

# U 1 1 / U 1 2

## W E E K 9 A N D 1 0 - A T T A C K

### REINFORCEMENTS

- Really good pass with inside of the foot - Good pace!
- Can you show everyone how you received that, that was great!
- Well done "Timmy"! Way to get as wide as you can when the GK got the ball.
- Good work getting that defender to come closer by dribbling. You really opened up space for your teammate!
- Way to take that space with big touches!
- When the defender took the pass away, you dribbled by!

### COACHING POINTS

- Dribbling
  - Small touches in tight space, big touch with space
  - If you have space, dribble
  - Dribble to bring a defender to create space for teammate
- Passing
  - Inside of the foot - heel down and toe up, ankle locked
  - Pass to foot that should receive the ball
- Receiving
  - Receive with body open to field
  - Take first touch to space

### QUESTIONS

- If we have space, what should we try to do? Dribble
- Can we take a big touch if we have space? Yes
- How do you know if you have space? Head up/Look
- What foot should you receive with if you have space? Furthest foot
- Should you face the sideline or the field when you receive it? Field
- What can you do to bring the defender closer? Dribble at them
- Why bring the defender closer? Space for teammate
- If you don't have the ball, where is space? Wide, high, back, angle
- What foot of your teammates should you pass to? Receive into space
- Who can we look for if we don't have space going forward? GK/Back
- When the ball moves is central (Goalkeeper, Centerback, etc.) where should the outside players go? Wide How? Backpedal or rounded run

Red - Base level questions Orange - Mid-level questions Green - Upper level questions

### NOTES

- Use Activation-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

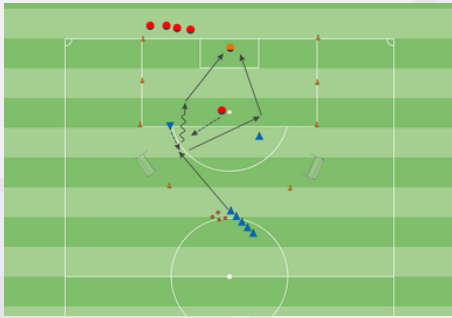
### STANDARDS

- Dribbling to penetrate
- Dribbling to find space
- Passing - Inside
- Receiving across body
- Commit a defender
- Find/Create space
- Where to go
- Shape - width/depth
- Sustained focus
- Working in groups of 3-4

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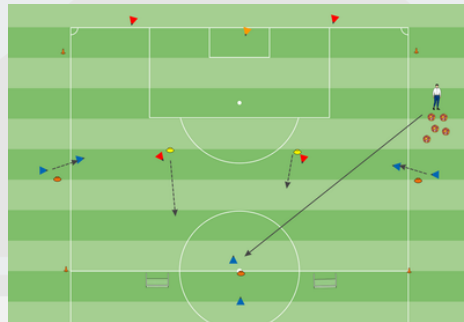
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### 2v1+K to Goal



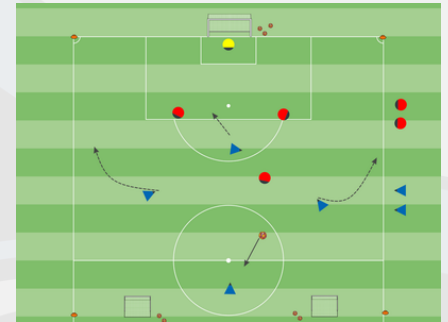
- 2 attackers - starting as shown
- 1 defender - starting as shown
- Player by the balls plays it in when an attacker shows for it
- 2v1 + K after ball is in
- Blue team (attacking) - scores on goal
- Red team (defending) - scores on diagonal counter goals
  - Simulates ball played to outside players getting wide in transition
    - Not coached, but it is game context
- Rotate players after a minute or so instead of every turn so there is a rhythm and clearly coachable moments

### 3v2



- 3v2 - Field as shown
  - Can go to 4v3 and add CF for Blue and another player for Red
- Cones for each line attacking line
  - Gives contextual starting points
  - Players are on the field when coach plays a ball to central player
- Yellow cones for defending can go away once context is known
- Will simulate some transitional moments as well, if desired
  - When we win the ball - attacking quickly with width and providing options

### 4v3



- Half field - a little bigger (IF POSSIBLE)
- 4 attacking large goal
- 3 attacking counter goals + GK
- Coach can play ball or can use kick ins and restarts for more active play

### Week 9 Guide

2v1 (20 minutes) - 3v2 (20 minutes) - Play (20 minutes)

### Week 10 Guide

3v2 (20 minutes) - 4v3 (20 minutes) - Play (20 minutes)

Standards (coach the passing end - finding options OR the receiving end - providing options... not both in one session)

- Passing - finding options
  - Technique and location of pass - inside of the foot
- Dribbling to create space or commit a defender - finding options
- Receiving - providing options
  - Technique, adapting body shape prior, correct foot
    - Receive with forward foot, open to field, able to take a touch forward if possible
- Height, width, depth - providing options
  - Use the cues/"when"
    - When we win it centrally, wide players support wide
    - When ball goes wide, support deep to provide time/space for CB to receive a supporting pass from them
    - When a defender gets close, supporting players have to drop deeper or run behind
- Scanning for space to receive a pass - providing options