

Weekly Activities - Ages 12 - 18

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

Session: Six

Daily Topic: Passing & Support

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)

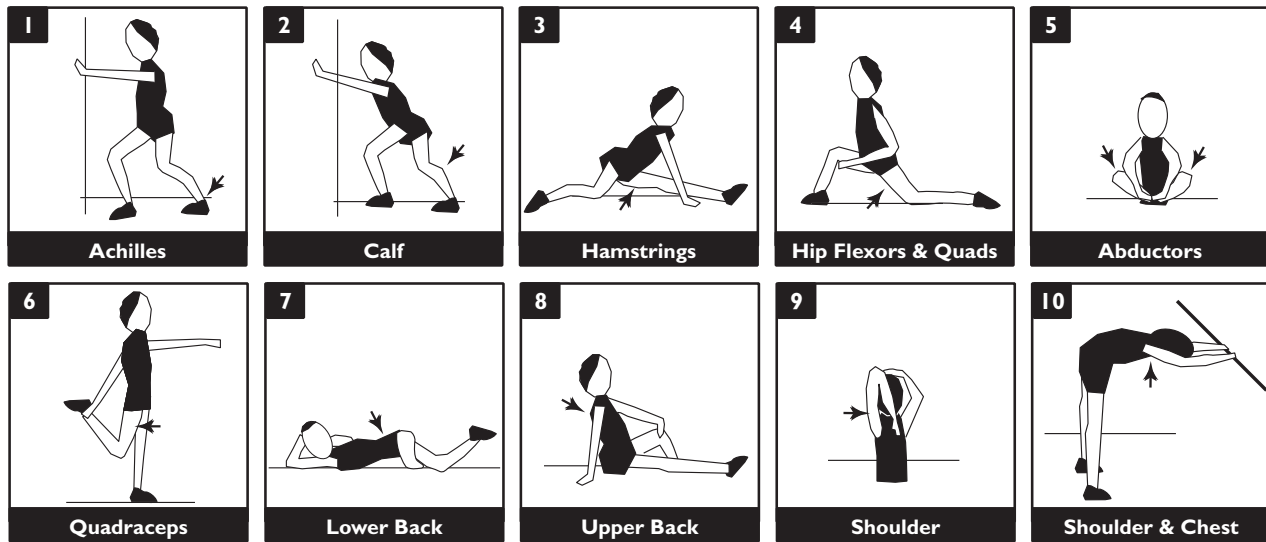
1:05-1:20 Practice Like a Pro (developing the functional awareness of players, their roles and responsibilities)

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.

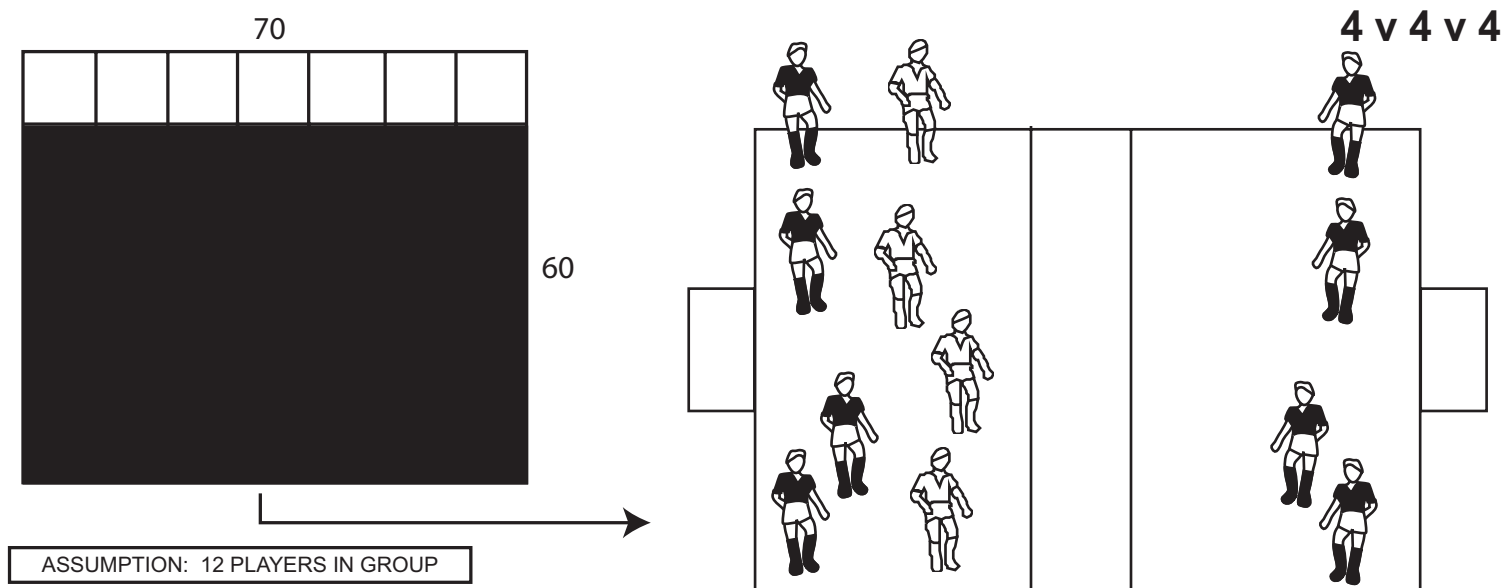
Progressions

- 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 - Passing & Support



Purpose

To develop attacking and defensive skills.

Organization

Set out a 70 x 50 yard area with a 10 yard middle area. Station 8 players in 2 teams of 4 in 1/3 of the area and 4 players in 1 team in the other 1/3.

Game Objective

The ball starts in the area at the top of the diagram. The 4 players in possession must attempt to advance the ball into the middle area. The team advancing the ball into this area then carries the ball into the opposing 1/3. Now they must attempt to advance the ball to the end line at the bottom of the diagram beyond the 4 players in the bottom 1/3. Defensive players must attempt to prevent the team in possession from getting the ball to either the middle area for the end line. Play continues from end to end with the winner being the first team to get to 5 points/goals.

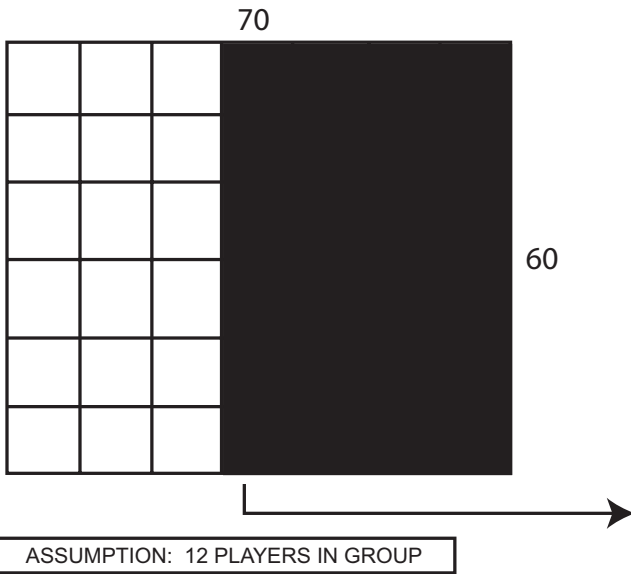
Progressions

Develop so that 4 defenders become 3 defenders plus a goalkeeper. Now you have 4 attackers trying to beat 3 defenders and score past the goalkeeper.

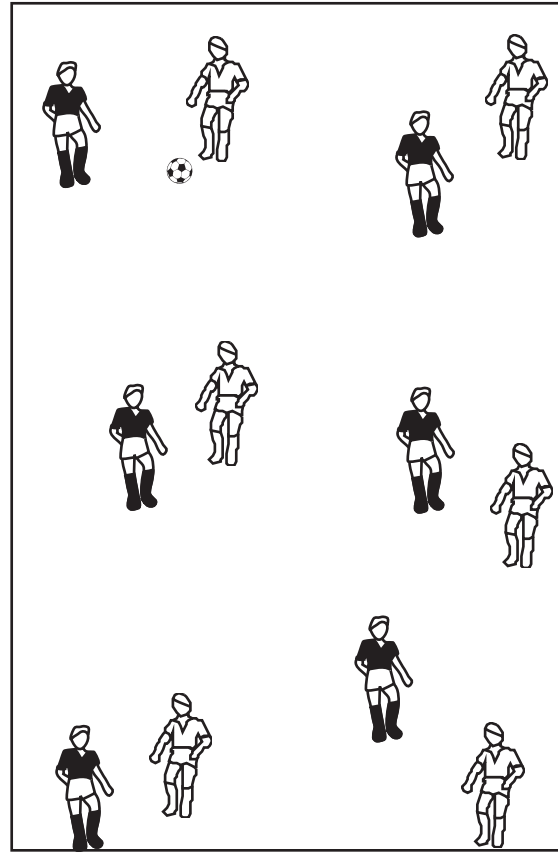
Key Coaching Points

1. Good supporting positions at good distance and angles.
2. Quality of pass and quality runs.
3. Spread out wide and deep when we attack.
4. Move from defense to attack at controlled speed.

COACHING SESSION - Passing & Support



Long Passing In A Game



Purpose

To develop aerial passing in a small sided game.

Organization

Set out a 40 x 60 yard area. Play 6 v 6. 1 ball per practice.

Game Objective

The light team is in possession of the ball. A goal is scored when a team completes three successful long passes over a distance greater than 15 yards without losing possession of the ball. The player passing the ball is not allowed to receive it back. Players should pass and move so someone can exploit their space.

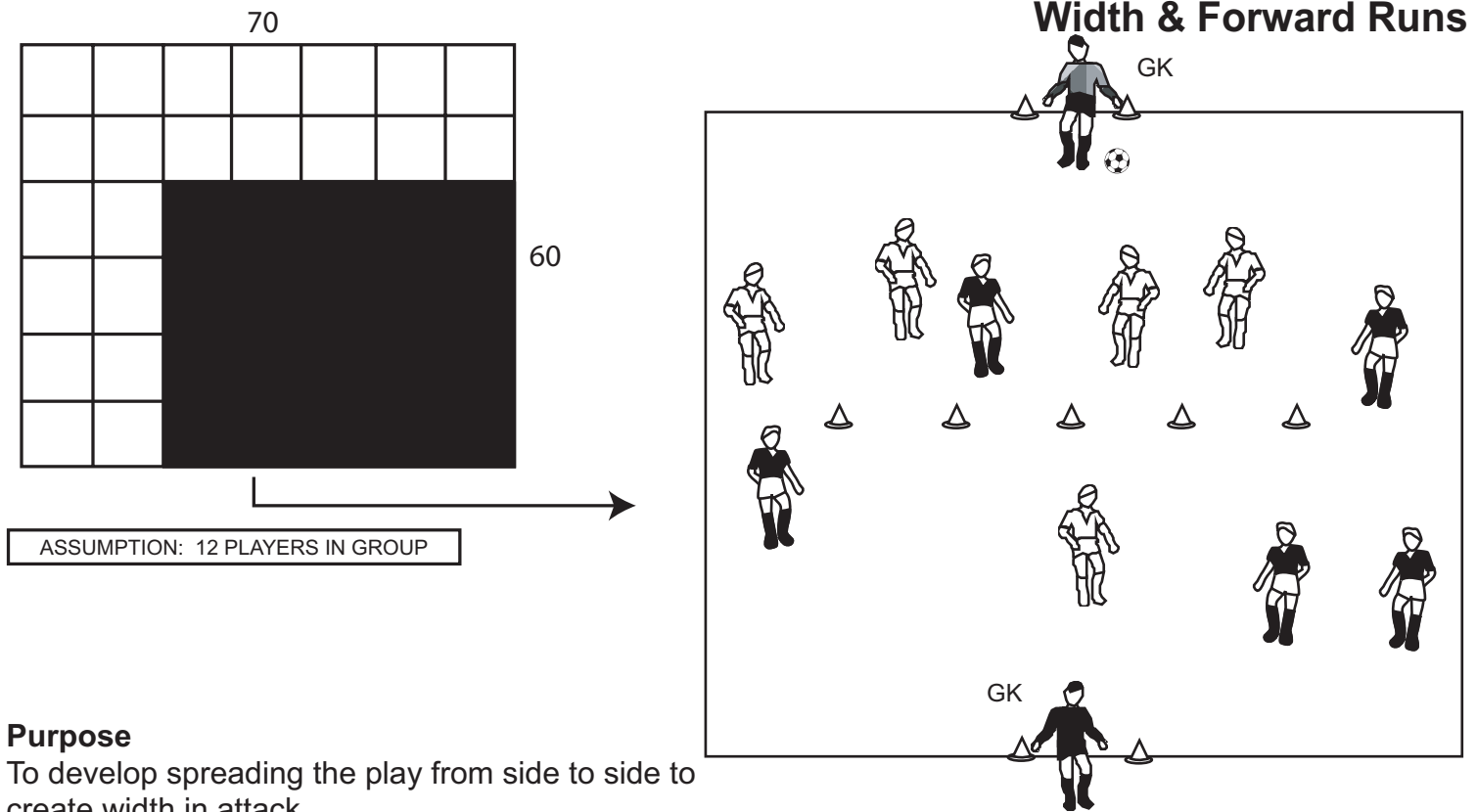
Progressions

1. Both short passes and long passes can be exchanged.
2. Play in the order short pass-long pass-short pass. This will help sow the seeds of support play.

Key Coaching Points

1. Players should begin to move off the ball to offer a passing option.
2. Use both lofted drives and chips over different distances.
3. The best pass is one that goes forward, takes out the most defenders and retains possession.

COACHING SESSION - Passing & Support



Purpose

To develop spreading the play from side to side to create width in attack.

Organization

Set out a 50 x 40 yard area. Place 5 discs across the middle of the area 10 yards in from each sideline. Play 5 v 5 with a goalkeeper at each end.

Game Objective

The ball is not allowed to travel through or over the discs. The object of the game is to get the ball wide in the near side of the field and attack the flanks of the attacking area. Although the ball must not travel over the discs, players may make runs over the discs.

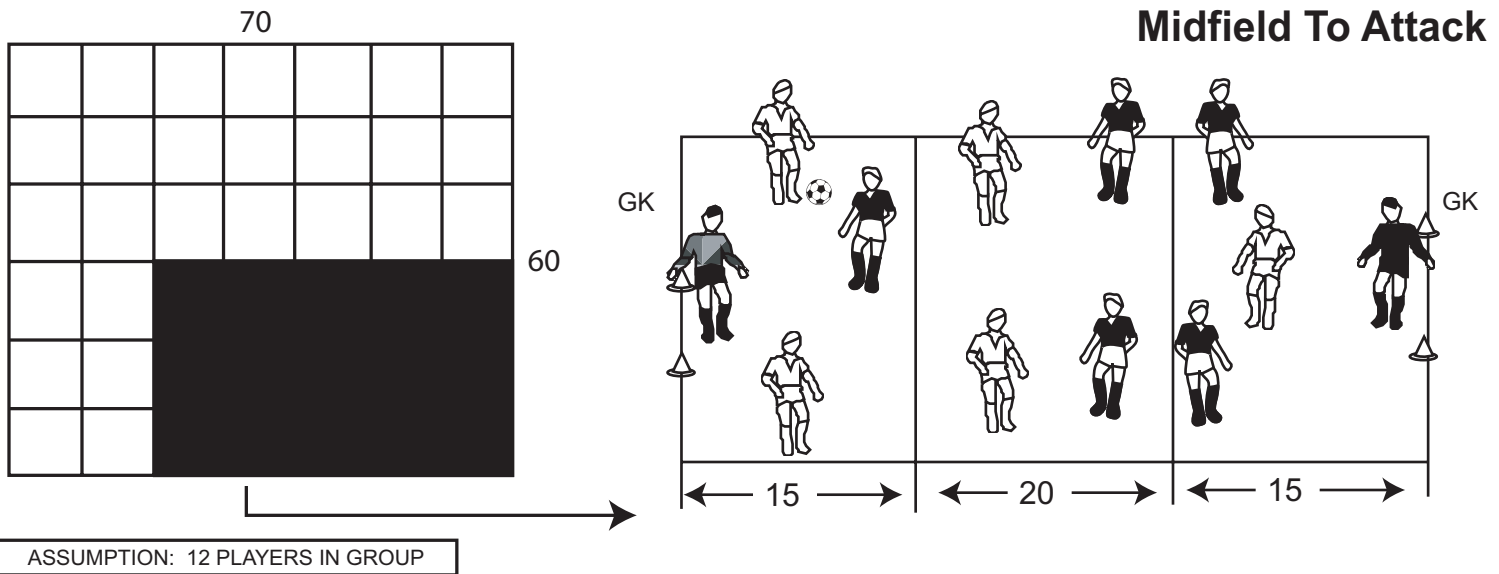
Progressions

1. Decrease the number and width of the discs in the area.
2. Players can pass the ball through the discs if they play a 1-2 combination to do so.

Key Coaching Points

1. Create space on the flanks by drawing defenders from the attacking space.
2. Diagonal runs, blind-side runs and overlapping runs should be encouraged to exploit space.
3. Supporting players must get forward in attack to meet the crosses to the prime scoring area.

PRACTICE LIKE PRO - Passing & Support



Purpose

To develop midfield play.

Organization

Set out a 50 x 30 yard area. Set out 3 grids according to the dimensions shown in the above diagram. Play 2 v 1 in the defensive and offensive zones and 2 v 2 in the mid-field zone. One ball per practice.

Game Objective

The light goalkeeper serves the ball to either light defender. The ball is played to a player in the mid-field who in turn passes to the lone striker in the attacking area. The object of the game is to get the ball from the defensive zone, through the mid-field zone and into the attacking zone to get a shot on goal. Players must stay within their respective zones.

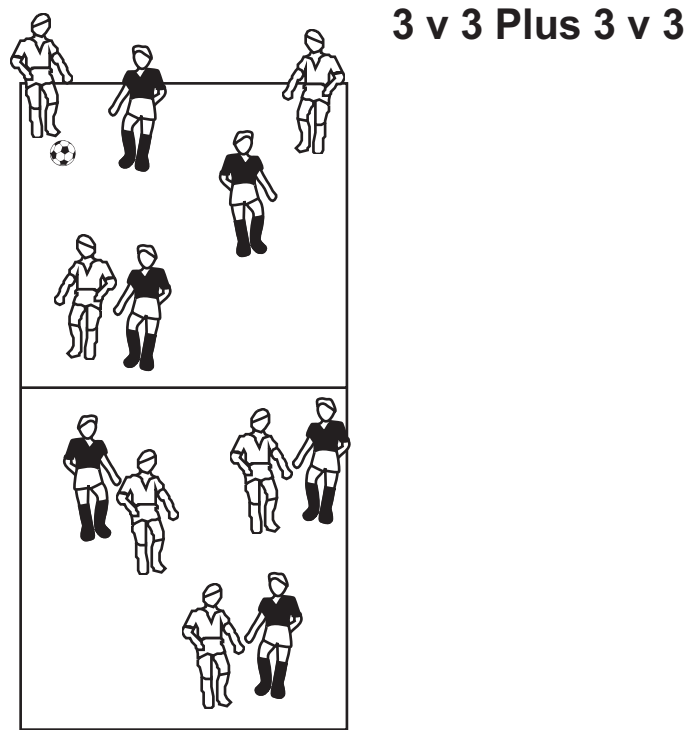
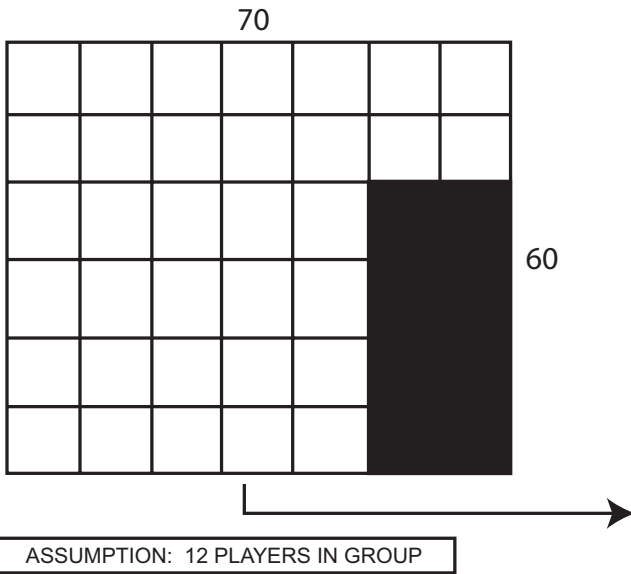
Progressions

1. Allow mid-field players to shoot from mid-field.
2. Allow one mid-field player to advance into the attacking area to create a 2 v 2.

Key Coaching Points

1. Midfield players should take their markers away from the ball.
2. 1 midfield go short, the other midfield go long.
3. Try to play the ball into strikers off your front foot—play around the corners.
4. Let the ball run across your body to create a passing angle.
5. Good midfield players take up positions that keep the triangle shape.

THE COMBINE - Passing & Support



Purpose

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

Organization

Set out a 20 x 40 yard area in 20 yards grids. Play 3 v 3 in each area. One ball per practice.

Game Objective

The object of the game is to pass the ball to a player on the same team in the opposing area. A goal is scored when a.) the receiver plays a one touch pass back to a teammate in the originating area or b.) the receiver turns with the ball and plays it to a teammate in his area.

Progressions

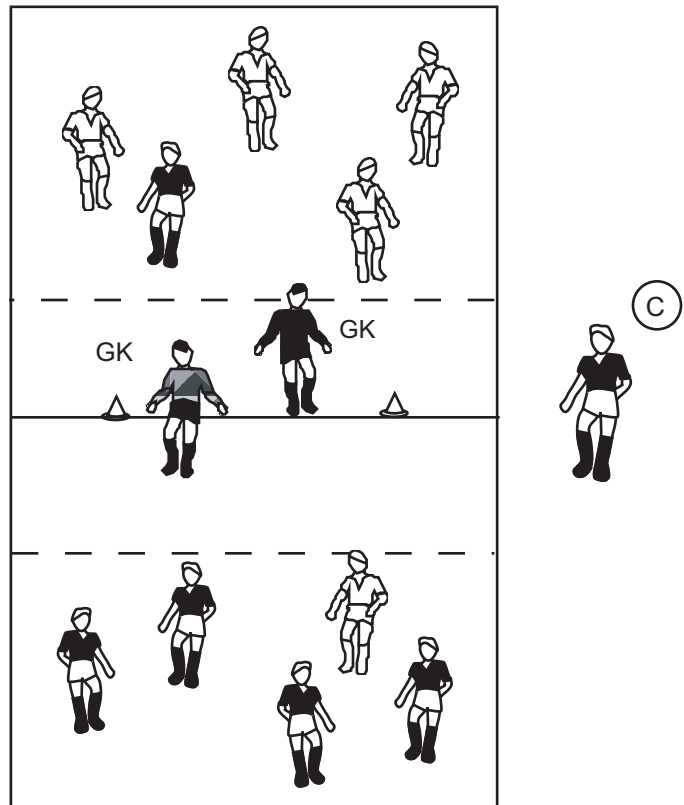
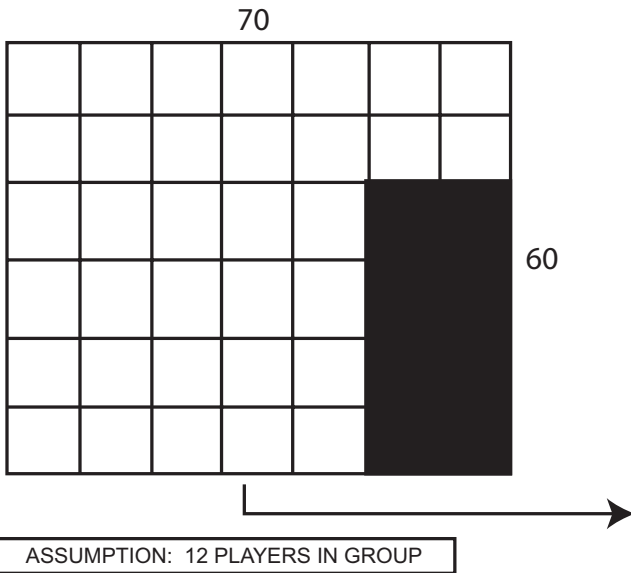
Score 2 goals when the team advances the ball to the opposing endline and stops the ball on the line.

Key Coaching Points

1. The receivers must check away from the ball and back towards the ball.
2. The team in possession should combine to create a better passing opportunity across the grid.

ALL OUT ATTACK - Passing & Support

Shoot On Sight



Purpose

To develop quick shooting in and around the penalty area.

Organization

Set out a 20 x 40 yard area with a goal on the 1/2 way line. Make a 5 yard area on each side of the goal and put 2 goalkeepers on either side of the goal line. Play 4 v 1 on either side of the goal line.

Game Objective

The attacking players in possession attempt to get a shot on goal by beating the lone defender. If the defender intercepts the ball, he must attempt to shoot on the same goal. Repeat in the opposite direction from the other side of the goal after saves, goals and missed shots. Score 1 point for each goal scored. First team to score 10 points, wins.

Progressions

1. Play 3 v 2 in the end areas.
2. All throw ins must result in a 1 touch shot or volley on goal.

Key Coaching Points

1. Shoot through and around defenders.
2. Keep the ball low.
3. Try to shoot the ball straight back from the other side of the goal.
4. If you cannot shoot, then make a pass that allows a 1st time shot by someone else.