

# St. Mary's Youth Soccer Training Series

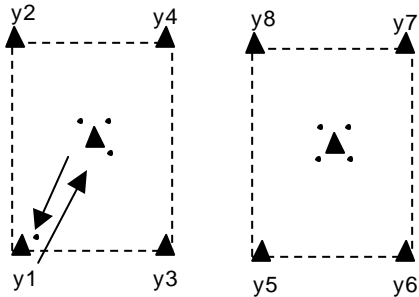
**Topic:** Aggressive Attacking Play  
**Age/Level:** 10  $\uparrow$   
**Type:** Technical/Tactical

→ Run    → Pass    ●→ Dribble



**Notes:** This session is designed for players ages 10 and up to promote Players working hard to win the ball. The emphasis will be a great deal on 1v1, however it will move into small group play. This session will also Work the players cardiovascular system, and is quite demanding if done Correctly. Push the kids to work hard, attack the ball, don't let the ball Attack them or the opposing players/team.

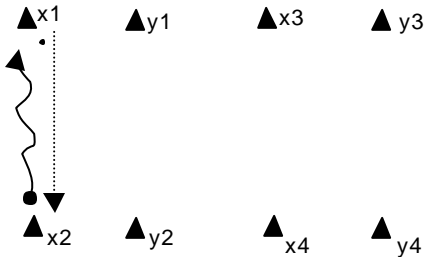
Progression: 1 (Warm-up)  
 Exercise: Numbers Game  
 Time: 15 Minutes



In a grid 10 x 10, using 4 balls placed in The middle, place 4 players at each cone As shown. The object is to have the players Run into the middle, pick ball up with hands, Run back to their cone and put ball by the cone. The player that get 2 balls at their cone first wins. This warm-up causes players to be aggressive Physically and mentally.

**Variations/Points to consider:** Players can not camp out at other players cones. You can have them only use their feet also & Dribble balls back (players aren't nearly as Aggressive this way). You can play with one less Ball, this will absolutely wear them out.

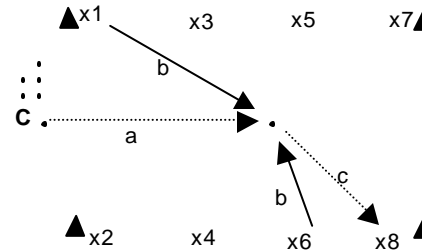
Progression: 2  
 Exercise: 1v1 push, pull, tackle  
 Time: 15 Minutes



Using 2 cones 10yds apart, have players partner up According to size. Step 1- Play 1v1 to the cones by making The ball touch the cone from the dribble (not a shot). X1 plays to X2 and they both play to gain possession & attack the opposite cone. 1 minute play, 30 second Break, 3 repetitions. Step 2-have defensive player use hands and push Player with ball to gain possession, which ever player Is defending uses hands to push. Same timed cycle. Step 3-Defensive players now must pull with hands. Step 4-Defensive players now must tackle (use Discretion with this one)

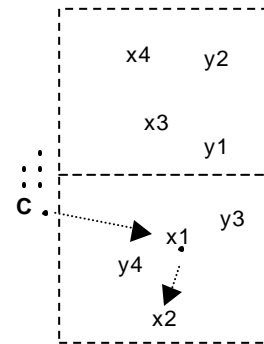
**Variations/Points to consider:** This exercise very Much promotes aggressive play and the need to Possess the ball. It is also quite a workout! Make Sure you have plenty of room between groups. Emphasis Is on desire to win the ball.

Progression: 3  
 Exercise: Attack the ball  
 Time: 20-30 Minutes



In a grid area of 20 x 30, Split the team into 2 teams, even & odds. Make sure the players know their number. Coach plays ball in from side (vary service on ground, in air, hard, soft...) & calls 2 numbers. Ex: 1 & 6, player x6 possess the ball and plays to x8 to win. More game like 1v1 now. **Variations/points to consider:** Call multiple number at a time for 2v2, or 3v3, must still play to their side to score. Add goal by the coach and opposite side and play to goal. Players should have mind set by now to attack the ball and win it at all cost.

Progression: 4  
 Exercise: 2v2v2v2  
 Time: 20-30 Minutes



Using grid from progression 3, add a center line. Split group up into groups of 4 (add neutral players if necessary. Small group play in game related situation with pressure. Taking 1v1 mentality into team related situations. Coach plays ball into 1 end of grid, players play 2v2 for 3 pass possession. 3 pass possession counts as a goal. If team get three passes in their end of field the 2 opposing team players do push-ups. Coach starts play in other end immediately. All play starts from coach. **Variations/points to consider:** If 3 passes occur, have team play into other end to their counterparts. Rotate teams on timed or goal intervals. Emphasis on 2's working to maintain the ball, but more importantly, are the 2 defenders working to win the ball for themselves.

Progression: 5  
 Exercise: 6v6, 7v7, 8v8...  
 Time: 10-15 Minutes

In a grid 30 x 40 or larger, play game to goal with GK's. Are your players now attacking the ball, do they desire to win the ball, are they under control in doing so??