formation. Play according to the Laws of the Game and standards of play.

### KEY WORDS:

Use space, hips open, look forward, pass, dribble

### GUIDED QUESTIONS:

1) How can you outnumber your opponents while building up during the attack? 2) On distributions, how should the defenders show for the ball? 3) What should the central midfielders do? 4) What do the forward players need to do? 5) How should you receive the ball? 6) Where should you go if you cannot play forward?

### ANSWERS:

1) By involving the goalkeeper. 2) The center backs should be outside the penalty box, and the outside backs push higher up the field. Get as wide as possible. 3) Act as link players and show for passes behind the opposing forwards; focus on moving the attack forward after receiving a pass. 4) Find or create openings by changing angles of support. 5) With hips open and facing forward. 6) Sideways or to a player behind to change the point of attack.

**MOMENT:**  
Attacking

**AGE:**  
U13+ / 11v11

**PLAYERS:**  
9 vs 9

**DURATION:**  
30:0 min

### 11v11 Attacking- Improve Building-Up in Own Half- (C)

GOAL: Improve building-up from own half in order to move the ball to the opponent's half

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

KEY QUALITIES: Read game/make decisions, Initiative, Focus

AGE: U13+ / 11v11 / 18 players

Attacking

DURATION: 90 min



#### Five Elements of a Training Exercise

1. Organized: Is the exercise organized in the right way?
2. Game-like: Is the exercise 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 proper coaching, based on the age and level of the player?

#### Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: