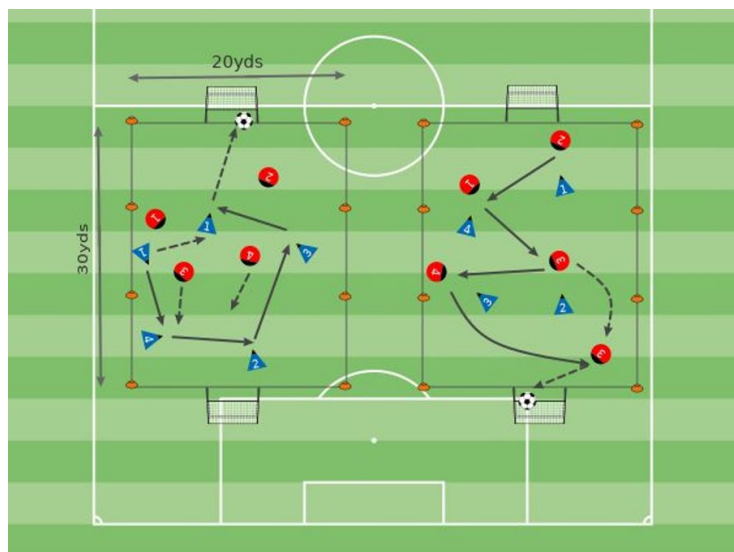


TRAINING SESSION

Play - first play phase



Combination Play
Ball Control
Passing and Receiving



U12 to Senior



8 to 16 Players



cones, pug goals, pinnies, ball



Intensity: 6



30:00 min
(3 x 08:00 min, 02:00 min rest)

Objective

Maintain possession, make smart decisions, create scoring chances and score goals.

Description

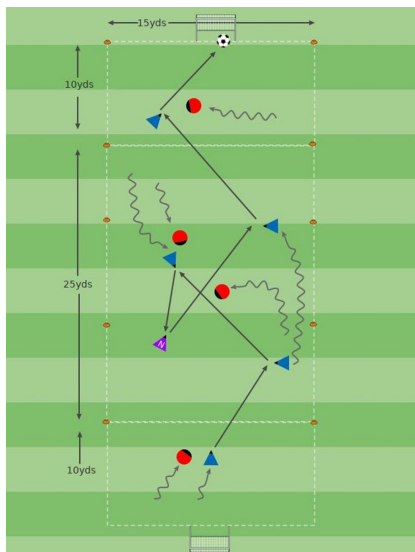
ORGANIZATION: Mark out 2, 30x20 yard fields, each with 2 goals at ends. Divide players into 4 teams of 4 players. Play 4v4 or 5v5 (including goalkeepers). Free play, kick-in restarts. Play 30 mins with 2 breaks (10 mins play each)

Key Points

KEY WORDS: Protect ball, find/play to space, see the game
GUIDED QUESTIONS: 1) How can we maintain possession? 2) How can we find space? 3) How do we find the best scoring opportunity?
ANSWERS: 1) Support player with the ball by checking to the ball and talking. 2) Look for space around and away from the ball? 3) Being unselfish with the ball to find our teammate who has the open shot

TRAINING SESSION

Practice - Midfield possession



Possession
Perception & Awareness
Transition



U12 to Senior



8 to 16 Players



cones, goals, pinnies, balls



Intensity: 7



30:00 min
(3 x 08:00 min, 02:00 min rest)

Objective

Maintain possession, move ball quickly, make smart decisions with the ball, look to advance forward, move ball from center back to striker.

Description

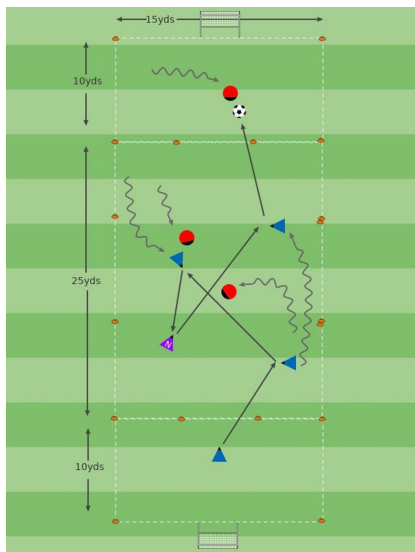
ORGANIZATION: Mark out 15 yard x 45 yard fields, with a goal at each end. Two 'endzones' that are 10 yards long should be indicated by the cones. Divide players into 2 teams of 4 players. To start we have a 2 v 2 in the middle zone (25 x 15) along with a neutral. In each endzone we have 1 v 1 (one striker and one defender for each side). Play starts with one defender playing into midfield. Midfielders in possession can use the neutral to help create an overload (3v2) in the middle section. When midfielder plays ball forward to striker, one player from the attacking team can go into the 'endzone' to link up with the forward to create scoring chance. Defense restarts after being scored on. Free play, kick-in restarts, first pass is 'free.'

Key Points

KEY WORDS/PHRASES: Find and play to space, support player with the ball, ball moves you move, talking
GUIDED QUESTIONS: 1) How can we help maintain possession? 2) How can we find or create space? 3) How do we find the best scoring opportunity? 4) What do you do when you can't move ball forward? ANSWERS: 1) Support player with the ball by checking to the ball and space, constant talking and movement. 2) Look for space around and away from the ball. Make runs that drag defenders out of position. 3) Being unselfish with the ball to find a teammate who has best shot 4) Play the ball back behind me. Sometimes your best pass is behind you.

TRAINING SESSION

Practice - Midfield possession - Easier



Possession
Passing and Receiving
Perception & Awareness
Transition



U12 to Senior



8 to 16 Players



cones, goals, pinnies, ball



Intensity: 7



30:00 min
(3 x 08:00 min, 02:00 min rest)

Objective

Maintain possession, move ball quickly, make smart decisions with the ball, look to advance forward, move ball from center back to striker.

Description

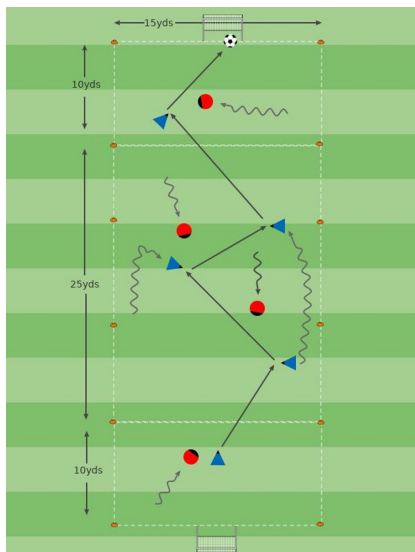
ORGANIZATION: Mark out 15 yard x 45 yard fields, with a goal at each end. Two 'endzones' that are 10 yards long should be indicated by the cones. Divide players into 2 teams of 4 players. To start we have a 2 v 2 in the middle zone (25 x 15) along with a neutral. In each endzone we have one defender for each side. Play starts with one defender playing into midfield. Midfielders in possession can use the neutral to help create an overload (3v2) in the middle section. When midfielder plays ball forward to opposition's defender they score 1 pt. Defense restarts after successful pass being made. Free play, kick-in restarts, first pass is 'free.'

Key Points

KEY WORDS/PHRASES: Find and play to space, support player with the ball, ball moves you move, talking
GUIDED QUESTIONS: 1) How can we help maintain possession? 2) How can we find or create space? 3) How do we find the best scoring opportunity? 4) What do you do when you can't move ball forward?
ANSWERS: 1) Support player with the ball by checking to the ball and space, constant talking and movement. 2) Look for space around and away from the ball. Make runs that drag defenders out of position. 3) Being unselfish with the ball to find a teammate who has best shot 4) Play the ball back behind me. Sometimes your best pass is behind you.

TRAINING SESSION

Practice - Midfield possession - Harder



Possession
Passing and Receiving
Perception & Awareness
Transition



U12 to Senior



8 to 16 Players



cones, goals, pinnies, ball



Intensity: 7



30:00 min
(3 x 08:00 min, 02:00 min rest)

Objective

Maintain possession, move ball quickly, make smart decisions with the ball, look to advance forward, move ball from center back to striker.

Description

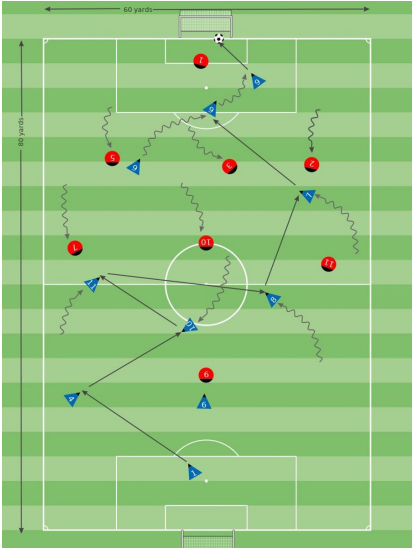
ORGANIZATION: Mark out 15 yard x 45 yard fields, with a goal at each end. Two 'endzones' that are 10 yards long should be indicated by the cones. Divide players into 2 teams of 4 players. To start we have a 2 v 2 in the middle zone (25 x 15). In each endzone we have 1 v 1 (one striker and one defender for each side). Play starts with one defender playing into midfield. Midfielders in possession have to work the ball through the middle section. When midfielder plays ball forward to striker, one player from the attacking team can go into the 'endzone' to link up with the forward to create scoring chance. Defense restarts after being scored on. Free play, kick-in restarts, first pass is 'free.'

Key Points

KEY WORDS/PHRASES: Find and play to space, support player with the ball, ball moves you move, talking
GUIDED QUESTIONS: 1) How can we help maintain possession? 2) How can we find or create space? 3) How do we find the best scoring opportunity? 4) What do you do when you can't move ball forward?
ANSWERS: 1) Support player with the ball by checking to the ball and space, constant talking and movement. 2) Look for space around and away from the ball. Make runs that drag defenders out of position. 3) Being unselfish with the ball to find a teammate who has best shot 4) Play the ball back behind me. Sometimes your best pass is behind you.

TRAINING SESSION

Play - Midfield Possession



Objective

Maintain possession, build up play,move ball quickly, make smart decisions with the ball,look to advance forwardinto opponents half and score.

Description

ORGANIZATION: 60yd wide x 80yd long field space. Regulation goal on both ends. Play 7v7 with 2 GK's. Playing withNOTES: Play using Laws of the Game (LOTG) and the standards of play in the US Soccer Player Development Initiatives (PDI's)

Key Points

KEY WORDS/PHRASES:Protect ball, play to space, switch, play away from pressure, play way you are facingGUIDED QUESTIONS:1) How can we support player with the ball? 2) How do we best maintain possession and move ball forward? 3) How do we find the best passing opportunity?ANSWERS: 1) Talking, checking to ball/space. 2) More talking, moving without ball to support play. 3) Anticipation, reading the game and moving

	Possession Passing and Receiving Perception & Awareness Transition
	U12 to Senior
	8 to 16 Players
	cones, goals, pinnies, balls
	Intensity: 7
	30:00 min (3 x 08:00 min, 02:00 min rest)