

# St. Mary's Youth Soccer Training Series

**Topic:** Depth in the Attack  
**Age/Level:** All  
**Type:**

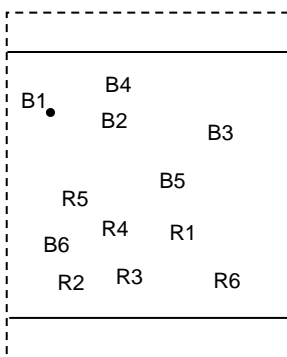
→ Run    ..... Pass    ●~ Dribble



**Notes:**  
 This session is to progress with providing depth in the attack

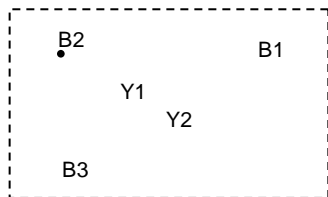
Thanks to Micah Speigal

Progression: Warm-Up  
 Exercise: Team Handball  
 Time: 15 Minutes



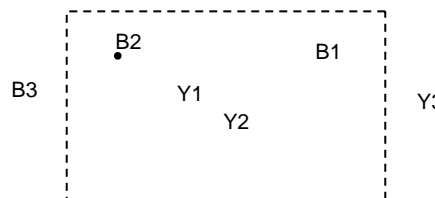
In a 50x30 grid, split into 2 teams of red and blue. Players must stop moving when they have the ball, passing with hands towards end zone goal. Goals are scored when ball is received in either zone. Possession changes when the ball hits the ground. Stop the game to allow stretching.

Progression: 2  
 Exercise: 3v2  
 Time: 20 Minutes



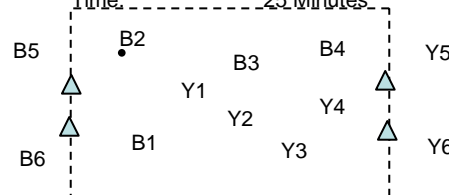
Use warm up grid split in 1/2 25x15. Play 3v2 keep-away. This will help promote ability to create depth (ex: B1 position) Balls must stay on the ground. Emphasize using the entire grid/stretching the field, providing angles, and runs to provide angles or to overlap.

Progression: 3  
 Exercise: 2v2 + 2  
 Time: 25 Minutes



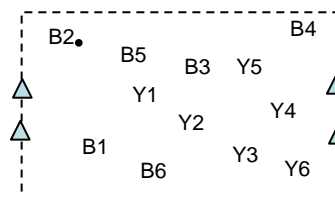
In a 20x30 grid, 2v2 in the grid with 1 player working each endline. Teams score by passing to their endline player. Emphasize angles that use the space and negative depth to create space to play forward..

Progression: 4  
 Exercise: 4v4 + 2  
 Time: 25 Minutes



In a 30x50 grid, play 4v4 with 2 neutral endline players per endline. Field players must play off the attacking endline players to score. Endline players have 1 touch. Emphasize playing direct when possible, angles, second runs as well as first runs, showing how runs can create space. Variations are neutral attacking player and adjusting touch limitations.

Progression: 5  
 Exercise: Small Sided game  
 6v6 Game  
 Time: 35 Minutes



In a 40x60 grid, free play as match-like as possible. Emphasize depth in the attack. (ex: B4)