

St. Mary's Youth Soccer Training Series

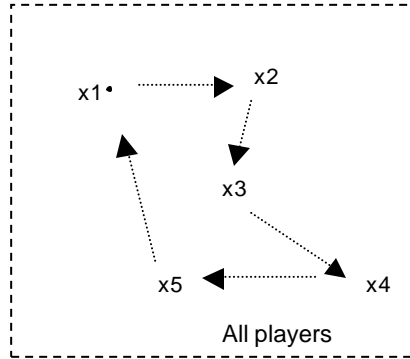
Topic: Support Play in Attack
Age/Level: 12 \uparrow
Type: Tactical

→ Run → Pass ●→ Dribble



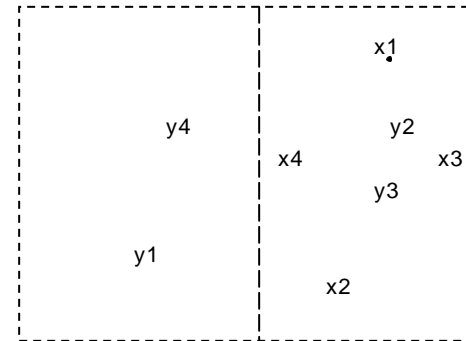
Notes: This session is designed for players ages 12 and up. The Emphasis is on supporting in attacking positions while maintaining a basic Shape. This training is designed within small sided conditioned games. Coaching points should be to provide both width and depth support as Much as possible, maintain shape, and communicate. This session is Can be used as continuation of session 3 or by itself.

Progression: 1 (Warm-up)
 Exercise: Numbers Game
 Time: 15 Minutes



Give each player a number, In a grid 20x20, each player Will pass the ball to player w/ Next number (i.e. 1-2, 2-3, 3-4...), All players must be moving in grid.
Variations/Points to consider:
 add a 2nd ball
 ½ way thru a sequence. Add cones Outside the grid and have players Sprint around them after pass (change Pace is emphasis), adding a second Grid and have them change grid and Start another passing sequence.

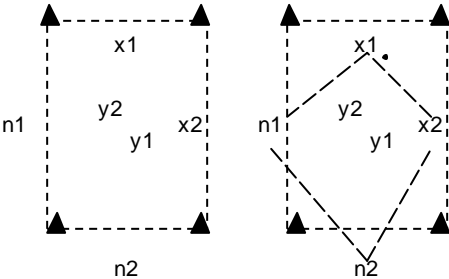
Progression: 3
 Exercise: 4v2+2
 Time: 20-30 Minutes



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.

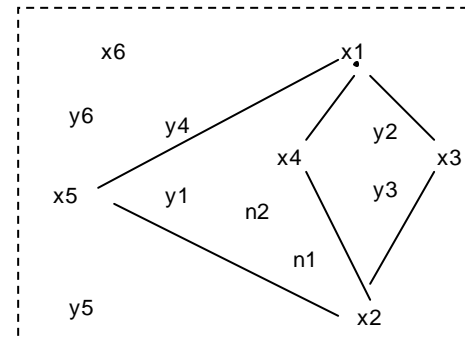
Variations/points to consider: Want to maintain diamond shape as much as possible. Use extra players outside grid as extra passing options for players inside or rotate other teams in after a team successfully pass (x) number of times.

Progression: 2
 Exercise: 2v2+2
 Time: 15 Minutes



2v2 with 2 wall pass option on outside of a grid 20x30, Focus is on keeping possession Of the ball while maintaining a diamond shape. Wall pass players on outside must work to allow Inside players to work in combination. If x2 Doesn't have the ball and obtains a wide position Then n1 & n2 should provide opposite of x1 and x2.
Variations/Points to consider: maintain shape, Open up body to play ball with back foot. Add 1 or 2 Touch restrictions, focus on speed of play and work Off the ball.

Progression: 4
 Exercise: 6v6+2
 Time: 20-30 Minutes



Split the team into teams of 6 or 7, use neutral player to play with both teams. Have each team in different color. Build grid 50x35. Basically you have created an 8v6 situation. Use small goals or use GK's to real goals.

Variations/points to consider: Want to maintain diamond shape as much as possible. Should be able to create multiple diamonds, one big and one small at least, try to see this picture and point is out.