



Ela Rec 5-8 Dribbling

AGE: U9 / U12 / 9 players

TEAM FUNCTION: Attacking

OBJECTIVE:

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:

 9

 60 min

1v1 Imaginary Line

2v1 Attacking

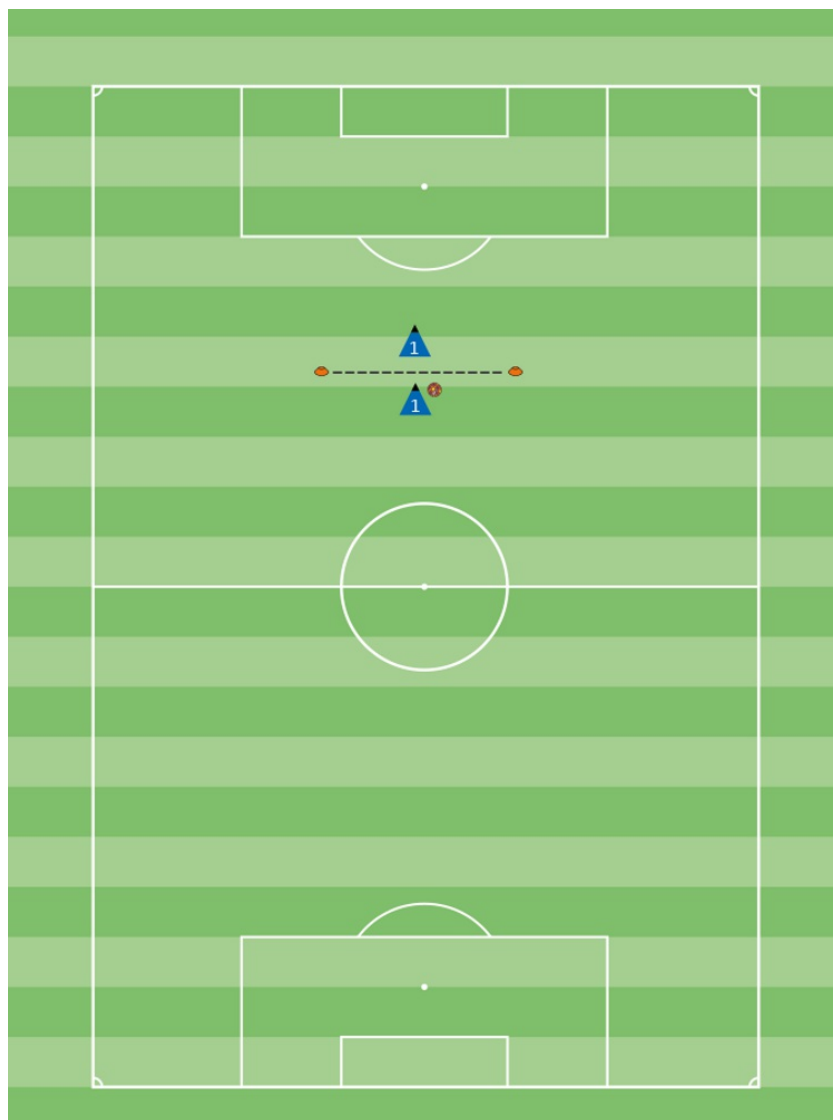
3v3 with 1v1 Emphasis

1v1 Imaginary Line

OBJECTIVE: Improve the players' ability to unbalance a defender in a 1v1 situation

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Two players facing each other in between cones about 8 yards apart. There is an "imaginary line" that runs between the cones. Players may not cross the line. One player has the ball, the other is defending. The player with the ball scores by stopping the ball next to the cone on either side before the defender places a foot next to the cone. The game is continuous for 45 seconds. After 45 seconds trade roles. Winners rotate left, losers rotate right and repeat in the new matchup.

KEY WORDS:

GUIDED QUESTIONS:


ANSWERS:

NOTES:

 **TEAM FUNCTION:**

 **AGE:**
U7 / U16

 **PLAYERS:**

 **DURATION:**
14:0 min (6 x 1:30 min, 1:0 min rest)

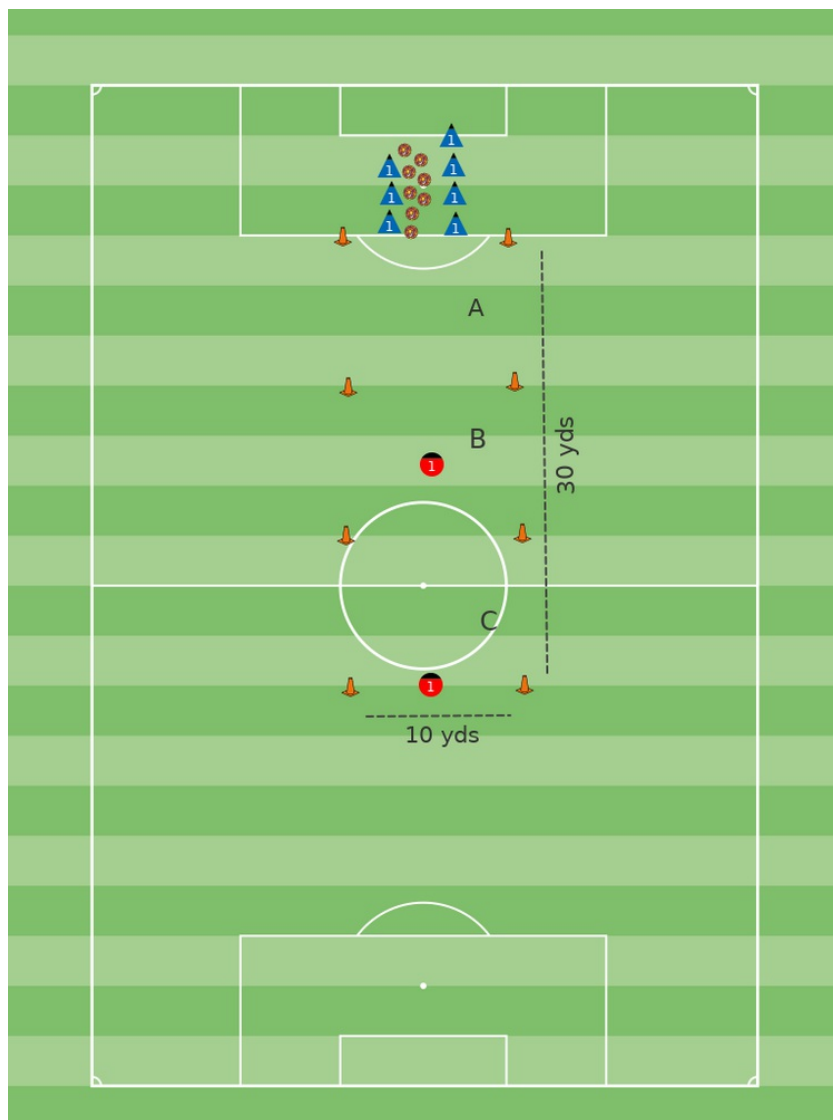
 **INTENSITY:**
Maximal

2v1 Attacking

OBJECTIVE: Improve the players' ability to execute in 2v1 attacking situations

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown with a defender in square B and square C. Defenders may not leave their squares. Two attackers bring a ball. The goal is to stop the ball on the end line of square C (if too difficult you can also allow players to dribble through the back of the grid to score). If the ball goes out or a defender wins the ball both defenders go to the end of the attacking line and the attackers become the defenders. The defender in square C must start on the back end line and may not come off the end line until the attackers have entered square C.

KEY WORDS:

GUIDED QUESTIONS:


ANSWERS:

NOTES:

 **TEAM FUNCTION:**

 **AGE:**
U7 / U12

 **PLAYERS:**
2

 **DURATION:**
12:30 min (3 x 3:30 min, 1:0 min rest)

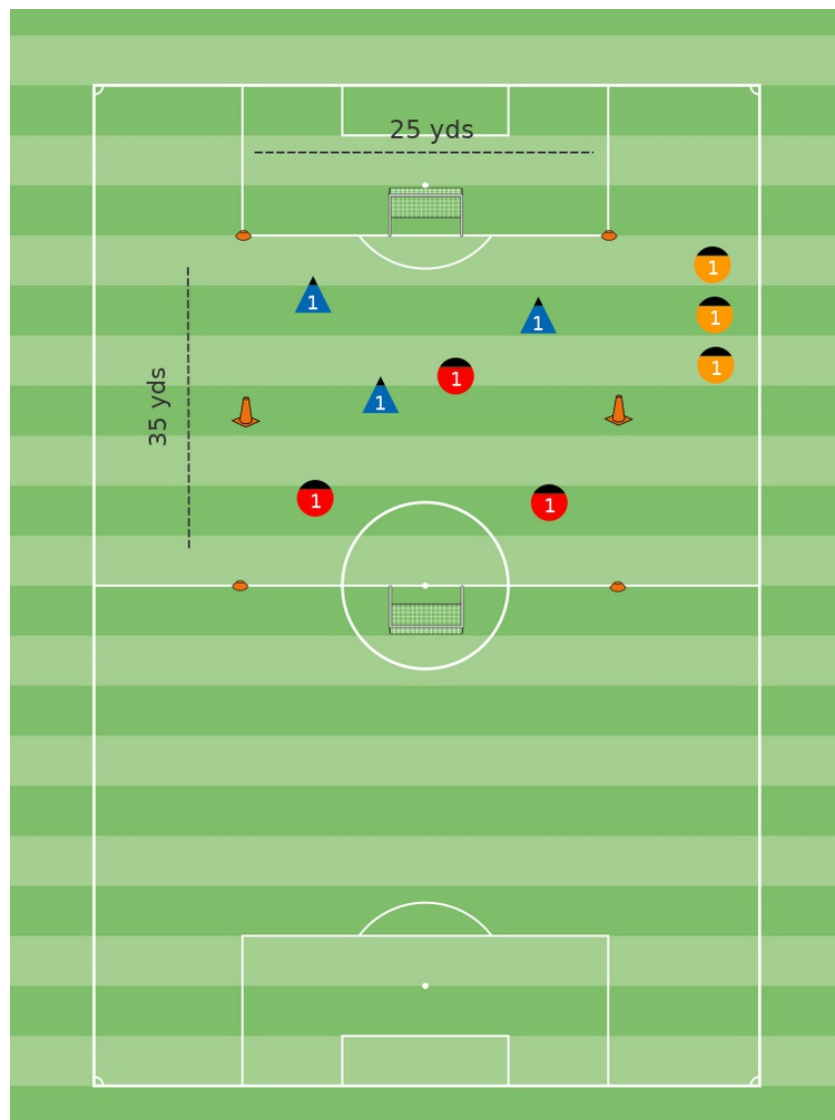
 **INTENSITY:**
Moderate

3v3 with 1v1 Emphasis

OBJECTIVE: Improve the players ability to identify & execute 1v1 attacking situations

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown. 3 teams of 3 (use a neutral player if numbers require). Teams score 1 goal by scoring. Teams score 3 goals if a player successfully beats an opponent in a 1v1 situation IN THE ATTACKING HALF OF THE FIELD. 2 minute games or first team to 5. Winner stays on and loser comes off. Play the first team to win 3 games.

KEY WORDS:

GUIDED QUESTIONS:


ANSWERS:

NOTES:

 **TEAM FUNCTION:**
Attacking

 **AGE:**
U7 / U13

 **PLAYERS:**
3 vs 3

 **DURATION:**
15:30 min (2 x 7:0 min, 1:30 min rest)

 **INTENSITY:**
Hard

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TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:

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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: