



Colorado United U11-U15 Academy Program

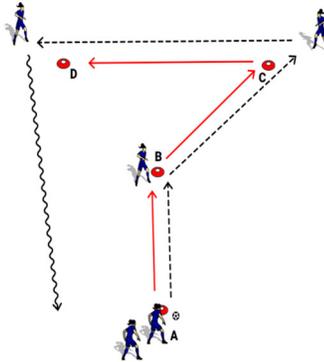


Session Date:	Week 5	Time:	75 mins	Age Group:	U11-U15
Session Theme:	Possession—Switching the point of attack (Passing & Receiving)				

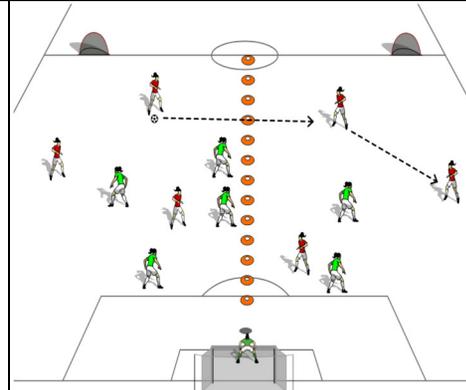
Whole: First and Last 15 minutes

Objective:

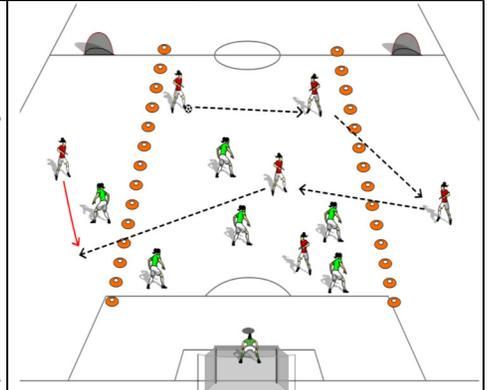
Using half the field, split the team in half, one side defends the big goal, one defends three small 2-3 yard goals on the halfway line. If you have odd numbers use a neutral player so both sides have a numbers up scenario when in possession



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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."

Y passing pattern

15 minutes

Cones 10 yards away from each other in Y shape

- A passes to B
- B passes to C
- C passes to D
- D then speed dribbles back to line A

Players work on their body position and body shape, always receiving across their body.

See attachment for more variations.

2 zone Switching

15 minutes

Put a line of cones down the middle of the field from the center circle to the top of the box.

The ball must be passed from one side of the field to the other before each team can attack. Players must use good body shape and position to move the ball from one side to the other. The objective is to open up space to attack. Encourage purposeful ball movement.

Switch defending sides halfway through.

3 zone Switching

15 minutes

Put a line from the each corner of the 18 to the center line.

The ball must be passed from one wide zone to the other before the team can attack. Each team must make a triangle to move the ball from one side to the other. Players must find the appropriate distance to be apart. Encourage them to find it on their own. If they are struggling to go from one side to the other, start with going to one wide zone back to the middle. We are looking to unbalance the defense with ball movement.

Created by Josh Beaty