



12U Fall 2017 Training Sessions - Week 6

Topic

GROUP ATTACKING - THROUGH , OVER & AROUND

Objectives (5 W's)

Who: #7, #8, #9, #11 **What:** Dribbling, Passing, Receiving, Shooting, Spreading out, Triangulation around the ball, Playing forward, Creating diagonal passing lanes and 2v1's
Where: Attacking half of the field
When: In possession of the ball in the attacking half
Why: To create more scoring chances around the goal area

Organization

Duration Intensity

Area: in a 47Wx36L yard field with two goals on each endline
 Target team (Red) #7, #8, #9, #11 - Opposition team (White): #2, #3, #4, #6. Groups to score as many goals as they can in either side after completing the following tasks ~ 1: Score after completing 2 split passes ~ 2: Score after completing one wall pass in the flanks ~ 3: Score from a lofted ball over the other group.

Coaching Points

Activity Time Rest Intervals

What? Technique - Passing: Non-Kicking foot pointed to target and parallel to ball, knees bent and balanced, ankle locked and toes up. **Receiving:** Body position, surface selection of the foot and ball, first touch direction and distance. **Dribbling:** Running with the ball and to beat an opponent. **Shooting:** Preparation of the ball, surface of the foot and the ball.

Warm-up / Orientation Through, Over, Around



Orientation

4v4 to 4 Small Goals



Organization

Duration Intensity

Area: in a 47Wx36L yard field with two goals on each end-line.
 Target team (Red): #'s 7, 8, 9, 11 - Opposition team (White): #'s 2, 3, 4, 6. Score in either of the opponent's two goals. Any goal scored after a through pass, wall pass or a pass over the defenders is worth 10 points. Play to 30 points or 5 minutes, (whichever comes first).

Coaching Points

Activity Time Rest Intervals

What? Technique - Passing: Accuracy and pace. Receiving: Body position. surface selection of the foot and ball, first touch direction and distance. Dribbling to beat an opponent. Shooting: Surface of the foot and the ball.
Team Tactical Attacking Principles - Spread out: Who? Where? When? Why? - Play forward when possible: Where? When? - Triangulate: Who? When? Where?

Organization

Duration Intensity

Area: in a 50Wx60L yard field with big goals
 Target team: #'s 1, 4, 6, 7, 8, 9, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9. Play to score in the opponent's goal. All laws apply.

Coaching Points

Activity Time Rest Intervals

What? Technique - Passing, Receiving, Dribbling to beat an opponent & Shooting.
Team Tactical Attacking Principles - Spread out: Who? Where? When? - Playing forward when possible: Who? Where? When? Why? - Triangulate: Who? Where? When? - Create Diagonal passing lanes: Who? Where? When? - 2v1's: Where? When? Why? - Runs in behind/between the defensive line: Who? Where? When?

Learning 7v7 to Goal



Implementation

9v9 Duration Formation Activity Time Rest Intervals

Organization

In a 50Wx75L field play 9v9. All FIFA laws apply. Encourage #'s 7, 8, 9, 11 to combine with each other.

Coaching Points

Technical Execution, Team Tactical Attacking Principles, 5W's, Speed of Play