

St. Mary's Youth Soccer Training Series

Topic: Support
Age/Level: U-12 and up
Type:

→ Run Pass ●~~~~~ Dribble

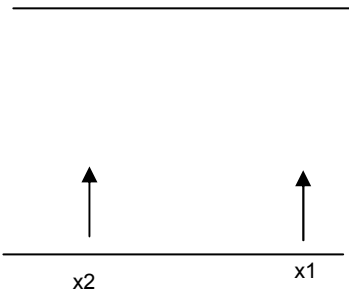


Notes:

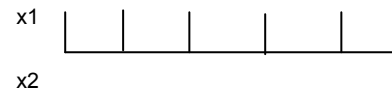
This session was used by Oldham Athletic FC's Youth Team in lieu of a match that was cancelled. As such, the session progresses through support play as well as fitness.

Progression: (Warm-up)
 Exercise: Active Stretching Warm-Up
 Time: 15 Minutes

Over a 30 yard distance, line the players up and jog as one to the opposite line. Continue active stretching and the warm-up of the heart. Pause for brief stretch breaks of 2 minutes. Emphasize fast footwork and proper movement through the active stretching.



Progression: 3
 Exercise: Sprints
 Time: 18 Minutes



On the side of the field, coaching sticks were lined up every 10 meters. The players lined up in 2 lines, one on either side of the sticks. The sticks were given a number by the coach of 1 through 5, with 1 being the stick 10 meters away and 5 being the stick 50 meters away. The coach calls out the numbers of the sticks, and the two players at the front sprint to them. Examples are 1,2,5; 2,4,2; etc. The very last sprint of the day was a full suicide, where the players ran to each stick then back to the beginning then to the next stick and so forth. Emphasize getting low and quick feet on the turns, quick acceleration, and competitiveness in the run.

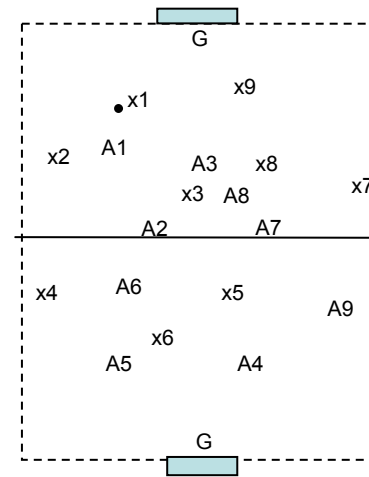
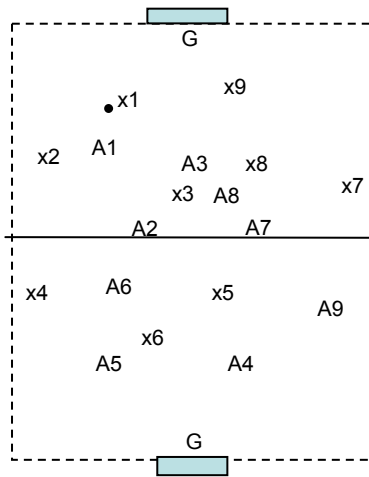
Progression: 4
 Exercise: Game
 Time: 20 Minutes

Progression: 2
 Exercise: Support Play
 Time: 60 Minutes

In 60x40 grid, play 9 v 9 plus goalkeepers. The practice was organized as follows:

- 1a) No restrictions. Play as a real game with throw-ins; etc. 6 minutes.
- 1b) Keepaway, bringing the goalkeeper into the field. 6 minutes.
- 1c) Sprints (see progression 3). 6 minutes.
- 2a) Game play but 2 touch. Coaching point is quick supporting angles. 6 minutes.
- 2b) Keepaway as before but 6 passes=1goal. 6 minutes.
- 2c) Sprints (see progression 3). 6 minutes.
- 3a) Game play but 3 touch. 6 minutes.
- 3b) Keepaway as before but 8 passes=1 goal. 6 minutes.
- 3c) Sprints (see progression 3). 6 minutes.

Emphasize finding quick support angles, including forwards playing off of each other; quality passes to the foot away from the defender.



In a 40x60 grid, play 9 v 9 plus goalkeepers. The players wanted to play so badly that instead of calling it a day after the final round of sprints, they returned to playing an actual game. A player had left, so the coach even jumped in to even up the numbers!