

# St. Mary's Youth Soccer Training Series

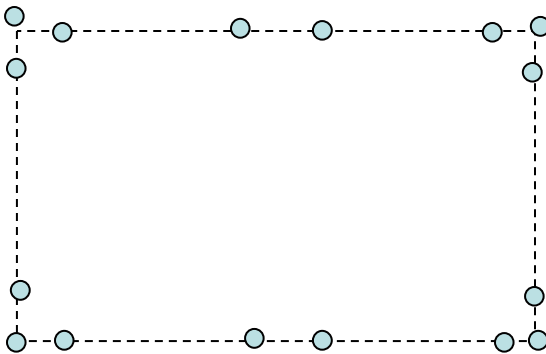
**Topic:** Creating Attacking Space  
**Age/Level:** 10 ↑  
**Type:** Tactical

→ Run    ..... Pass    ●~ Dribble



**Notes:** This session is designed for players ages 10 and up. The Emphasis is on creating space to attack in.. This training is designed within a technical breakout portion And small sided conditioned games. Coaching points should be to provided after it appears the players have Figured out what is going on and how to attack within your setup.

Progression: 1 (Warm-up)  
 Exercise: 4 player passing  
 Time: 15 Minutes

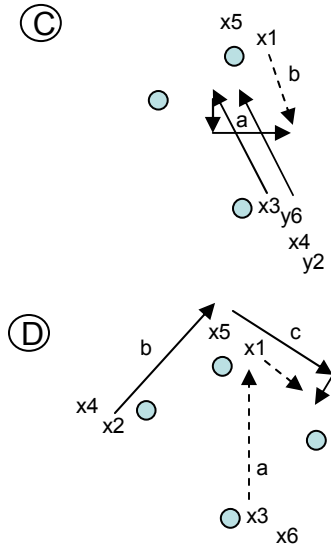
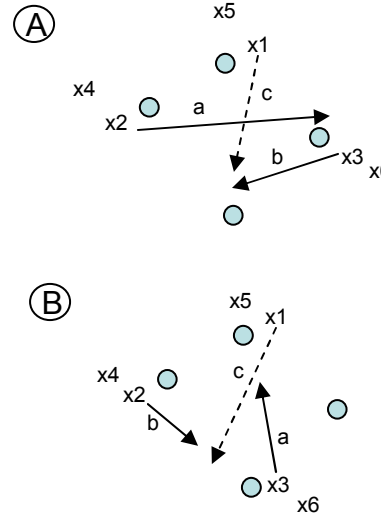


Split the team into 2 teams  
 Have each team in different color. Build grid 50x25.

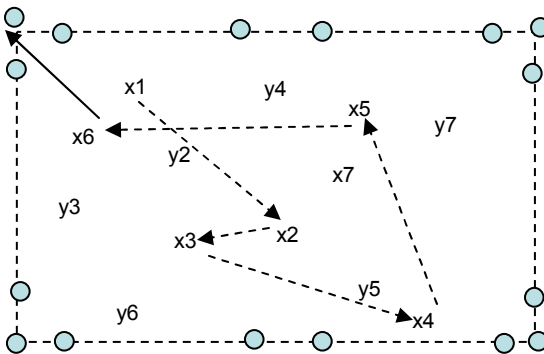
- Start off is each player from 1 team with a ball, have them move around in the space passing to any player w/o a ball.
- Now have each team w/equal # of balls, and have ea. Team pass to their team only.
- Now have x's pass to y's and y's pass to x's only.

\*\*Looking for communication, looking to see if they use all space.

Progression: 3  
 Exercise: Tech. Patterns  
 Time: 15-20 Minutes



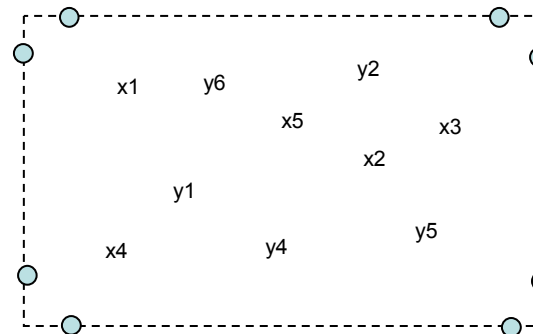
Progression: 2  
 Exercise: 5v5 6 Goal  
 Time: 15-20 Minutes



Split the team into 2 groups of 5ish. using cones from Progression 1, but now 30x40 grids as shown. Players will pass to their team within the grid, for ~ 2 minutes (letting them get use to each other and the space). Now we have them complete 5 passes, play to coach. Then 5 passes and attack one of the 6 goals with dribble. (corner goals worth 2 points, side goals worth 1 point).

**Variations/points to consider:** Add touch restrictions. Looking to see if they can build consistency with possession, and can they figure out when to use short pass/long pass and how to create attack space (6 goals)

Progression: 4  
 Exercise: 7v7 to goal  
 Time: 20-30 Minutes



Now let the kids play 4v4, 5v5, 6v6, 7v7 to goal wo/GK's. Determine numbers based on skill level, how much they have picked up from session and how much success you think you can obtain. Focus on letting them play and see if they make good decisions, attack open space, create space and score in the 2 corner goals respectively.