
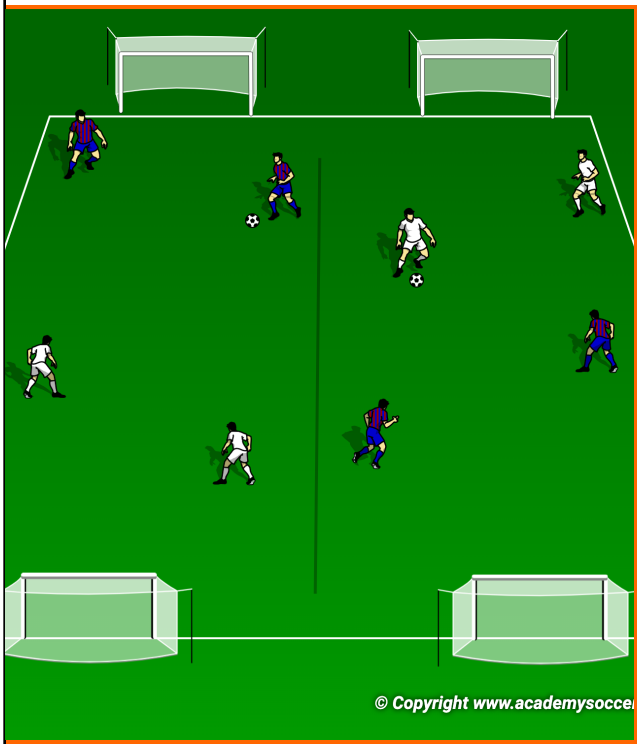


<p>Spring 2024</p> 	GOAL:	Attacking 3v2				2/
	PLAYER ACTIONS	Make the most out of numerical advantage on the offensive side. Combine with team and make runs and use the space in order to help our teammates.				
	KEY QUALITIES	Use space in order to receive a pass or open space for my teammate to aBack.				
	MOMENT	Attack	DURATION	90 minutes	PLAYERS	

SKILL ACQUISITION: **Space-** using it to open up to be in a better position to receive a pass, or to open space so my teammate can engage on to have a better position to score and the defender has to make a decision. **Drive-** Engages defenders to make a decision where my teammate will be opened in another space, where they can take advantage of it.

1 PLAY PHASE (Intentional Free Play)	DURATION: 25 min. - INTERVALS: 5 - ACTIVITY: 4 min. - REST: 1 min.
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OBJECTIVE: Defend your goal and attack the opposite goal.

PLAYER ACTIONS: Pass or dribble forward, use space, engage defensively.

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.

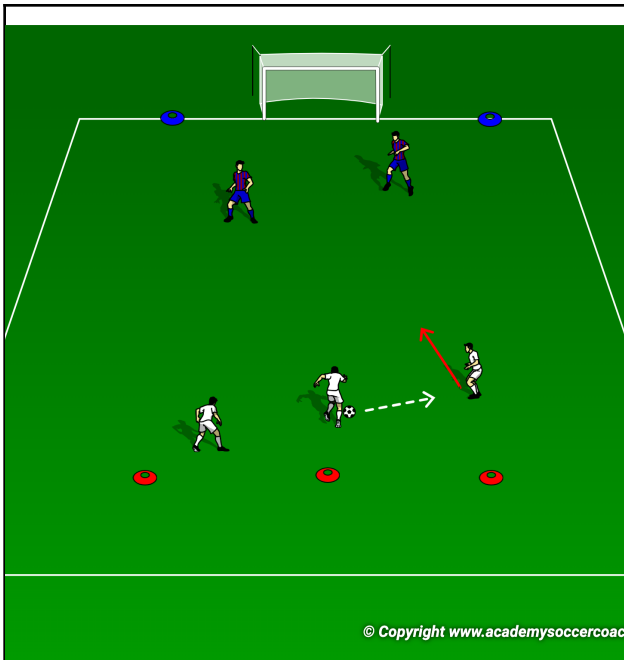
KEY WORDS: Pass the ball, keep the ball, Possession, play with your team.

GUIDED QUESTIONS: How can we prevent the other team from scoring? How can we get faster towards the goal?

ANSWERS: Keeping the ball in possession and not letting them get it. Passing the ball to another teammate, towards goal and away from the other team.

NOTES: Promote possession of the ball in order to score, moving the ball to keep it away from defenders and get easier to the goal.

CORE ACTIVITY: 3v2 towards big goal	DURATION: 30 min. - INTERVALS: 10 - ACTIVITY: 2 min . - REST: 1min.
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OBJECTIVE: Ball starts from the defenders side, they pass the ball to any of the three attackers on the opposite side. Attackers try to score as soon as they can on the big goal, while defenders are trying to stop them.

PLAYER ACTIONS: Pass or dribble past the defenders to score on the big goal. Use the space, make runs and shoot on goal.

ORGANIZATION: Two lines of players to each side of the goal. Three lines of players in front of the goal, 20-30 steps away from the goal. Ball starts in one of the lines next to the goal. After a few rounds you rotate the lines so everyone gets a chance on each position.

KEY WORDS: Drive, score, pass, combine, move to space.

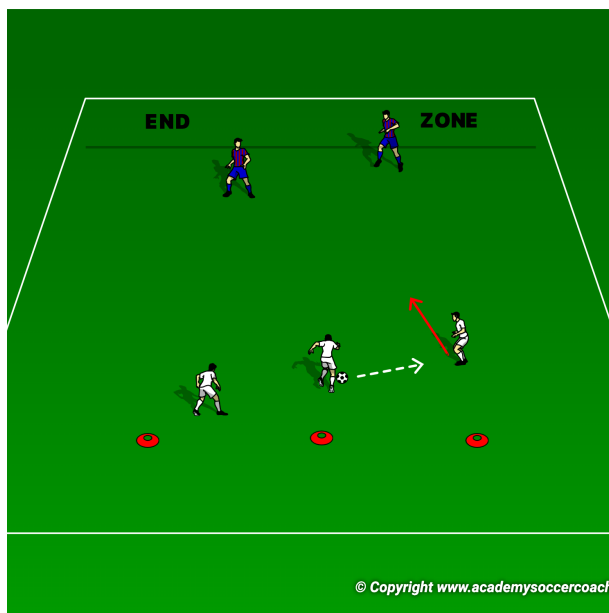
GUIDED QUESTIONS: How can I help my teammate with the ball? When I have the ball what should I look for?

ANSWERS: Move to space, and get opened so the defenders have to make a decision. I should look for a teammate, score or space to dribble into.

Non Focus Player: One player engages to the ball, other player works on the balance. When there is a pass made, who is closer presses, other player covers. A lot of communication and discipline.

LESS CHALLENGING: 3v2 to area

DURATION: 30 min. - INTERVALS: 10 - ACTIVITY: 2 min. - REST: 1min.



OBJECTIVE: Ball starts from the defenders side, they pass the ball to any of the three attackers on the opposite side. Attackers try to score as soon as they can on the opposite end zone, while defenders are trying to stop them.

PLAYER ACTIONS: Pass or dribble past the defenders to score on the area by dribbling or finding a pass on the area. Use the space, make runs and dribble into the area. Players without the ball, make the defenders take decisions.

ORGANIZATION: Two lines of players to each side of the area. Three lines of players in front of the area, 20-30 steps away from the area. Ball starts in one of the lines next to the area. After a few rounds you rotate the lines so everyone gets a chance on each position.

KEY WORDS: Drive, score, pass, combine, move to space, dribble, look for teammates, heads up.

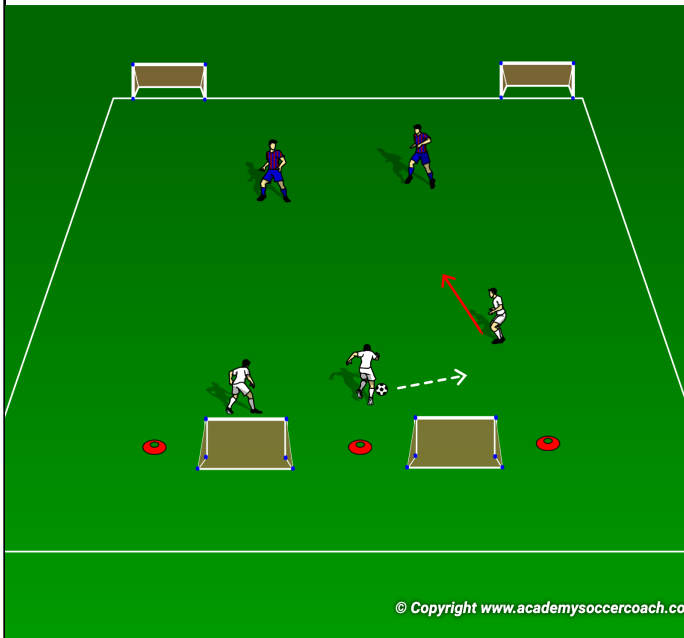
GUIDED QUESTIONS: How can I help my teammate with the ball? When I have the ball what should I look for?

ANSWERS: Move to space, and get opened so the defenders have to make a decision. I should look for a teammate, score or space to dribble into.

Non Focus Player: One player engages to the ball, other player works on the balance. When there is a pass made, who is closer presses, other player covers. A lot of communication and discipline.

MORE CHALLENGING: 3v2 into 2 small goals.

DURATION: 30 min. - INTERVALS: 10 - ACTIVITY: 2 min. - REST: 1min.



OBJECTIVE: Ball starts from the defenders side, they pass the ball to any of the three attackers on the opposite side. Attackers try to score as soon as they can on the opposite two goals on each side, while defenders are trying to stop them. If defenders win the ball, they can also score in any goal in the opposite side.

PLAYER ACTIONS: Pass or dribble past the defenders to score on either of the goals on the sides by shooting or finding a pass to a teammate to score. Use the space, make runs and dribble into the space. Players without the ball, make the defenders take decisions and get opened for the ball.

ORGANIZATION: Two lines of players to each side of the area, with pug nets on all 4 ends. Three lines of players in front of the area, 20-30 steps away from the area, with also 2 pug nets on their side. Ball starts in one of the lines from the defenders side. After a few rounds you rotate the lines so everyone gets a chance on each position.

KEY WORDS: Drive, score, pass, combine, move to space, dribble, look for teammates, heads up, switch the side.

GUIDED QUESTIONS: How can I help my teammate with the ball? When I have the ball what should I look for? What goal is most likely going to be opened?

ANSWERS: Move to space, and get opened so the defenders have to make a decision. I should look for a teammate, score or space to dribble into. If we started attacking the right side, the left side will be opened.

Non Focus Player: One player engages to the ball, other player works on the balance. When there is a pass made, who is closer presses, other player covers. A lot of communication and discipline. As soon as the defenders win the ball, they now can score on the pug nets opposite to the ones they are defending.

2 PLAY PHASE: The Game

DURATION: 30 min - INTERVALS: 2 - ACTIVITY: 13 min. - REST: 2 min.



OBJECTIVE: Normal scrimmage, however, objective for team in possession is get in scenarios where they have a numerical advantage offensively and they can take advantage in order to score.

PLAYER ACTIONS: Move into attack, support teammates, gets spread, attack the goal and make runs to engage defenders and open space for teammates.

ORGANIZATION: Split into two equal teams, normal scrimmage with two goals on each side (depending on availability).

KEY WORDS: Get opened, be an option, be direct, engage defenders, use space, play with team, pass and move.

GUIDED QUESTIONS: How can we get numerical advantage?

ANSWERS: By attacking the opposite team and having support by teammates. Moving to space and also using the space in a smart way to make defenders take a decision.

Non player: Prevent the opposite team to get numerical advantages on offense, drop and help the defense, communicate and be disciplined on defense, if 2-3 players engage to the player with the ball, it takes one pass for the offense to have numerical advantage.

FIVE ELEMENTS of TRAINING EXERCISE

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 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?

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