

# Weekly Activities - Ages 12 - 18

**Theme: A.T.T.A.C.K.<sup>SM</sup>**

**Session: Three**

**Daily Topic: Creating Space As A Team**

**Daily Activity Breakdown:**

0:00-0:10 Soccer-robics (unique movement activities designed to energize 0:00-0:20  
The Training Session (developing the attitude and training factor through  
soccer related exercises and games)

0:20-1:00 The Coaching Session (developing daily technique factors from technical  
through to tactical)

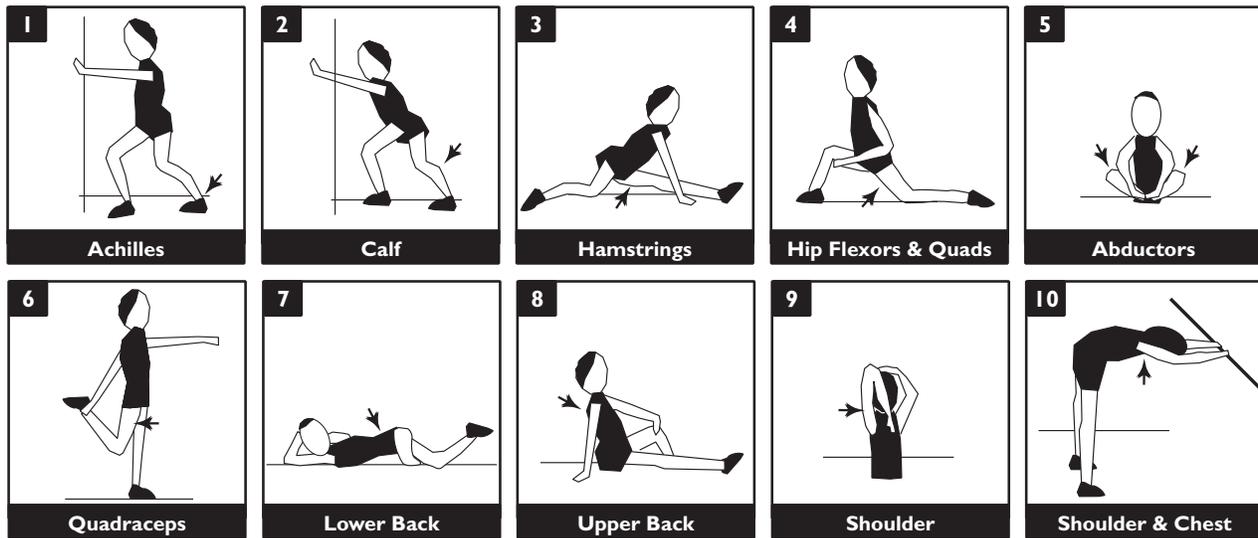
1:00-1:10 Break (competitions/quizzes)

1:10-1:35 Practice Like a Pro (developing the functional awareness of players, their  
roles and responsibilities)

1:35-2:00 MLS Tournament (taking the daily key factors and applying them in a  
game)

# TRAINING SESSION - Soccer Specific Fitness

## Warm Up



### Purpose

To warm up players' muscles and increase blood flow.

### Organization

Have the players pair up and form 2 lines.

### Game Objective

Players jog around the area following the coach's commands, then stretch.

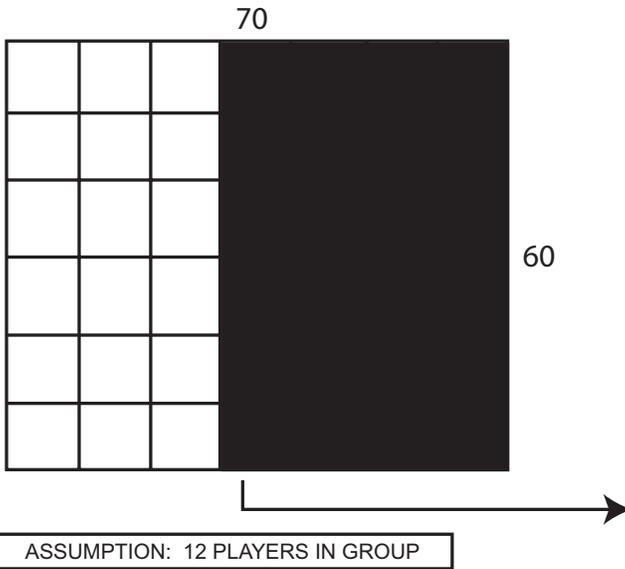
### Progressions

- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap thighs against palms to stretch quads
- Side to side - face in or out and move along by clicking heels together
- Skipping - skipping forwards using arms to help bound; get as high as possible
- Sideways skipping - jog sideways by crossing one foot behind the other
- Leaps - jump up for imaginary header; try alternating bounding leg
- Down for rolls - spring to floor and do a sideways roll, then quickly back up
- Bouncing - jog, then bounce against partner's shoulder, land, continue
- Swap places - swap places with partner as quickly as possible; communicate
- Leap frog - back player leaps over players in front; each does same
- Hopping & bounding - use one foot and both feet together
- Back to front - back pair race against each other to be first to the front

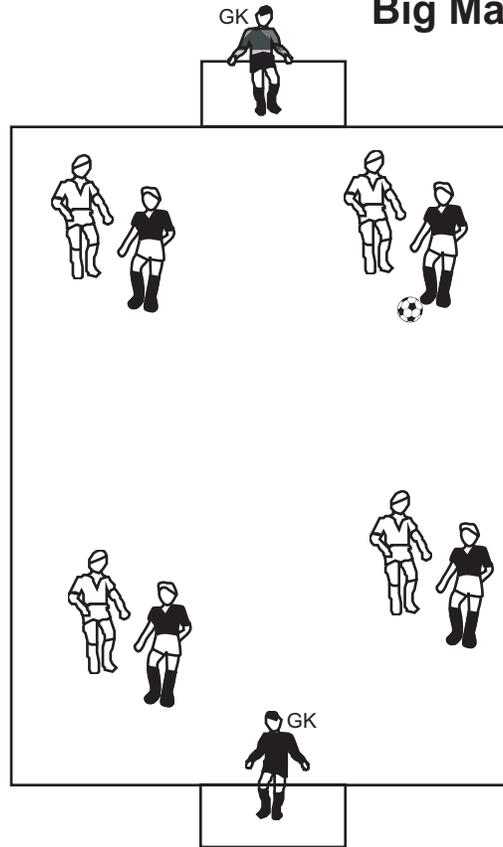
### Key Coaching Points

Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.

# TRAINING SESSION - Attacking As A Team



## Big Match Atmosphere



### Purpose

To highlight how a game is played at the top level.

### Organization

Set out a 40 x 60 yard area. Play 5 v 5 + a goalkeeper.

### Game Objective

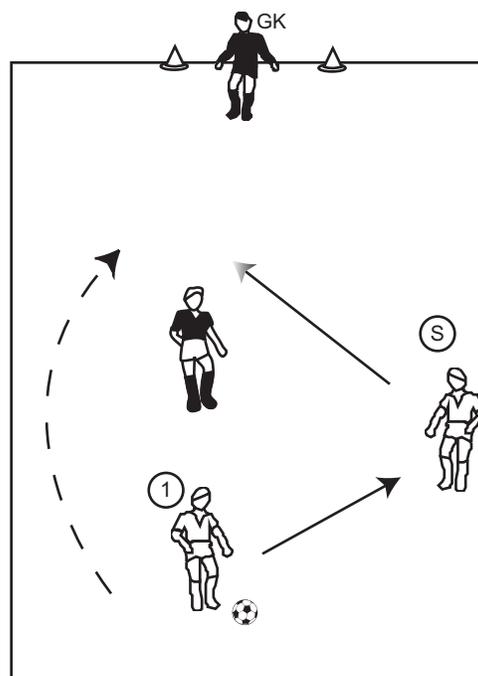
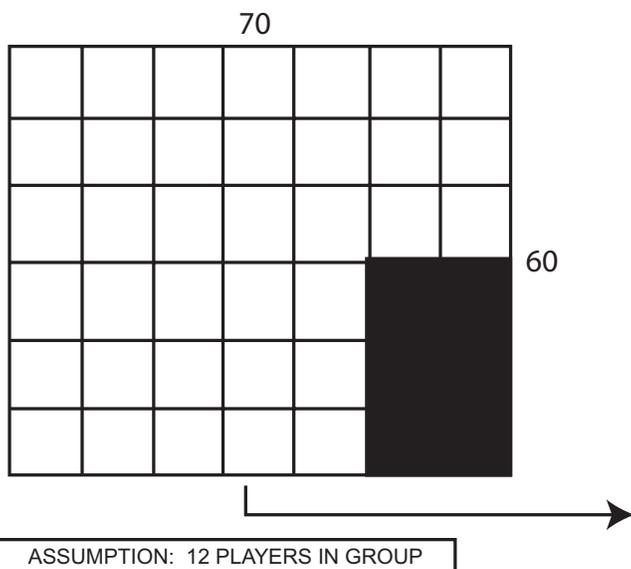
This activity is designed to mimic the sequence of play exhibited during a professional soccer match. For example, the start of a game is typically hectic until players get a sense for their opponent and play slows to a normal pace. The end of the game is typically intense as teams push to score. Follow the progressions below to reenact this scenario.

### Progressions

1. Play only 1 touch (1st 10 minutes of a game is rushed).
2. 2 touch play (now game settles down).
3. Free play.
4. When player receives the ball, defensive pressure is put on immediately (as final part of the game is high pressure). If pressure is not put on, then a free kick is awarded. (Put balls around the field so no rest when ball goes out of play).

# COACHING SESSION - Creating Space As A Team

## Wall Pass



### Purpose

To develop the 1-2 combination.

### Organization

Set out a 20 x 30 yard area. Groups of 4, one attacker, one defender, one support player and one goalkeeper. One ball per practice. Repeat in 2 other areas for a total of 12 players.

### Game Objective

Light player #1 dribbles towards the dark defender. When the defender is 4-5 yards from the ball, light player #1 passes the ball to the support the server. Light player #1 accelerates into the space behind the dark player to receive a return pass. Finish with a first time shot on goal. Rotate positions.

### Progressions

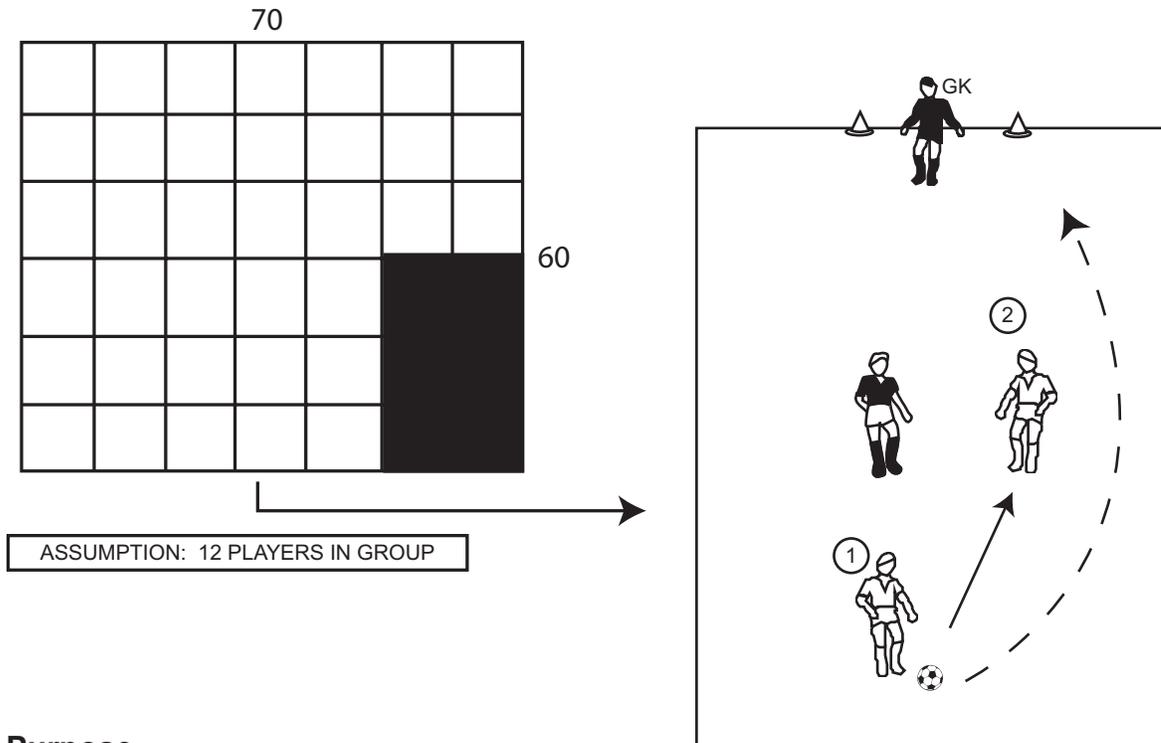
If the defender blocks the path to the support player, light player #1 has the option to take the ball directly to goal.

### Key Coaching Points

1. The ball should be played by the support player into the space in front of light player #1 and at the correct pace to enable light player #1 to accelerate to the ball.
2. Light player #1 should draw the defender before passing to the support player.
3. Quick pass to support player—soft touch into space.
4. Support player should be side on to make the forward pass.

# COACHING SESSION - Combination Play

## Overlapping Run



### Purpose

To develop the overlapping run.

### Organization

Set out a 20 x 30 yard area. Groups of 4, one attacker, one defender, one support player and one goalkeeper. One ball per practice. Repeat in 2 other areas for a total of 12 players.

### Game Objective

Light player #1 passes the ball to light player #3, who is checking back to the ball with his back to the goal. Light player #2 holds the ball, shielding it from the dark defender, to allow light player #1 to make an overlapping run up the touchline. Light player #2 has the option to turn on the defender and dribble past him or to pass to light player #1 as he overlaps the play. Rotate positions.

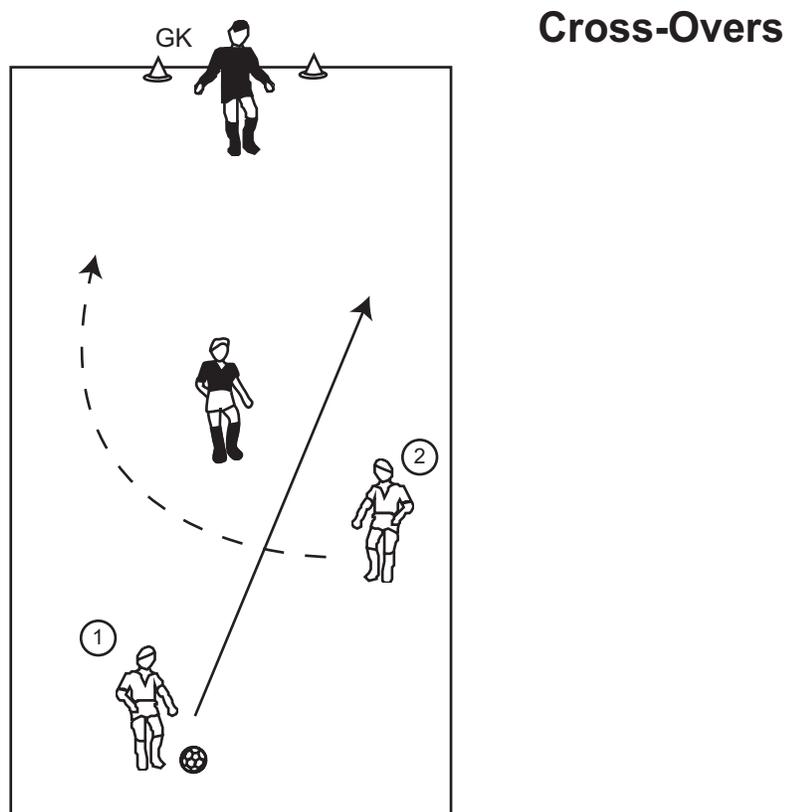
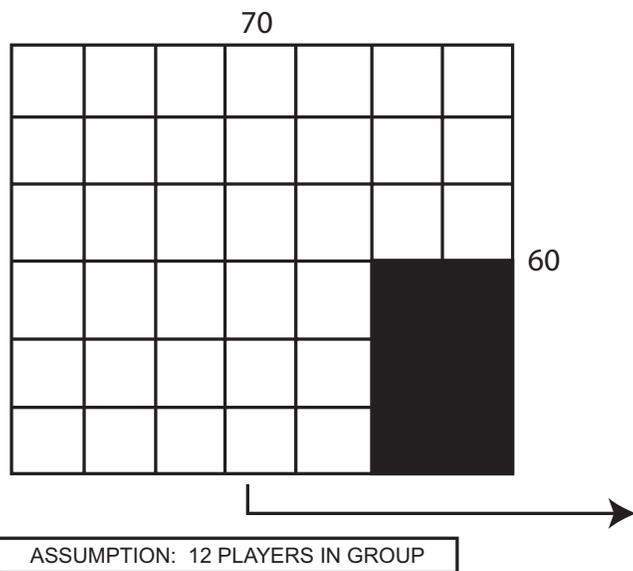
### Progressions

If the defender blocks the path of the overlapping run, light player #2 can use light player #1 as a decoy in order to dribble the ball inside to the goal.

### Key Coaching Points

1. The overlapping runner must call for the ball to distract the defender.
2. The receiver must be able to shield the ball from the defender and turn in order to face the direction of play.
3. The player making the run must continue on past the ball – often players slow down or stop once they get in a position level with the ball.

# COACHING SESSION - Creating Space As A Team



## Purpose

To develop cross-over runs.

## Organization

Set out a 20 x 30 yard area. Groups of 4, one attacker, one defender, one support player and one goalkeeper. One ball per practice. Repeat in 2 other areas for a total of 12 players.

## Game Objective

Light player #1 dribbles towards the dark defender. Light player #2 makes a crossover-run in front of the defender as light player #1 approaches. Light player #1 has the option to exploit the space created by light player #2 up the right touchline or to pass the ball into the space in front of light player #2 on the left touchline. Rotate positions.

## Progressions

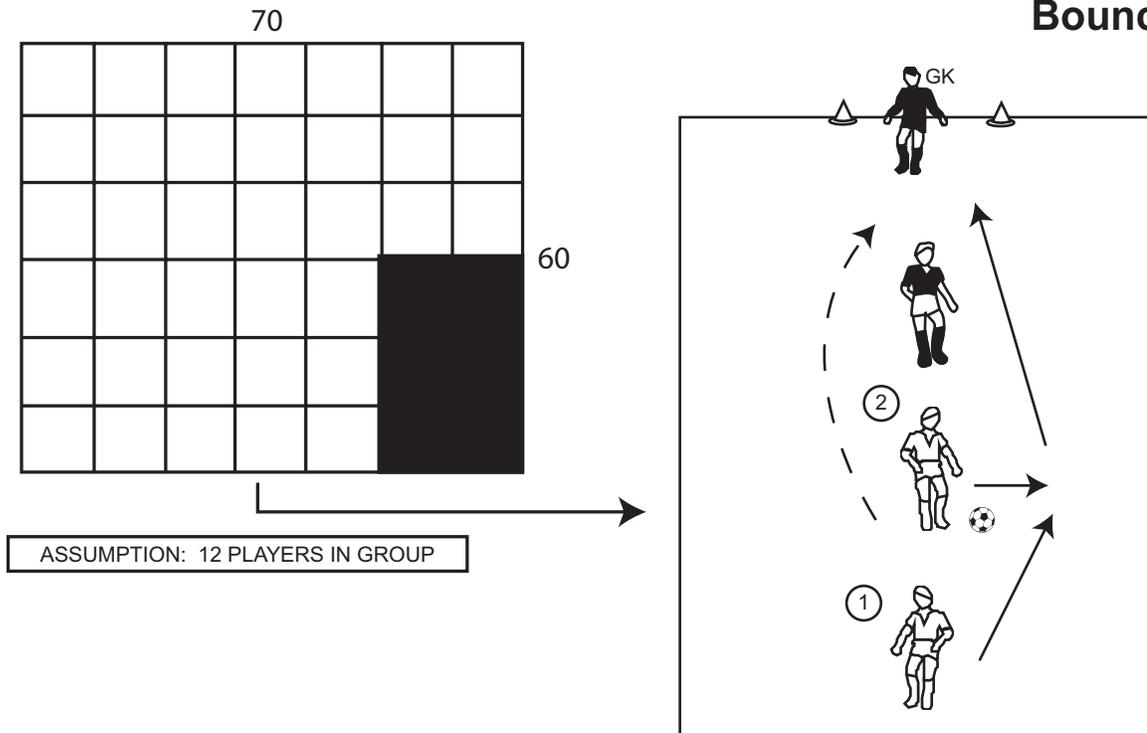
Light player #1 passes the ball to light player #2, who dribbles across the area in front of the dark defender. Light player #1 can either take the ball off light player #2 as they cross or make a decoy run up the touchline causing the defender to hesitate and allowing light player #2 to beat him to the inside.

## Key Coaching Points

1. The player dribbling the ball should do so on the farthest foot from the defender, thus screening the ball.
2. The two players must communicate clearly to establish which player is taking the ball.
3. After crossing over, then accelerate away into the space available.

# COACHING SESSION - Combination Play

## Bounce Back Wall Pass



### Purpose

To develop the overlap which leads to the 1-2 combination.

### Organization

Set out a 20 x 30 yard area. Groups of 4, 1 attacker, 1 defender, 1 support player and 1 goalkeeper. 1 ball per practice. Repeat in 2 other areas for a total of 12 players.

### Game Objective

Player #1 plays the ball to the feet of attacker player #2, who comes off his dark defender towards the ball at an angle. Player #1 moves to support as shown in the diagram. Player #2 passes the ball into the space in front of player #1. Player #2 turns the dark defender and calls for the return pass in the space behind the defender and in front of the goal. Finish with a 1 time shot. Rotate positions.

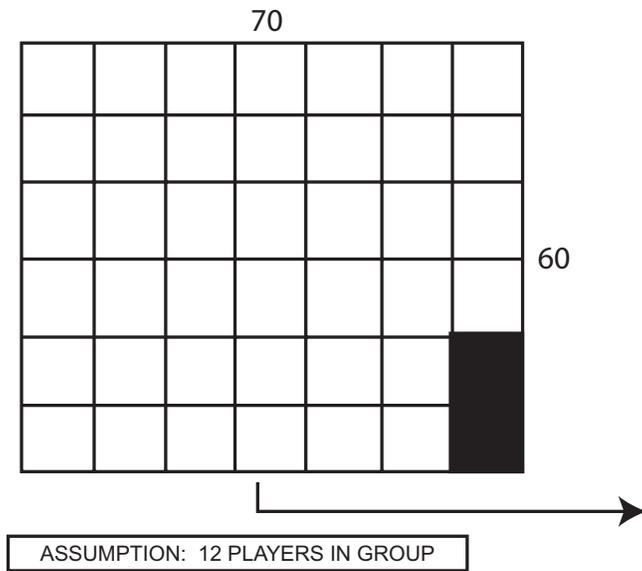
### Progressions

If the defender closes down the 1-2 combination, player #1 can overlap with the ball and take it to the end line to deliver a cross for player #2.

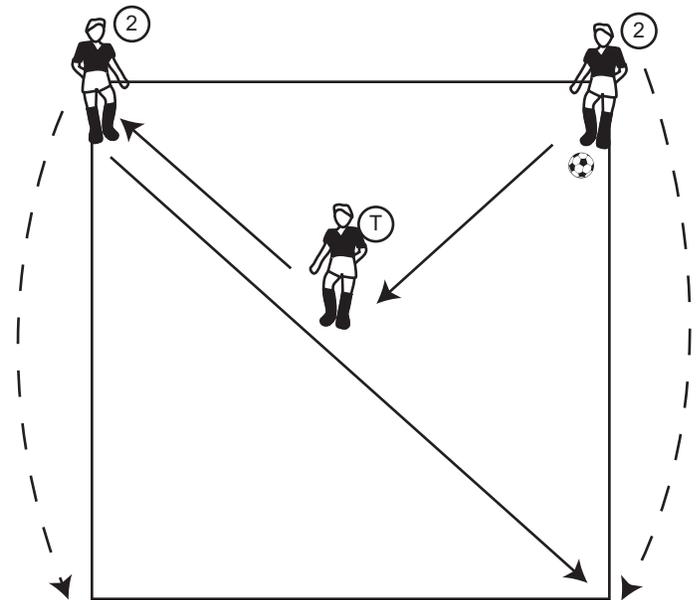
### Key Coaching Points

1. The passes should be made at the correct pace and angle in front of the attackers to enable them to accelerate onto the ball.
2. Players must observe and react to the movements of the defender.
3. The return pass should be struck with the first touch before player #2 moves into an off-side position.

# PRACTICE LIKE PRO - Creating Space As A Team



## Using A Target Player



### Purpose

To develop the combination and 3rd man run.

### Organization

Set out a 10 x 20 yard area. Groups of 3 positioned as shown in the diagram. Repeat in 3 other areas for a total of 12 players.

### Game Objective

Dark player #1 plays a pass into the target player who plays it back 1st time to dark player #2. Dark player #1, after passing, makes an overlapping run to receive a through ball from dark player #2 who also makes a forward run. Repeat in other direction.

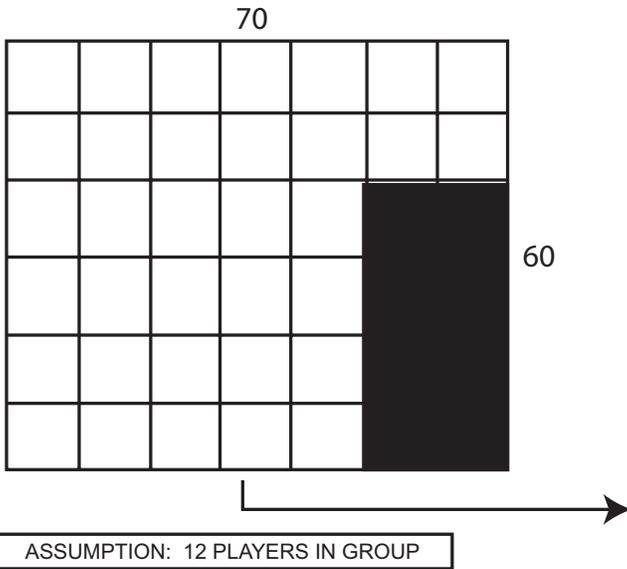
### Progressions

1. Make the area into 20 x 30 with a goalkeeper at one end. Now 4 players in the area. Dark player #1 can shoot, cross or pull back to dark player T to score. Repeat.

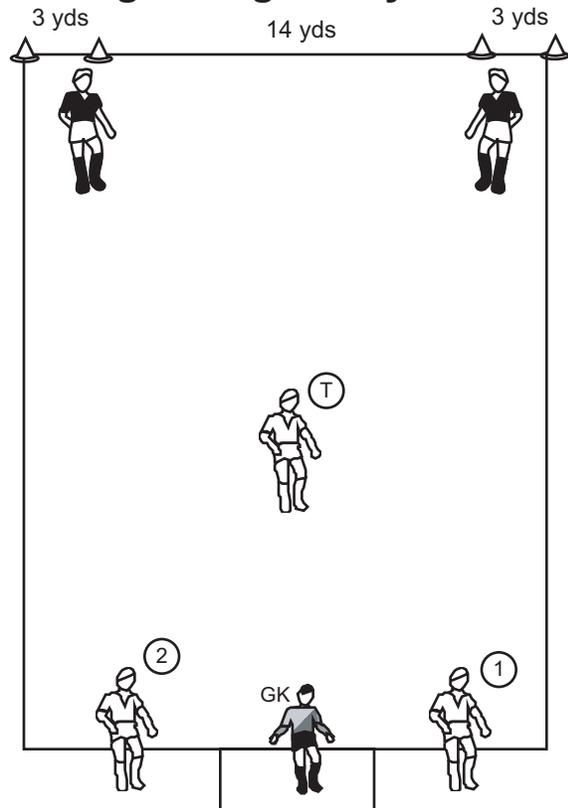
### Key Coaching Points

1. 1st pass is "up," 2nd pass is "down," 3rd pass is through.
2. Play with 1 touch.
3. Play angled passes to curved runs.
4. The target player checks to the ball and glances over the shoulder.
5. In the progression, what type of through ball is played? Loft? Chip? Driven?

# PRACTICE LIKE PRO - Attacking As A Team



## Using A Target Player In The Final 1/3



### Purpose

A functional practice for attacking, using the front player.

### Organization

Set out a 20 x 40 yard area. Station 2 mini-goals at the top and in the corners of the area, 3 yards wide. Play 3 v 2 + a goalkeeper. Repeat in 1 other area for a total of 12 players.

### Game Objective

Dark player #1 plays the ball into the T player. T Player has the option to turn and play forward with dark player #1 and dark player #2 who are making overlapping runs. Another option is for T player to play the ball back to dark player #2 who plays a diagonal thru ball to either players T or dark player #1. Light players #1 and #2 are allowed to enter the field as defenders when the T player touches the ball.

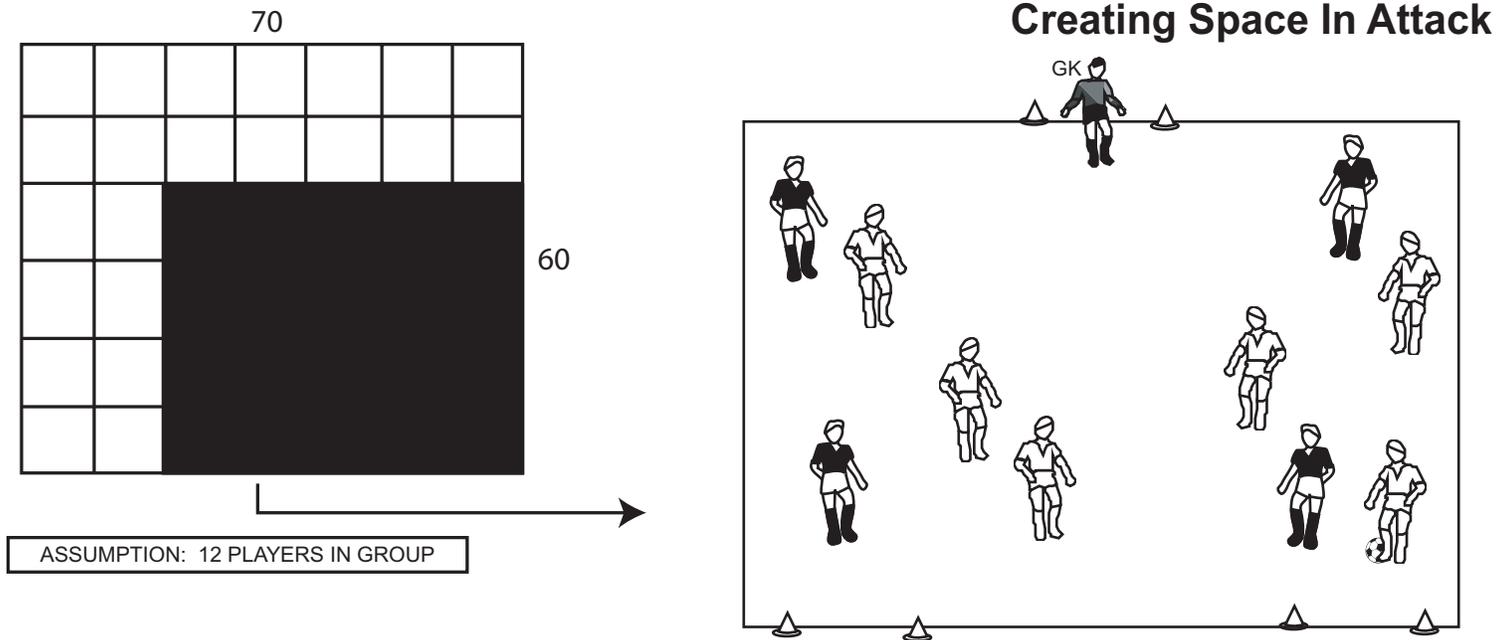
### Progressions

Start with a defender marking the target player with the other defender on the end line. If the defending team intercepts the ball, they may score by playing the ball through the min-goals at the top of the diagram.

### Key Coaching Points

1. If the target player turns, run the ball across the field to draw defenders out of central positions.
2. Make the correct choice of pass back, shoot or cross for a goal.
3. Make good runs towards the goal.
4. The target player should check away from the defender.

# MLS TOURNAMENT - Creating Space/Team



## Purpose

To develop open-play in the attacking area.

## Organization

Set out a 50 x 40 yard area. Play 6 v 5 plus a goalkeeper in the area.

## Game Objective

The light players attack the goal at the top of the area. They must combine to create a scoring opportunity. The dark defenders can score by clearing the ball through the corner goals at the bottom of the diagram.

## Progressions

1. Condition the game to 3 touches for the attacking team.
2. Play a regular game.

## Key Coaching Points

1. Players should have full forward vision on receiving the ball.
2. Good angles and positions to receive.
3. Position with time and space to go forward.
4. Looking to pass forwards at all times.
5. Pass into spaces behind defense.
6. Pass the ball to the feet of the most advanced player.
7. An attacking pass should go beyond at least 1 defender.