



Attacking in Opponents Half

Date: **Sep 08, 2024**

Duration: **90 MIN**

Team: **U14 Cambridge Youth Soccer**

Intensity: ● (1/10)



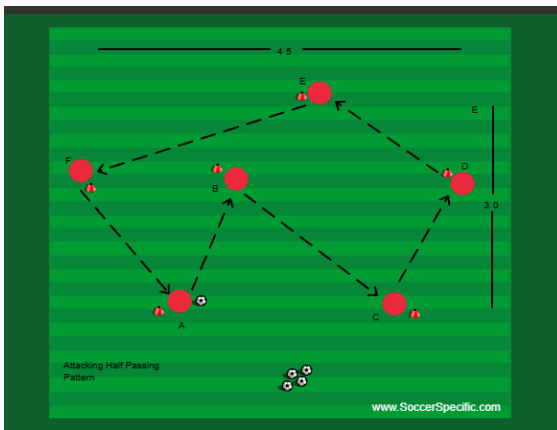
1

Setup: PLAY 1 / 1v1-4v4

Small sided game in an appropriately sized space using soccer regulation rules.

Instructions: As players arrive they enter into a pick up soccer game. This may begin as 1v1, and gradually move into variations like 2v1, 2v2, 3v2, etc..Game should not go beyond 4v4 at this stage.

Coaching Points: In this phase of training (Stage 1) players are arriving and coach is integrating players into a small sided game with variations mentioned above. Game should not be bigger than 4v4. Begin to lightly introduce basic tactical ideas for day's topic of pressure, cover, and balance.



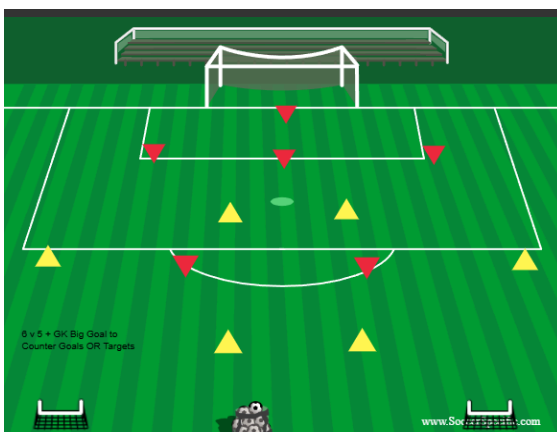
2

Setup: ATTACKING HALF PASSING PATTERN

Set up 6 cones as shown in diagram. Place 2-3 players at each cone.

Instructions: Players always follow their pass to the cone they are passing to. Ball starts at player A. A plays a pass to player B who receives and plays to player C. Player C then passes to player D who plays to player E. Player E plays to F who receives and plays to player A, where the pattern restarts. Vary by changing pattern order and adding combinations (i.e. wall pass).

Coaching Points: Coach passing and receiving technique! Remind players to be ready and on their toes to receive ball with purpose moving ball into next action (pass, dribble etc..). Players should check to the ball and not wait for it. Demand game speed and that players move ball with 1-2 touches as much as possible.



3

Setup: 6 v 5 + GK BIG GOAL TO COUNTER GOALS OR TARGET PLAYERS (ATTACKING)

In half of 11v11 field, set up a 54x40L playing area with a regular goal and two 8 yard dribbling gates as shown.

Instructions: The 6 yellow players: 2 midfielders 2 wingers and 2 strikers against 6

Red players: 1 GK, 3 defenders and 2 midfielders. Yellow team scores in the regular goal. Red scores

by scoring through one of the small counter goals. All Laws of the game in effect. If the yellow team

scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

Coaching Points: Attacking: Players circulate the ball with the purpose of creating space, numbers, and scoring chances. Are players dribbling when a pass is on to create? Are players providing good ball support? How is technique? Are players recognizing scoring opportunities (i.e shots)? This exercise will provide opportunities to improve these areas.



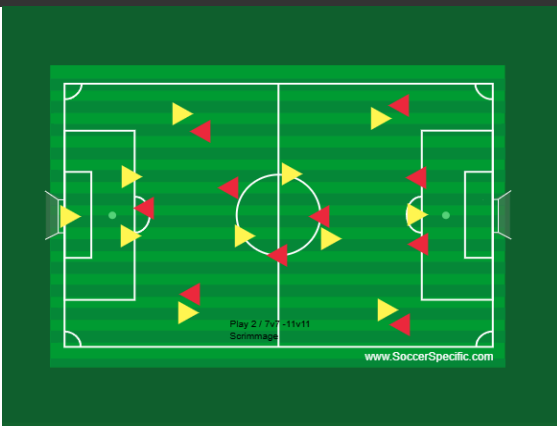
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Setup: PLAY 2 / 7v7 -11v11 SCRIMMAGE

2 even teams in an appropriately sized field using regulation soccer rules.

Instructions: Scrimmage that resembles as closely as possible the gameday conditions.

Coaching Points: Allow players to play without stoppage. Limit coaching to "coaching in the flow" as you would in a gameday environment.

