



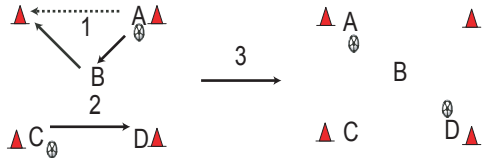
# Youth Competitive/Senior Amateur # 4

**Practice Focus: passing, anticipation, transition** □ □ □ □ □

**Time: 2 hrs**

## Warm-Up: anticipation, passing (30min)

1. groups of 5-7 players in a 20m x 20m grid. Players pass to each other and follow their pass. Players must call to receive the ball.
2. Runner's stretch (3x30 sec, each leg).
3. Same groups of players, players numbered starting with #1. Players must pass to each other in numerical sequence.
4. Hamstring stretch (3x30 sec each).
5. give and go in a 15m x 15m grid

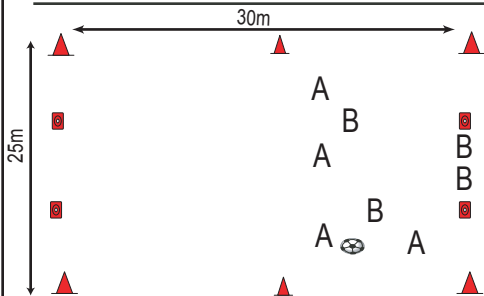


1. A plays give and go with B to open cone.
2. C passes ball to D.
3. This is how the situation looks after first two passes. Now D plays give and go with B and A passes to C. Play continues and must be fluid. Players rotate through middle after 3 minutes.

6. Quad stretch (3x30 sec each).
7. In pairs, players pass one touch to each other (give and go) across field and back.
8. Heel stretch.

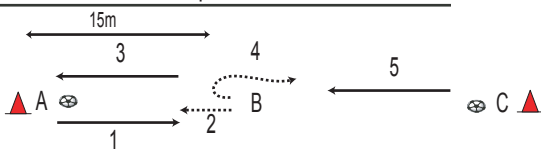
For details on stretches, please visit [www.soccerpracticebooks.com](http://www.soccerpracticebooks.com)

## Technical Skill: Transition Play (25 min.)



- 4 v. 4 on two full size goals.
- two defenders (B) must be on goal line before other players (B) can tackle attackers (A).
  - after change of possession to defending team (B) or goal, A's must get two players on goal line before other two can tackle the other team (B's).
  - meanwhile, attacking team must have all 4 players in other half before they can score.
- This drill requires a lot of positive communication, who's on goal line, when, etc.

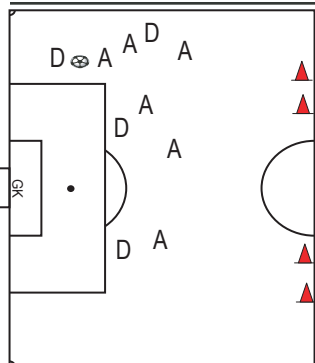
## Fitness Focus: receive-pass-turn (10 min)



1. A passes to B who
2. attacks ball and
3. one-touch passes it back to A and
4. immediately turns and sprints towards ball
5. passed by C.

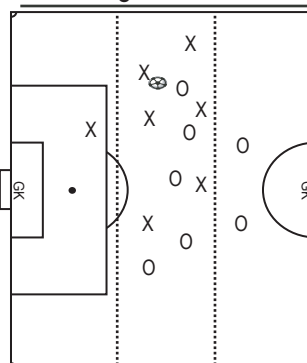
Repeat for 3 minutes and rotate through middle position.

## Tactical Focus: 6 v. 4 pressing and counterattack (25min)



1. Defenders D win ball and try to counterattack on 2 small goals at half.
2. Closest attacker A challenges D with ball and second attacker covers right behind in support.
3. Other attackers close in on ball while taking away passes to other defenders.

## Scrimmage focus: 7 v. 7 with GK transition play (30min)



1. divide half field into 3 equal zones.
2. team in possession must have all players at least in middle zone before they can score. (On diagram shown, last X in own third must move up).
3. In own defending zone, players have to play two-touch until ball is out of defensive zone. free play in middle and attacking zone.

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.