

Session provided by Sam Snow and SoccerSpecific.com. Please note: Sam Snow will be presenting at Utah Youth Soccer's AGM and Soccer Saturday on Saturday, February 3-4, 2007. For more information, please visit [www.utahyouthsoccer.net](http://www.utahyouthsoccer.net).

Sam Snow currently serves as US Youth Soccer Director of Coaching Education. He is also a National Staff Instructor for the US Soccer Federation. The US Youth Soccer Association is the largest youth soccer organization in the US currently registering some 300,000 coaches and over 3 million youth players between the ages of 5-19. As Director of Coaching Education for USYSA Sam travels the US coaching at seminars, clinics and lecturing on the latest methods on player development.

## Midfield Attack

Warm Up:

Set Up:

Players are organized on a half pitch as shown below - each player moves freely with a ball.



Diagram (a)

Explanation:

Players perform various dribbling, juggling techniques. Players stop to perform static stretches under the control of the coach.

Progression 1:

See Diagram (b) below. Players work in pairs with one ball. Various passing, dribbling and juggling techniques are practiced.

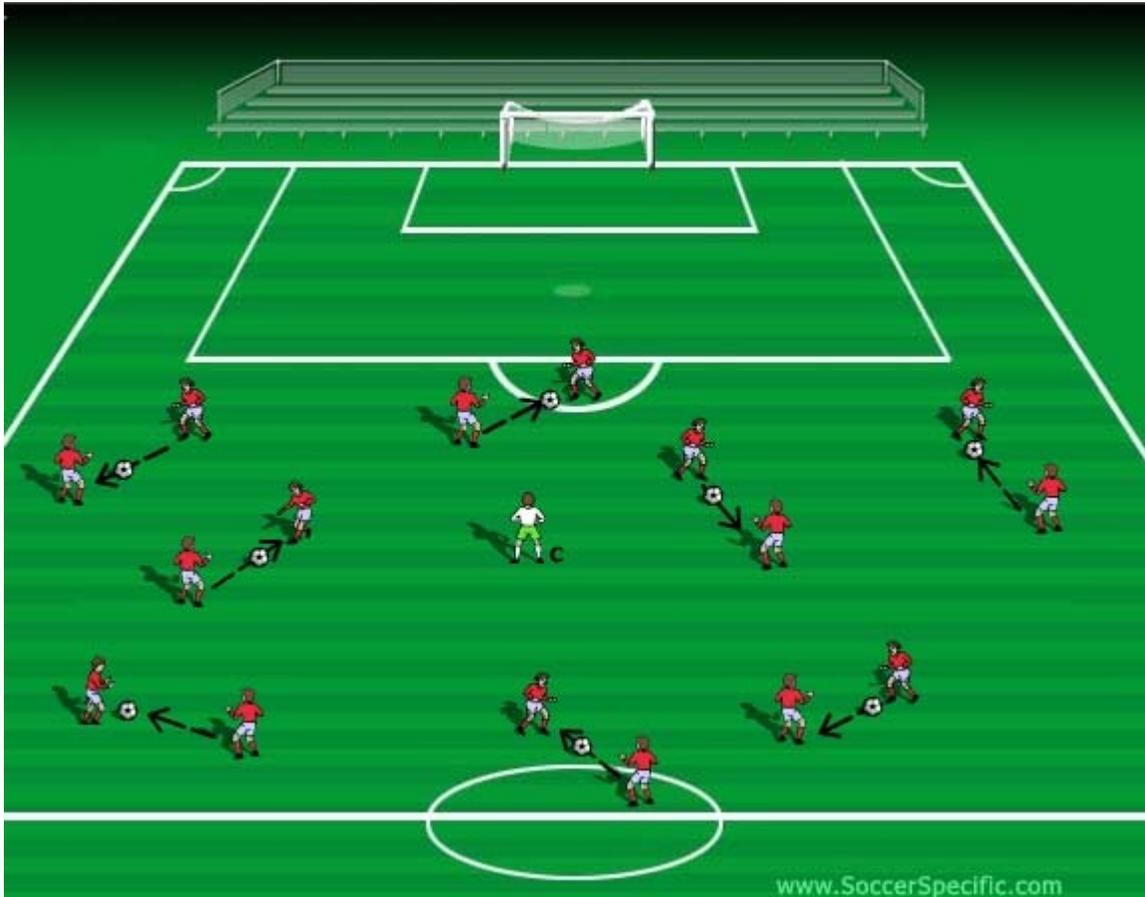


Diagram (b)

Progression 2:

Each pair must bring their ball to the coach. The coach then throws or kicks their ball away and gives instructions on how to bring it back - Example - between your foreheads, between your knees, juggling with your head. This creates a "problem solving" environment whereby the players must work together to return the ball to the coach.

Activity #1: Middle Team Game

Set Up:

Three 10 x 20 yard grids are created next to each other as shown in Diagram (c) below. Four players are positioned in each grid.

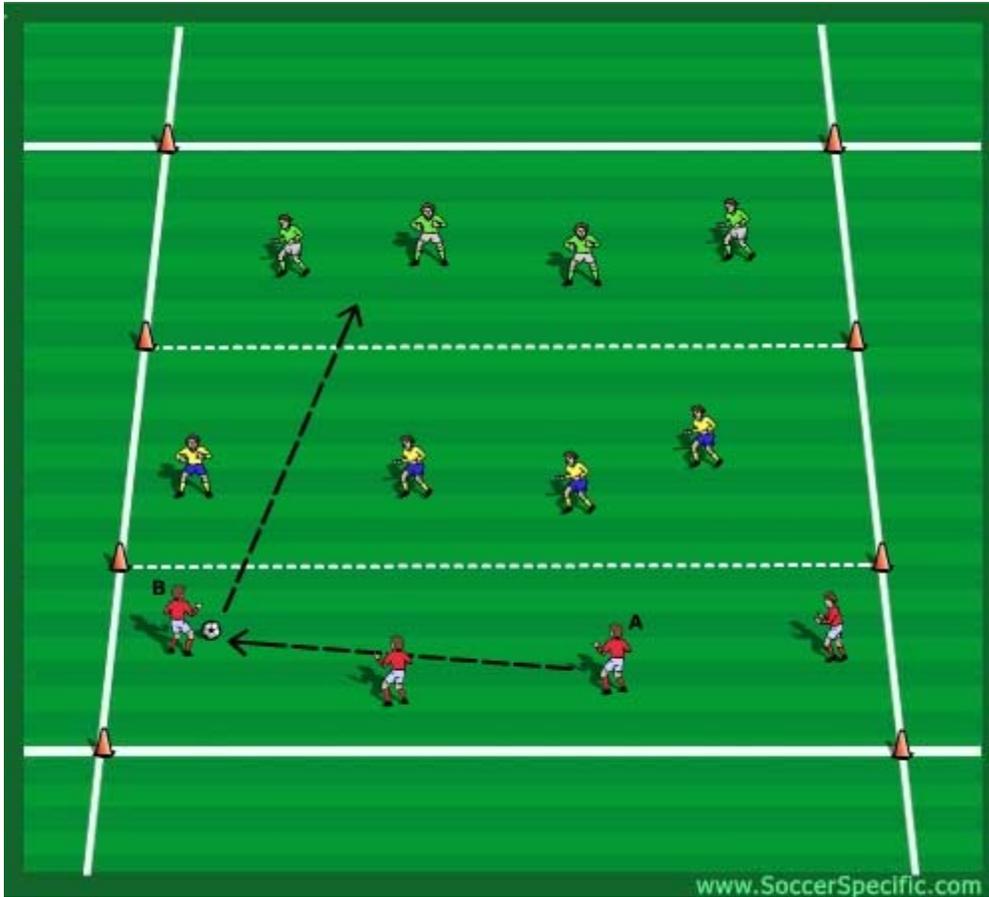


Diagram (c)

**Explanation:**

The two "end" teams (Red & Green above) must maintain possession of the ball - points are awarded for penetrating passing through the middle grid. The "middle" team (Yellow above) must attempt to intercept or block attempted passes through the grid. If the "middle" team gains possession of the ball by intercepting a pass they switch roles and become an "end" team. Play is continuous.

**Coaching Points:**

Accurate sharp passing - weight, accuracy etc., angles and distance of supporting players; look for penetrating passes through the middle grid; passes **MUST** be on the ground - no flighted balls over the central grid.

**Activity #2: Six Goal Game**

**Set Up:**

A 7v7 is organized as shown below. The playing area is the width of the 18-yard box (44 yards) and from the 18-yard line to the half-way line as shown. Three mini goals are created at each end of the playing area.



Diagram (d)

**Explanation:**

Both teams compete for possession of the ball and attempt to score in their opponents mini-goals.

**Coaching Points:**

Accurate passing; players are encouraged to "check" to receive the ball - quick movement; switch the play to attack any of the three mini-goals - look to exploit the opposite side of the pitch with diagonal passes.

**Activity #3: End Zone Game**

**Set Up:**

A 4v4 + 2 target players is organized inside the 18-yard box as shown below.



Diagram (e)

**Explanation:**

Both teams compete for possession of the ball - points are scored by successfully passing to either of the target players. Sharp movement is encouraged - checking to and away from the ball to create space. Players are also encouraged to switch the ball to the opposite target player as quickly as possible. In diagram (e) above, Player (A) has received a pass, quickly turned and scored a point by passing to the opposite target player. Play is continuous.

**Coaching Points:**

Check away and to the ball to create space; accurate passing - switch the ball quickly to the opposite target.

**Activity #4: 7 vs. 7 + Goalkeepers**

**Set Up:**

Teams are organized on a half pitch as shown below - 7v7 + Goalkeepers in full-size goals.



Diagram (f)

**Explanation:**

Both teams compete for possession of the ball and attempt to score in their opponent's goal. Players are encouraged to look for switching the play through diagonal passing. In Diagram (f) above Player (A) has passed to teammate (B). Player (B) has quickly passed to wide player (C) who may now attack the open space.

**Coaching Points:**

Sharp movement - checking runs; look for diagonal passes; accuracy of passing, weight of passing.

**Cool Down:**

Players perform light movements and static stretching activities.