

# Weekly Activities - Ages 12 - 18

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

**Session: One**

**Daily Topic: Creating Space As An Individual**

**Daily Activity Breakdown:**

0:00-0:10 Soccer-robics (unique movement activities designed to energize 0:00-0:20  
The Training Session (developing the attitude and training factor through  
soccer related exercises and games)

0:20-1:00 The Coaching Session (developing daily technique factors from technical  
through to tactical)

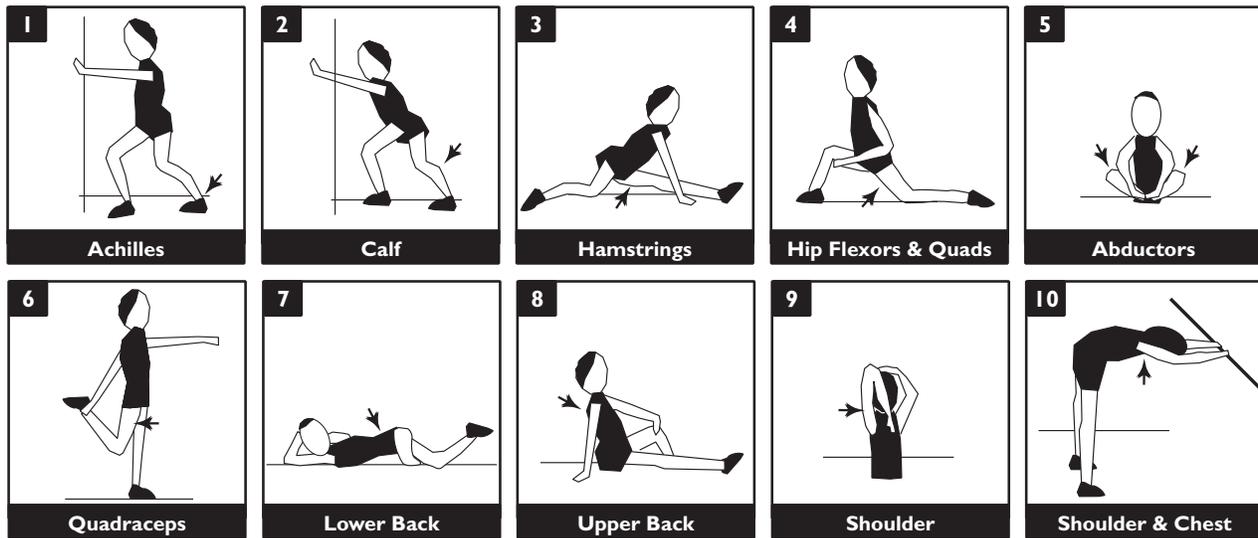
1:00-1:10 Break (competitions/quizzes)

1:10-1:35 Practice Like a Pro (developing the functional awareness of players, their  
roles and responsibilities)

1:35-2:00 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.

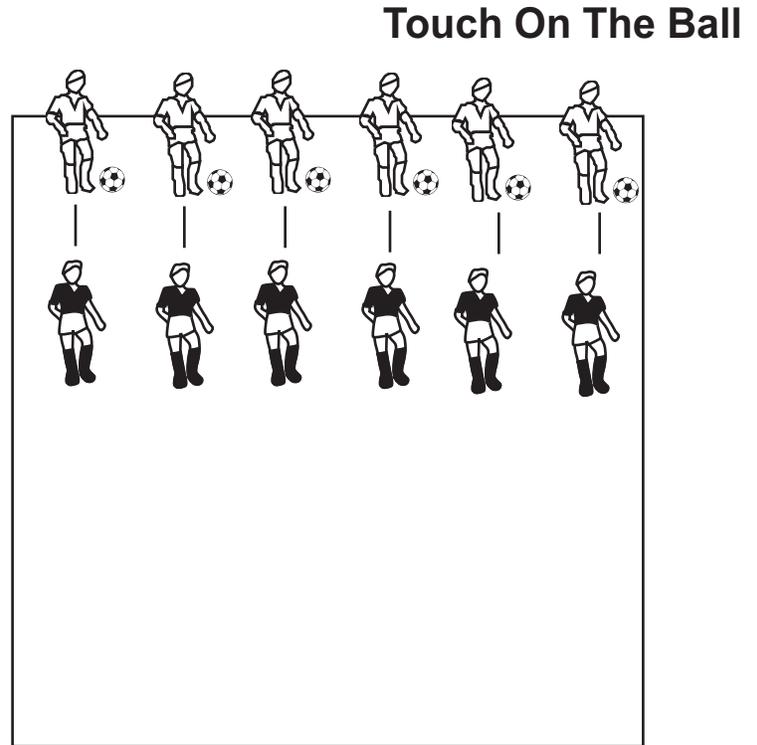
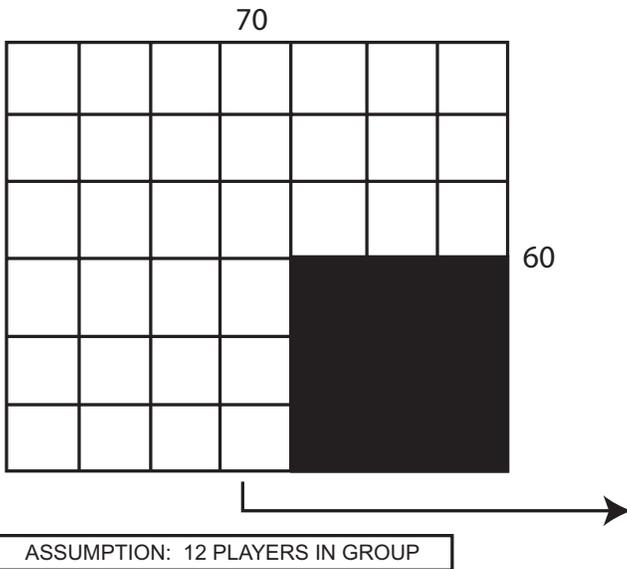
### Progressions

- 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 - Creating Space As An Individual



## Purpose

To provide a passing and receiving warm up activity.

## Organization

Set out a 30 x 30 yard area. Group in pairs, 5 yards apart as shown in the diagram. One ball per pair.

## Game Objective

The light player passes the ball over a 5 yard distance to his dark partner who is facing him. The dark player stops the ball with the sole of his foot and runs backwards. The light player follows the ball and repeats the practice. Across the field and back.

## Progressions

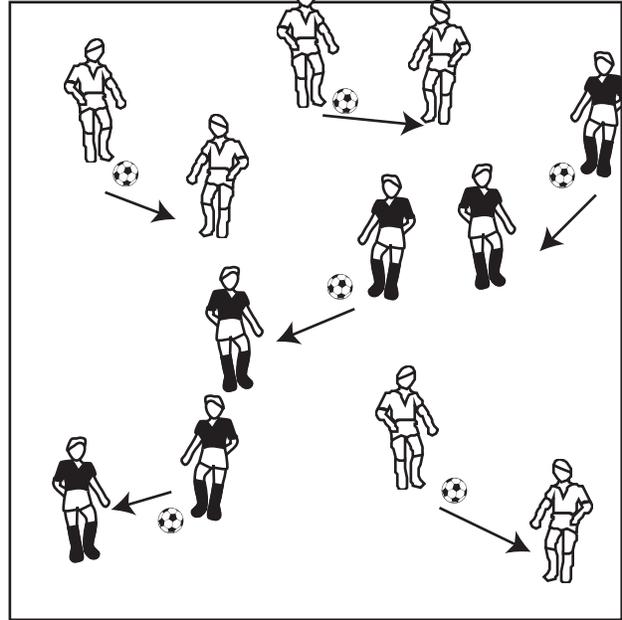
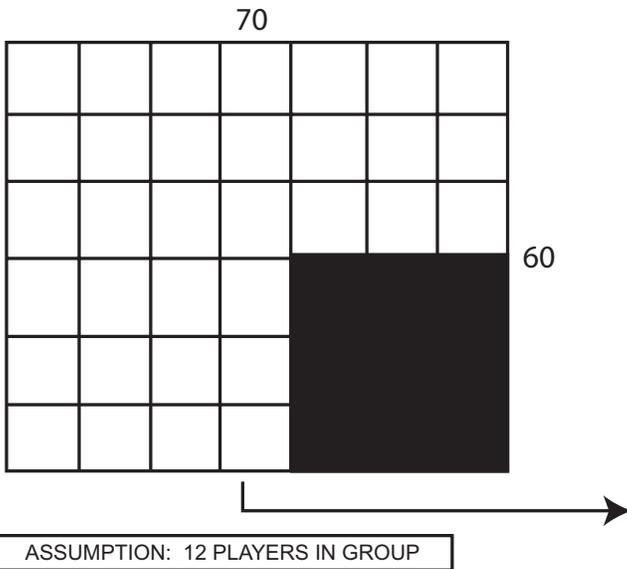
1. The above is repeated with underhand serves from the hands to the inside of the foot volley.
2. Same as above for the head.
3. Player must control then pass off with foot without the ball touching the ground.
4. After heading the ball, you must run forward around your partner, then run backwards to original position.

## Key Coaching Points

Concentrate on the quality of the pass and the controlling touch.  
Receiving player must be ready and alert to play the ball back.

# COACHING - Attacking As An Individual

## Pass & Move



### Purpose

To develop passing and receiving in a conditioned practice.

### Organization

Set out a 30 x 30 yard area. Group in pairs. One ball per pair.

### Game Objective

Players are grouped in pairs. Each pair passes the ball back and forth within the confines of the area. After a pass has been made, the player must make a curved run around another player from a different pair. A curved run permits the player to see both the ball and the field at all times.

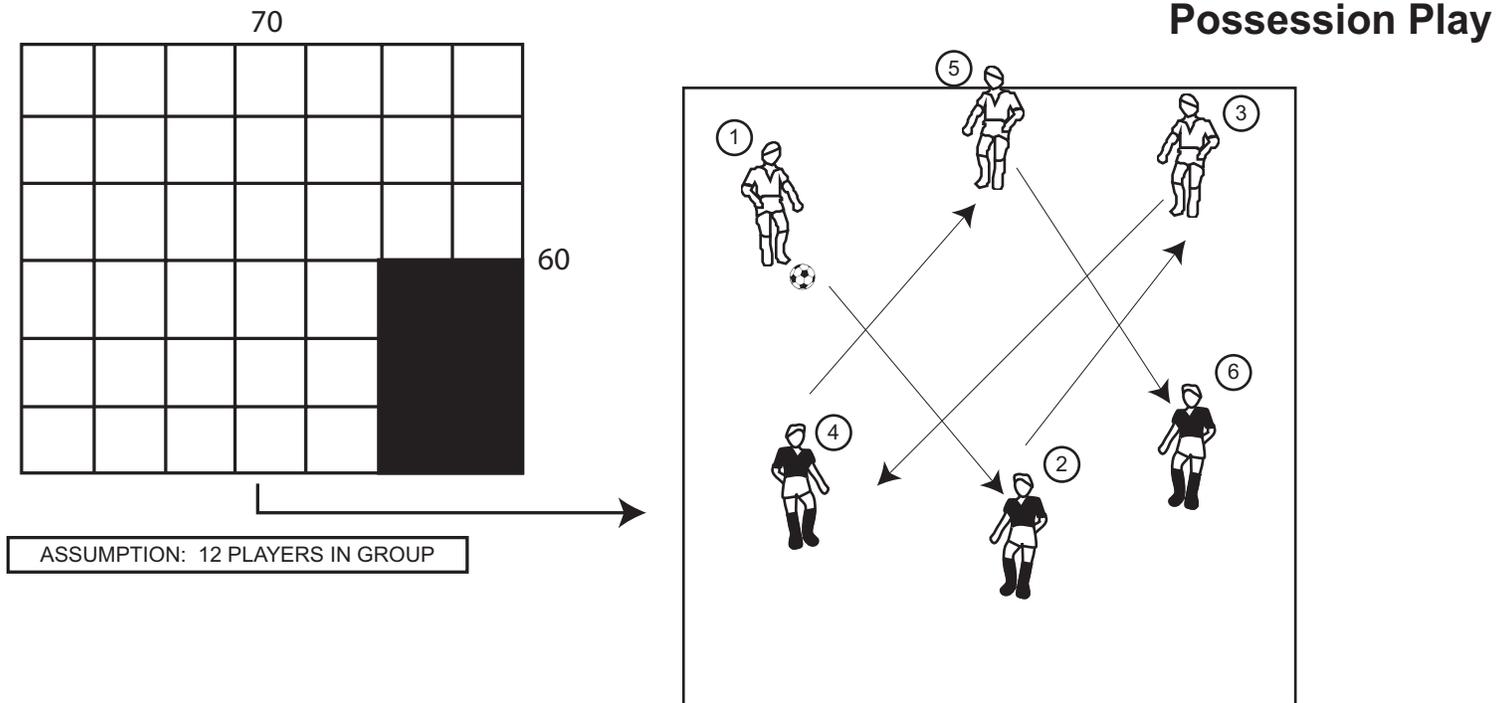
### Progressions

1. Put a pair of defenders in the area to develop resistance. If they get your ball, you and your partner are defenders.
2. Each team has a time limit to see how many passes they can complete.

### Key Coaching Points

1. Pass the ball into the space in front of your partner to run onto.
2. Do not force the pass. Wait for the right moment or dribble to a new position where the passing angle is improved.
3. Cover as much of the area as possible.
4. Communicate with your partner.
5. Try to receive the ball on your back foot so you open up the field of play.

# COACHING SESSION - Creating Space As An Individual



## Purpose

To develop ground passing and receiving.

## Organization

Set out a 20 x 30 yard area. Groups of six. One ball per group. Number the players from 1 to 6. Repeat in another area for total of 12 players.

## Game Objective

Light player #1 is in possession of the ball. All players are jogging around the area. Dark player #2 calls for the ball. Light player #1 turns to face dark player #2 and passes the ball to him. Dark player #2 dribbles off with the ball until light player #3 calls for the ball. Repeat practice through dark player #6. Dark player #6 passes to light player #1.

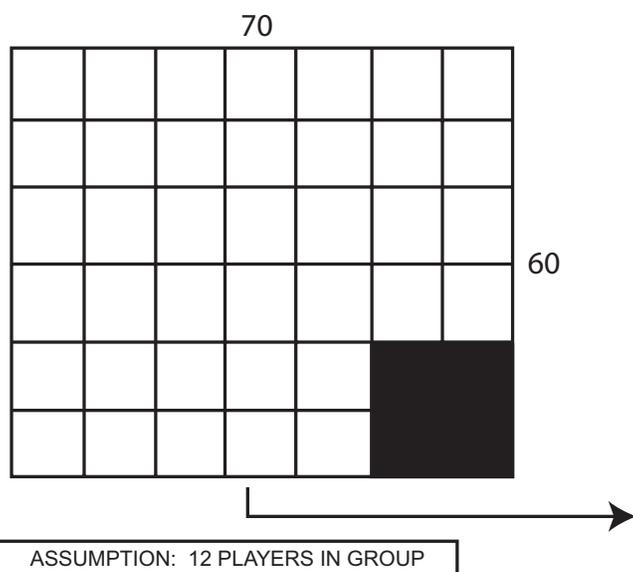
## Progressions

1. 2 groups now play in 1 large 40 x 40. Still 2 groups of 6 with 2 balls.
2. The passes must be short-long-short-long, etc. and move into line with the ball.

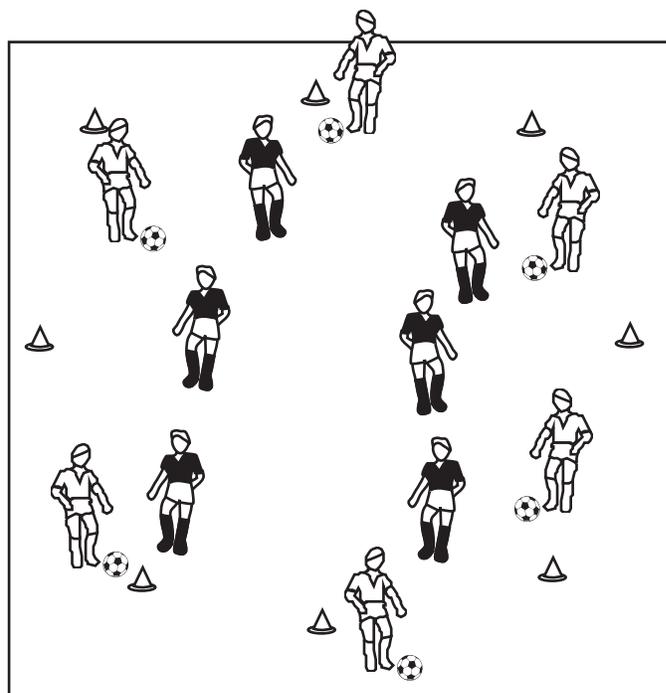
## Key Coaching Points

1. Select the controlling surface.
2. Receive the ball on your back foot so you can open up the field.
3. After receiving the ball, run with it across the front of another player.
4. Use the outside of the foot to pass off with.

# COACHING SESSION - Creating Space As An Individual



## Receive & Pass



### Purpose

To practice selecting the controlling surface for the aerial ball.

### Organization

Set out a circle of discs within a 20 x 20 yard area. Station six players around the circle and six players inside the circle. All outer players have balls.

### Game Objective

Dark players inside the circle move to any player on the outside of the circle. The light player calls the name of the surface that he wants the dark player to control the ball with. The light server then tosses the ball to the head, chest, thigh or foot of the dark player, who must control the ball according to the command and play the ball back along the ground. The dark player moves to a new server. Rotate positions.

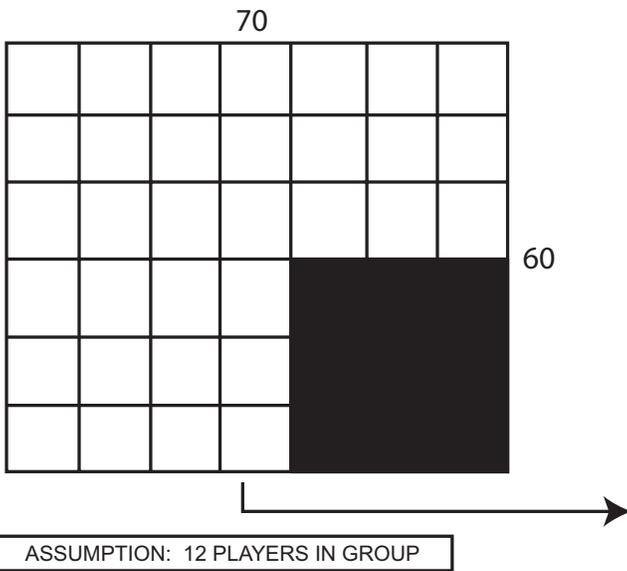
### Progressions

1. Control and volley so that the ball does not touch the ground.
2. Make the server give a more difficult serve—get out of your comfort zone.

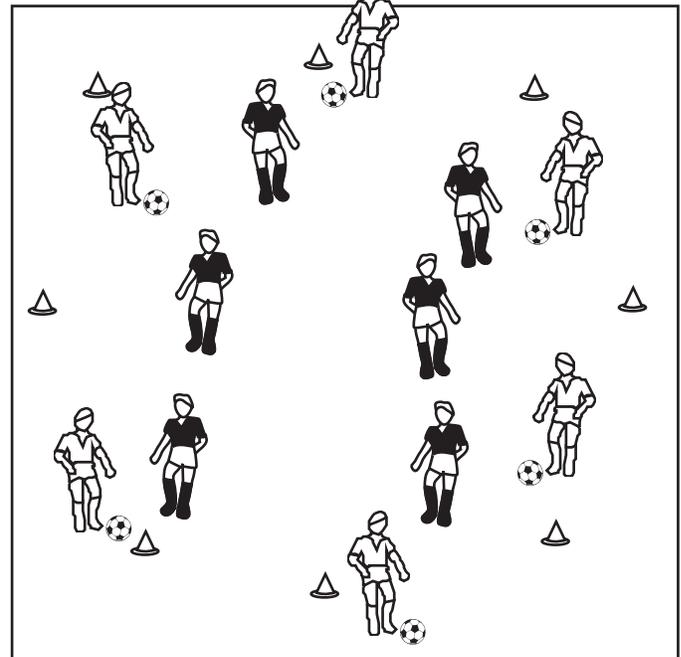
### Key Coaching Points

1. Control with the first touch. Pass on the half volley or volley (no bounces).
2. Establish a balanced position before making contact with the ball.

# COACHING SESSION - Creating Space As An Individual



## Receive, Turn, Pass



### Purpose

To practice selecting the controlling surface for the aerial ball.

### Organization

Set out a circle of discs within a 30 x 30 yard area. Station six players around the circle and six players inside the circle. All outer players have balls.

### Game Objective

Dark players inside the circle move to any player on the outside of the circle. The light player calls the name of the surface that he wants the dark player to control the ball with. The light server then tosses the ball to the head, chest, thigh or foot of the dark player, who must control the ball off to the side and turn to play the ball to a different player on the outside of the circle. The dark player moves to a new server. Rotate positions.

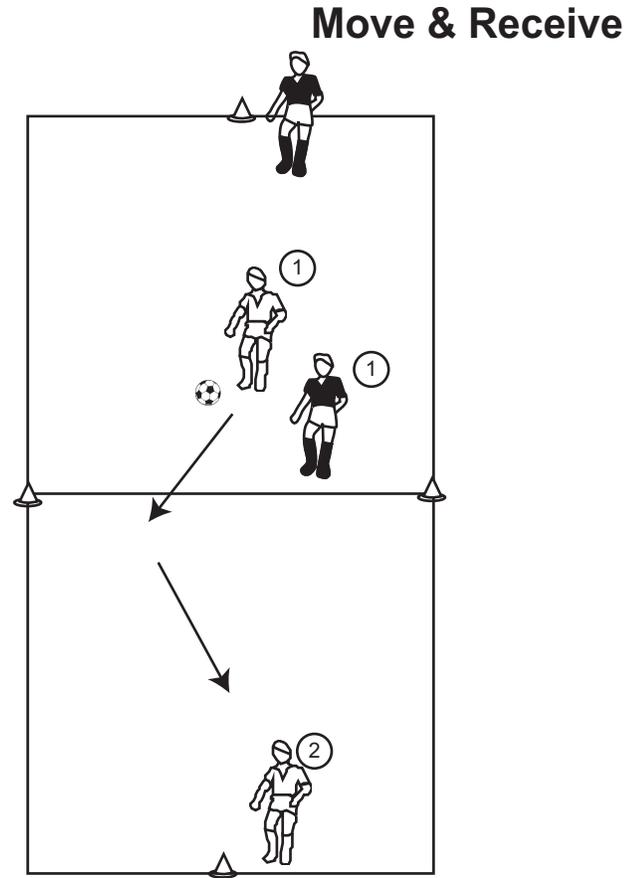
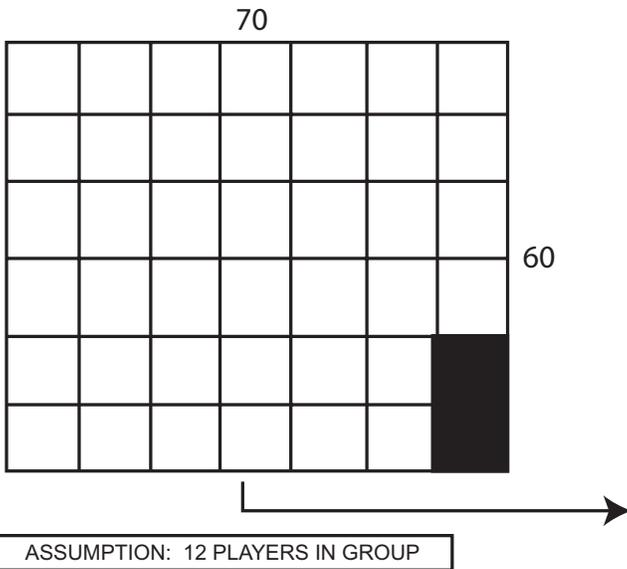
### Progressions

Play the ball to the person on the opposite side of the circle to the server, thus accentuating the turn. Vary the type of pass used by making the area bigger.

### Key Coaching Points

1. Establish a balanced position before making contact with the ball.
2. Make eye contact before you pass to an outfield player.
3. Turn sharply and move away quickly.
4. Your pass should always be to the outside player.
5. Do not approach the server in the straight line approach at an angle.

# PRACTICE LIKE A PRO - Attacking As An Individual



## Purpose

To develop beating an opponent.

## Organization

Set out a 10 x 20 yard area. Two teams of two. One ball per group. Create an imaginary halfway line using discs. Repeat in 2 other areas for a total of 12 players.

## Game Objective

Light player #1 is in possession of the ball. He must beat his defender dark player #1 and get across the imaginary halfway line at the 10 yard marker. Once in the other half he can pass to his teammate who is standing in the center of the endline. If the defender dark player wins the ball, he immediately attacks the opposing half.

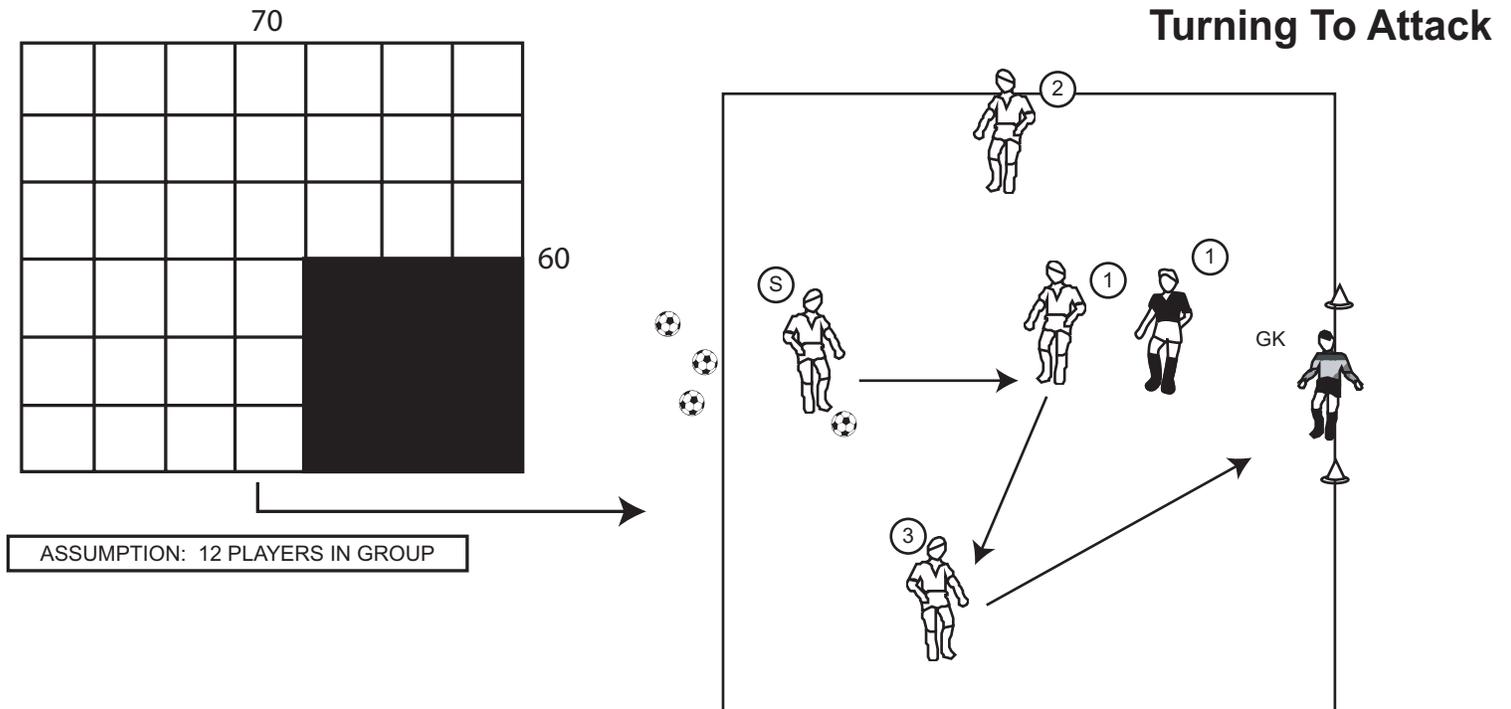
## Progressions

1. Allow the endline players to move up and down the endline to receive the ball. Now you can pass the ball from inside your own 1/2 also.

## Key Coaching Points

1. Attack the space to the sides of the defenders.
2. Use your change of pace and change of direction to outplay your opponent.
3. Once you make space, then play the ball forward.
4. Can you swerve the pass around the defender.

# PRACTICE LIKE PRO - Creating Space As An Individual



## Purpose

To develop turning on an opponent in a functional practice.

## Organization

Set out a 30 x 30 yard area. Groups of six. Play 3 v 1 in a grid with a server and a goalkeeper. Repeat in another area for a total of 12 players. This is a competition between defender and attacker to see how many goals are scored.

## Game Objective

Light player #1 creates space by moving away and then turning back towards the server. The server passes to light player #1, who must control the ball, turn and play the ball off to either supporting light player #2 or #3. Light player #1 sprints past the defender to receive a return pass which he shoots on goal. Light players #1 and #2 follow in for rebounds.

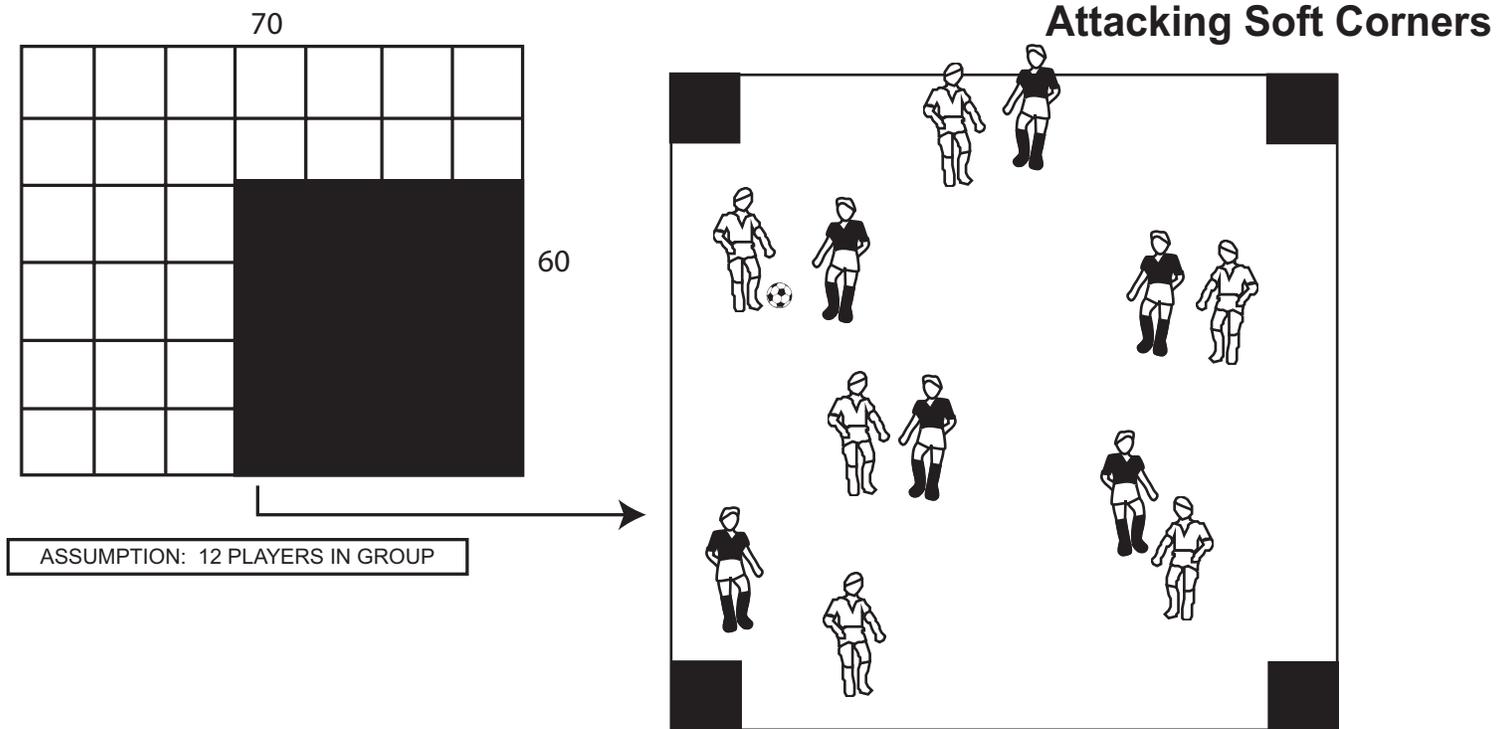
## Progressions

1. Vary the speed and height of the serves.
2. Allow light players #2 and #3 to shoot directly on goal.

## Key Coaching Points

1. Go away at an angle to draw defender from the middle.
2. Can you make a little head check to see where the defender is?
3. 1st touch away from the defender.
4. If the defender is not tight, then turn and attack them.
5. Create space behind you to turn and move into.

# MLS TOURNAMENT - Creating Space As An Individual



## Purpose

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

## Organization

Set out a 40 x 40 yard area. Create 5 x 5 yard squares in corners of the grid. Play 6 v 6.

## Game Objective

The light team has possession of the ball. The object of the game is to play the ball into one of the two attacking boxes for a player to run into and control the ball with the sole of the foot. The play is conditioned to encourage one touch passing and switching play. The dark team is attacking to the right side of the diagram.

## Progressions

Attack diagonally opposite goals (top right and bottom left in the diagram) This will encourage players to switch the point of attack.

## Key Coaching Points

1. Disguise in passing.
2. Control and alter angle in 1 movement.
3. Attack at pace with and without ball.
4. Receive the ball side on so players can see the whole field.
5. Turn into the space away from the challenging defenders.
6. Play quickly.
7. Change the direction of play.