

# St. Mary's Youth Soccer Training Series

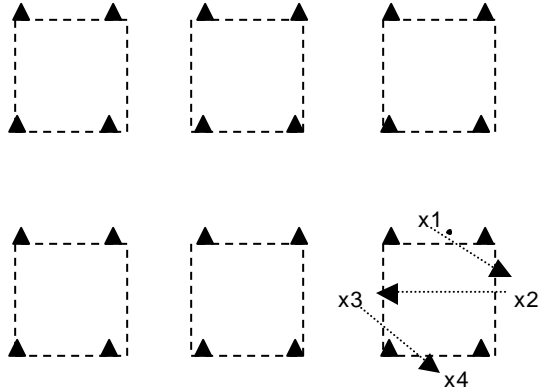
**Topic:** Support in Attack  
**Age/Level:** 12  $\uparrow$   
**Type:** Tactical

→ Run    → Pass    ●→ Dribble



**Notes:** This session is designed for players ages 12 and up. The Emphasis is on supporting in attacking positions while maintaining a basic Shape. This training is designed within small sided conditioned games. Coaching points should be to provide both width and depth support as Much as possible, maintain shape, and communicate.

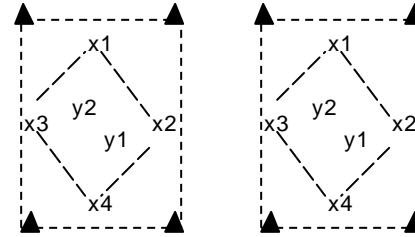
Progression: 1 (Warm-up)  
 Exercise: 4v0 grid passing  
 Time: 15 Minutes



Split the team into groups of 4, using cones to form 10x10 grids as shown. Players will pass to partners thru the grid, but (x) players must stay outside the grid.

**Variations/points to consider:** Add one touch restriction, Have players sprint to a cone after each pass, or have players follow their pass and change positions.

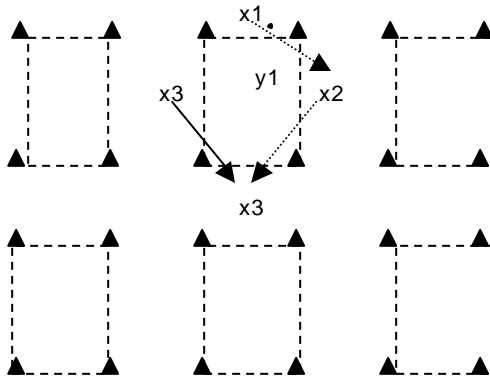
Progression: 3  
 Exercise: 4v2 support passing  
 Time: 15-20 Minutes



Split the team into groups of 6, using cones from Progression 2, but now 15x25 grids as shown. All players will play keep away within the grid. X's will try to keep ball from y's while trying to maintain basic diamond shape. Y's win ball, or defend away three times they can exchange position with x's one at a time.

**Variations/points to consider:** Add one touch restriction, allow x's extra possession time if they can split pass the y's. Can use extra players as wall passes or sub in frequently.

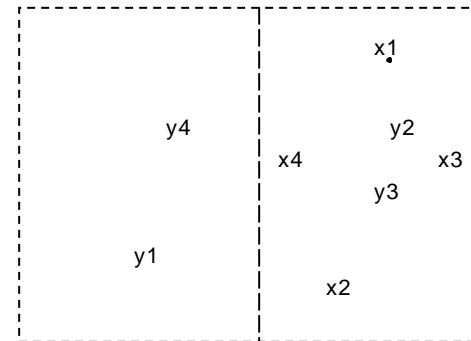
Progression: 2  
 Exercise: 3v1  
 Time: 15-20 Minutes



Split the team into groups of 4, using cones from Progression 1, but now 10x20 grids as shown. Players will pass to partners thru the grid, but (x) players must stay outside.& Y1 must stay inside. 2 players on outside without the ball must always work to support ball on both side as shown. X1 passes to x2, x3 makes run to support x2.

**Variations/points to consider:** Add one touch restriction, play to front foot of player (causes them to take touch to other foot before pass), play to back foot to help w/player opening body

Progression: 4  
 Exercise: 4v2+2  
 Time: 20-30 Minutes



Split the team into teams of 4, If you don't have numbers, use neutral player to play with both teams. Have each team in different color. Build grid 50x25. 4v2 keep away in each end, if y's win ball, they play ball to y's in other end and follow into other end to play keep away for 2 x's that will also follow.

**Variations/points to consider:** Want to maintain diamond shape as much as possible. Use extra players outside grid as extra passing options for players inside or rotate other teams in after a team successfully pass (x) number of times.