

# St. Mary's Youth Soccer Training Series

**Topic:**

Changing Point of Attack

**Age/Level:**

U-12 and up

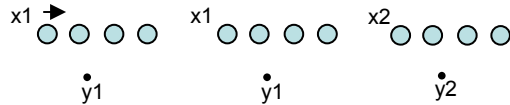
**Type:**

→ Run    ..... Pass    ●~ Dribble

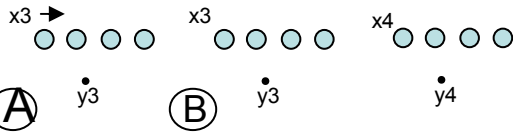


**Notes:** This training session is designed to help the players see the Game and options available for attacking.

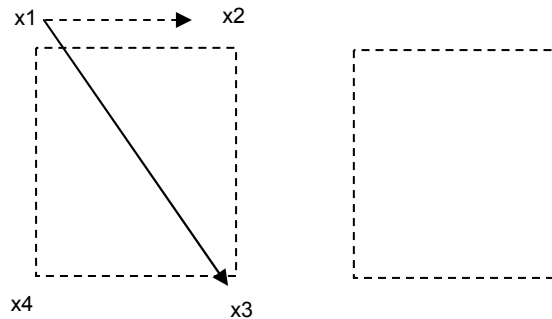
Progression: 1  
 Exercise: Technical Warmup  
 Time: 20 Minutes



A. Using cones as ladders, we form 2 lines to work on speed/agility as part of warm up. Various changes of pace and exercises are used.

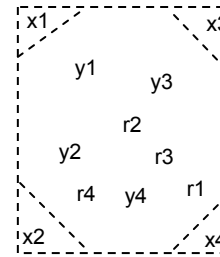


B. Using 4 sets of 4 cones we will now focus on technical work with a ball. 4 groups of 4-6 players performing fast footwork lateral & in /out of 4 cones and then receiving a ball from partner either in air or on ground.



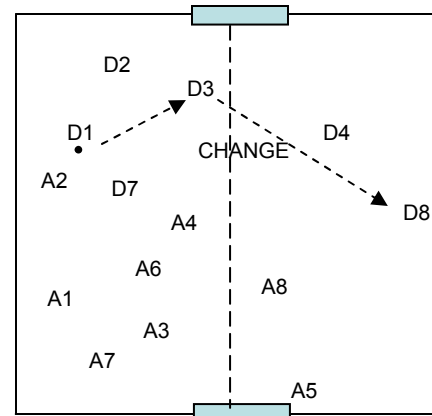
A. Using 10x10 grids have two groups passing and moving in various directions

Progression: 3  
 Exercise: change point of attack  
 Time: 15-20 Minutes



Grid size 25 x 35, (adjust to your teams ability)  
 Game like situation playing 4v4v4, you can adjust numbers to handle any number of players, use neutral players if you have too, use additional wall passers if necessary. Object of this game is to play ball into x1-4 in a corner and have them control the ball completely in the triangle area, then they play to same team that played them the ball, they then look to play to any other corner player.  
 Variations/Points: add 1 touch restrictions if team is doing well, have teams have to play to opposite side corner after playing into 1<sup>st</sup> corner, keep score by giving goal for maintaining possession from one corner to second corner. Focus on players 1<sup>st</sup> touch control and technical aspects.

Progression: 4  
 Exercise: 8v8  
 Time: 20 Minutes



8v8 in a grid/field of 60x40yards. The idea will be to have each team possess the ball for 5 passes, then they must pass ball to other side of field over vertical line.

Add Gk's, leave the line, but now allow them to play with no restrictions and see if they still try to change point after being shut down by defenders.