



CYA Week 3 Session 2: Create the attack (U16-U19)

Category: Academy: Create the attack
Difficulty: Moderate

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Individual-Young Member

Description

Warm Up - Possession (10 mins)

Possessional Game.

Initially work on retaining possession points for 5 successful passes. Progress to combining to break lines with aim to move from one end of pitch to other receiving ball in end zone for a point.

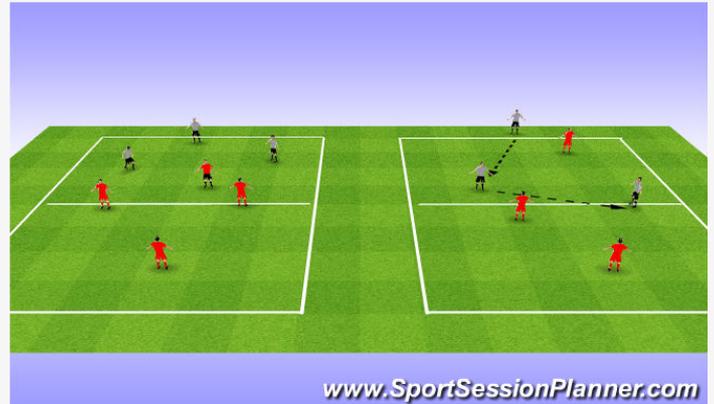
Can we limit touches.

Can build in halves patience - Need to play 3 passes in own half before we can break line. Build as unit. Speed of transition. Condition accordingly (individual players)

Play for 3 minute spells.
Rotate teams across pitches

Focus on:

Player movement to create/find space - form triangles/diamonds
Play forward to create opportunities and overloads in offensive half - find the spare player.
Decision making
Ball speed



Rondo 5 v 3 / 4 v 2 (20 mins)

Organisation

5 V 3 or 4 v 2 rondo - focussed on movement to create overload and reaction in the transition.

Work in 5x3 minute blocks, switching the defending/pressing team every block.

Move ball from CB to advanced MF through midfield / Wb's - combination play.

blue team win ball they need to score in one of the mini goals in the direction from which ball has been played (towards player 1).

Only the target man (in example player 3) can come in to support wide players cannot.

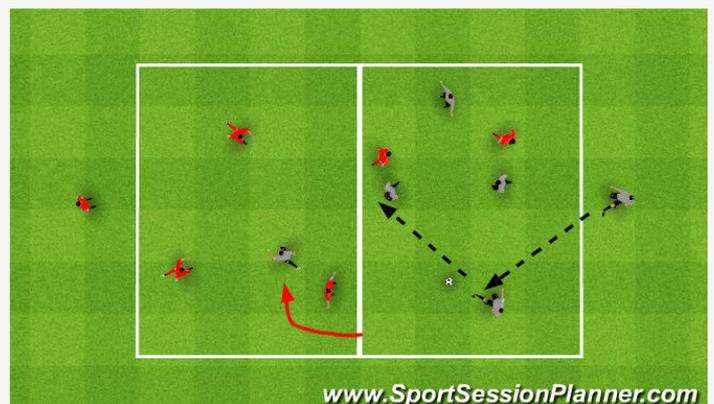
Can player 1 slow down play to enable recovery runs of players 2 and 3 to try and regain possession through re-creating overload.



Bounce game (20 mins)

6 v 6 (+1) Directional 'Bounce' game - Teams play in one direction to ensure game reality. Aim to combine to score with successful pass into oppositions bounce player.

Continue to work on principles developed within session



End Zone Game (optional if intensity of session low) (30 mins)

5 v 5 (+1) - End Zone Game

Game played in central zone with object to break line into final zone.

Condition game to further develop coaching points.

Build up play from back

Specified number of passes prior to breaking lines

End zone operates as offside line.

Only one striker allowed into zone (no defenders initially)

Limited time to get off shot once in end zone.

Move into normal play to finish



Optional: Combination/High Press in final third SSG

Organisation

30 x 20 pitch segregated into thirds. 12 players in 3 teams of 4 (with one spare)

Ball starts in one of 10 x 20 zones (in this case with blues) Blues objective is to switch play using penetrative pass to reds. Blues should be atient and try to open up Yellows.

Greens to work with high press (3 players to press at all times) other player should provide balance in central zone.

If the Blues switch play they get 1 point. On switch greens need to transition and press reds to win ball.

If Greens win ball on press, they can switch play within 3 passes (speed of switch) for 2 points. With a successful switch (i.e. Greens win ball from Blues and switch to red). Blues drop off and yellows press reds (Speed of transition).

If ball goes out of play with a tackle coach starts play from other end zone.

Key Coaching Points:

Team in possession to be patient - look to move opposition around and open up switch opportunity.

Defensive unit to prevent opponent playing forward. Not allowing penetrative pass by providing cover and **delaying the attack** whilst press occurs. Wait on mistakes from attacking team.

Force play - Stay compact as a unit. Use angled runs and work as a unit to force attacking team into specific areas, looking to trap play and prevent playing forward.

Regain the ball: patience, set trap then quick in transition.

