



Phase	AGE	LEVEL	PLAYERS
Attacking	U13-U16	3	12-16
DURATION		COACHING POINTS	
60 MINUTES	Change of direction dribbling	Side foot passing	Pass/Dribble forward in space

### PRACTICE 1

3 V 3	OBJECTIVE	DURATION	GRAPHIC
	<i>arrival activity</i>	20	
	<i>free play</i>	3 games x 5 minutes	
DESCRIPTION	<p>In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 15 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds.</p>		
COACHING POINTS	<p>Encourage risk taking Forward actions towards goals Positive encouragement to teammates Take bigger touches in space Smaller touches in tight areas</p>		
QUESTIONS TO PLAYERS	<ul style="list-style-type: none"> <li>- Can we move into space</li> <li>- Is there a free teammate for a pass</li> <li>- Can we support our teammate in possession</li> <li>- Can we encourage our teammates after they make a mistake</li> </ul>		

### PRACTICE 2

4v4	OBJECTIVE	DURATION	GRAPHIC
	<i>Create scoring opportunities</i>	20 minutes	
	<i>When to pass, dribble, shoot</i>		
DESCRIPTION	<p>In the attacking half of a 7v7 field, set up a 32Wx24L field with a regular goal and two small goals as shown. The 4 Blue attackers score in the regular goal, Red team scores in the small goals. Play with the build out line. Rotate players every round.</p>		
COACHING POINTS	<p>Off ball movement to create space Timing and weight of passing Looks to create overload situations. 2v1, 3v1, 3v2 etc When to dribble, shoot or pass</p>		
QUESTIONS TO PLAYERS	<p>What should we do if we have an opening to goal? How can we move the defenders to create an opening to goal? When confronted by one defender what should we do? How can we help the player with the ball?</p>		

GAME			GRAPHIC
GAME	OBJECTIVE	DURATION	
	6v6 <i>Small sided game</i>	20 <i>2 x 7 minutes</i>	
DESCRIPTION	In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-2-1-2 formation and the Red team will play in a 1-3-1-1 formation.		
COACHING POINTS	Weight and timing of pass		
	Dribbling in 1v1 situations, change of direction, skill		
	Attract opposition and pass to free players		
	Movement to create space		
QUESTIONS TO PLAYERS	What should we do if we have an opening to goal? If your way to the goal is blocked by defenders, how can you create or find an opening? When is a good time to help and combine?		