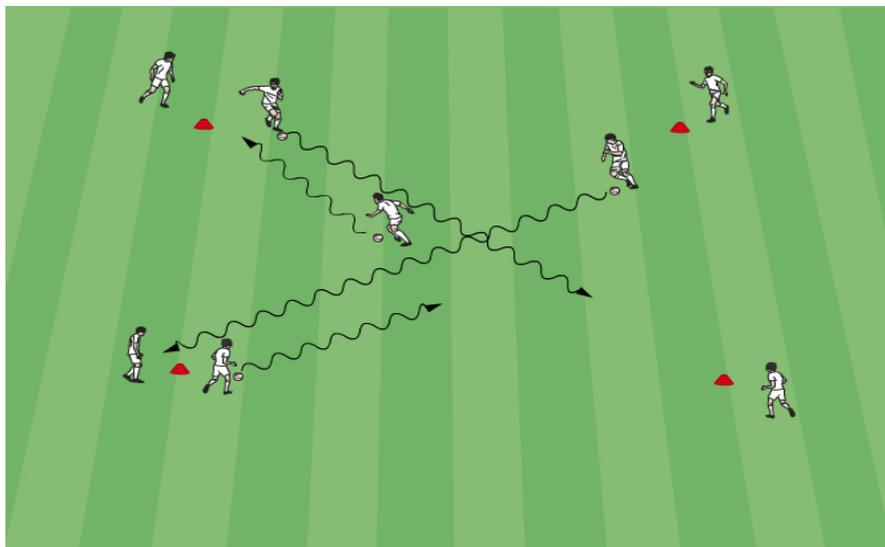


TRAINING SESSION

Dribbling Warm-Up (Recognition of Space)



	Attacking Principles Running with the Ball Individual attacking
	U9 to U12
	8 to 12 Players
	Cones (4), Balls (4)
	Intensity: Medium
	15:00 min (5 x 02:00 min, 01:00 min rest)

Objective

-Prepare the players for the technical and mental demands of the session.
-Improve players ability to recognize and attack open space.

Description

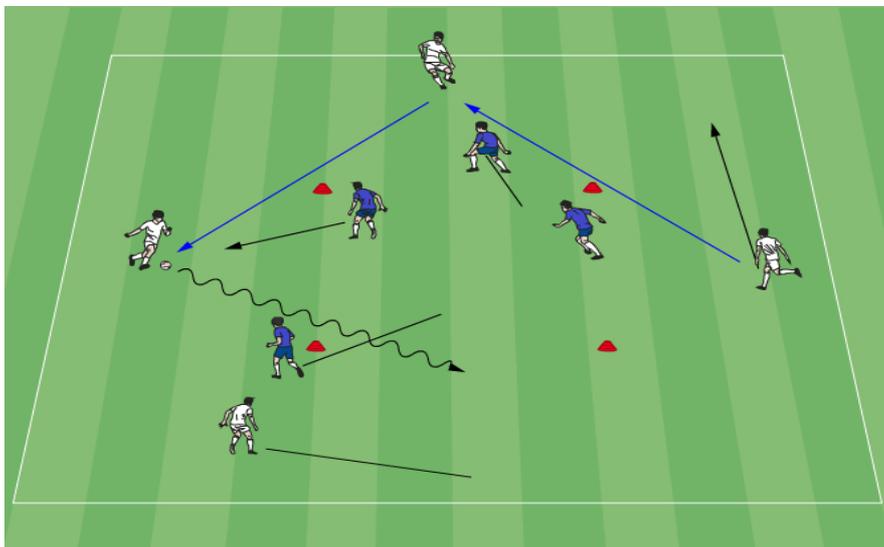
-4 lines of players with 2-3 players in each line (May add more lines to increase repetition).
-The first player in each line will dribble their ball through the center of the grid to the line across from them.
-Once they get to the next line the next player in line goes and repeats the activity.
Progression:-Passing Patterns

Key Points

-First touch into open space.
-Attack the space with pace.
-Make a decision while the ball is moving.
-Head on a swivel to see opponents.

TRAINING SESSION

When to Pass vs when to Dribble



 **Attacking Principles**
Passing and Receiving

 **U9 to U12**

 **8 to 12 Players**

 **Cones (8)**

 **Intensity: Low**

 **12:00 min**
(3 x 03:00 min, 01:00 min rest)

Objective

Improve the players will to recognize and attack space.

Description

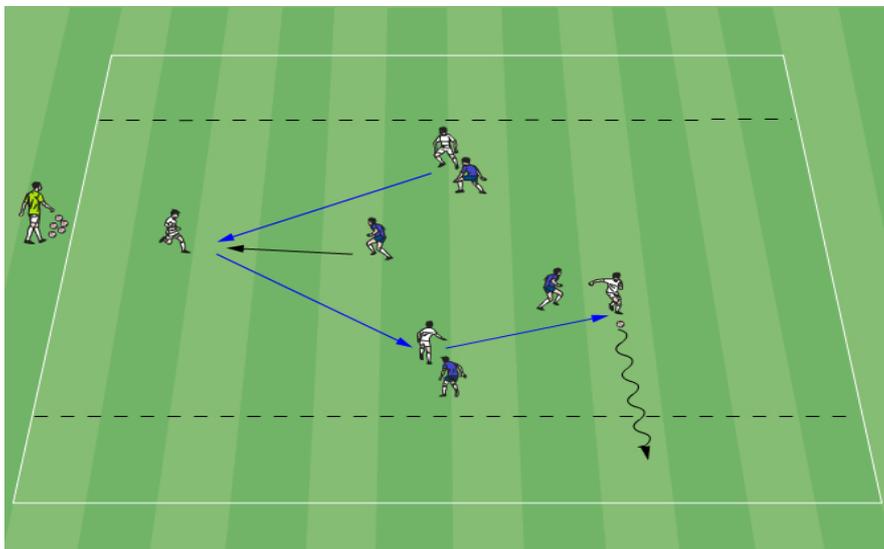
Two teams of 4 playing against each other in a 30x30 grid. Teams try to maintain possession while trying to score a point by dribbling through the center box. Progression: Teams can score by passing the ball through the center box.

Key Points

-1st touch away from pressure.-Change of pace to attack the space.-Players ability to create separation from defender.-Firm pace on penetrating pass.

TRAINING SESSION

4v4 To End Zones



Objective

-Improve players ability to penetrate on the dribble.-Improve players ability to penetrate with the pass.-Improve players mobility off the ball to create space for themselves and teammates.

Description

Two teams of 4 trying to maintain possession from each other. To score a point players must penetrate in to the end-zone on the dribble and maintain possession. Once a point is scored the other team is given possession and trys to score in their own end-zone.

Key Points

-Check away to create space to check in to.-Recognition of when to dribble vs when to pass.-Ability to beat players 1v1 to attack space.

🎯 **Attacking Principles**
Combination Play
Passing and Receiving
Dribbling
Individual attacking

👤 **U9 to U12**

👥 **8 to 12 Players**

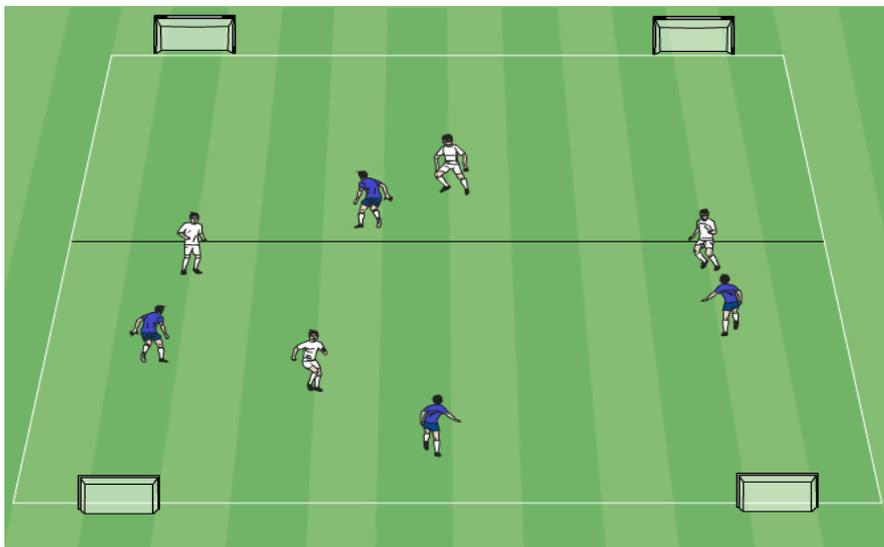
⚽ **Balls (5), Cones for field and end zone.**

🕒 **Intensity: Medium**

🕒 **24:00 min**
(4 x 04:00 min, 01:30 min rest)

TRAINING SESSION

4v4 Game



 **Attacking Principles**
Possession
Switching Play
Passing and Receiving

 **U9 to U12**

 **8 to 12 Players**

 **Goals (4)**

 **Intensity: Medium**

 **24:00 min**
(3 x 06:00 min, 02:00 min rest)

Objective

-Implement the attacking principles of play in a 4v4 environment

Description

Two teams of 4 playing against each other and trying to score on two goals. 4 goal game is used to promote players ability to recognize open space and goal scoring opportunities. Use 1 goal each to make it more difficult and game like

Key Points

-Apply the attacking principles of play in a game situation.