

Weekly Activities - Ages 12 - 18

Theme: A.T.T.A.C.K.SM

Session: Four

Daily Topic: Creating Space As A Team

Daily Activity Breakdown:

0:00-0:20 The Training Session (developing the attitude and training factor through soccer related exercises and games)

0:20-0:55 The Coaching Session (developing daily technique factors from technical through to tactical)

0:55-1:05 Break (competitions/quizzes)

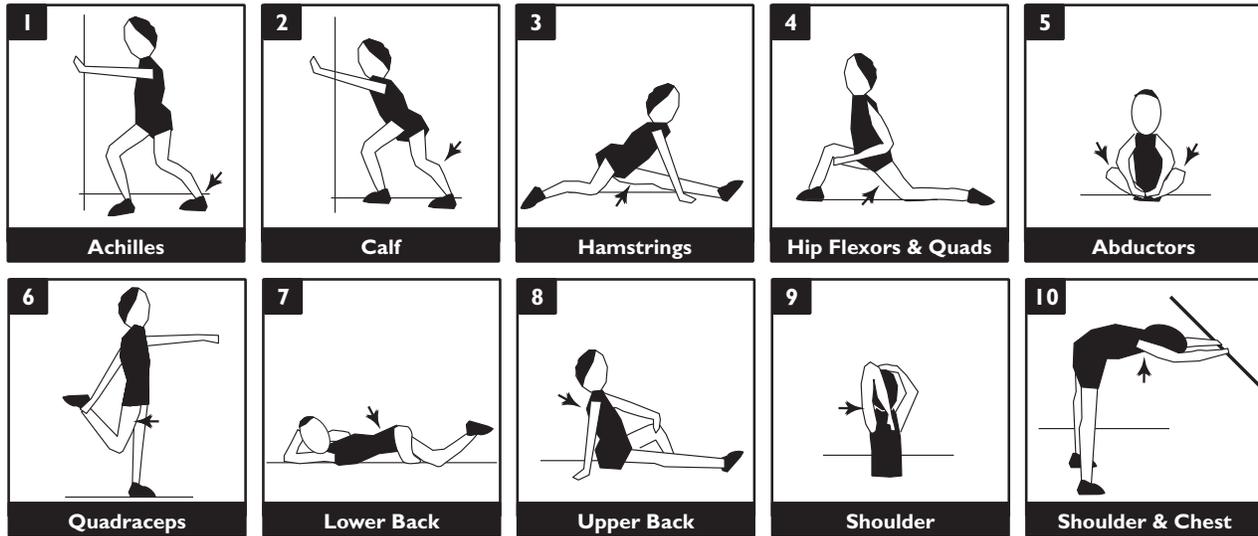
1:05-1:20 Practice Like a Pro (developing the functional awareness of players, their roles and responsibilities)

1:20-1:35 The Combine (a series of competitive small sided games to test the development of the player)

1:35-2:00 All Out Attack (reinforcing the emphasis on attack with activities around a goal)

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.

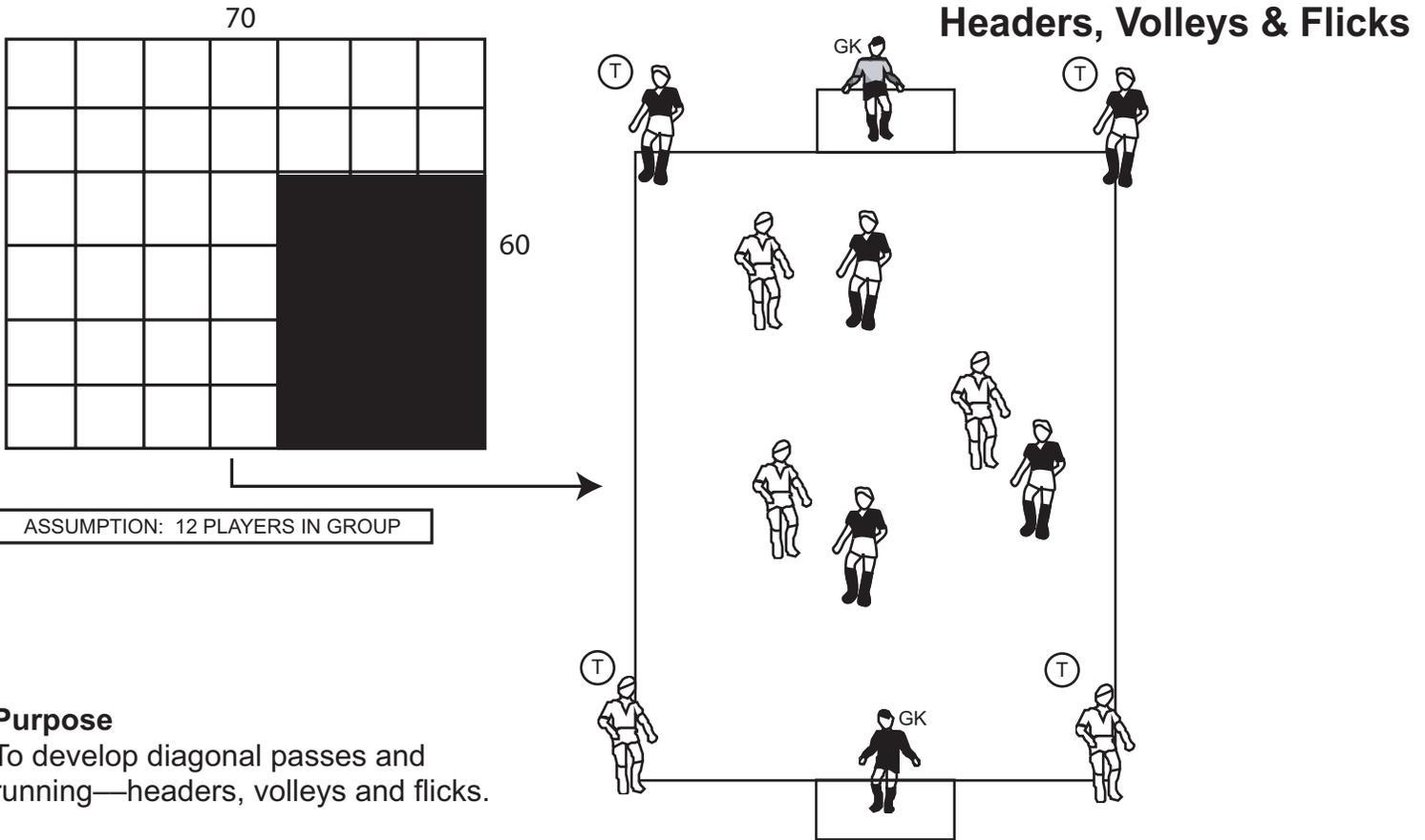
Progressions

- 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.

THE COMBINE - Attacking As A Team



Purpose

To develop diagonal passes and running—headers, volleys and flicks.

Organization

Set out a 30 x 40 yard area. Station a target player in each corner to play with the team attacking their goal line. Central players combine to make a pass forward to their T player who has 1 touch to chip or cross the ball into the goal area.

Game Objective

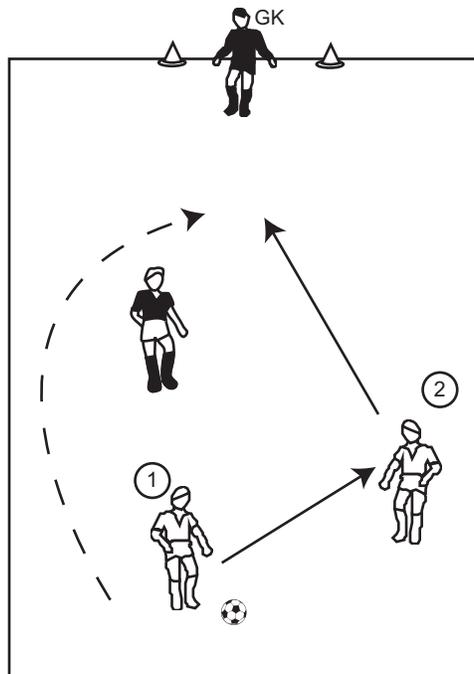
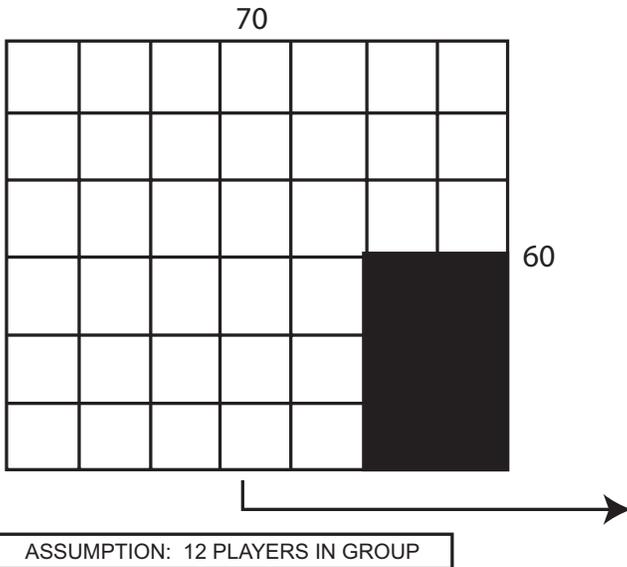
You can score only with a header, volley or flick so T's must be ready to receive the ball and cross it towards goal. Attackers must move forward to attack the cross.

Key Coaching Points

1. Encourage improvisation and risk.
2. Be composed in front of goal.
3. Make good attacking runs to near, far and central positions.

COACHING SESSION - Combination Play

Blind Side Runs



Purpose

To develop the blind-side run or diagonal 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 #2. Light player #1 runs to the goal and then cuts towards the corner. Light player #2 plays the ball into the space down the touchline for light player #1 to run onto. Light player #1 shoots with his first touch on goal. Rotate positions.

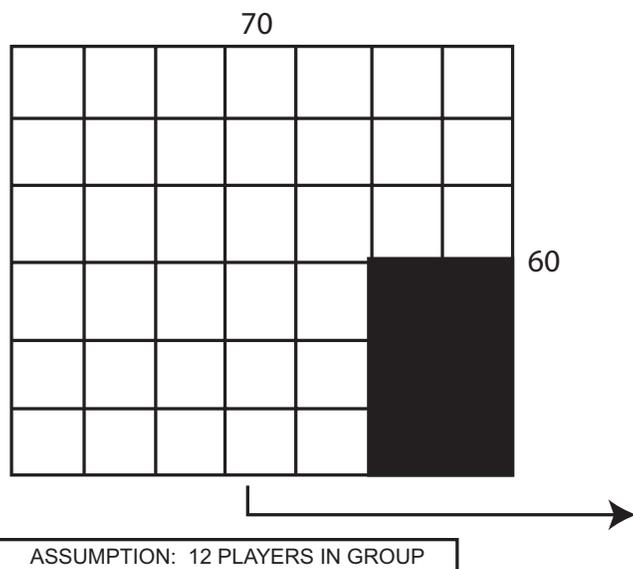
Progressions

Light player #1 crosses the ball for light player #2, who has attacked the goal area. The dark defender attempts to mark light player #2 and clear the ball from the cross.

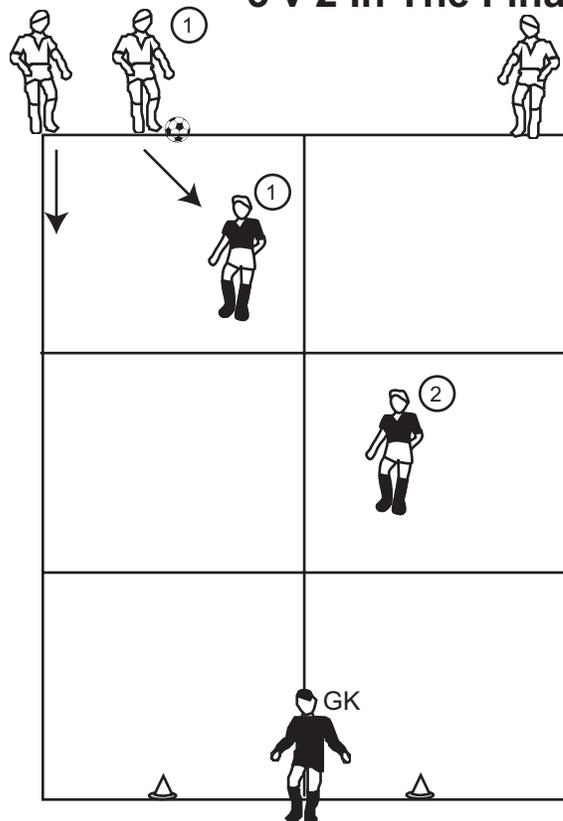
Key Coaching Points

1. The ball must be played into the space before light player #1 passes the dark defender and is thus in an off-side position.
2. The player making the run must call for the ball when he begins his cut to the corner.
3. Make a curved run so you can see the defender and the ball.

PRACTICE LIKE A PRO - Combination Play



3 v 2 In The Final Third



Purpose

To develop deception, feints and beating an opponent.

Organization

Set out a 20 x 30 yard area in 20 x 10 yard grids.

Groups of six. One ball per group. Position light attackers and dark defenders as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective

Light player #1 is in possession of the ball. Light player #1 must combine with his light teammates to beat dark defenders #1 and #2, who each defend a 10 x 20 yard area. When they advance into the goal scoring area beyond the final defender, they must shoot on goal. Rotate positions

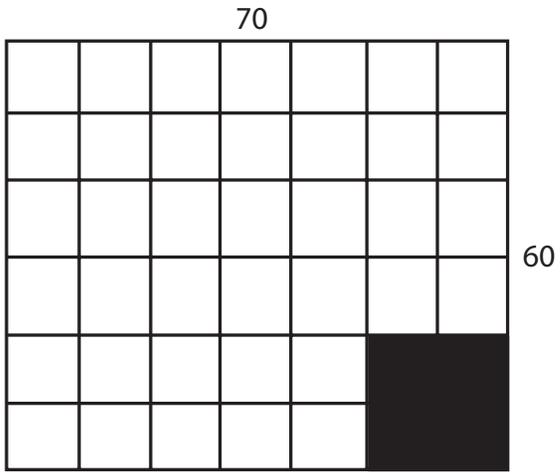
Progressions

Allow only one pass per area between light teammates and encourage players to run with the ball.

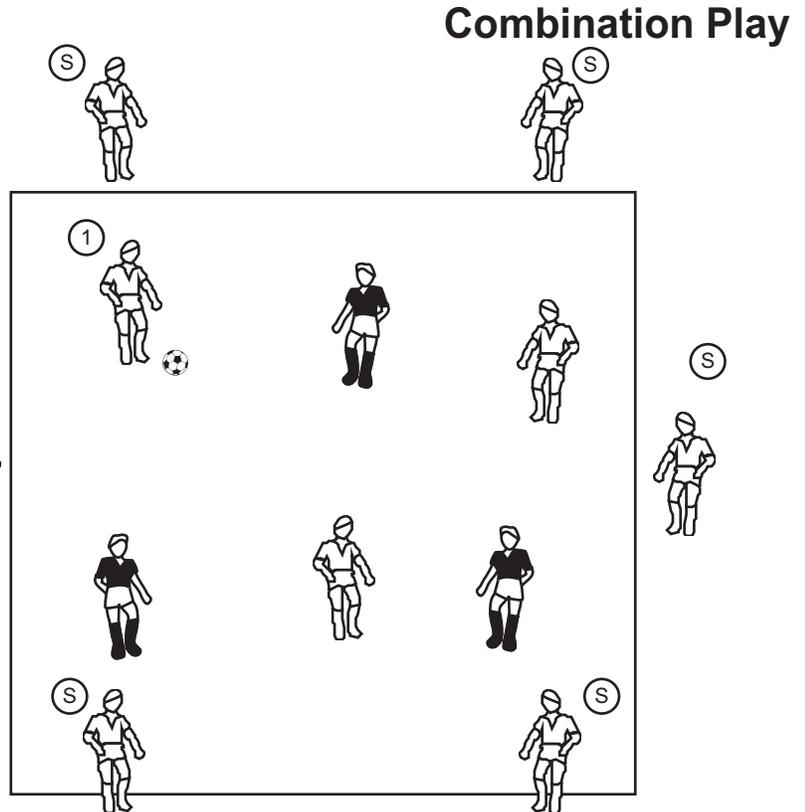
Key Coaching Points

1. Attack the space to the side of the defender.
2. Are the attackers creating space off the ball by making diversionary runs?
3. Can you pass into the space behind the defender?
4. Play in the direction you are facing.
5. Attack at pace.

SESSION - Creating Space/Team



ASSUMPTION: 12 PLAYERS IN GROUP



Purpose

To develop the 1-2 combination in a small sided game.

Organization

Set out a 20 x 20 yard area. Position six support players around the outside of the area. Play 3 v 3 inside the area.

Game Objective

The object of the game is to play as many 1-2 combinations as possible in a specified time period. A combination pass counts 1 point from a support player on the outside of the area and 2 points from a teammate inside the area. Support players are allowed a maximum of 2 touches but should attempt to use 1 touch whenever possible.

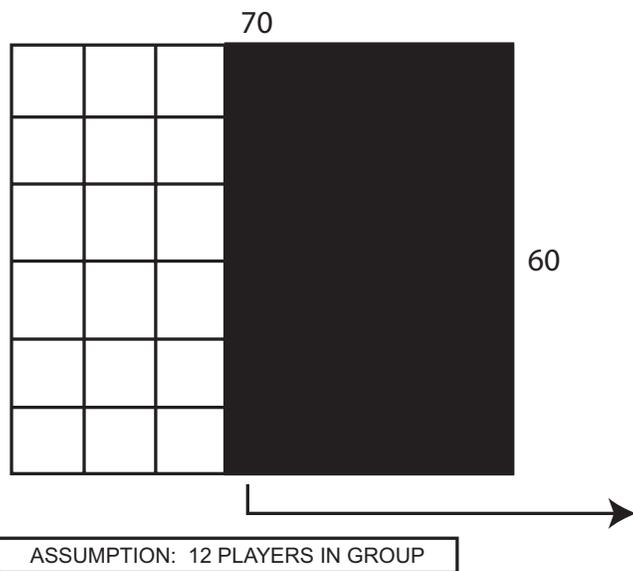
Progressions

1. Play 4 v 4 inside the area with one support player on each side of the square.
2. Play that the passer cannot receive the ball back so now looking for movement off the ball by others.

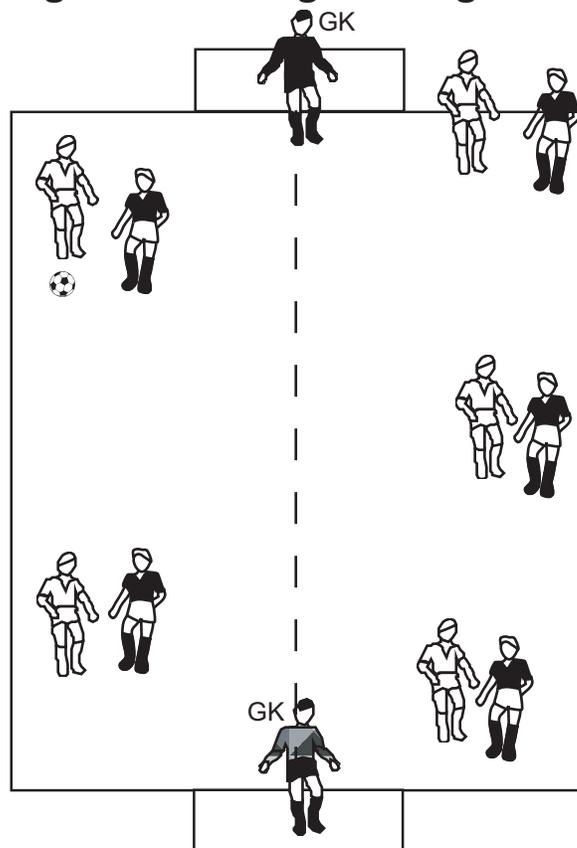
Key Coaching Points

1. Supporting players must be very active creating passing opportunities and calling for the ball.
2. The players within the area should spread out to allow for a pass which does not give the defender time to recover.

PRACTICE LIKE A PRO - Creating Space/Team



Diagonal Passing To Diagonal Runs



Purpose

Small-sided game to develop diagonal passes and runs.

Organization

Set out a 40 x 60 yard area, with a center line placed along the middle of the field. Play 5 v 5 + 1 goalkeeper.

Game Objective

The object of the game is to score a goal in the opposing goal from a pass made from the opposite 1/2 of the field. Players should make runs with the ball across the field. Teammates must look to make runs across the field in the opposite direction to exploit the space created by the ball carrier. Attackers can score only from a pass from the other side of the field and must shoot with a 1 time shot.

Progressions

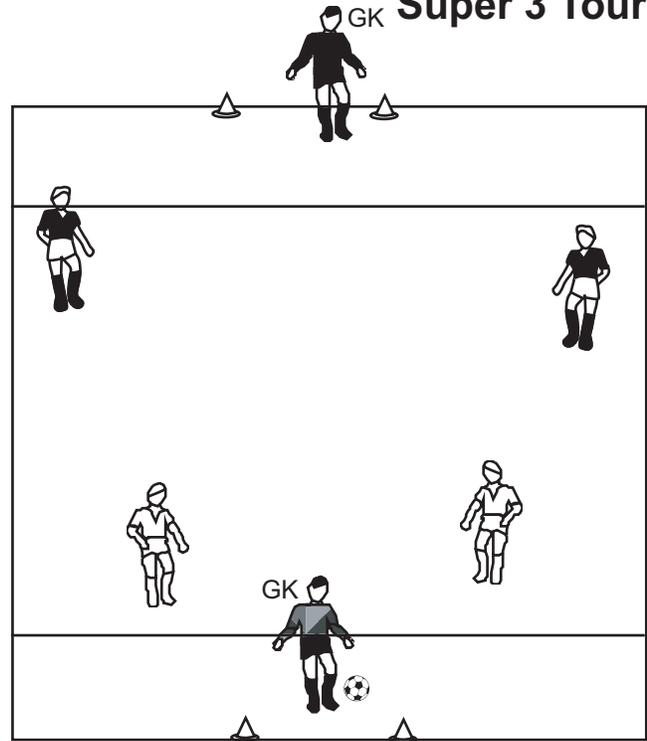
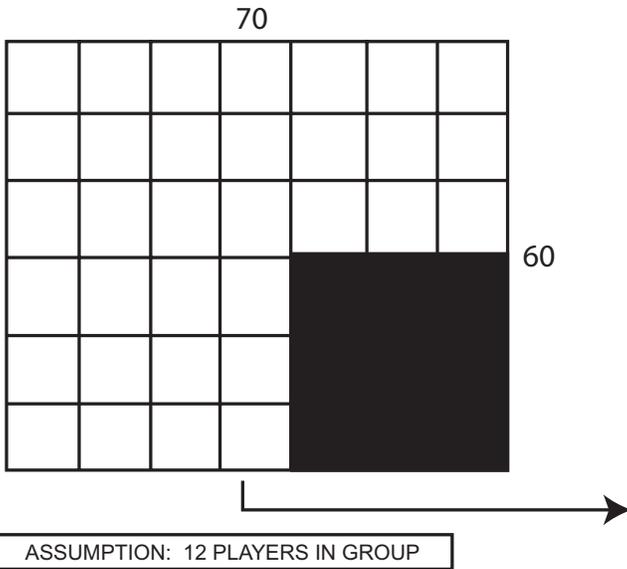
Take the middle line away.

Key Coaching Points

1. When a player runs across the field, teammates must look to exploit the space created.
2. Passes and runs should be diagonal.
3. Players should call for the pass.
4. If the pass is not on, the ball carrier should fake to pass and take it himself.

THE COMBINE - Combination Play

Super 3 Tournament



Purpose

To develop creating space as a team in a small sided game.

Organization

Set out a 30 x 30 yard area with 5 yard channels. Play 3 v 3 with a rush back sweeper/keeper. Repeat in another area for a total of 12 players.

Game Objective

The light goalkeeper serves the ball to a light teammate. The object of the game is to score a goal into the opposing goal using any/all of the techniques for creating space previously outlined. The goalkeeper is allowed to use his hands anywhere inside the defensive endzone. The goalkeeper is expected to go forward as an outfield player when his team is in possession.

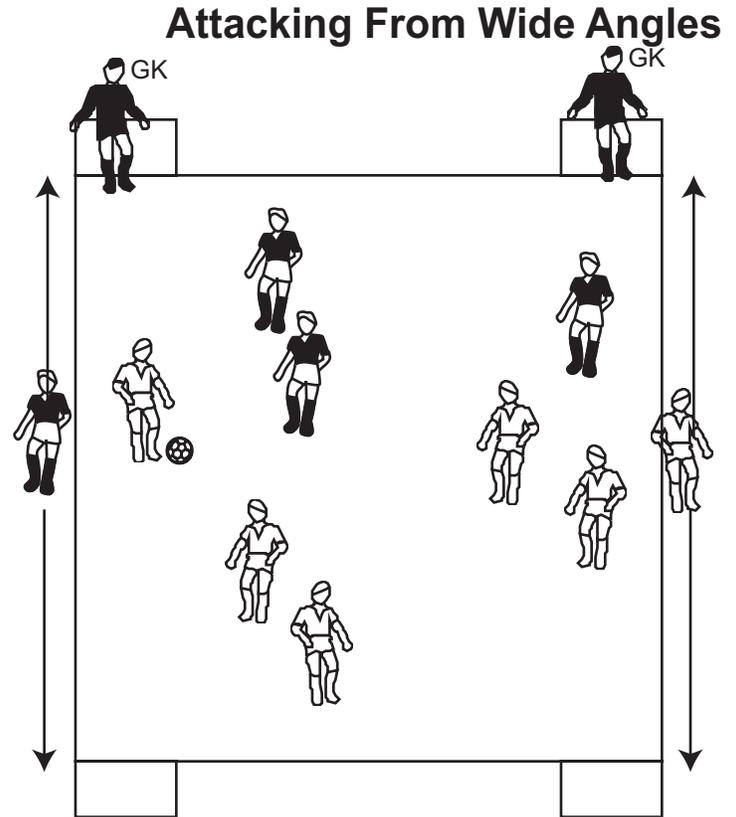
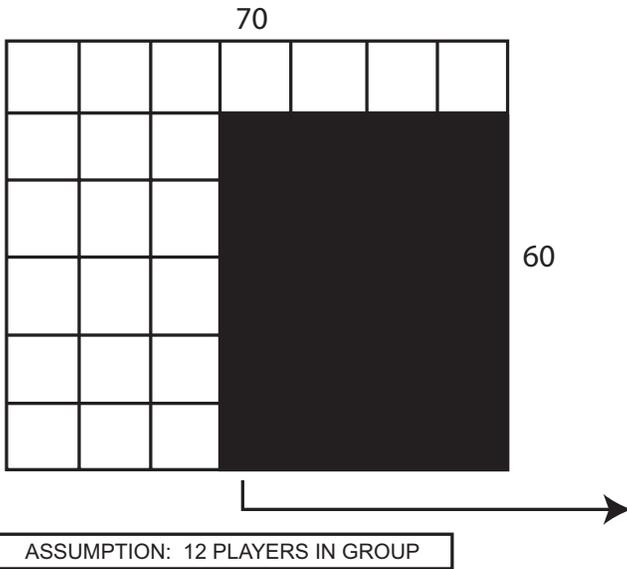
Progressions

Select one player on the team. Only that player is allowed to score. Use combination plays to release the target player.

Key Coaching Points

1. The onus to create space in a game always lies with the player without the ball.
2. Do not allow players to get frustrated when they make a good run and they do not receive the ball. Remember creative runs are more often than not effective as decoys for the players with the ball to exploit the space that has been created.

ALL OUT ATTACK - Creating Space As A Team



Purpose

To develop attacking from width and changing point of attack.

Organization

Set out a 40 x 50 yard area with 2 goals at each end of the field as shown in the diagram. Play 5 v 5 in the middle area with 2 floating players on the outside of the area. The floating players play with the team that has possession.

Game Objective

The object of the game is to score a goal in one of the 2 opposing goals. This may be achieved by play within the area or by getting the ball wide to a floating player to cross or shoot on goal. When a team has possession, the other team must drop back 2 of its players to defend the goal as goalkeepers. The floating players are restricted to 2 touches.

Progressions

The team in possession can score only from a cross by a floating player.

Key Coaching Points

In Attack

1. Switch the ball to the weak side.
2. Open up the field by receiving the ball side on.
3. Keep possession by spreading out side to side and end to end.
4. Cross early to the space behind the defense.

In Defense

1. Defender/goalkeeper on the weak side acts as cover and support until ball gets there.