

11v11 TO MULTIPLE GOALS

STAGES COVERED BY ACTIVITY

Stages 4 & 5 - 12-18 year old players

THEMES & COMPETENCIES

Theme:

- + Team possession with purpose.
- + Group and team defending.

Competencies:

- + Transition from defense to attack and attack to defense.
- + Passing a short, medium and long distances.
- + Defending as a unit and team - applying pressure, covering and support.

WHY USE IT

This exercise takes the principles of counter-attacking to the full game, allowing players to learn patterns useful to countering under pressure on match day.

SET UP

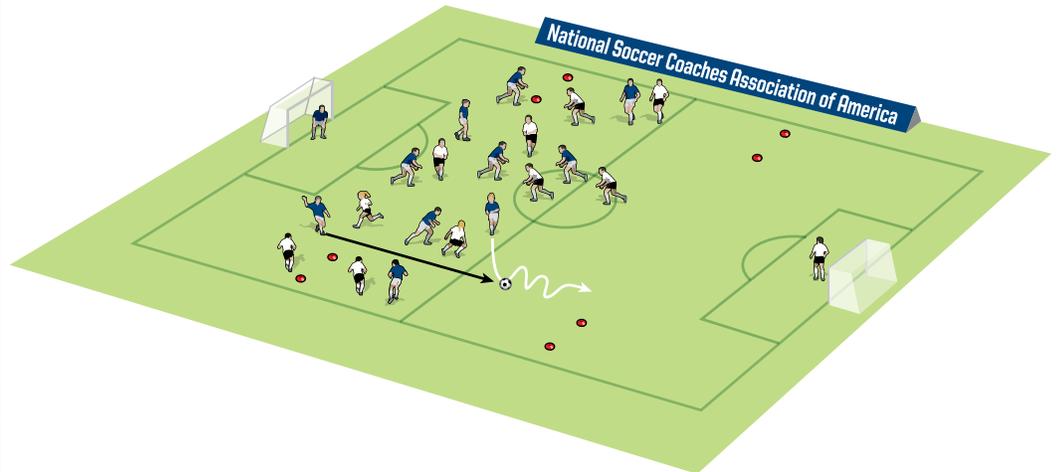
Two full teams (11 vs. 11) on a full field with full-sized goals and four small wide channel goals (two for each team).

HOW TO PLAY

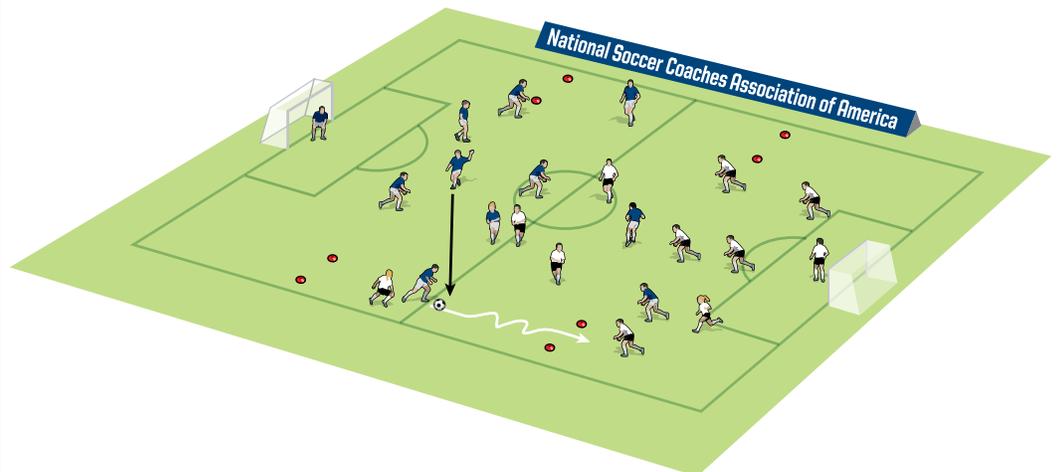
Begin by playing a standard scrimmage for a few minutes to let the players settle into the game. Then explain to players that they can earn three points for scoring off of a counter-attack and an additional point for dribbling or passing through either of the channel goals on either side in their front half of the field. Counters do not need to go through these areas (a central goal can be added as well), but the chance for an added point gets players to think about where to put the ball early in a counter-attacking situation.

COACHING NOTES

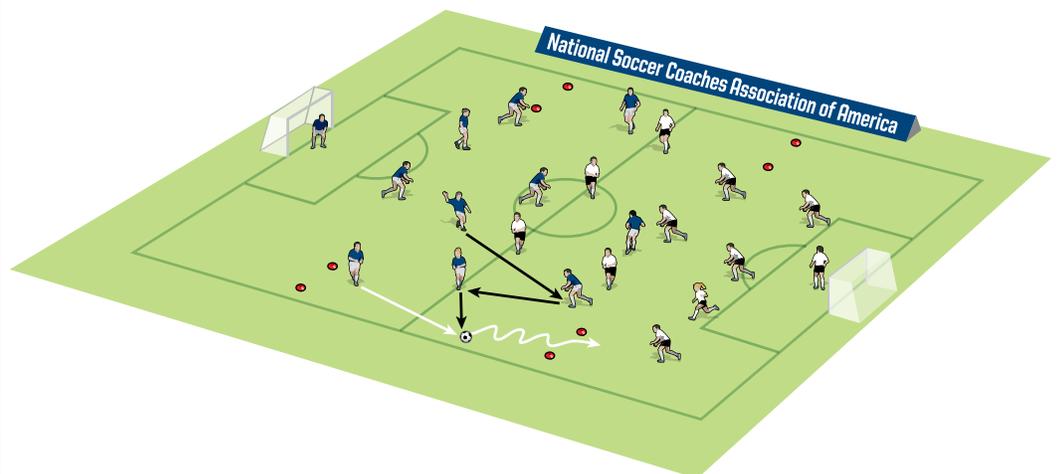
- + Main coaching objectives - This game encourages players to get the ball forward early when the ball is won. Wide goals represent areas often useful for building counter-attacks.
- + Coaching Tip - Stop the action and ask the players if they made the right choice based on the shape of the team, time of game, etc.
- + Adaptations - Some coaches like to put time limits or incentives on a counter as well to emphasize speed in the attack.



- + 11 vs. 11 game with channel goals and emphasis on counter-attacking.
- + A quick counter over the top with a striker getting in on goal.



- + Long ball forward is not on when the ball is won.
- + The center back plays a wide midfielder who dribbles through the wide channel for a point.



- + Long service into the striker to start the counter.
- + Ball is laid off to a holding midfielder
- + Near-side forward has run central to open the channel for the defender's run

