

St. Mary's Youth Soccer Training Series

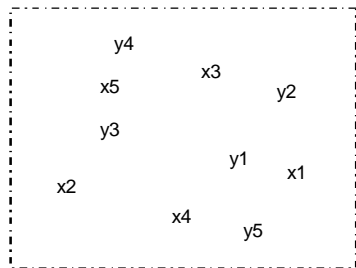
Topic: Attack in final third (2)
Age/Level: U11 up
Type:

→ Run Pass ●.....▲ Dribble



NOTES : This session is designed to enhance the players ability to attack in the final third. Progressing from attacking in the final third session(1), this session concentrates on specific patterns of play that will improve the players awareness around the box, and also his/her scoring.

Progression: 1 (Warm-up)
 Exercise: possession
 Time: 10 Minutes



Set up a grid – 20x25 and arrange the players so that the Defensive player on the team are in one color, and the attacking players are in another. Once this is arranged have the two teams play tag inside the grid. This drill is used to warm up the players, helping their foot skills, change of pace and direction, while adding an element of fun.

Different variations could be added to the drill in order to enhance their warm up. For example freeze tag could be used, the size of the grid bigger or smaller, or split into three teams

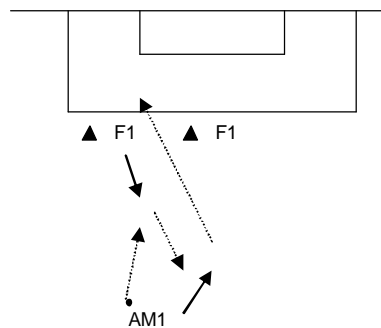
IMPORTANT – Make sure you take time for the players to stretch.

In order to have success in the attacking 1/3 there must be some kind of combination play in and around the box. These next couple of drills are designed to help the attacking play become successful.

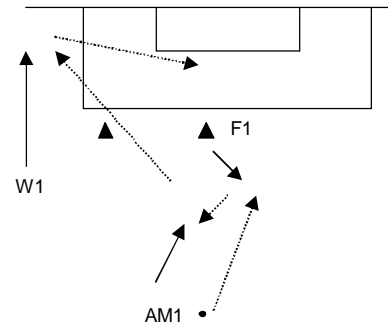
Using one half of the penalty box place two cones relative to where the left back and the left centre back would be standing if an attack was about to happen. Have your one striker on one cone, facing the midfield and the other striker doing the same. The midfielder will be facing the strikers 15 yards away. The ball will start with the midfielder, who will then pass to the nearest striker, that striker will then drop it back to the midfielder. While this combination play is happening the second striker will begin to make his run behind his striking partner, avoiding the off sides. As soon as the first striker has dropped it back to the midfielder, he will then time his pass through so that the second striker can avoid off sides and have a one on one with the goalie

IMPORTANT – Timing of runs, and pace of pass

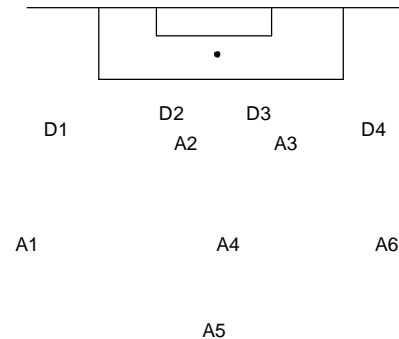
Progression: 2
 Exercise: Combination 1
 Time: 15 Minutes



Progression: 3
 Exercise: Combination 2
 Time: 15 Minutes



Progression: 4
 Exercise: 6v4
 Time: 20 Minutes



It is very important to have the midfielders involved in the attacking third, however much of a teams attacking success can be through their wide midfielders. Using a similar scenario as before, use one half of the penalty box and place two cones that will act like defenders. The striker will be on the first cone facing the midfielder, however this time the second striker is now a wing midfielder, situated in his appropriate position. The midfielder will pass it to the first striker who will check and play the ball back to the midfielder. The wing midfielder will then switch on and start making his run. Avoiding off sides, the midfielder must play it through the two cones to his wing midfielder who will then cross the ball to the striker and the in coming midfielder

Using one half of the field play 6v4 going towards the goal. The six attackers will try and score against the four defenders. In order to make the drill realistic play the six attacking players in their appropriate positions (two strikers, 4 midfielders) and call offsides when need be. The whole purpose of the drill is to see if the attacking players can take the combination play we did earlier and apply to a game like situation.

IMPORTANT Make sure the strikers are constantly moving and that plenty of communicating is being used