



Colorado United U11-U15 Academy Program

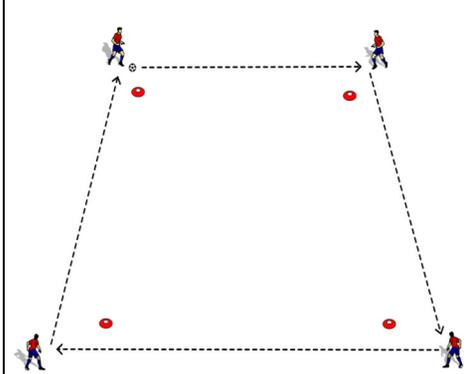


Session Date:	Week 5	Time:	75 mins	Age Group:	U11-U15
Session Theme:	Possession— Switching point of attack (Passing & Receiving)				

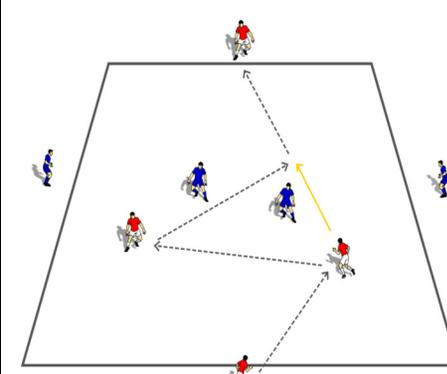
Whole: First and Last 15 minutes

Objective:

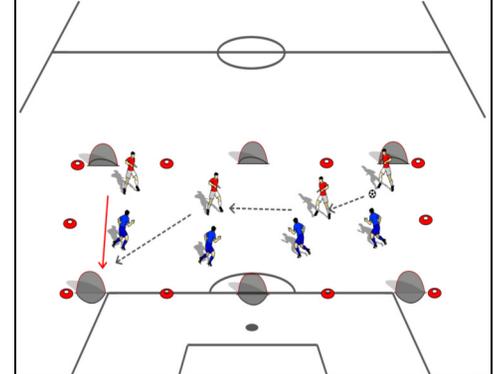
Using half the field, split the team in half, one side defends the big goal, one defends three small 2-3 yard goals on the halfway line. If you have odd numbers use a neutral player so both sides have a numbers up scenario when in possession.



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Switching the point of attack

Switching the point of attack isn't necessarily a topic. It is more of a tool to aid in possession. We want to switch the point of attack to unbalance the opponent. When the ball is on one side too long the defense has time to compact. When you move the ball from side to side, quickly, the defense does not have time to set up. These sessions provide tools to train the players to play horizontally along with vertically to attack.

Coach tip: Encourage your team to play 360 degrees. "If the ball goes backwards, look to go the other way."

Ajax Square Progress

15 minutes

10 x 10 square grid.

Players are outside the cones (body position). Players are facing the diagonal cone (body shape). Players pass the ball to the right and follow their pass. Players receive across their body, taking their first touch outside their far foot shoulder.

See Ajax Square Progress

Rotate after every two minutes, 2 minutes to the right, then left, then wall pass right, wall pass left

Switching Grid

15 minutes

15 x 15 grid

Split the team in half. See top for set up. (Two players on the outside of the grid opposite each other, one team going north south the other east west) Objective is for one team to go from one of their outside players to the other for a point. When the other team wins the ball, they try to do the same. Players in the middle give their teammates 2 options to retain the ball and move it from one side to the other.

3 Goal Game

15 minutes

Width of the 18 x 20 (extend the width if it is not keep them spread out enough)

Set up three two yard goals on each side of the grid. Two even teams, use a neutral if necessary. Players look to score on one of the three goals. Important to have two options, one central one right and one left. Teams are looking to rotate the ball from one side to the other, to open up one of the goals to score on.

Created by Josh Beaty