



Functional Session Plan

INDIANA SOCCER TRAINING

Season Spring 2016 **Topic** Functional Training for the #7 & #11 - Attacking

Objectives
(5 W's)

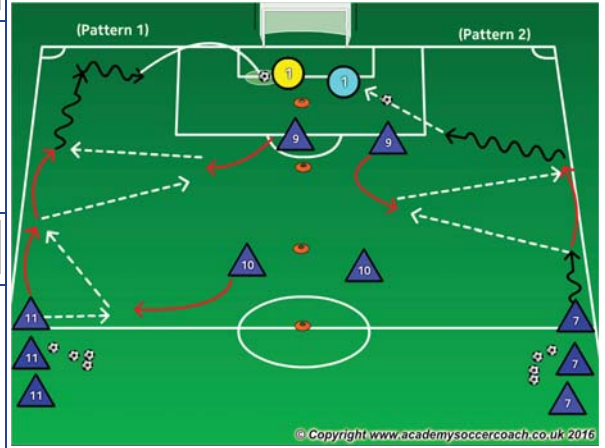
Who: #7 & #11 Wing Forwards
What: Techniques of Passing, Receiving, Dribbling & Shooting
Where: In the wide channels of the attacking half and into the goal
When: Target team has possession and building up in the attacking half
Why: To create scoring chances from wide areas

Organization

Duration Intensity

In a 75W x 60L yard field divided in 1/2 & a goal at 1 end, 3v1 Pattern Play to target (GK) - Both sides of the field work independently #'s 9, 10, 11 play through each other on one side and #'s 7, 9, 10 on the other. #'s 7 or 11 start the play & play finishes after the ball is played into the GK's (#1) hands. Both sides play pattern 1 then both play pattern 2. Coach can add additional patterns.

Stage 1 3v1 Pattern Play to Targets (GK's)

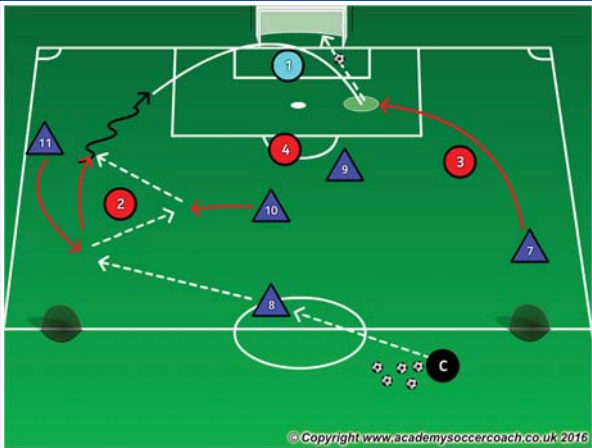


Coaching Points

Activity Time Rest Intervals

What? - Techniques of Passing: Accuracy, Pace and Weight, Surface of the foot and surface of the ball to strike, Position of the non-kicking foot, Head still eyes on the ball. - Receiving: Body position, foot and ball surface. - Running with the ball: Surface of foot and surface of ball to strike, Eyes looking up for space then down when contacting the ball.

Stage 2 5v4 to Goal & 2 Counters



Organization

Duration Intensity

In a 75W x 60L yard field with goal at one end & 2 counter goals at the other, play a 5v4 game. Blue (target team) #'s 7, 8, 9, 10 & 11 attack the big goal - Red (opposition team) #'s 1, 2, 3 & 4 attack the either of the 2 counter goals. The coach starts play by serving the ball into the blue team. 20 points for any goal scored or assisted by #7 or 11. All other goals, 1 point.

Coaching Points

Activity Time Rest Intervals

What? - Techniques of: Passing, Receiving, Running with the Ball & Dribbling to Beat an Opponent.
 Attacking Principles of #7 & 11 - Width: Where? When? Why? - Penetration: Where? When? Why? - Mobility: When? Where? Why?

Organization

Duration Intensity

In a 75W x 90L yard field with a regular goal at each end
 9v8 - Target team (Blue): #'s 1, 4, 5, 6, 7, 8, 9, 10 & 11 - Opposition team (Red): #'s 1, 2, 3, 4, 6, 8, 9 & 10 - Add incentives as needed for build up to goals which go through the Blue #7 or 11. Laws of the game apply.

Stage 3 9v8 to Goal



Coaching Points

Activity Time Rest Intervals

What? Technique - Passing: Accuracy, Weight, Pace - Types of Service: Driven, Lofted, Early or Late. Receiving Surface selection of the body and ball, Body Shape and Preparation touch. Finishing - Surface Selection of the Body and the Ball.
 Attacking Principles of #7 & 11 - Width: Where? When? Why? - Penetration: Where? When? Why? - Mobility: When? Where? Why? - Support: When? Where?

Stage 4 - 11v11

Duration Formation Activity Time Rest Intervals

Organization

In a 75W x 112L yard field. Play 11 v 11 all FIFA Laws Apply

Coaching Points

Techniques of the #7 & 11, Attacking Principles of the #7 & 11, Speed of Play and Execution.