



CYA Week 4 Session 1: Attacking & Defending (U16-U19)

Category: Technical: Attacking and Defending Skills
Difficulty: Moderate

RYAN QUINN, FAIRFAX STATION, United States of America
Individual-Young Member

Description

Warm up/creative player (20 mins)

Organization:

1v1 creative player

Instructions:

passing pattern to 1v1. defender reacts on 3rd attacker 1st touch. can counter if wins the ball

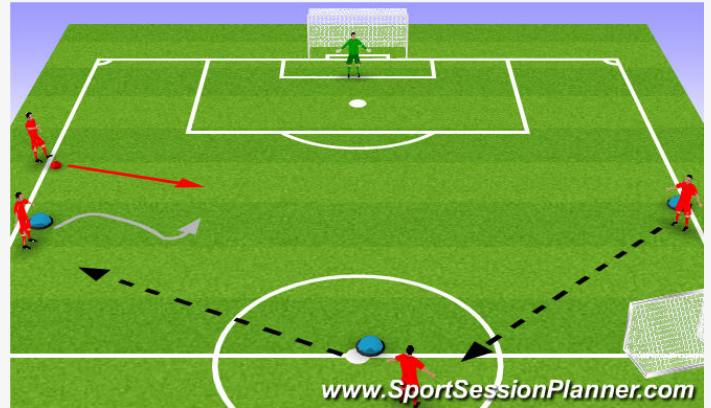
Coaching Points/Questions:

Technical sharpness/movement off the ball

First touch to beat defender vs short and change of pace after Execution

Regressions/Progressions:

Defender alive after 2nd attacker 1st touch/work both sides



Main Activity 2v1 (Recovery Runs) (20 mins)

Organization:

as above.

Instructions:

2v1 to 2v2 with recovery defender.

Rotation: work in pairs. Defenders will join attacking line and the opposite.

Coaching Points/Questions:

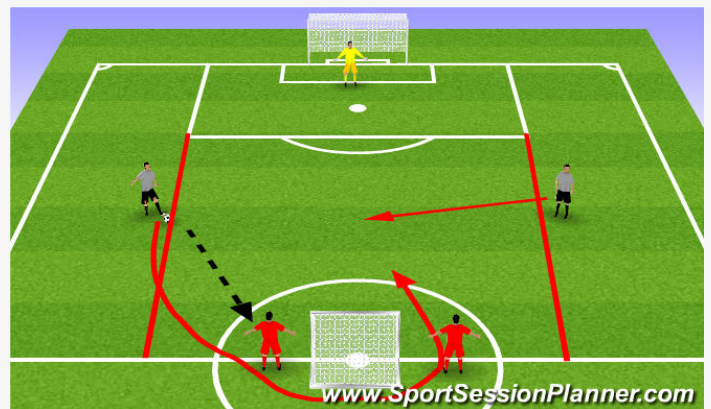
Decision on and off the ball (focus on runs to unbalance defender)

Use of combination play (overlap vs give and go).

Attacking mentality (positive and aggressive on the ball)

Defender: delay for support/body shape to see both attackers

Regressions/Progressions:



3v2 Conditioned Game (20 mins)

Organization:

as above

Instructions:

3v2 on goal.

Start from give and go on any side (add an option for #8 to turn).

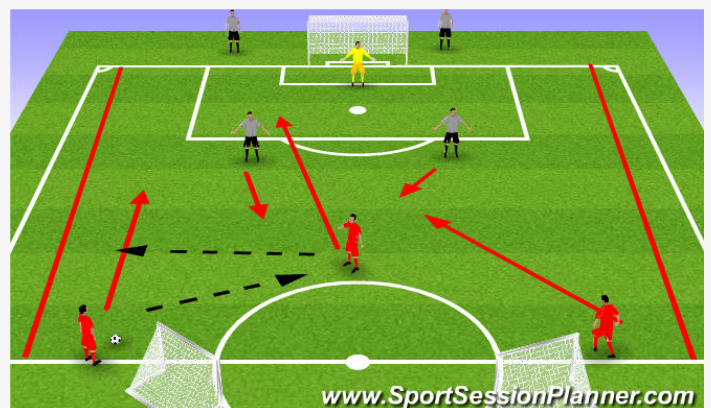
2 pairs of defenders work for 3 min. 2 groups of 3 work (rotate positions).

Coaching Points/Questions:

Positive, aggressive on the ball

Movement off the ball to unbalance defenders (run in behind, use of overlap, 3rd man run)

Shots on goal



Small Sided Game (20 mins)

Organization:

- As above
- Three teams, winners stay on

Instructions:

- Regular rules
- Keep count of victories and make it competitive

