

BASA U9 Rec Session - Individual Attacking

AGE: U9 / U9 / 10 players

TEAM FUNCTION: Attacking

Emina Zvizdich

OBJECTIVE: To improve the players' ability to make decisions on how to penetrate (ie; dribbling, passing, or shooting)

TEAM TACTICAL PRINCIPLES: Pass, dribble, hold, 2v1 / 1v1, Spread out

 10

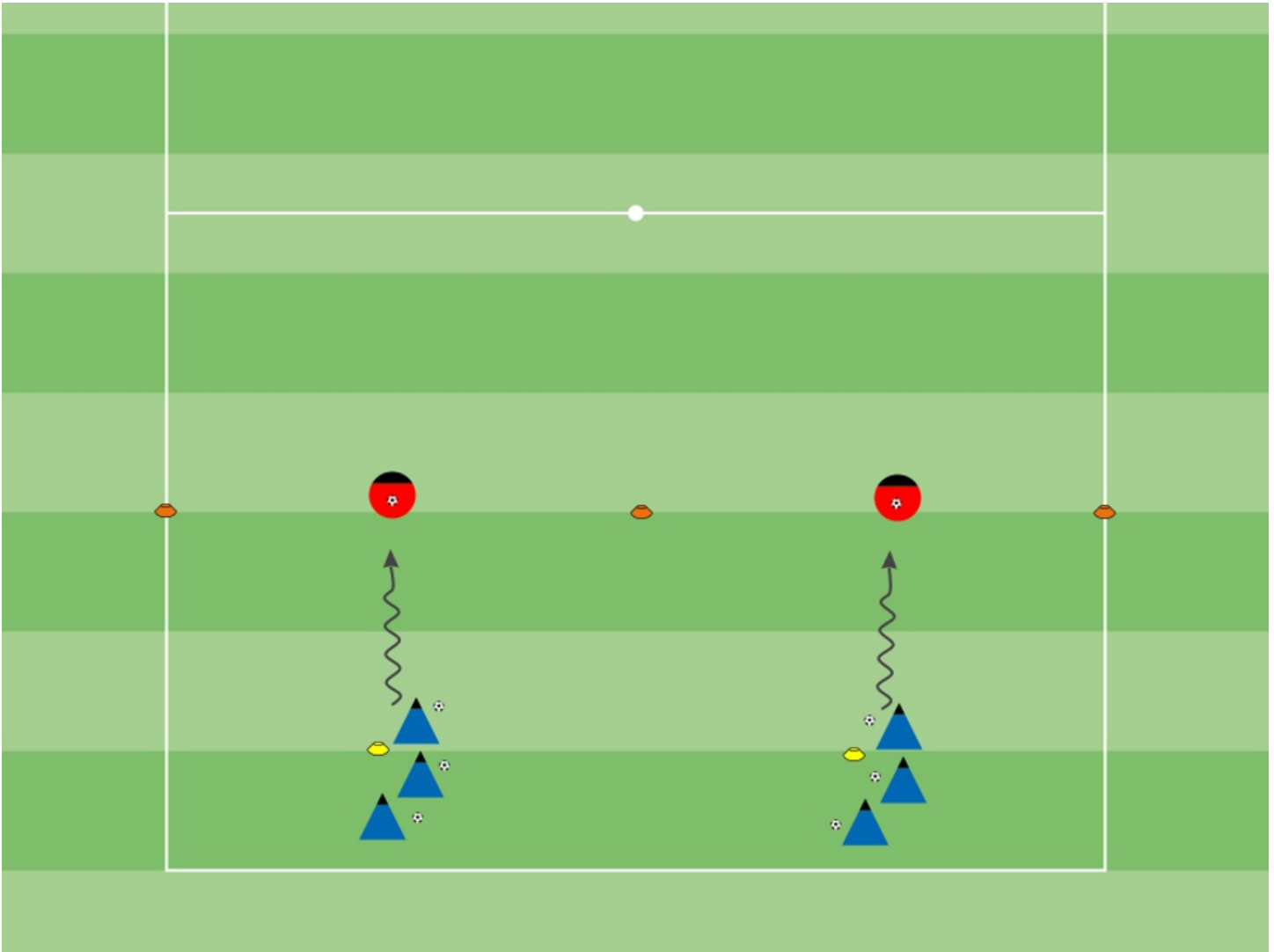
 60 min

Tosh's 1vGK

1v1 Individual Attacking

Endzone game

Play Phase

**EXERCISE RULES:**

goals that are about 8-10 yds wide with a cone that is about 6 yds away; the GK must stay on their imaginary goal line while the attacker dribbles at them 1v1; the attacked tries to fake out the GK and dribble through the goal; the GK must keep their ball in their hands and they try to touch the dribbler's ball with their ball; if the attacker's ball gets touched by the GK, then they become the new GK

NOTES:

change direction; change speed; 1) How can you beat a defender 1v1? 2) What if my fake doesn't work? 3) Fake to one side and change direction and speed to beat the defender on the other side and accelerate past him/her; 2) Have another fake that you can do right after the first one

FOCUS TEAM

Team function:

Objective:

To improve the players' ability to beat an opponent on the dribble

Team tactical principles:

Pass, dribble, hold, 2v1 / 1v1

Opponent Team

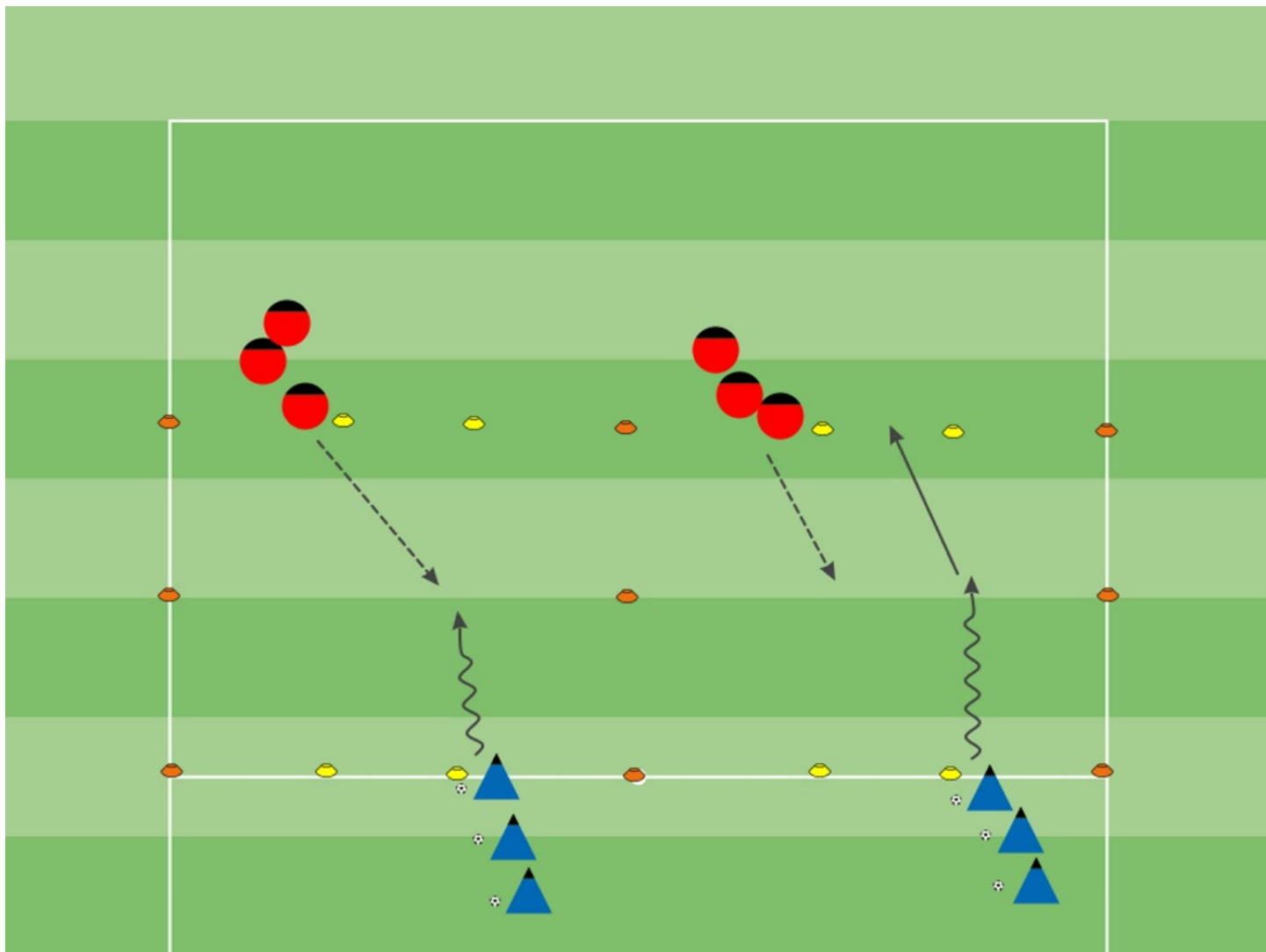
Team tactical principles:

AGE:
U7 / U9

PLAYERS:
1 vs 1

DURATION:
12:0 min (3 x 3:0 min, 1:0 min rest)

INTENSITY:
Hard



EXERCISE RULES:

10Wx12L yd grid with a centered cone goal at each end; the 1st attacker starts dribbling and the 1st defender goes out to defend; the attacker gets 3 pts for dribbling through the goal and 1 pt for passing/shooting through the goal

NOTES:

change direction; change speed; opening
1) How can you beat the defender on the dribble? 2) How big of an opening do you need to shoot?

FOCUS TEAM

Team function:

Objective:

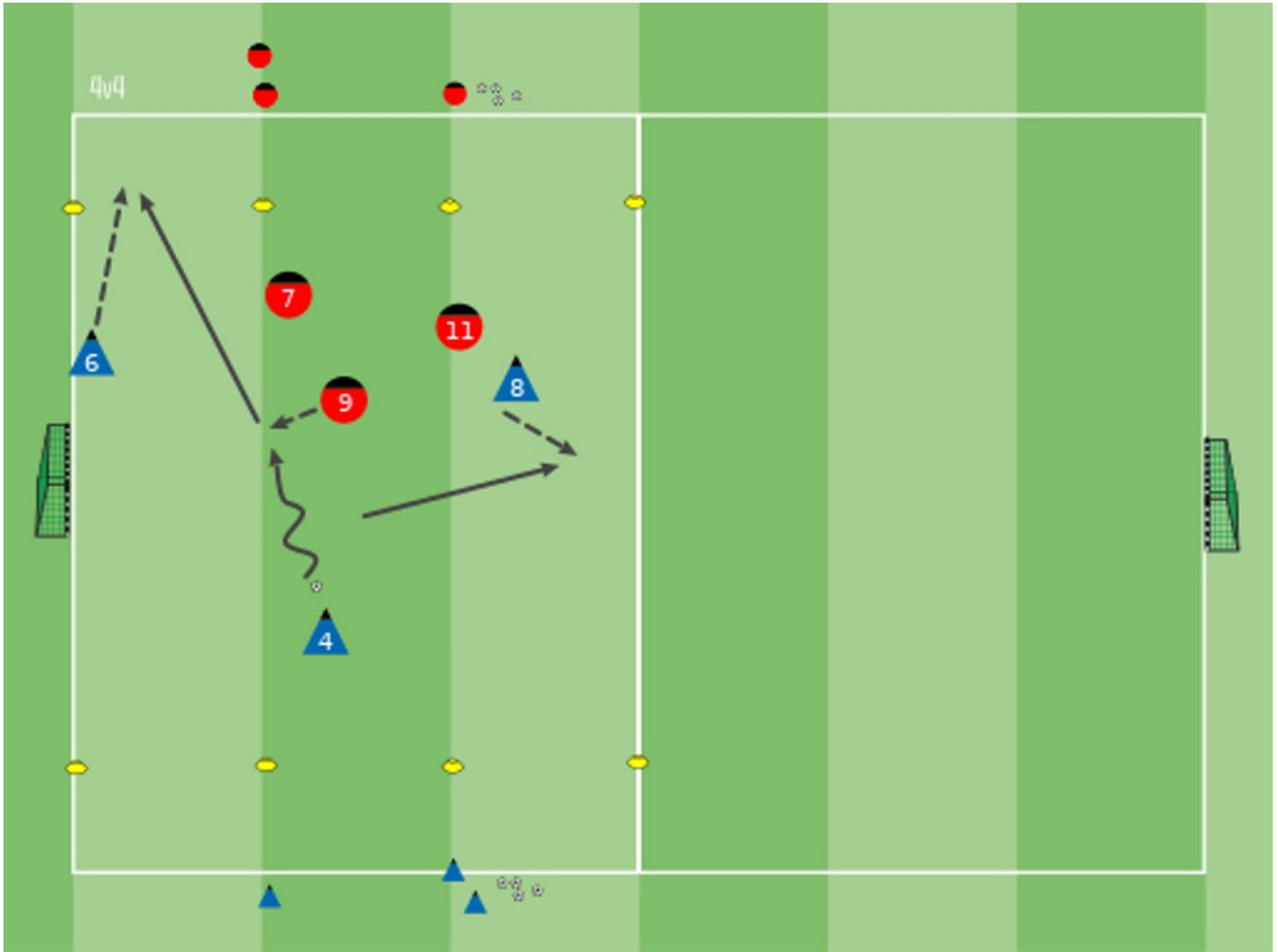
To improve the players' ability to recognize whether to penetrate off the dribble or see an opening to pass/shoot

Team tactical principles:

Pass, dribble, hold, 2v1 / 1v1

Opponent Team

Team tactical principles:



EXERCISE RULES:

20Wx30L yd grid including 5 yd endzones; 2v2/3v3 to endzones; dribble into an endzone = 3 pts, play a teammate into an endzone with a pass = 1 pt; players cannot be in the endzone already and receive a pass, they must be arriving at the same time as the ball; players cannot be defended in the endzone

NOTES:

spread out; pass/dribble forward; create 1v1/2v1--commit defender; angle/timing of support
 1) What should we do if we have space in front of us? 2) How can I create more space for my teammate with the ball? 3) How can I beat a defender 1v1?
 1) Dribble and attack the space and commit a defender; 2) By spreading out which might pull an opponent out of position; 3) Use a fake/feint, change direction with it, and change speed

FOCUS TEAM

Team function:

Objective:

To improve the players' ability to pass with good pace and accuracy and dribble with control

Team tactical principles:

Pass, dribble, hold, 2v1 / 1v1, Spread out

Opponent Team

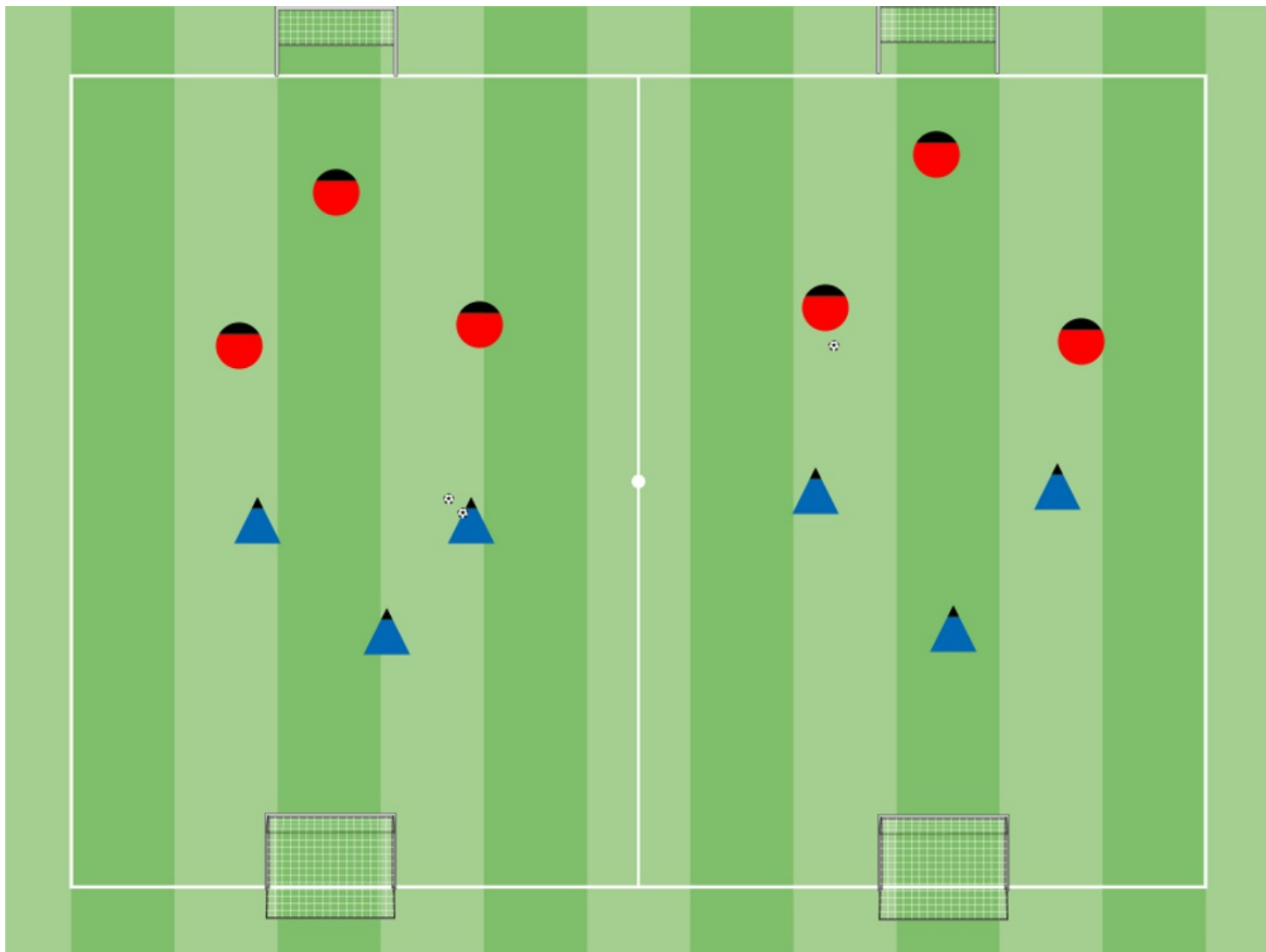
AGE:
U7 / U9

PLAYERS:
3 vs 3

DURATION:
12:0 min (3 x 3:0 min, 1:0 min rest)

INTENSITY:
Very Very Hard

Team tactical principles:



EXERCISE RULES:

25Wx30L yd grid - teams of 3 or 4 play 3v3/4v4 to 2 small goals; FIFA rules

NOTES:

spread out; dribble or pass forward; 1v1/2v1
 1) How can you beat a defender? 2) When do you dribble vs when do you pass? 3) What are some ways we can get to goal?
 1) Use a fake to make the defender go to one side and accelerate to the other side; 2) Dribble when you have space or if you want to take someone on 1v1, and pass when you are outnumbered; 3) By dribbling and attacking space, passing to a teammate, or shooting if we have an opening

FOCUS TEAM

Team function:

Objective:

To improve the players' ability to decide how to penetrate

Team tactical principles:

Spread out, Pass, dribble, hold, 2v1 / 1v1

Opponent Team

Team tactical principles:

AGE:
U9 / U9

PLAYERS:
4 vs 4

DURATION:
10:0 min (2 x 4:0 min, 1:0 min rest)

INTENSITY:
Hard

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TEAM FUNCTION: Attacking

DURATION: 60 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: