

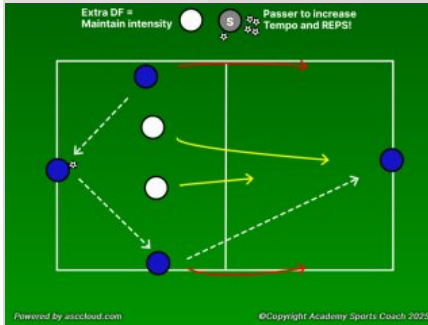
<b>Age:</b>	Select U11+	<b>Moment:</b>	Attacking	<b>Phase:</b>	Create & Control	<b>TP:</b>	Outplay the Opponent
<b>CP1:</b>	Attack the goal (ground/air)	<b>CP2:</b>	Inside/Outside (disorganize them)	<b>CP3:</b>	Pass back → Forward Run		

**REMEMBER: DOES THE SESSION...**

- ☒ Align with our DNA? 
 ☒ Is it competitive? 
 ☒ Is it game-based? 
 ☒ Will the players enjoy it?

**Training Phase:** Execution

High player repetition. Simple exercises to improve fundamental techniques.



**Rules:**

- Blues try and transfer the ball. If successful, 2x blue and both white move to the new box
- Whites try to win the ball and escape out of the area (counter press)
- Extra player serves new ball each time it is lost.
- Play X amount of balls and rotate
- 1 pt for each transfer and 1pt for each escape. Who wins?!

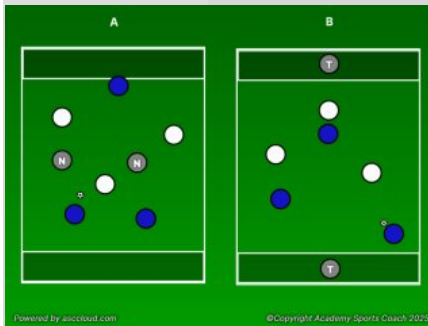
**FOCUS** is the quality of our Basics (Body Position > First Touch/Pass > Turns/Feints), however introduce the topic. BUT! Fewer decisions (less players/noise) increases focus on execution (technique).

**Potential Constraints:**

- Must take 2 touch (prepare first)
- Can only pass with inside (open body)
- No pass back allowed (look forward)

**Training Phase:** Decision

Increase complexity. Repeat team/sub principles in small/medium games.



**Rules:**

- Both teams attack and defend both directions
- Field A is 3v3 + 2 neutrals inside the box
- Field B is 3v3+2 Targets in the end zones

**Possible Adaptations:**

- Play Directional (ATT and DF one side)
- Even Numbers

**Questions:**

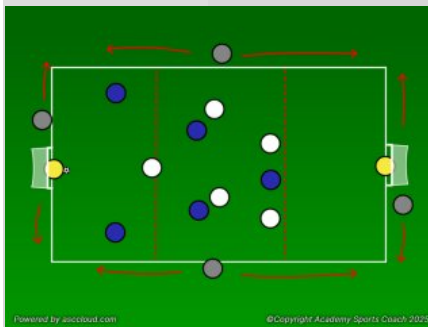
- Can we attack the middle? How many can we outplay with one pass?
- Are the DF compact? If so, how can we disorganize?
- How does the N/T placement change the game?

**Potential Challenges:**

- +1pt if you receive in the end zone from a one-touch bounce pass from N/T
- +1pt if you play a two player combination into end zones.
- +1pt if you play through two DF into end zones.

**Training Phase:** Decision

Increase complexity. Repeat team/sub principles in small/medium games.



**Rules:**

- Blue and white try to score in big goals
- Grey support (do not have to be used) players can move freely along the outside of the box
- Both teams are looking to create chances to score by playing through, around or over

**Possible Adaptations:**

- Red offside line for one/both team
- Remove the pitch corners (octagon)

**Questions:**

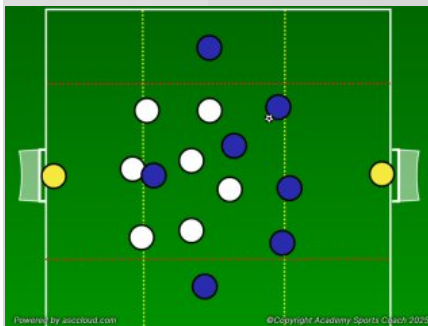
- Previous +
- Can we recognize how high the DF line is and time our runs?
- What type of passes would help us in each scenario?

**Possible Challenges:**

- +1pt if you play through a line before scoring
- +1pt if you score a one-touch finish from grey team

**Training Phase:** Team

Complex, simulate the actual game! Put it all together and play as a team.



**Rules:**

- Both teams setup in 1-3-3-1
- Regular game to big goals
- Change the pitch shape every X minutes
- Offside/No Offside
- Change the team formation's
- Change which pitch each team can play in

**Pitch Key:**

- White pitch is whole area
- Red pitch is long and narrow
- Yellow pitch is short and wide

**Questions:**

- Previous+
- How does pitch size/offside rule/formations change defensive shape and our decision to play T/A/O?

**Possible Challenges:**

- +2pt point if score through splitting two defenders (CB/CB or FB/CB)
- +2pt if you score from a first time forward pass after a backwards pass
- +2pt if you DF a through pass and score

**REFLECTION:**

Was it succesful? I.e, did we improve on our mission?	Write here...	Changes for next time?	Write here...
What did the players love? Why?	Write here...	Anything they didn't enjoy? Why?	Write here...