

Coach: Stephen Bird

Team: U11-U13

Topic: Attacking in the final third

Week: One



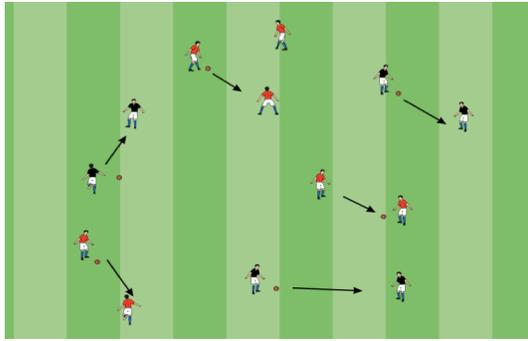
A Lifetime of Soccer

What: Decision making in the final third

Warm Up

Work: 10-12 Mins

Players pass and move around the area. Players will try and receive the ball with different parts of their feet. When the coach shouts, "go" whoever has the ball will attempt to keep the ball. The player without the ball will attempt to win it back. When the



Organization: Area is 35 x 35. Can be bigger depending on the number of players.

Technical

Work: 10-12 Mins

3 v 3 to end line game. Each game will have two balls in. Players can pass the ball to someone across the end line or dribble and stop the ball on the end line. First team to 10 points wins the round.

Play two or three rounds and rotate teams.



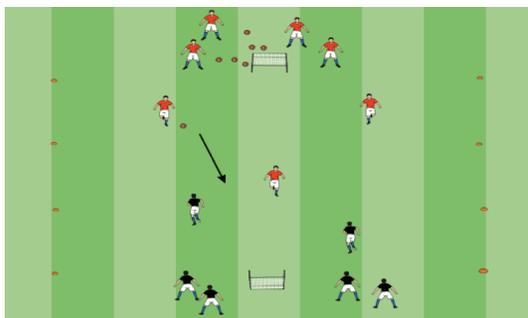
Organization: Split the field into two and have two SSG's going on at the same time.

Skill:

Work: 10-12 Mins

3 v 2 to goals or 3 v 3. One team will attack in threes, the other team as a pair. Team of 3 aims to score by combining. If the defenders win the ball, they try and score in the opposite goal.

Teams have 10 goes each and then rotate roles. Whichever team gets the most goals wins the whole game.



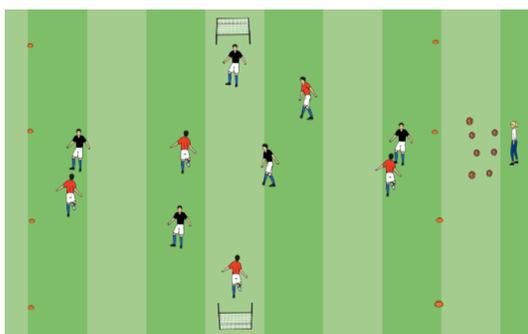
Organization: Quick short games so you have plenty of games.

Scrimmage

Work: 10-12 Mins

Key Coaching points:

- What options do we have on the ball?
- Why would you pass or dribble in the game?
- Can the person on the ball drive forwards and draw the defenders out?
- Be brave on the ball and attempt to beat the defender(s)



Organization: Have balls to the side of the field to play the balls in quickly. Keep the game going.