

Weekly Activities - Ages 12 - 18

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

Session: Two

Daily Topic: Creating Space As An Individual

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)

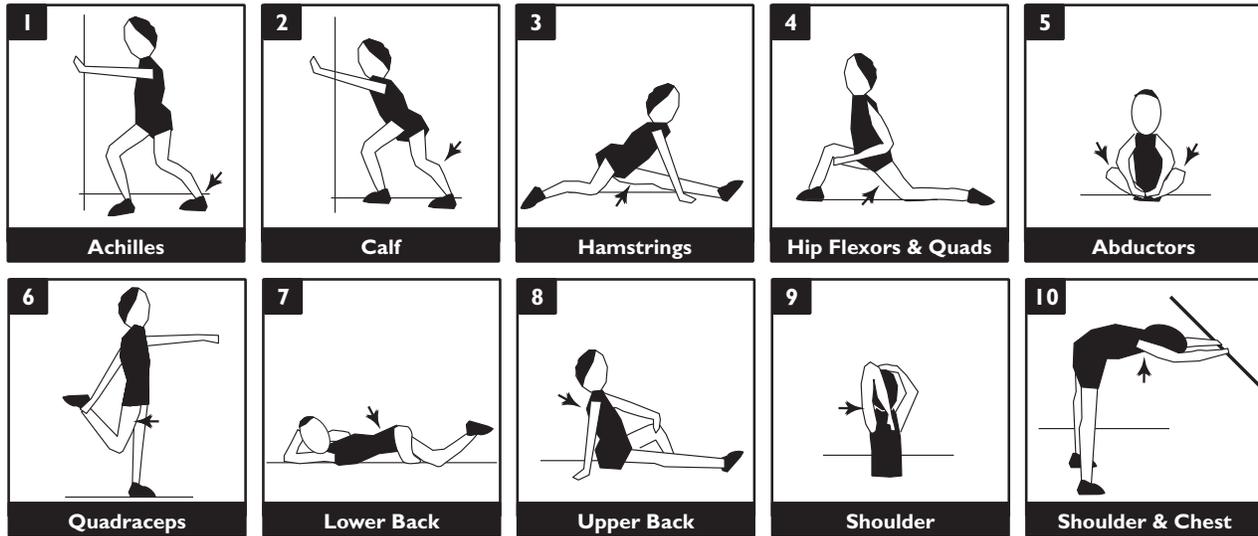
1:05-1:20 Practice Like a Pro (developing the functional awareness of players, their roles and responsibilities)

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

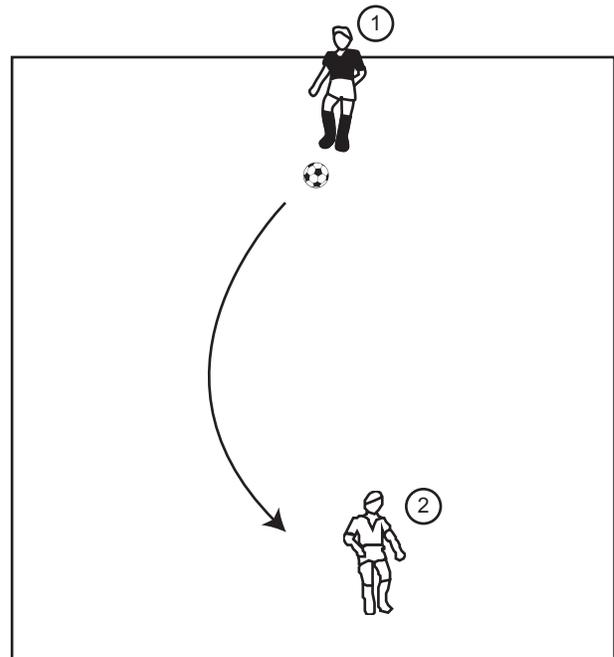
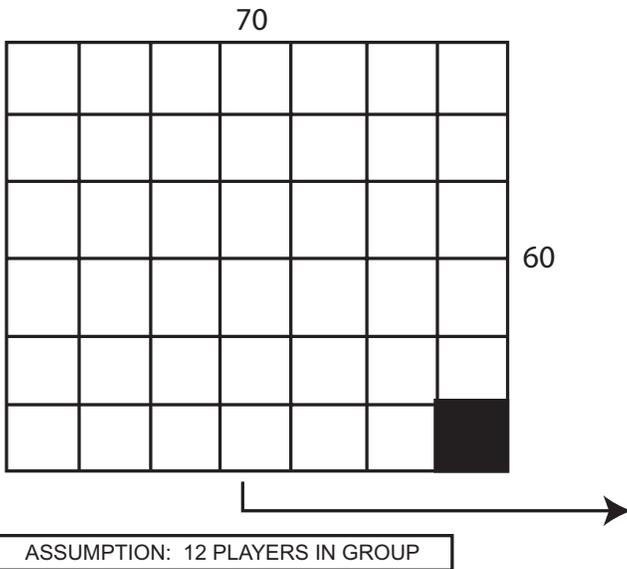
- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap 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.

TRAINING SESSION - Creating Space As An Individual

Soccer Movement



Purpose

To develop aerial control and soccer specific movement.

Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

Dark player #1 tosses the ball underhand to light player #2. Light player #2 heads the ball back; lace volleys the ball back; side volleys the ball back; thigh volleys the ball back; does a head or chest or thigh and passes the ball back; does a flick back with the outside of the heel; chest-heads the ball back.

Progressions

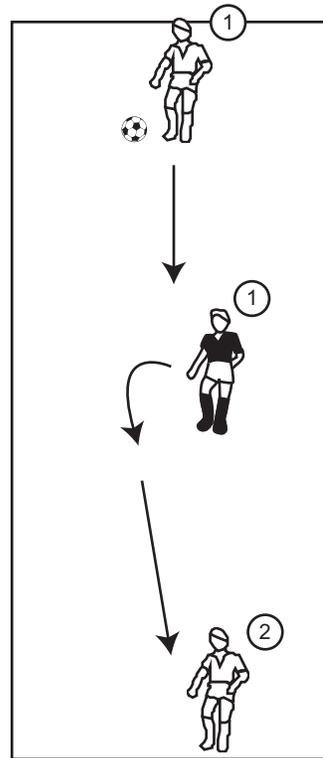
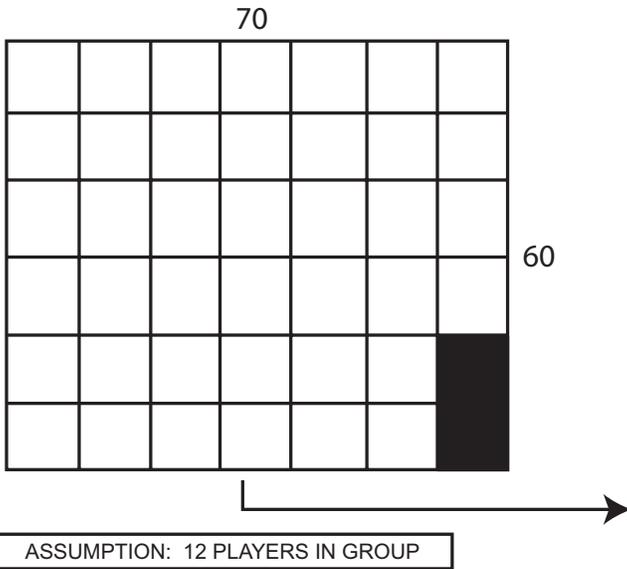
1. The server should move around the passer to make sure they keep on the balls of their feet and look for you with their return pass.
2. Progressive touch count (i.e., partners 1 touch, partners 2 touch, partners 3 touch, etc.).

Key Coaching Points

1. For side volleys and thigh volleys, open your body up so you are side on to the server.
2. Be ready and alert—up on the balls of your feet.
3. Be flexible.

TRAINING SESSION - Creating Space As An Individual

Soccer Vision



Purpose

To develop turning with the controlling touch.

Organization

Set out a 10 x 20 yard area. Groups of 3, 1 ball per group. 2 servers and a receiver in the middle of the area. Repeat in 3 other areas for a total of 12 players.

Game Objective

Server (light player #1) tosses the ball at variable heights to dark player #1. Dark player #1 must knock the ball onto light player #1 without the ball touching the ground.

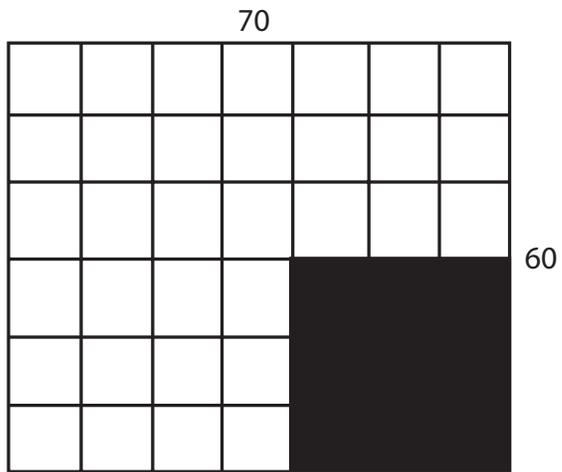
Progressions

1. Begin with headers.
2. Thigh and pass.
3. Chest and pass.
4. Knock on with your thigh.
5. Side and laces volley.

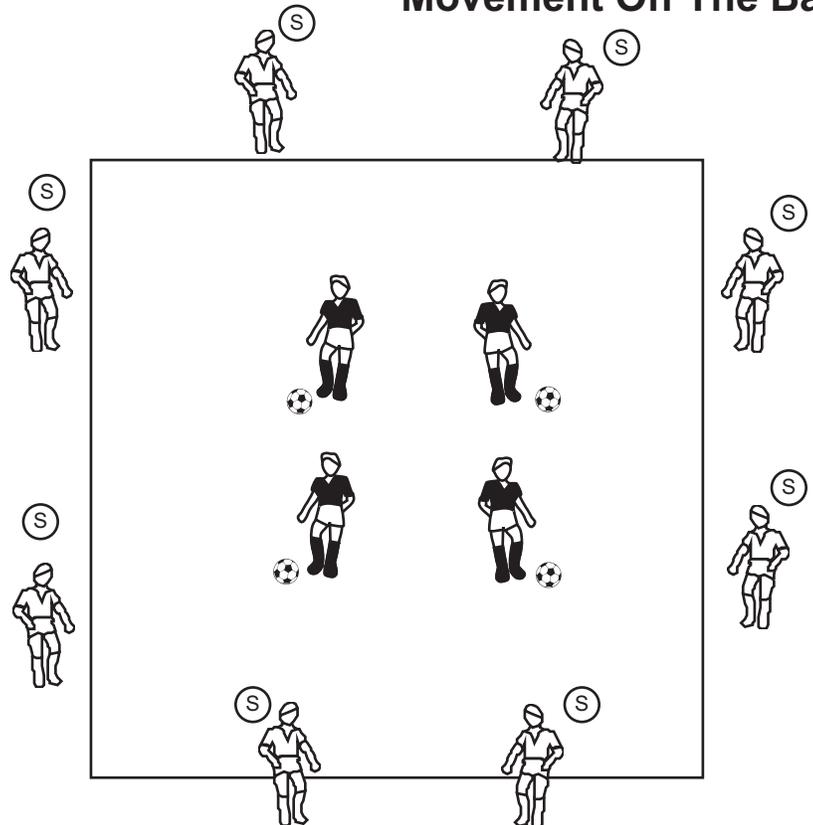
Key Coaching Points

1. As the ball comes to you, make a step so your body is sideways on and open.
2. Be on your toes, ready to move.
3. Controlling 1st touch should make space for the volley pass.

COACHING SESSION - Creating Space As An Individual



Movement Off The Ball



ASSUMPTION: 12 PLAYERS IN GROUP

Purpose

To develop one touch passing and turning with the ball in a conditioned practice.

Organization

Set out a 30 x 30 yard area. Position 2 players (servers) on each side of the area. Four receiving players, each with a ball, play within the confines of the area.

Game Objective

The dark players pass the ball to a server on the outside of the area. The server plays the ball back to the dark player. Dark player turns with the ball and passes to a different server. Rotate positions. If you pass to outside player, 4 options. "Give and Go" = 1 - 2 pass;" Hold the ball" = pass then run up to player, open legs and play ball through for player to turn onto;" Overlap" = pass ball, hold it and run around receiving player for a return pass; "Takeover" = cross over and change places.

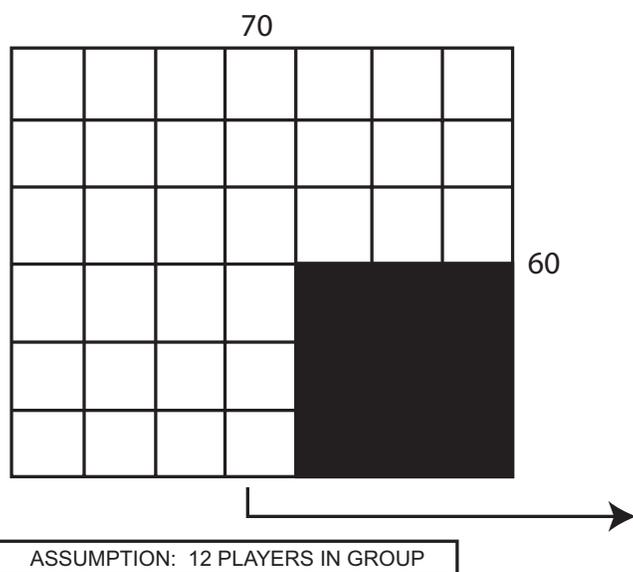
Progressions

1. The outside server plays the ball with his first touch.
2. 4 players in middle with 3 balls. If a ball is stolen, then players must attempt to get another ball.

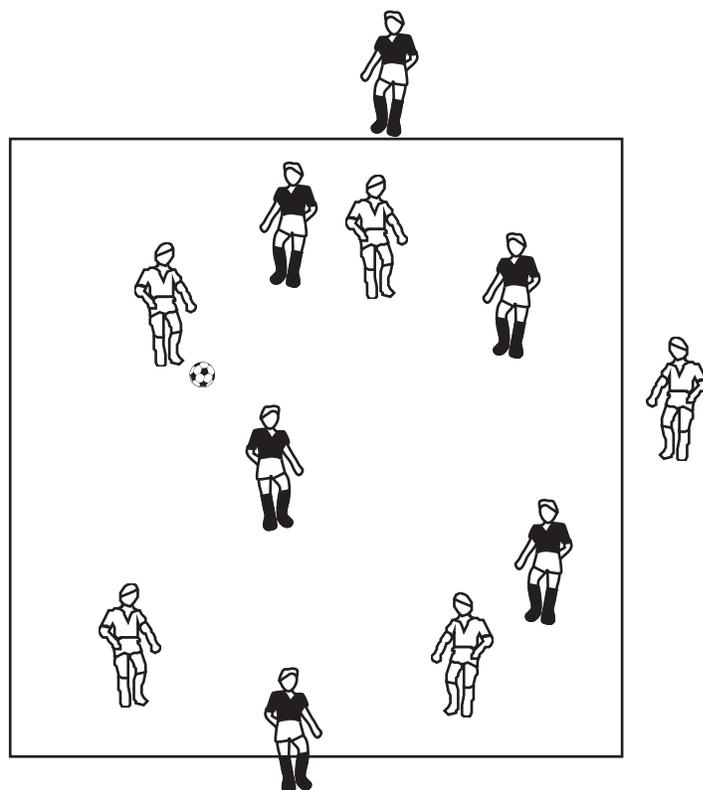
Key Coaching Points

1. Call name of the person you are passing to and call for the return pass.
2. One-touch passes should be firm and to the feet.
3. Use your body to screen the ball and turn away from the defender.

COACHING SESSION - Creating Space As An Individual



Turning, Dribbling, Running



Purpose

To develop passing, support and moving into space.

Organization

Set out a 30 x 30 yard area. Play 4 v 4 within the area with 4 supporting players on the outside of the area. One ball per practice.

Game Objective

The light team has possession of the ball. A goal is scored when the ball is played to a teammate on the outside of the area. Each team has two supporting players on opposite sides of the area. The supporting players are allowed to move up and down the entire sideline.

Progressions

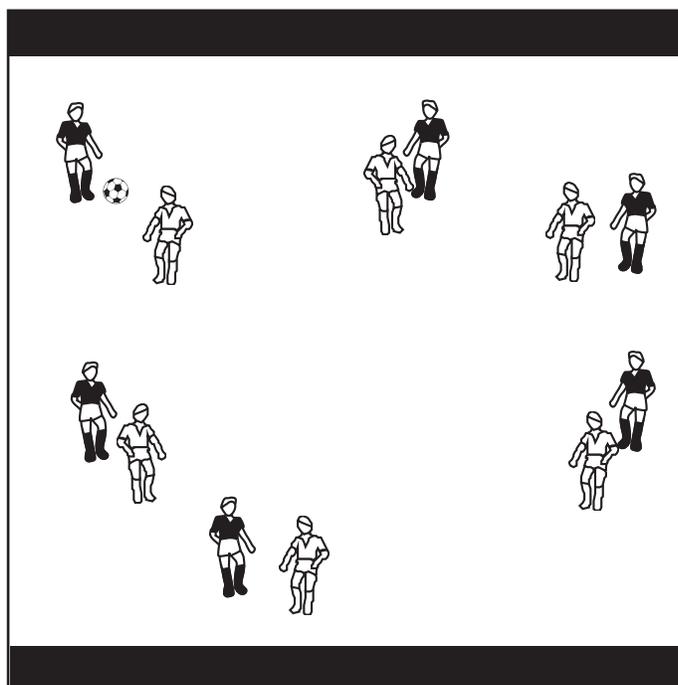
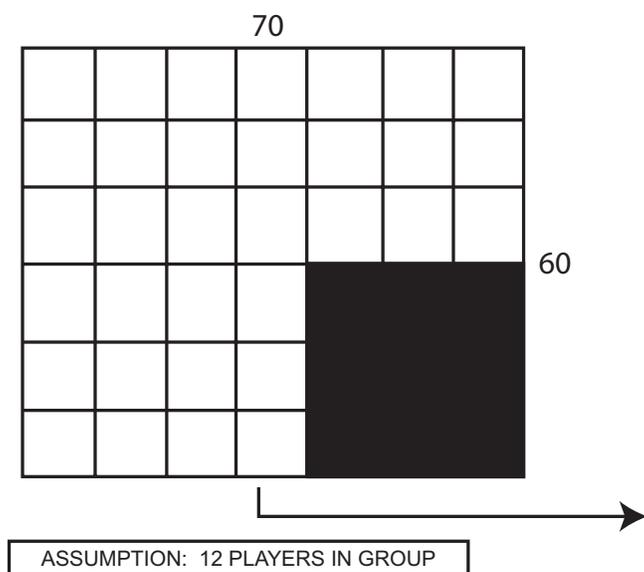
1. The support players can play the ball back into the field of play so that the game becomes continuous.
2. Whoever passes the ball to the target player then replaces them by taking their place.

Key Coaching Points

1. Play the ball to the support player as quickly as possible.
2. Make 1-2 combination passes around defenders.
3. Use turns and fakes when pressured by defenders.
4. Use your body to shield the ball from defenders.
5. Open up the play by receiving the ball sideways on, on your back foot.

COACHING SESSION - Creating Space As An Individual

Team Movement



Purpose

To practice in a small sided conditioned game.

Organization

Set out a 30 x 30 yard area. Set out an end zone 5 yards wide from each endline. Play 6 v 6. One ball per group.

Game Objective

The dark team is in possession of the ball. The object of the game is to advance the ball to the attacking endzone. A goal is scored when a player dribbles the ball into the end zone and stops the ball with the sole of his foot. No defenders are allowed in this area. 3 points for every ball stopped in the area. 1 point for any 1 - 2's, overlaps or takeovers.

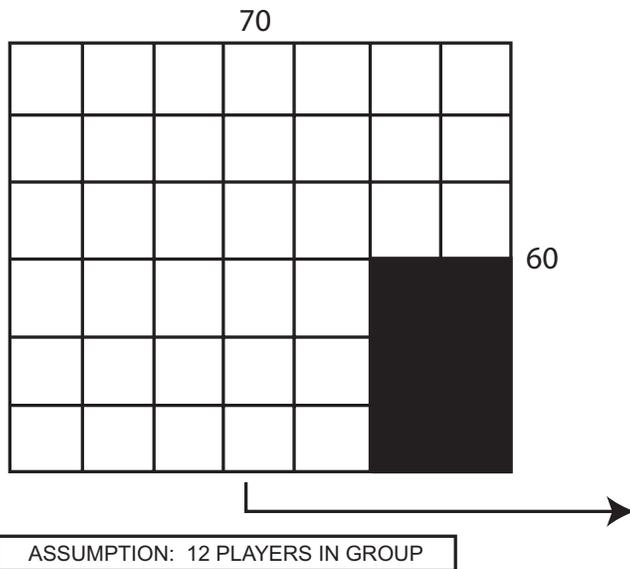
Progressions

Make the end zones neutral such that either team can score in both end zones.

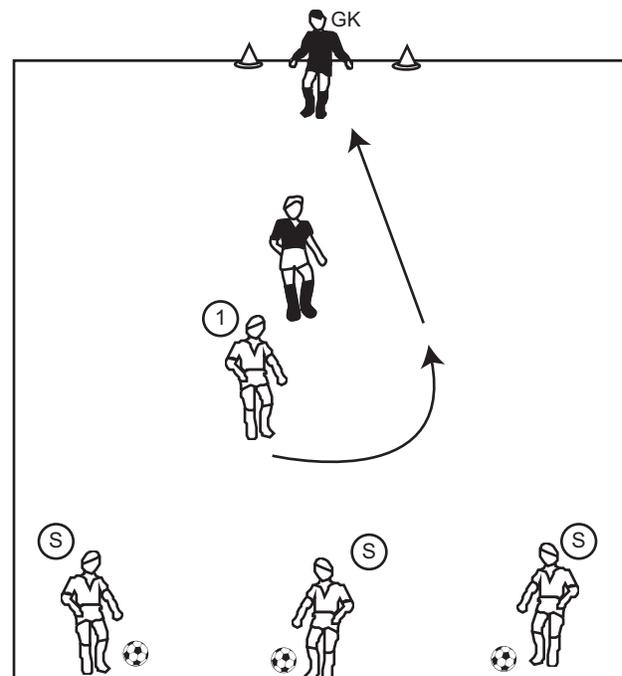
Key Coaching Points

1. Encourage players to take on defenders at every opportunity.
2. Look for switching of the direction of play in the above progression.
3. Keep possession at all times.
4. Your first look should always be for a forward pass.
5. When the ball is won, play forward.

PRACTICE LIKE PRO - Creating Space As An Individual



Turn & Shoot



Purpose

To develop turning and shooting with your back to the goal.

Organization

Set out a 20 x 30 yard area. Position one light attacker #1 10 yards from the goal line and a defender 5 yards from the attacker. Position 3 servers 10 yards from light attacker #1 as shown in the diagram. One ball per server. Repeat in another area for a total of 12 players.

Game Objective

One of the servers plays the ball to the feet of light player #1, who is standing with his back to the goal. As soon as light player #1 touches the ball, the defender can close in. Light player #1 can either turn and shoot or play the ball back to any of the servers for a first time strike on target. Repeat from all servers. Rotate positions.

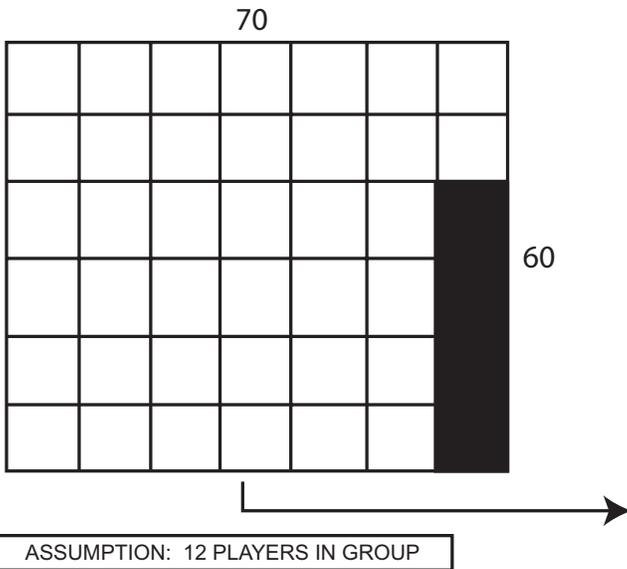
Progressions

1. The resistance from the defenders is increased.
2. Vary the height of the serves to use all controlling surfaces.

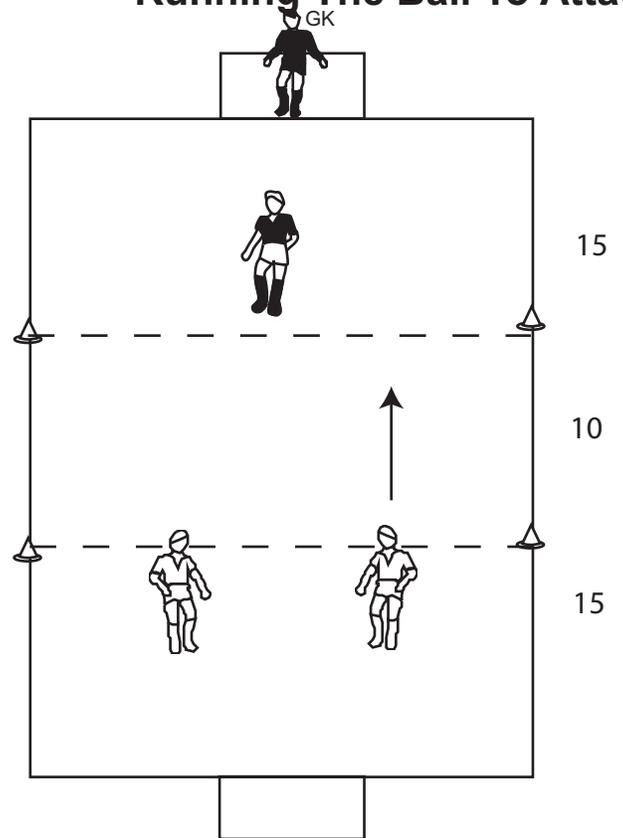
Key Coaching Points

1. The servers should communicate with the attacker to inform him of his options. This is particularly important when a player has his back to goal.
2. If the attacker plays the ball back to the server, can the server play on angled ball to the back of the defense?
3. Make an angled run to receive the ball sideways on.
4. Before you receive the ball, check the location of the defender.

THE COMBINE - Creating Space As An Individual



Running The Ball To Attack



Purpose

To develop combination plays and running with the ball.

Organization

Set out a 10 x 40 yard area with 4 players and 1 ball.

Mark out 1/3's of the field as shown in the diagram. 2 teams of 2 with 2 goals. When the light team has possession, the dark team must have a goalkeeper. Repeat in 2 other areas for a total of 12 players.

Game Objective

The light team combines to run the ball into the final 1/3 of the field to shoot to score. The defensive team plays a single defender and drops back a goalkeeper to the goal line. The attacking team can score only in the final 15 yards. Should the defensive team intercept the ball, the ball must be passed back to the goalkeeper before they can attack the opposing goal.

Progressions

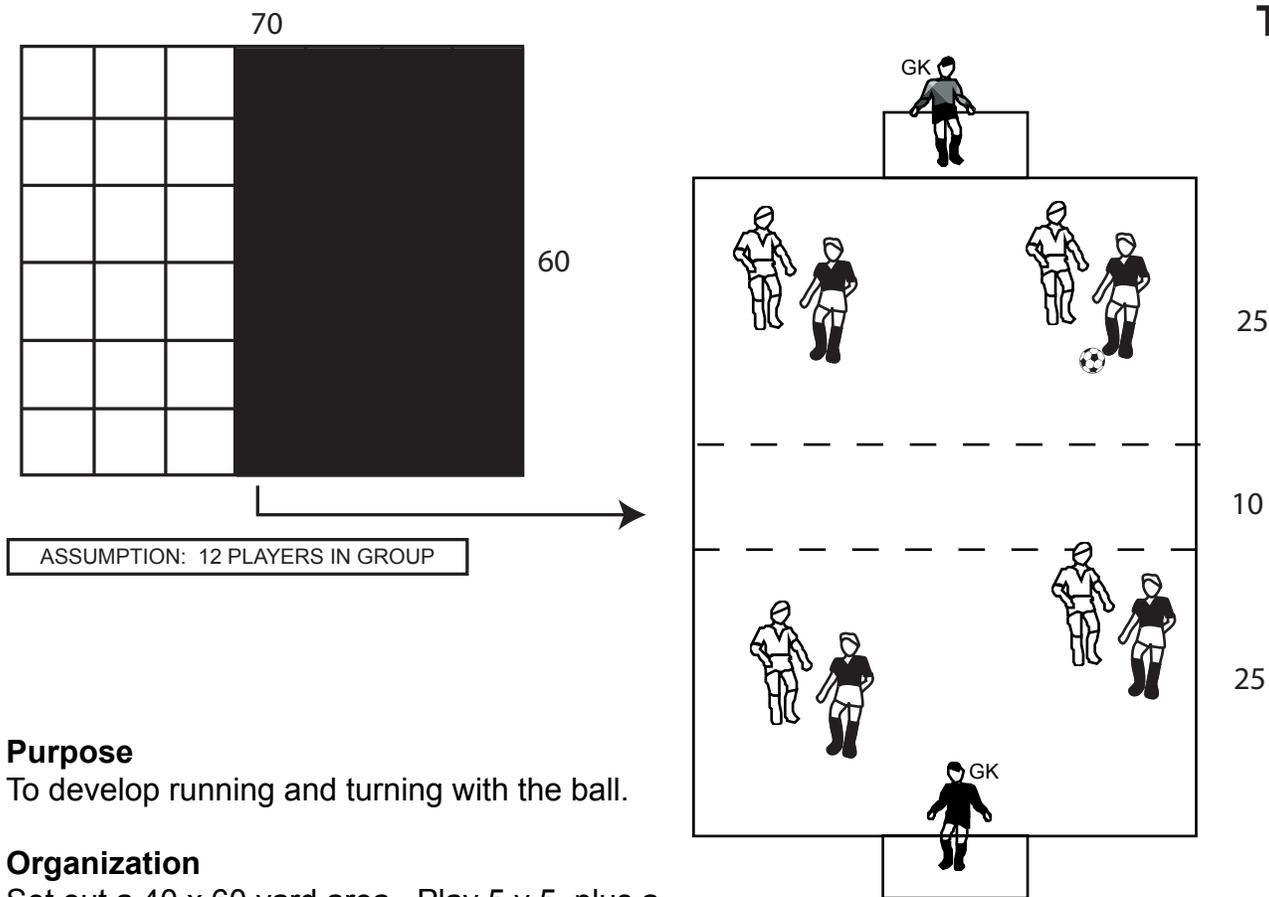
Play drop back goalkeeper—elect 1 player to be goalkeeper and this time the defender does not need to get the ball back to the keeper—he attacks from the interception.

Key Coaching Points

1. 1st touch out of feet and attack the space.
2. React to the change in possession by counterattacking quickly.
3. Use laces and outside of feet to pass the ball.

ALL OUT ATTACK - Creating Space As An Individual

Turn & Burn



Purpose

To develop running and turning with the ball.

Organization

Set out a 40 x 60 yard area. Play 5 v 5, plus a goalkeeper. Make a 10 yard channel in the middle of the area.

Game Objective

The object of the game is for the team in possession to advance the ball into the middle area in preparation for an attack on goal. From the middle zone, the team in possession may either attack the opposing goal or turn and attack their defensive goal. No player, other than the player carrying the ball, may enter the middle area.

Key Coaching Points

1. Spread the players out deep and wide.
2. Attack by running with the ball.
3. Turn and change direction.
4. Move from defense to attack quickly.
5. Encourage improvisation and risk taking.