

St. Mary's Youth Soccer Training Series

Topic: Attacking off of target player with wide play.

Age/Level: U-12 and up

Type:

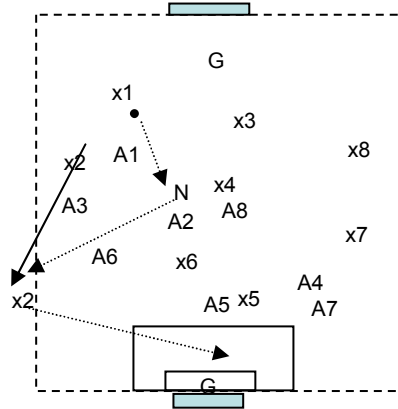
→ Run Pass ●~~~~~ Dribble



Notes:

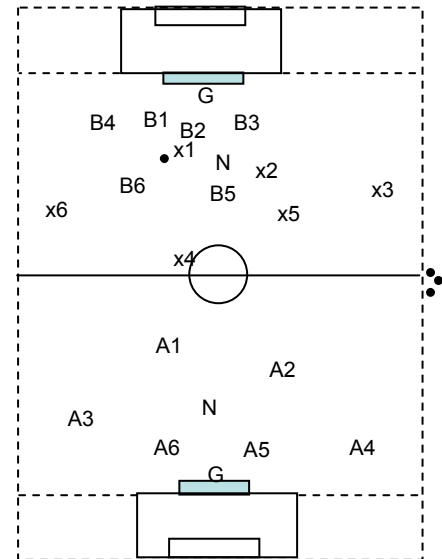
These games are drawn from Manchester United, a club whose system of play is consistent from top to bottom. They play to find the strikers with the ball then to get the ball out wide for serves and other dynamic action. The two games that follow are used to teach this particular style, one in the youth team and the other with the first team.

Progression: 1
 Exercise: Youth Team-8v8 +1
 Time: -



In a 30x40 grid, play 8v8 +1 with goalkeepers. The way to score is to first find the neutral player. The players are free to run outside the grid on an overlapping run, where they are free to make a serve. Emphasize quality passing and timing of runs.

Progression: 2
 Exercise: First Team- 6v6v6 +2
 Time: -



Play 18-to-18. 3 teams of 6, plus a neutral target striker at each end (N). 2 teams are playing in one half while the other rests on the other half of the field. Example: X wins the ball and attacks B on the other half of the field (they are in the attacking half already in the picture). After one attempt, a ball comes in from the coach at the side. After this second attacking attempt, when x scores or the ball is lost, x does not defend as B heads to attack A on the other half of the field.

Emphasize finding the feet of the target player quickly to get the ball up the field, requiring good movement on one end and a good pass on the other. Clearly the object is to counter into attempts on goal. Using the width and creativity and support in the attack become factors, especially in the sequence with the second ball.