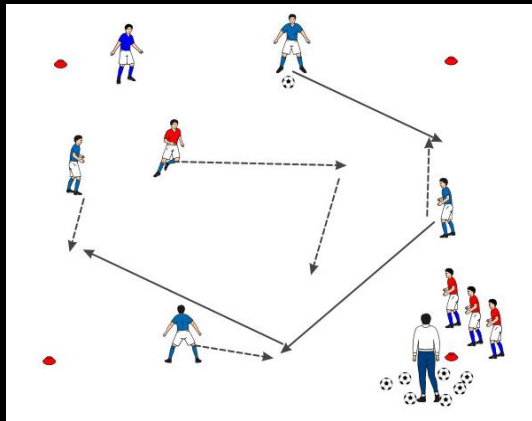




Purpose of this session is to *develop patience to attack into space*. Coaching points should be revolved around 1) creating space for your teammate with the ball and 2) turning out of pressure to pass into the space. Playing this way will create opportunities to *possess the ball into space big enough to attack*.

Notice these activities are the same as Session 1, but moving everything up to handle more advanced topics around team shape.



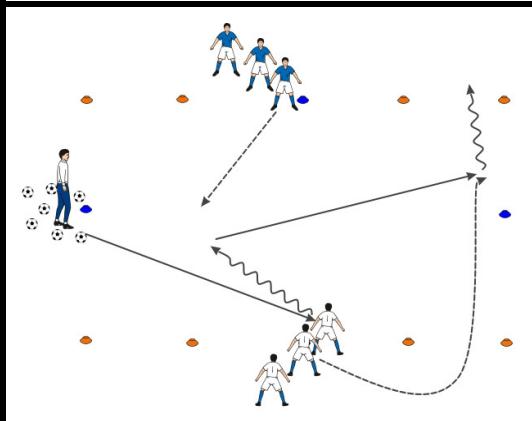
**I. WARM-UP** Move: Ins/Outs Chops **Game:** Rondo 25 minutes

**EYSA Technical Warm-Up:** Start every practice with ~8 minutes juggling, then ~8 minutes ball mastery touches and 1v1 core moves. Finish with "Rondo"

**What:** ~12x12 box - adjust to create success. 5 players spread out, inside the field. The rest in a line out of bounds. Coach feeds ball in to team of 5.

**How:** Attacking team possesses against one defending player. When a defender steals ball, pass to teammates for a point. New ball and defender is then fed in. 3-6 passes is a point. Teams switch roles every ~3 minutes.

**Why/Coaching Points:** Implement Far Foot Trap. "How do you make yourself available?" Move to create an angle. Trap away from defender



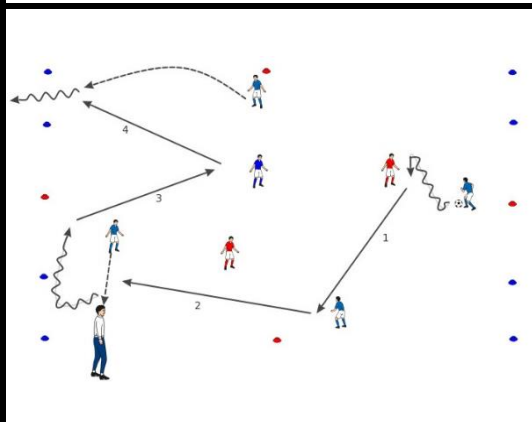
**II. SMALL-SIDED ACTIVITY** **Game:** 3v1 15 minutes

**What:** Two lines, Wide goals. At least 12 yards wide.

**How:** Coach feeds. Start 1v1, each team has 2 goals to score, can pass in. Quickly progress to 2v1. For team to receive feed: 1st player traps, 2nd player in line enters field(run through the goal to create width). This game should eventually progress to 3v1, allowing the 3 to possess to create space to penetrate to goal.

**Why/CPs:** "How do you get the most open?" Movement: Get wide to force the defender to cover more ground. Inside/Outside Chops to set up a pass into space.

**Note:** In 2v1 and 3v1, create more success by restricting the defender to his own goal line(run back and forth blocking either goal), then progressing to only allow defending in his half.



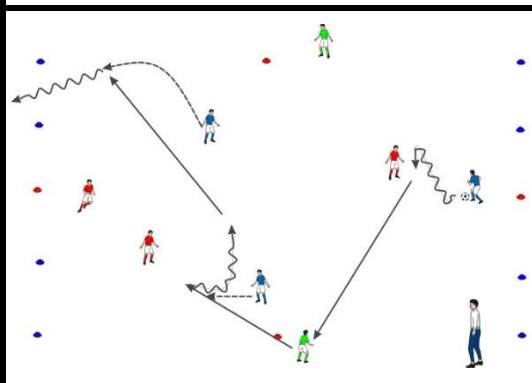
**III. EXPANDED ACTIVITY** **Game:** Possession to Goal 15 minutes

**What:** ~5v2. Rectangle with wide goals.

**How:** Team of 5 must get 3+ passes before going to goal. Team of 2 can score at any time, on any goal. ~4-minute games, rotate the team of 2

**Why:** Resembles pressure at lower quantity, but higher speed. Requires players to recognize space/overload. "What Shapes do we create?" "How do you make the biggest Diamond?" and "Where's the open space?" should be constantly asked

**Note:** Shapes are very important in soccer. Creating depth(forward and back) and width creates a diamond. Another option: 4v4 dribble defender



**IV. GAME** **Game:** Bumpers 20 minutes

**What:** Wide goals plus Bumpers. Even numbers in field(2v2, 3v3).

**How:** Free play, but adjust scoring based on number of passes before a goal. 0 passes + goal = 0 pts. 6 passes + goal = 6 points. Bumpers compete against each other to try to complete the most passes(to keep engaged/motivated)

**Why/CPs:** Depth in support of the ball. One player must be behind the ball as a safety/drop option

**Note:** Bumpers are tough for kids at first, but if you motivate the bumpers to work to receive and pass, it becomes a normal part of your practices, and they'll enjoy experiencing more success in these games.