

St. Mary's Youth Soccer Training Series

Topic: Improve Team Shape- With Possession

Age/Level: U-12 and up

Type:

→ Run → Pass ●~~~~~→ Dribble

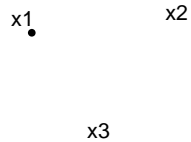


Notes:

This session is designed to progress the players through a session covering improving team shape when in possession.

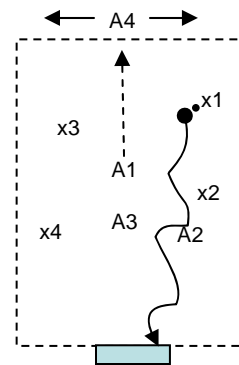
Thanks to Bill Quinn

Progression: (Warm-up)
 Exercise: Passing with No Restrictions
 Time: 10 Minutes



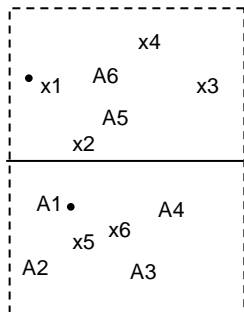
Split the players into groups of 3. Move and pass the ball.
 Emphasize continuous movement and good supporting distance and angles.

Progression: 3
 Exercise: One Goal with Counterattack
 Time: 25 Minutes



Put all players into 3 teams of 4. Play 4v3, with the fourth player as the clearing player. 2 teams play at 1 one time. The third team observes and switches in for a turn. The team with 4 players attacks the goal and scores by dribbling it through. The fourth player for the defense stands at the clearing line. The defense can score by pinpointing a pass to that player. Emphasize good supporting positions with depth, adequate width, no gaps, player not in support can make runs to create space and unbalance.

Progression: 2
 Exercise: Passing in Restricted Space
 Time: 20 Minutes



In a 35x50 grid, split players into 2 groups of 4v2. The team with the ball tries to connect 5 consecutive passes, excluding return passes.
 Emphasize good supporting positions with depth, adequate width, no gaps between players, and the fourth player not in close support can make unbalancing runs to create space.

Progression: 4
 Exercise: Small Sided game
 6v6 Game
 Time: 25 Minutes
 Play 6v6 with keepers. Observe team shape.

