



CYA Week 5 Session #2 Transition U16-U19

Category: Technical: Attacking and Defending Skills
Difficulty: Difficult

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Individual-Young Member

Description

3v3 + Target Lines (20 mins)

Organization:

- 20x20 area (can be adjusted for level or needs)
- 3v3 in middle with lines across from each other acting as targets
- Teams can only use targets in their color
- Player passes to target who enters the field, passer goes to end of target line
- Teams possess ball playing, points can be awarded for getting the ball from one target to the other without losing possession
- Player can pass back to target line where the ball came from to retain possession

Coaching Points:

- *Movement off ball to open passing lanes
- *Body shape when receiving ball to be able to play to bigger part of the field
- *Attacking first touch when coming in as a target
- *Pressure ball immediately when target comes on, eliminate early ball to other target



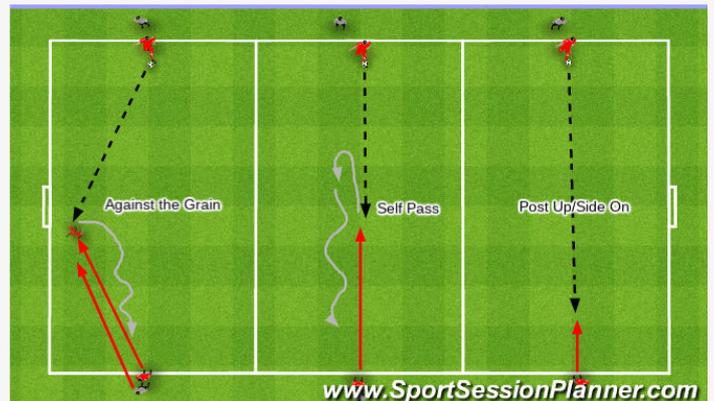
Turns with Passive Defender (25 mins)

Organization:

- 20-25 x 12-15
- Players work in pairs and alternate roles of attacker and passive defender

Progression:

1. Man on Check To: attacking player checks to and receives ball away from pressure, makes any move to spin defender and dribble line
2. Against the Grain: attacking player checks at angle, defender tries to beat attacker on the outside, attacker cuts the ball against the grain of the pass and dribbles the line
3. Self Pass: attacking player takes a 4-5 yrd 1st touch away from pressure, sprints to ball to face up on defender, dribbles and takes on defender to the line
4. Post Up/Side On: attacking player times short run, attacker slams on the breaks and posts up defender, attacker gets side on to receive with foot away from defender, spins defender and dribbles the line



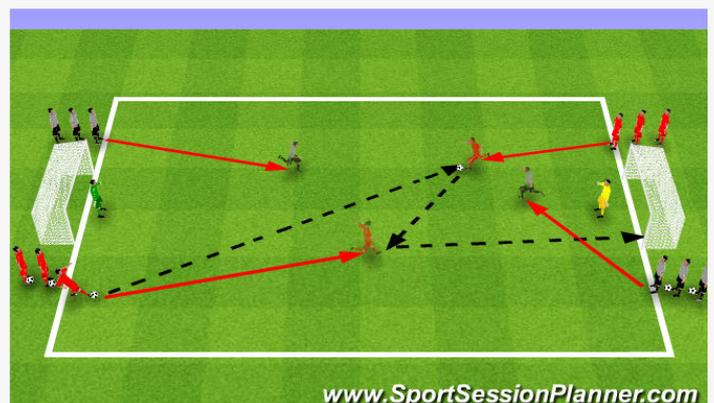
2v2 USMNT Finishing (20 mins)

Organization

- 2 teams. Half of each team is positioned at posts diagonal from each other. Teams attack in the same direction the initial pass is made. Game plays until a team scores or ball is out of play. Teams alternate possessions, the next turn would begin with a ball from the Yellow team.

Coaching Points

- *quality driven ball to begin
- *good supporting angles
- *recovering defender work hard to get into play
- *first defender must delay until recovering player can join
- *finish with confidence



3v3 Fast Break/Flying Changes (20 mins)

3v3 Fast Break

- 3v3 to Goal
- when attacking team shoots, scores, misses, or saved a new group from the other team comes on with ball and attacking players becomes defenders
- if defenders wins ball they can go score and defend again when new attackers comes on
- this is a continuous game, play to 8-10, scores should come quickly

