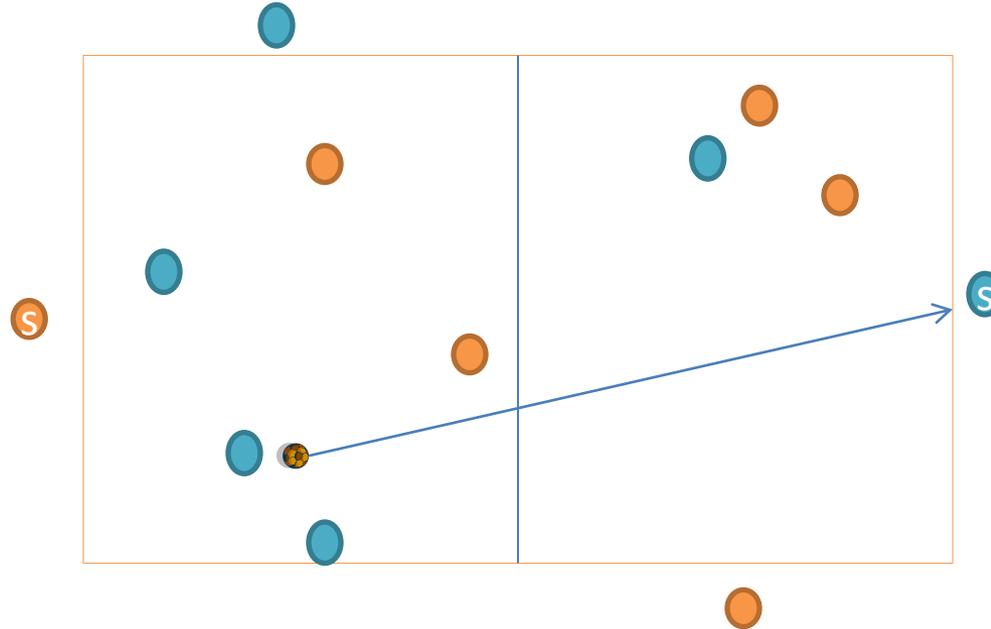




# U11/12 Target Game

**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 25x40 with a half-way line marked out 12 players

Each team has a scoring target (S) and one side target

Side target is restricted to off the field, in the opposing half on the sideline

Scoring targets can move anywhere along the goal line

Inside players can move anywhere on the field

Teams Score by passing the ball to their scoring target

To score again the ball must cross the half way line

1. When the ball is passed to a side target someone has to overlap them

2. Scoring Target player now checks onto the field to receive

On scoring the Target player brings the ball in and switches with another player

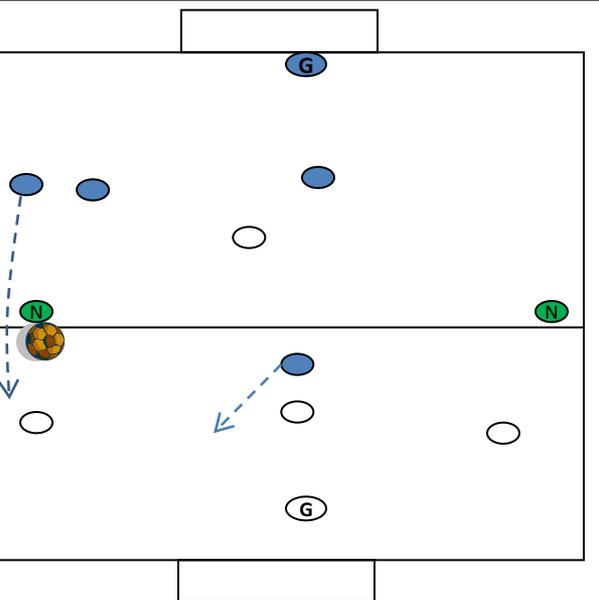
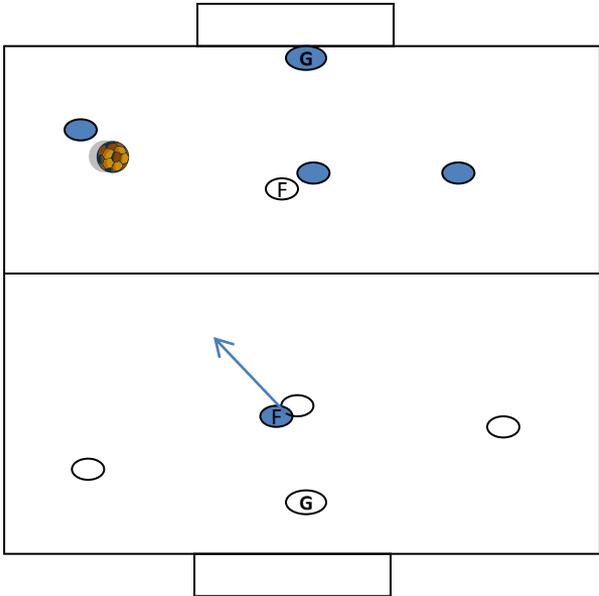
Team scores 3 points if they pass to the target get a set up and pass to the new target arriving

## Coaching points

- Open body shape
- Communication
- Awareness of target
- Awareness of passing lanes
- Awareness of 3<sup>rd</sup> player movement
- Off ball movement
- Speed of support
- Angle of support
- Awareness of opponents
  - Speed of play



# Playing into the Forward U11/12



Wide player dribbles in, draws a defender

### Organization

Area 30x 40 yards with a halfway line  
 5v5- Each team has the formation of 3 defenders, 1 goalkeeper, 1 forward

Positioned like across

Players are restricted to staying in their own half of the field

1. To score players pass to forward
2. On receiving the ball the forward either passes or dribbles back into defending half. If dribbles they switch place with a team mate
3. Now the game goes to scoring goals
4. Players can cross the halfway line when supporting or replacing the forward

Add in two Neutral players that pass to attacking team

4. Players can cross the halfway line when they overlap the Neutral players
5. 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