



Week 1- U9-12 Learn To Train - Creating Space to shoot

Category: Tactical: Wide play
Difficulty: Beginner

Reseller-Club: Premier Users' Club
Cyprian McFarlane, Brampton, Canada

Warm Up (15 mins)

Organization : 6 players in each set up. 2 in red, 2 in white and 2 in green. Ball are at one end of the area.

Activity 1 - Handball - 2v2 in the middle with 2 target players. Players score by moving the ball from one target player to another, the keep possession each time they score. Play for 45 seconds and swap over.

Activity 2 - 2v1 to goal with recovering defender. Server plays in the ball in to create a 2v1 to situation to goal. The defender next to the server, recovers. If defenders win the ball, they score by passing the ball to servers feet. After 5 chances, rotate so attackers become defenders, defenders become GK and Server and GK and server become attackers

Objective :To create space to receive and shoot

Outcomes : A) All Players - Create space, take their first touch forward and shoot

B) Most Players - Create space, take their first touch towards the goal and shoot on target

C) Some Players - Create space, disguise the direction of the first touch and score past the goalkeeper



SSG 3V3 (15 mins)

Organization : Create two mini fields, 20x12m

Procedure : Players play 3v3. If the ball goes out of play, play is restarted from the goalkeeper. After 3 minutes, rotate the teams. Make sure goalkeepers also rotate and play outfield. Include celebrations with team mates, high 5's, come up with their own etc.

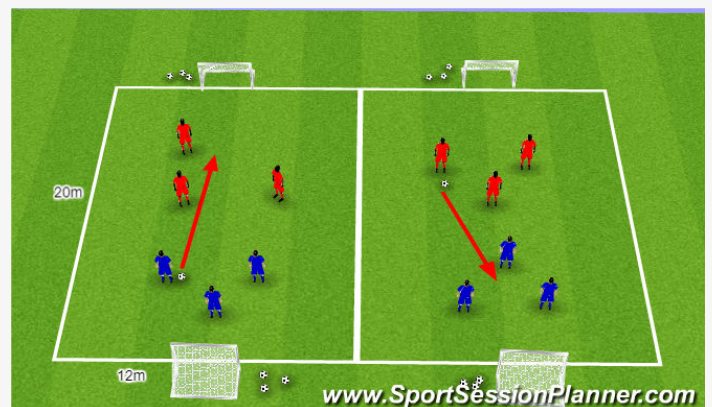
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Activity (15 mins)

Organization : 5 outfield players for each team and one goalkeeper. All balls are placed to the sides of each goal.

Procedure: The players must stay in their own half and are tasked with moving the ball quickly and looking to shoot at the first opportunity. If a ball goes out of play, the defending team's goalkeeper will re-start.

Progression : One attacker may play in the opposition half to win the ball early and score. Further progress by adding two strikers.

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SSG 6v6 (15 mins)

Orgization: Two teams of 6v6 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for a quick restart.

Procedure: Players play a normal game with all age and stage appropriate rules applied. Retreat line, offsides, throw ins. If more players, use two neutral wide players as shown and keep them involved in the session, or play up to 9v9.

Objective: To create space to receive and shoot

Outcomes :

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Most Players - Create space, take their first touch towards the goal and shoot on target

Some Players - Create space, disguise the direction of the first touch and score past the goalkeeper

