

St. Mary's Youth Soccer Training Series

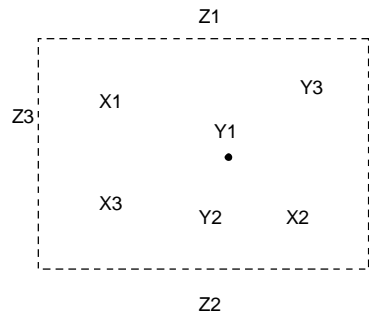
Topic: Attack in final third
Age/Level: ALL
Type:

→ Run Pass ●-▲ Dribble



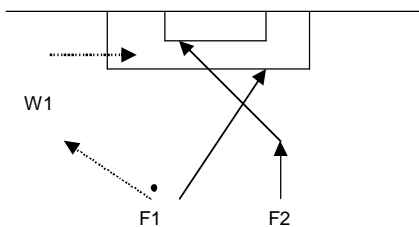
Notes: This session will help team attack in the final 1/3 of the field. Attention to patterns of play will be emphasized. Must keep players Attention to details and keep sessions flowing smoothly.

Progression: 1 (Warm-up)
 Exercise: Pass/Support
 Time: 10-15 Minutes



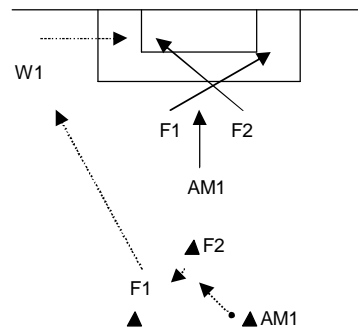
1. Set up a small grid – 15x20 and arrange the players so that they are playing 3v3 inside the box with three supporting players on the outside
2. Make sure the passes are crisp and to feet
3. The supporting players pass back to the team they have received the ball from, the supporting (z) players can move to any side of grid for support
4. Switch every five minutes until everyone has had a turn in the middle at least once

Progression: 2
 Exercise: Fast Feet
 Time: 10 Minutes



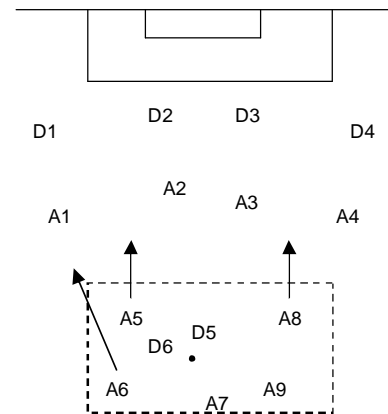
This attacking drill is designed to enhance the attacking players runs into the box. Working in threes the players must communicate with each other in order to have the wing player crossing the ball for his two strikers that are making a front and back post run. F1 starts by passing to W1 who then crosses ball into box for F1 or F2 to finish.
IMPORTANT
 Communication is a key element in this drill. You must also stress the importance of changing pace, especially on the front and back post runs. Run drill both directions.

Progression: 3
 Exercise: Movement around box
 Time: 10 Minutes



In order to progress the strikers runs into the box, we will now add a third run, an attacking midfielder who will hold his run at the top of the box. Communication is again essential for the players in order to assign their runs before they reach the box. There should be five cones two out on each wing, and three at the top of the circle. The three attacking players, (f1, f2, and AM1) will knock the ball around between them before playing a ball down the line for the wingers. The strikers will then time their runs into the box, running off the body position of the winger. Just before the winger is about to strike the ball, the strikers commence their runs.
IMPORTANT – Timing of the runs, go both directions

Progression: 4
 Exercise: Attack in final 1/3
 Time: 20 Minutes



While only using 1 half of the field, set up a small grid 15x20 on the half way line. Inside of the grid play 5v2 keep away. The remainder of the field will be used to play 4v4 (attackers v Defenders). They must play to feet, preferably a target man so that the attacking runs can be executed
IMPORTANT
 Play to feet, everything at pace, finish with a shot on goal. **Variation to consider:** As soon as the 5v2 drill has obtained a sufficient time of possession, three players, of that group can enter the 4v4 drill. Finish with Game to 2 goals (20 minutes).