

# St. Mary's Youth Soccer Training Series

**Topic:**  
**Age/Level:**  
**Type:**

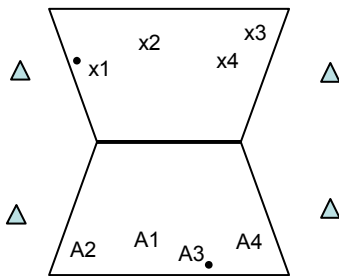
Transition after losing Ball  
U-12 and up



**Notes:**

This session is designed to progress the players thru a Session that focuses on passing within the game. Each player will participate at a Level that will encourage passing and movement.

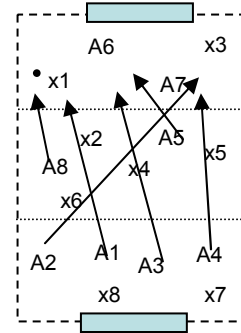
Progression: (Warm-up)  
Exercise: Pass and Recover  
Time: 20-30 Minutes



In a grid 60x40 split it in 1/3's  
Make up 2 teams as equal as possible and put 2 teams in each end area.  
STEP 1: Have 1 ball per team and have each Team pass to their team within the area they Were placed.  
STEP 2: Same as 1 but have them sprint to cone outside their end  
STEP 3: Same as 1,2 but now after all players have received a pass they leave the ball and sprint to other end as a group and start passing around again, repeat for 10 cycles

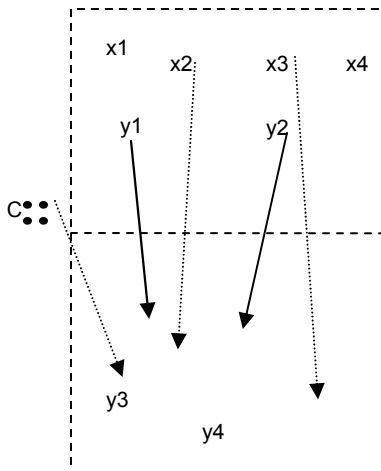
\*You can also have them work in the outside space to start with and recovery to inside space

Progression: 3  
Exercise: 8v8 recovery  
Time: 30-45 Minutes

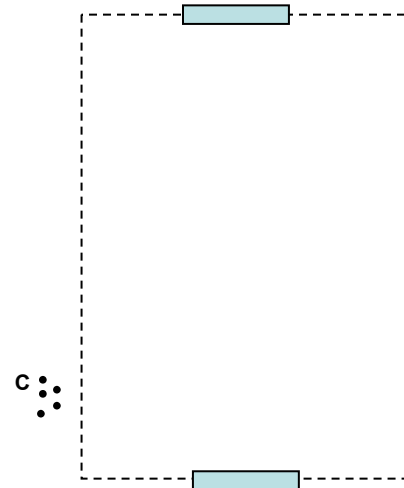


Have them play 8v8 in a grid 30x45 with goals and GK's if you have them. The purpose of the game is to get all players from the defending team in the def 1/3 of the field before a goal is scored. IF a goal is scored without ALL def. in the final 1/3, the goal counts as 3. Play to a given number. If all but 2 players are in the final 1/3 the goal counts as 2. Use the 3 zones as a visual for them to see where they are in conjunction to the ball/goal. Have ea.team play 3-2-3

Progression: 2  
Exercise: 4v2+2 recovery  
Time: 30-45 Minutes



Split one half of the field into two sections, one half will contain four attackers and two defenders, while the other half contains the other 2 defenders. This drill will focus on 2 of the attacking players getting over to the other side to def. and stop the other team from getting four passes in. The object is to stop the other team from getting 4 passes in before it is defended. Start off by passing the ball to the 2 y's while 2 other y's get over for support and 2 x's try to stop them from getting 4 passes off. X's play until they can win the ball, play it across to their team on the other half and 2 y's get over to stop the 4 passes. This play continues by rotating 4 teams of 4 thru until points are made.



Progression: 4  
Exercise: Small Sided game  
8v8 Game  
Time: 20-30 Minutes

Using grid from progression 3, play open game, let them play and pay attention to #'s behind the ball. Can we consistently get #'s behind the ball. Stop the game and make them see the picture and count #'s behind the ball.

**VARIATIONS TO CONSIDER** – move to game to goals with GK's.