

TOPIC: Possession / Ball Circulation

Key:

Running without the ball

Running with the ball

Pass

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US Youth Soccer Region 2 ODP

<u>FUNDAMENTAL WARM-UP</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>																																				
	<p>Groups of 5: Sequence passing</p> <p>Add 1T/2T ; Short-Short-Long Add second ball</p>	<ul style="list-style-type: none"> • Weight of pass • Thinking in advance • Positive 1st touch • Shape & Rhythm 																																				
<p><u>MATCH RELATED ACTIVITY 2</u></p> <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <table style="border-collapse: collapse; text-align: center;"> <tr><td>X</td><td></td><td></td><td></td></tr> <tr><td>O</td><td>N</td><td>X</td><td>O</td></tr> <tr><td>X</td><td>N</td><td>X</td><td></td></tr> <tr><td>O</td><td></td><td>O</td><td></td></tr> </table> </div>	X				O	N	X	O	X	N	X		O		O		<p>4v4+2</p> <p>5 Passes = point Short-Short-Longs = 2 points</p>	<ul style="list-style-type: none"> • Width & depth in shape • Accuracy/weight of pass • Changing the point of attack 																				
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<p><u>MATCH RELATED ACTIVITY 3</u></p>	<p>5v5 into Endzone PT- 5 passes -Short-Short-Long</p> <p>PT – Play Player into Endzone</p>	<ul style="list-style-type: none"> • Quick ball movement • Penetration vs. possession • All of above 																																				
<p><u>MATCH CONDITION GAME</u></p> <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <table style="border-collapse: collapse; text-align: center;"> <tr><td></td><td>x</td><td></td><td>x</td><td></td><td>o</td><td></td><td>o</td><td></td></tr> <tr><td></td><td>x</td><td>x</td><td></td><td></td><td>o</td><td></td><td>o</td><td></td></tr> <tr><td>G</td><td>x</td><td>x</td><td>x</td><td>x</td><td>o</td><td>o</td><td>o</td><td>K</td></tr> <tr><td>K</td><td>x</td><td></td><td></td><td>x</td><td>o</td><td></td><td>o</td><td></td></tr> </table> </div>		x		x		o		o			x	x			o		o		G	x	x	x	x	o	o	o	K	K	x			x	o		o		<ul style="list-style-type: none"> • Two touch in def half when possible • Goal = 3pt • LB to RB -- Thru midfield = 1pt • LW to RW 	<ul style="list-style-type: none"> • Reinforce earlier points • Keep team shape • Play out of pressure • Look for penetrating pass
	x		x		o		o																															
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