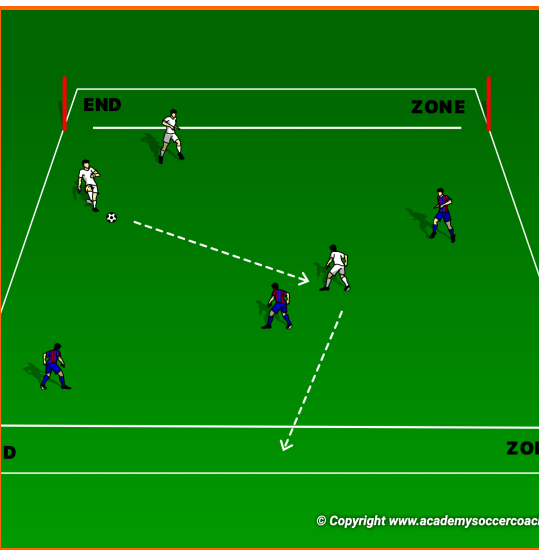
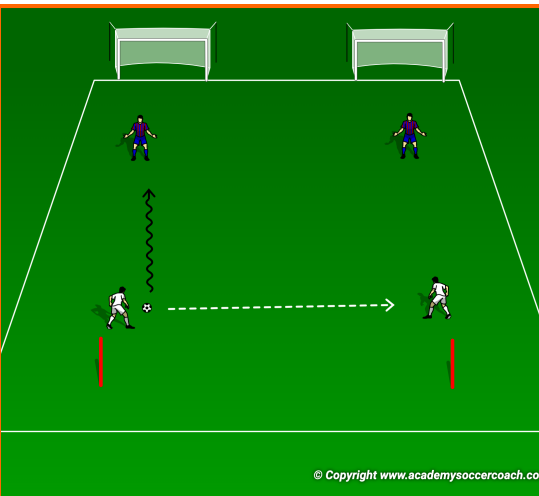
	GOAL:	Attacking 2v2's				G2/3
	PLAYER ACTIONS	Be Positive and Brave with the ball at your feet. When progressed, the right decision of when to pass and dribble!				
	KEY QUALITIES	Confidence in combining with your team mate and proactive movement to support your attacking play!				
	MOMENT	Attacking	DURATION	90 minutes	PLAYERS	

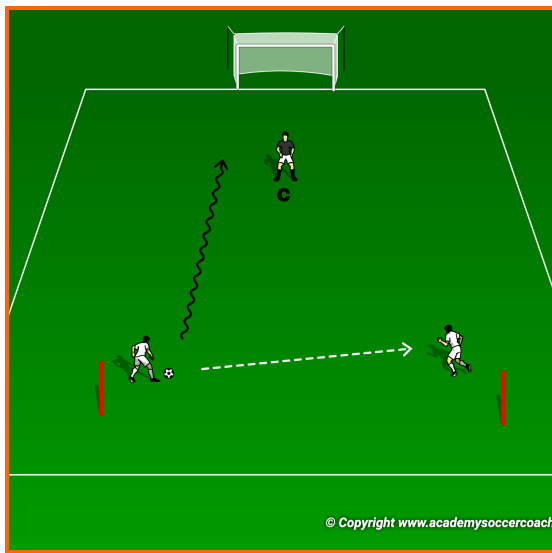
SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

1 PLAY PHASE (Intentional Free Play)	DURATION: 20 min. - INTERVALS: 3 - ACTIVITY: 4 min. - REST: 1 min.
	<p>OBJECTIVE: To pass or dribble past an opponent in order to move the ball into the attacking end zone to score a point PLAYER ACTIONS: Pass or dribble forward, Spread out</p> <p>ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L with end zone either side of the field. Do these 5 yards from the end line. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3.</p> <p>KEY WORDS: Play forward, find your teammate, be positive</p> <p>GUIDED QUESTIONS: If you see an opening in front of you, what should you do? When should you pass instead of dribble?</p> <p>ANSWERS: Play forward and to goal whenever possible. If all the openings in front of you are closed, pass to a teammate to see if they can find an opening forward.</p> <p>NOTES: Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.</p>

CORE ACTIVITY: Two Goals 2v2	DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.
	<p>OBJECTIVE: To move the ball forward past the defender and score in the shape</p> <p>PLAYER ACTIONS: Dribble forward, combine with confidence, proactive movement to support team mate.</p> <p>ORGANIZATION: In a 30Wx40L grid, set up two goals on one side of the area. Split the players into defenders and attackers. Attackers will start at the red poles and the Defenders will start behind the goal. On the Coaches SHOUT, all players will take their position in the area and start to play. The ball starts with the attackers. Attackers are tasked with working together to score in either of the end goals. They can build their way to the goal by either passing/combining with each other or dribble past the defenders. The defender's job is to work together to stop the incoming attacks and clear the ball if they manage to win it. Once the play has concluded with a goal, miss or a regain for the defenders, players reset to their start points and the next group will commence. KEY WORDS: Dribble with your head up, find an opening, Dribble at speed, be creative with the ball and with your movement, support your partner, pass with intent, make decisions early on what you'd like to do.</p> <p>GUIDED QUESTIONS: If one goal is busy, where should we attack instead? How can I support my team mate with the ball? How can we overload? If I move the ball quickly, what can I create?</p> <p>ANSWERS: We should look to transfer the ball towards the other goal, With my movement I need to either support the player with the ball by creating a passing option or by pulling a defender away to create a 1v1. By being proactive with my movement i can quickly move to create a 2v1 before the other defender can get involved. A separate 1v1 for my team mate or an open opportunity to score. Non Focus Player: When defending make sure to close down space quickly, be side on to force attackers to where you want them to go, look for triggers like big touches as to when to engage, try to limit space and cut off passing options to create a 1v1 defending scenario.</p>

LESS CHALLENGING: 2v1 against the	DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.
--	---

Coach!



OBJECTIVE: To dribble towards the shapes on the opposite side utilizing the space available.

PLAYER ACTIONS: Dribble forward, recognise open space, recognise when to pass and when to dribble, be creative and direct

ORGANIZATION: In a 30Wx40L grid, separate players into pairs who will go against each other to 'protect' their shape. Players are tasked to dribble past each other and stop the ball in the opposing players 'shape'. In transition, if the 'defender' wins it back, the roles change and they are now tasked with stopping the ball in the shape. Players are now free to go to any shape within the area to give them more space and make it a multi-directional game.. If a ball has been stopped in a 'shape' the player who stopped the ball inside, gets a point for themselves. The play resets when the other player gets the ball and the player who scored has retreated back to their shape.

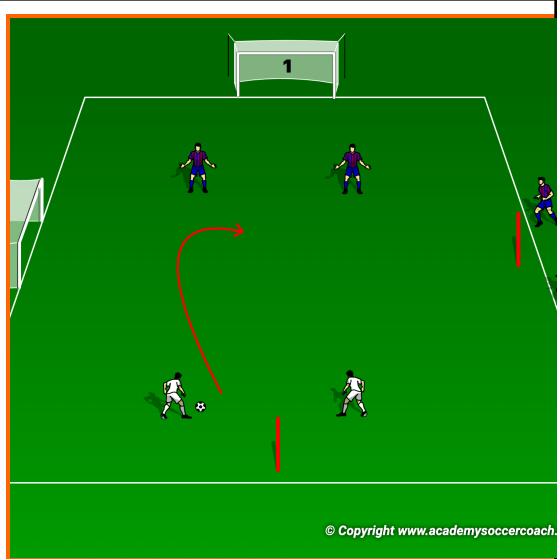
KEY WORDS: Dribble with your head up, find an opening, Dribble at speed, be creative with the ball and with your movement, support your partner, pass with intent, make decisions early on what you'd like to do.

GUIDED QUESTIONS: How can I support my team mate with the ball? How can we overload? If I move the ball quickly, what can I create? How can I make the defender's job harder?

ANSWERS: With my movement I need to either support the player with the ball by creating a passing option or by pulling a defender away to create a 1v1, By being proactive with my movement I can quickly move to create a 2v1 before the other defender can get involved. I can create an open opportunity to score. I can make wider movements to pull the defender out of position and give him a decision to make. **Non Focus Player: When defending make sure to close down space quickly, be side on to force attackers to where you want them to go, look for triggers like big touches as to when to engage. Force players towards busy spaces and force them to lose/loosen their control of the ball.**

MORE CHALLENGING: 2v2 with Transition of roles

DURATION: 18 min. - INTERVALS: 6 - ACTIVITY: 2 min. - REST: 1 min.



OBJECTIVE: To dribble/pass to beat the defenders and score in the goal which is opposite. After the first phase, be hard to beat defensively. **PLAYER ACTIONS:** Dribble forward, Pass to players in open space, recognise open space, combining with confidence, decision making of when to pass and when to dribble, end product.

ORGANIZATION: In a 40Wx40L grid, Players are now separated into pairs and stand by any of the red poles ready for the game. The game will start with one team being the attacking team and the other being the defending team. The attacking team's FIRST job is to try and score in the goal opposite which the defending team are protecting. The defender's job is to stop them from scoring and if they regain possession it is to clear the ball out of play for 1 point or to dribble the ball by the starting red pole for 3. After the FIRST phase is done, the attackers now go onto their SECOND job and become the defenders and the previous defenders reset by the poles. They next defenders defend the next wave of attackers starting at the other red pole to the last phase. The cycle carries on with attackers becoming defenders and defenders back at the red poles. **KEY WORDS:** Dribble with their head up, find an opening, Dribble at speed, being creative with our movement, brave with the ball at your feet, early decisions, good decisions of when to pass and dribble. Attack the space.

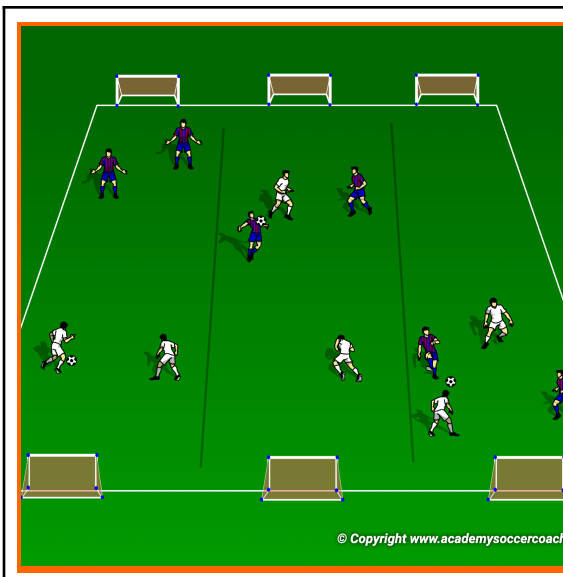
GUIDED QUESTIONS: 'Where should i always try and get my touch towards? What are some ways you can beat a defender? Which part of your foot can you use to dribble forward? How can my movement help? As soon as I score or miss, what's my next job? How can the defending phase aid my attacking?

ANSWERS: It allows me to be positive and direct which makes me harder to mark. Combining with your team mate, driving at speed, adding skills to your game. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward, Be creative and unpredictable with what you try! My off-ball movements quickly can create 2v1's and 3v1's or 3v2's if done proactively. To remember to recover to the opposing goal after the first phase. It will allow me to win the ball back and expose me too more pressured dribbling and 1v1's when trying to stop the ball at the red pole.

Non Focus Player: When defending make sure to close down space quickly, be side on to force attackers to where you want them to go, look for triggers like big touches as to when to engage. Force players towards busy spaces and force them to lose/loosen their control of the ball. Work as a team to limit attackers' space. Stay organized and be hard to beat.

2 PLAY PHASE: 2v2 Mini Tournament

DURATION: 22 min - INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.



OBJECTIVE: To pass or dribble past an opponent then score goals.

PLAYER ACTIONS: Pass or dribble forward, spread out

ORGANIZATION: In a 40Wx40L, Create three mini fields with two goals at either end. Have a two team mini tournament where in each area you've created there is a 2v2. Goals are scored by a pass or shot into the end goal. After a suitable time period, rotate the teams so players play against multiple opponents and have lots of social opportunities. **KEY WORDS:** Turn, open up, score goals, be positive and be brave, how can be combine

GUIDED QUESTIONS: How can I support my team mate with the ball? How can we overload? If I move the ball quickly, what can I create? How can I make the defender's job harder? Where should I always try and get my first touch towards?

ANSWERS: We should look to transfer the ball towards the other goal, With my movement I need to either support the player with the ball by creating a passing option or by pulling a defender away to create a 1v1, By being proactive with my movement i can quickly move to create a 2v1 before the other defender can get involved. A separate 1v1 for my team mate or an open opportunity to score. Always should try and get first touch towards the goal. **Non player:** Be organized and hard to beat. In transition how quickly can we get up the field and utilize the free space to go score a goal for ourselves?

FIVE ELEMENTS of TRAINING EXERCISE

1. **Organized:** Is the exercise organized in the right way?
2. **Game like:** Is the exercise game like?
3. **Repetitions:** Are there repetitions 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 the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. **How did you achieve your goals of the training session?**
2. **What did you do well?**
3. **What could you do better?**