

St. Mary's Youth Soccer Training Series

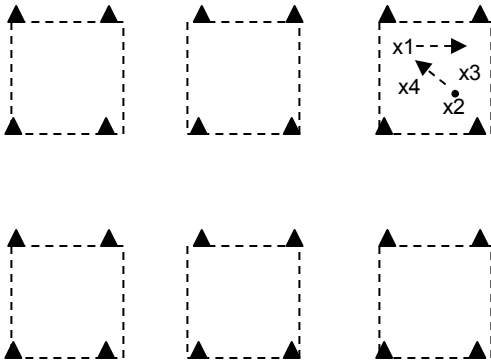
Topic: Attacking Play
Age/Level: 12 ↑
Type: Tactical

→ Run Pass ● Dribble



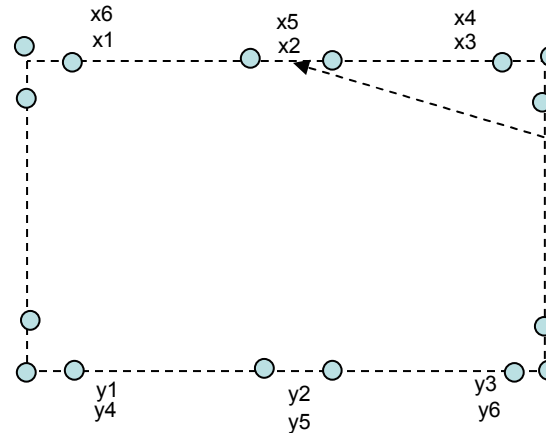
Notes: This session is designed for players ages 12 and up. The Emphasis is on attacking play using a guided learning method. This training is designed within small sided conditioned games. Coaching points should be provided after it appears the players have figured out what is going on and how to attack within your setup.

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



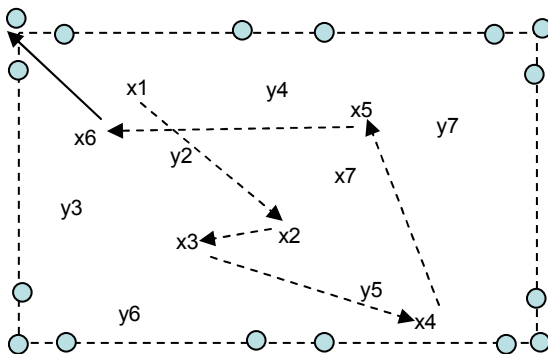
Split the team into groups of 4, using cones to form 10x10 grids as shown. Place one ball in each grid. Players will pass among their group within the grid. After each 1 minute segment the coach will ask them to change grid and start passing again.
Variations/points to consider: Add touch restrictions, Have players sprint to a cone after each pass, or have players follow their pass and change positions.

Progression: 3
 Exercise: 3v3 to 3 goals
 Time: 15-20 Minutes



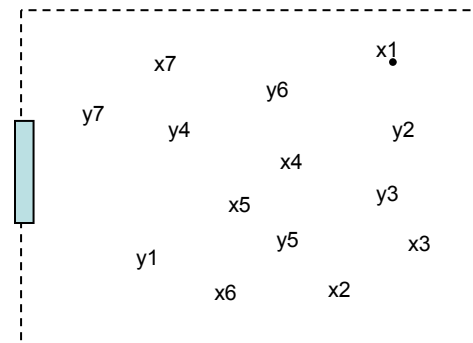
Split the team into teams of 3, If you don't have numbers, use neutral player to play with both teams. Have each team in different color. Build grid 50x25. 3v3 attacking any of 3 goals as quickly as possible. (Looking for players to make very quick decisions, and attack to goal that is most open)

Progression: 2
 Exercise: 7v7 6 Goal
 Time: 15-20 Minutes



Split the team into 2 groups of 7ish. 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 when to attack a space (6 goals)

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



Now let the kids play 7v7 to goal w/GK's. Focus on letting them play and see if they make good decisions, attack open space