

St. Mary's Youth Soccer Training Series

Topic: Support Play
Age/Level: All
Type:

→ Run Pass ●~~~~~ Dribble

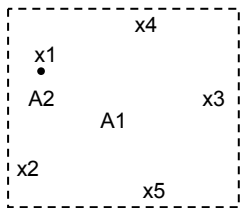


Notes:

This session is from the Blackburn Youth Academy. The warm-up and first progression work on building possession and support play, with the end game preparation for an upcoming match against the Manchester United youth team.

Progression: (Warm-up)
 Exercise: 5v2
 Time: 15-20 Minutes

In a 10x10 grid, play 5v2 keepaway. After a pass, the player who made the pass must move, even if it only one yard. This game builds basic tactical awareness and is used on an almost daily basis.

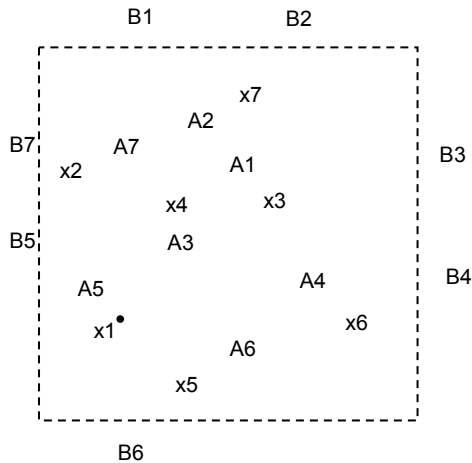


Progression: 2
 Exercise: 7v7+2
 Time: 45 Minutes

In a 30x40 grid, play 7v7 with 7 neutral players around the outside. The outside team plays with a touch restriction and if a mistouch is made putting the ball into the grid, an outside player may not go inside to correct the error. 6 passes=1 goal, but the count resets if an outside player is used.

Possible progressions are to add a target player, or to even work on long passing by requiring the 6 passes then a pass outside then a long switch for a goal.

Emphasize good quick support angles, quality passing, moving off the ball.



Progression: 3
 Exercise: Match Preparation
 Time: 30 Minutes

In a field about the length of half of a game field but wider, play 10 attackers (o) against 9 defenders (x). Because Man U likes to find the target striker then get the ball to wide players streaking down the field, the x team aims to get organized the pressure as a unit to take away the forward passing lanes. X plays to find G in front as quickly as possible when they win the ball and this will progress to an actual target striker as matchday approaches and training progresses. Emphasize organization, communication, and taking away of passing lanes. Look to make the right decisions to get the ball to the target once it is won.

