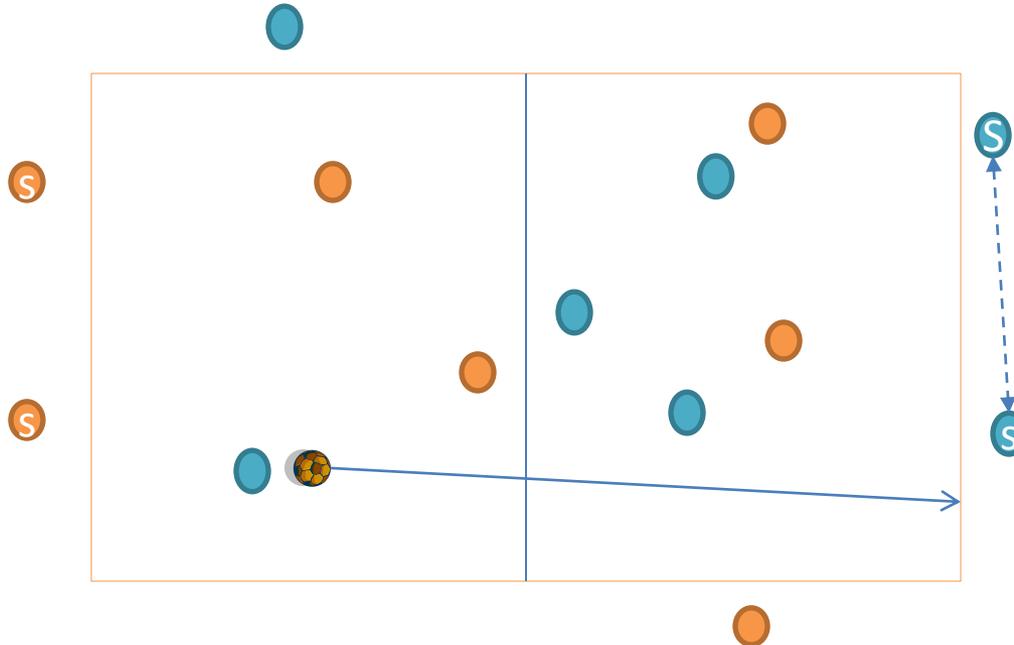




U13 plus Target Game

Session objectives: Coach the players to improve their recognition of when to go forward and when to possess
Coach to improve forward movement



Organization

Area 30x40 14 players

Each team has two scoring targets (S) at the end and one side target
Side target is restricted to off the field, in the opposing half on the sideline

Inside players can move anywhere on the field

Scoring targets can move anywhere along the goal line

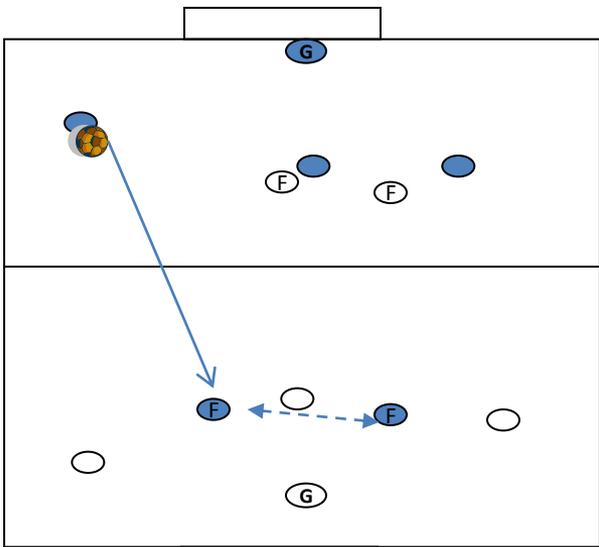
Teams score by passing the ball to either one of their scoring targets

To score again the team must make the ball cross the half way line

1. Teams now can only score when the scoring targets switch places
2. Teams can only score when one target checks onto the field to receive
3. Teams can only score when (2) and the other target receives in that position

Coaching points

- Open body shape
- communication
- Awareness of target
- Off ball movement
- Speed of support
- Angle of support
- Awareness of opponents
 - Speed of play



Forwards Switch and ball is passed in

Organization

Area 40x 50 yards with a halfway line
 6v6- Each team has the formation of 3 defenders, 1 goalkeeper, 2 forwards
 Positioned like across

Players are restricted to their own half
 To score players pass to forward that switches place with the other forward

1. To score forwards must be high and low and either
- Low forward passes to supporting midfield
- High Forward passes to low forward
3. Now the game goes to scoring goals
4. Players can cross the halfway line when supporting the forward

Add in two Neutral players that pass to attacking team

3. Players can cross the halfway line when they overlap the Neutral players
4. Free play with no restrictions

- Coach the team to move off the ball as the ball moves to its target
- Coach the team to pass the ball the way they face and not to turn when in high risk areas

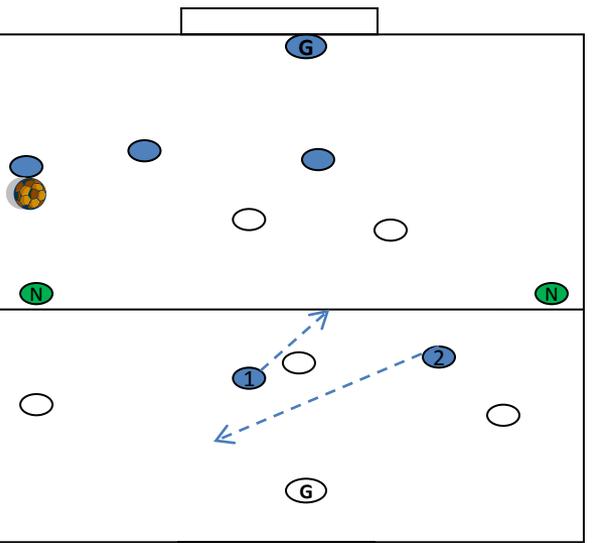
If players do not yet have the technical ability to play this game restrict the players by

1. Having the defending forward walk only
2. Play handball- players can move with the ball until they get tagged

Coaching points

- Communication
- Starting point of forward
- Check to receive
- Timing of run
- Awareness of forward
- Open body shape
- Supporting run into forward

- Move to support as the ball moves
- Recognition of wide space
- Awareness of pressure
- Maintain Depth



Wide player dribbles in, Forward 1 moves the defender, forward 2 runs into the space