

# Weekly Activities - Ages 12 - 18

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

**Session: Five**

**Daily Topic: Passing & Support**

**Daily Activity Breakdown:**

0:00-0:30 The Training Session (developing the attitude and training factor through soccer related exercises and games)

0:30-1:00 The Coaching Session (developing daily technique factors from technical through to tactical)

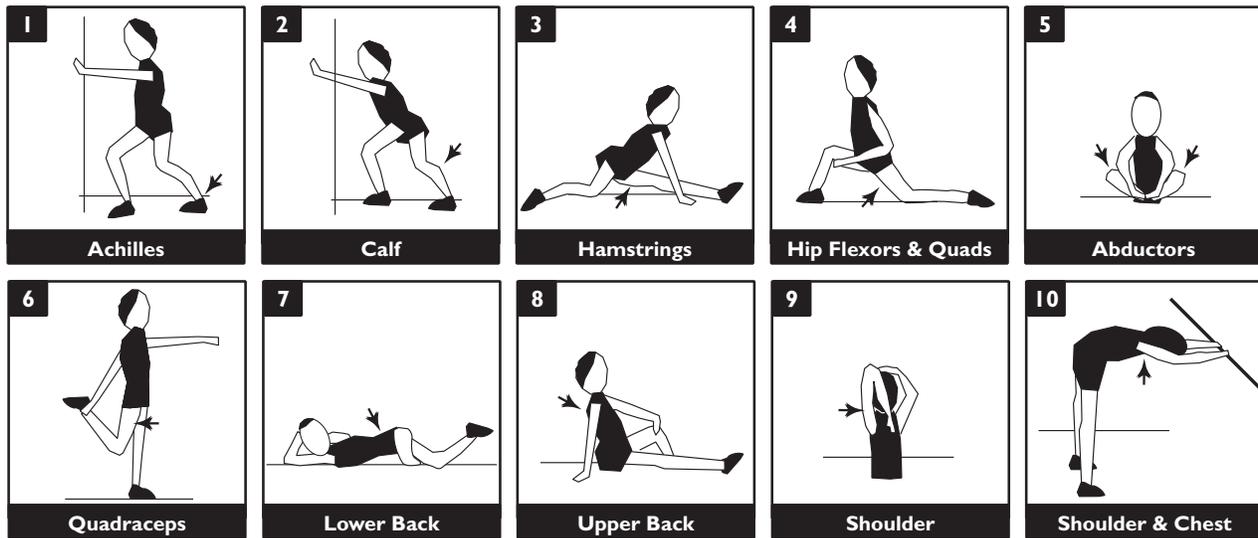
1:00-1:10 Break (competitions/quizzes)

1:10-1:30 Practice Like a Pro (developing the functional awareness of players, their roles and responsibilities)

1:30-2:00 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.

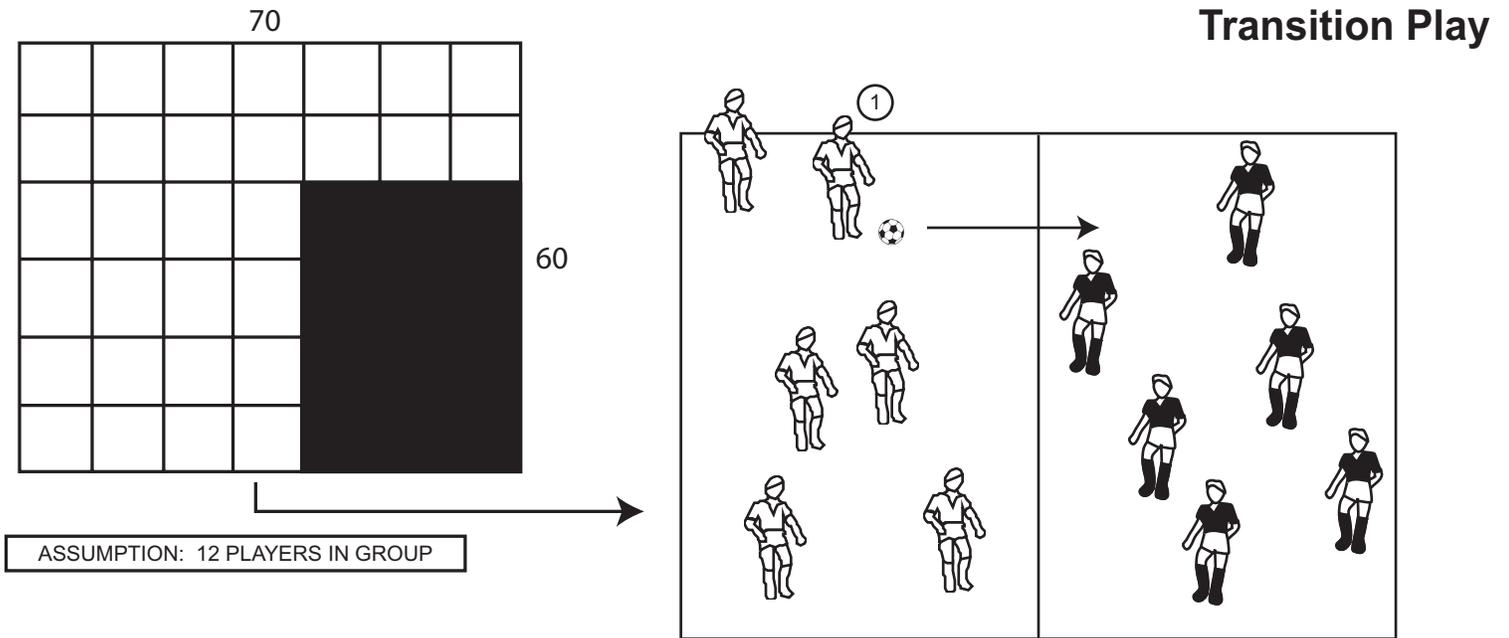
### Progressions

- 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 - Passing & Support



## Purpose

To develop transition play.

## Organization

Set out a 30 x 40 yard area in two 20 x 30 yard grids. Station six players in each grid. One ball per practice.

## Game Objective

The light team has possession of the ball. Light player #1 passes the ball into the opposing area. The light team sends three players into the opposing area to defend. A goal is scored when the dark team makes 5 consecutive passes without an interception. Repeat in the opposite direction.

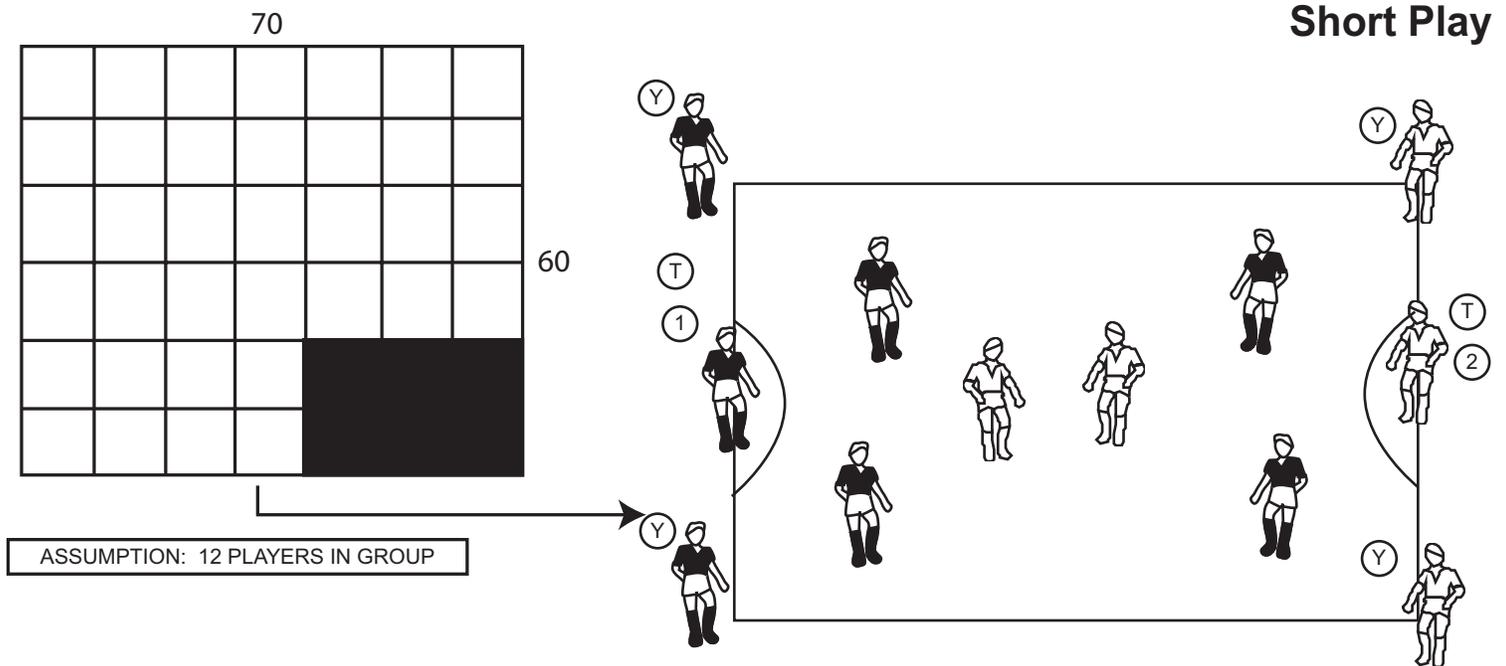
## Progressions

1. Increase the number of defenders to four.
2. Make the area smaller.

## Key Coaching Points

1. The team in possession should be very mobile, making runs off the ball to create space for the ball carrier.
2. Players off the ball should be accessible to the ball carrier at all times.
3. When you win the ball, turn and get it to your team immediately.

# COACHING SESSION - Passing & Support



## Purpose

To develop short passing skills and wide angle support.

## Organization

Set out a 30 x 20 yard area with a 5 yard radius semi-circle at each end. Station a target player inside the semi-circle. No outfield player is allowed in this area. Position 4 players on the outside of the area.

## Game Objective

3 dark players play against 3 light players inside the area. The team in possession must attempt to get the ball to their target player inside the semi-circle. Once a target player receives the ball, the team on the outside of the area replaces the team whose target player received the ball. All passes must be under head height. The shorter, narrow field ensures players must support at wide angles.

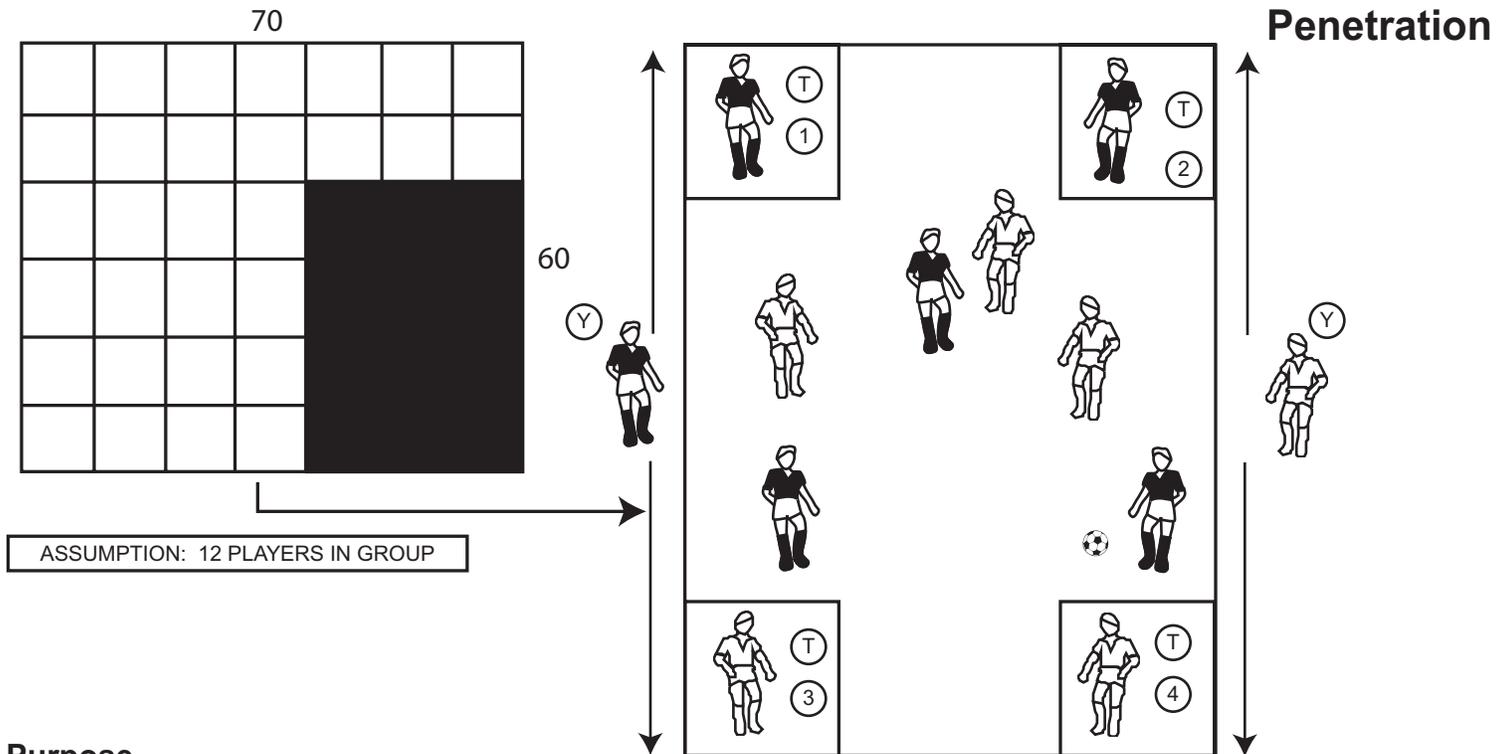
## Progressions

1. The team in possession may play the ball to any of the players on the outside of the area to receive a return pass.
2. All attacking players now have 1 touch only.

## Key Coaching Points

1. Position at a good angle and distance to receive the ball.
2. Can a player be in a position which makes a forward pass possible?
3. Pass, then move to another support position.

# COACHING SESSION - Passing & Support



## Purpose

To develop combination play in passing and movement.

## Organization

Set out a 30 x 40 yard area with 5 x 5 yard corner grids. Station a target player in each corner grid—no attackers or defenders are allowed in this area. Play 3 v 3 in the middle area with 2 Y players moving up and down the touch line in support of the team that has the ball. The Y players cannot enter the grid.

## Game Objective

The dark players combine to get the ball to dark T #1 or dark T #2. A goal is scored when a target player controls and stops the ball with the sole of his foot inside a target area. A player from the opposite team collects the ball from the target player and plays the ball back into the area to restart the game.

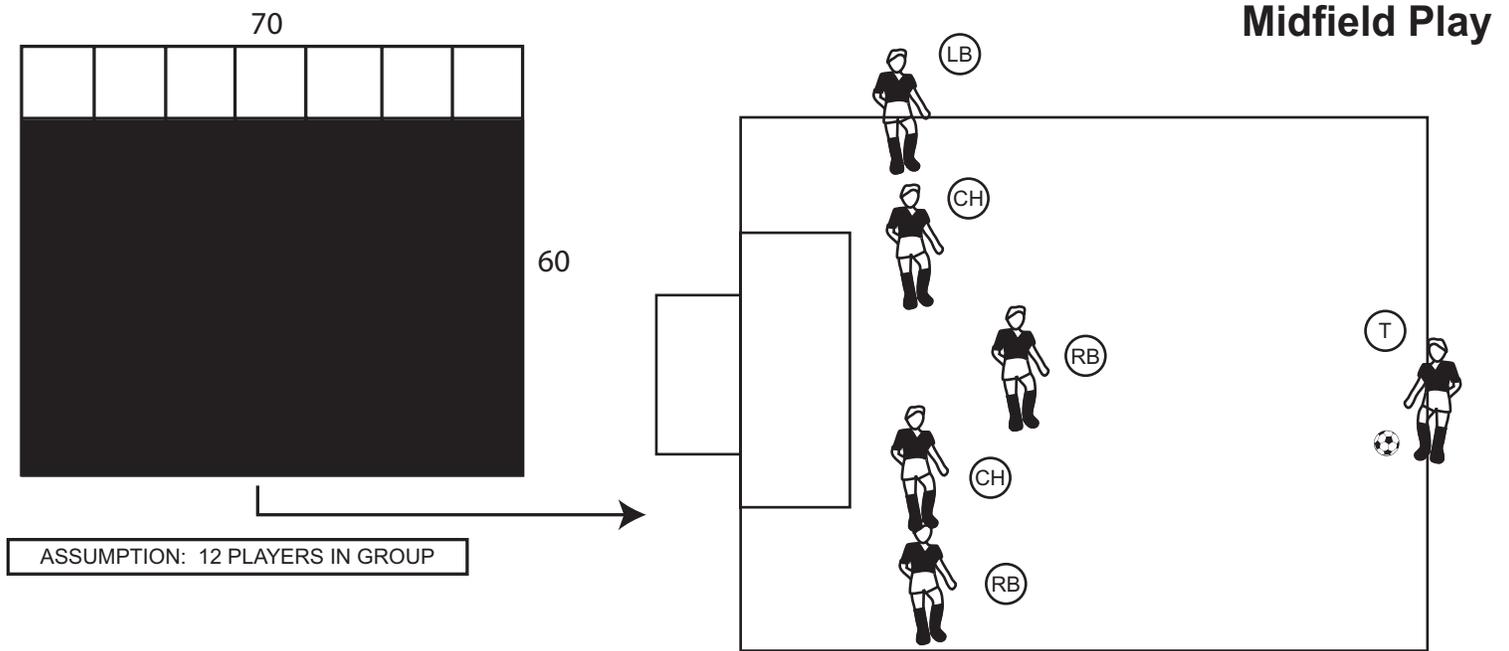
## Progressions

1. Play is conditioned to 2 touch and all passes must be on the ground.
2. The T players must receive passes from teammates playing the ball from the defensive 1/2.

## Key Coaching Points

1. After passing the ball, players should make diagonal or overlapping runs.
2. Teams should attempt to beat man to man marking by cross over plays.
3. Position yourself so you can receive then make a forward pass.
4. Switch play.

# PRACTICE LIKE A PRO - Passing & Support



## Purpose

To develop midfield play in support of the defense.

## Organization

Set out a 70 x 50 yard area. 2 groups of 6, rotating in and out of the practice.

## Game Objective

The target player plays the ball in the space behind the 4 defenders towards the goal box as shown on the diagram. The target player or coach calls out a number between 2 and 5. The 4 defenders must combine with the midfield player to make that number of passes before playing the ball back to the target player. The target player is allowed to move along the end line at the bottom of the diagram.

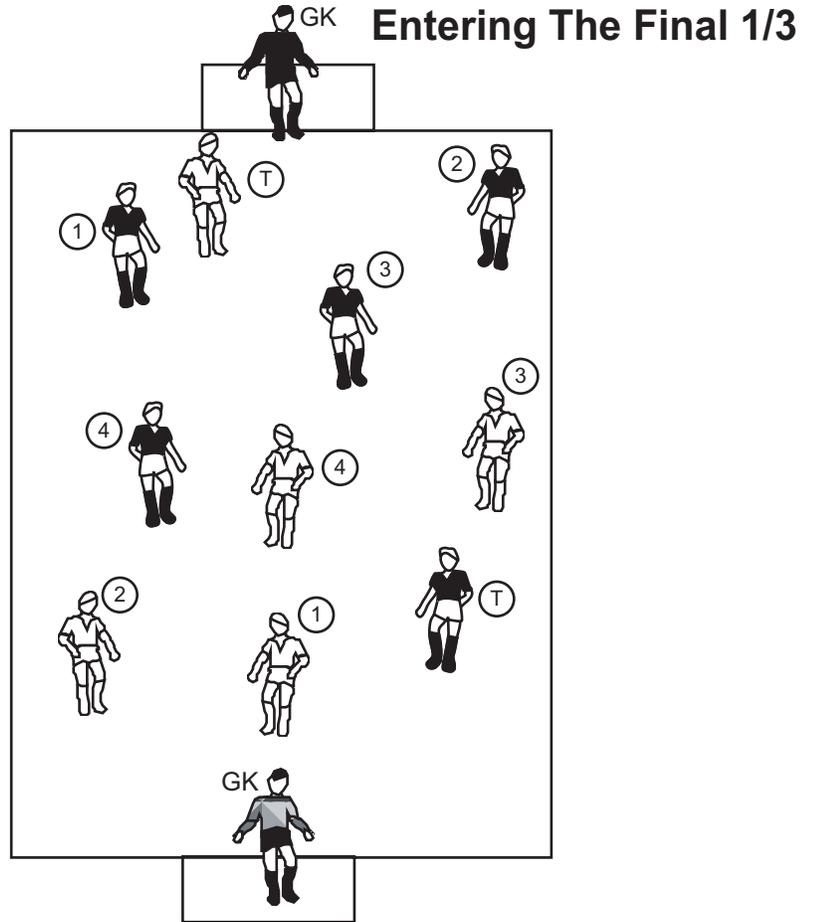
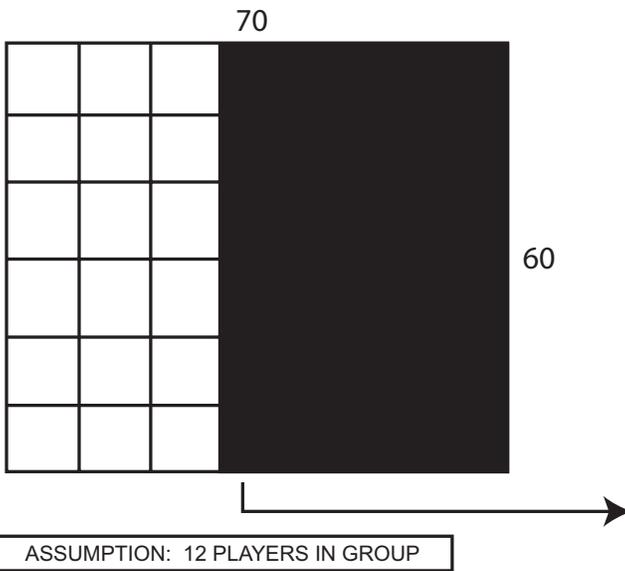
## Progressions

Introduce a goalkeeper and 4 attacking players. The attacking players pressure the 4 defenders and lone midfield player in their efforts to return the ball to the target player. Should the attacking players intercept the ball, they must attempt to score past the goalkeeper stationed in the goal at the top of the diagram. Additionally, 1 of the attacking players may be assigned to mark the target player and attempt to intercept balls played through to the target player on the end line.

## Key Coaching Points

1. Midfield player should look to make a triangle with defenders to play out from the back.
2. Passing across the back must be done quickly and crisply.
3. If there is a covering defender, take on attacking players 1 v 1.

# MLS TOURNAMENT - Passing & Support



## Purpose

To develop movement off the ball.

## Organization

Set out a 40 x 60 yard area. Play 5 v 5 with goalkeepers at each end. Each team should assign a target player.

## Game Objective

The object of the game is to incorporate the target player in the approach to goal through a wall pass or 3rd man run. Defenders are not allowed to tackle the target player but can intercept passes to them.

## Progressions

Allow 1 player from each team to try to tackle T.

## Key Coaching Points

1. Keep attacking triangles.
2. Move forward without the ball.
3. Play the way you are facing if there is pressure on the ball.
4. May have to go backward to go forward.
5. Attack the far post area.
6. Target players must get open for a pass by checking to the ball.