

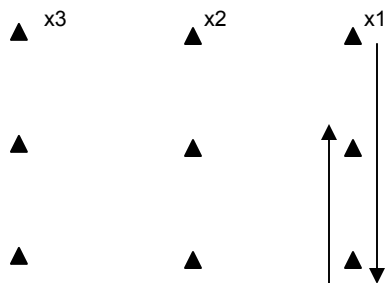
St. Mary's Youth Soccer Training Series

Topic: Creating Vision
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. Playing thru MF and finding Targets.

Progression: 1 (Active Warm-up)
Exercise: Column Drill
Time: 20 Minutes

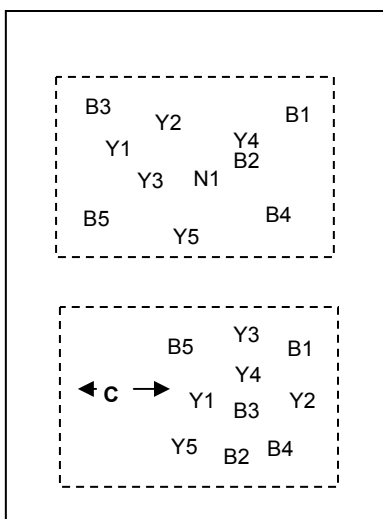


We set up three columns of cones ~ 5 yds apart, & 3 rows of cones ~ 8 yds. Apart. We broke them into 3 groups with all players standing to the left side of the first cone. We demo'd/ called out each exercise To the group as they went thru the warm-up.

1. Jog down left side around last cone come back On rt. Side (3x)
2. Side shuttle down Swing arms across & job back (3x)
4. Low skip down, jog back(3x)
5. Karioke down, & jog back(3x)
6. High skip down, jog back(3x)
7. High inside/outside leg rotation (like throwing Leg over short fence)(3x)
8. Opposite of 6 outside to inside (3x)
9. Lunges (3x)
10. Jog 1st cone, sprint 2nd cone(3x)
11. Fast feet in place, lean slightly forward, sprint To first cone, jog to second(3x)

****Stretch as team for 5 minutes after all exercises were complete**

Progression: 2
Exercise: Possession Play
Time: 30-45 Minutes



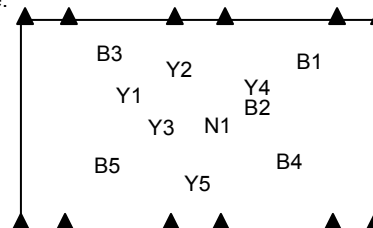
STEP 1

In a grid extending from the 18's to center circle play 5v5 + 1 or X v X. Add touch restrictions and have team stretch between 2 minute segments.

STEP2

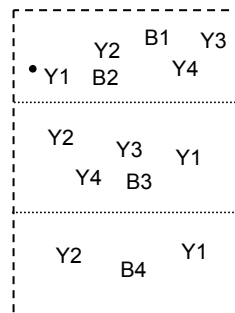
Coach now serves as a cone to make the size of the grid dynamic. The coach will move to close space up and open it up for players to have ability to read game and be aware of space they have available.

Progression: 3
Exercise: Getting behind D
Time:



2 teams yellow/blue. Use 1 ball. Blue defends first, the game is bi directional. Still using 5v5 +1, can team score in the three goals. Goals symbolize back line slots avail. By opposing D. Also forces Def. to work haard together to cover the space and stop goals from being scored. **you can add passing/touch restrictions, but start out with none.

Progression: 3
Exercise: 8 vs 4 in zones
Time: 20 Minutes



2 teams yellow/blue. Use 1 ball. Blue defends first, but each team is rotated through. Ball starts with yellow. Goal is to work it up to the target through the midfield. If the ball is stolen by defenders, they may possess it until Y can win ball back.

Progression: 4
Exercise: Scrimmage
Time: 20 Minutes