Pro X Soccer Training Session Sample (U17 Boys)

Transition to attacking to create chances in order to score goals.

When counter-attacking, can we play forward and advance the ball quickly with numbers; 2. When given a technical or numerical advantage out wide, can we find 1v1s and 2v1s to goal and/or 2nd and 3rd man runs in behind? Those would be the overlaps from the outside backs and wingers, or #9 / #10 (one shows to the ball, and one goes more vertical)

Exercise 1: 5v5 to End Zone and Counter Goals

- **Number of players:** 10 with 3 players distributing balls for Blue
- **Field size:** 70 Wide x 48 Long   **Duration:** 15 mins 3:1 4 cycles
- **Rules of the exercise:** 5v5 Game Blue vs Red(opposition) in Blue's Attacking half of field. Blue is attacking Red, with the object of playing through into the end zone(yellow) received by teammate with control or dribbling into end zone if possible. Red is attacking two counter goals on halfway line when they win possession. Game starts from Blue 3, 6, or 2, who are only ball distributors, these players also restart the game after a goal is scored, throw-ins from sideline.

FOCUS TEAM
Team structure (organization):
Midfield Line 8 and 10, Front Line 7, 9 and 11

Description of what you want them to experience:
Penetration to break line to get into higher attacking areas, defined by the end zone. Mobility to provide support wide and high.

Principles:
Penetration, by passing and dribbling. Mobility to provide support in wide areas and high areas. Communication to help maintain possession and get forward.

OPPONENT
Team structure (organization):
Back Line 2, 3, 4, and 5, Midfield Line 6

Description of what you want them to experience:
Apply pressure to delay and deny penetration. When possession won get wide and attack counters quickly

Principles:
Apply pressure to try and win ball. Deny penetrating passes. get wide when possession is won.

- **Planned coaching behavior and interactions with players (script):**
  - What are you going to do (say?) to help players to recognize the game
  - "Drive Forward", "Look to play it behind the line" "Break the line"
  - "Get out Wide" "Turn your hips" "Double Movements"

6v8 D>A Transition

Number of players: 14
Field size: 70x70 yards (approximately 2/3 field size)
Periodization: Threshold (75%)
Duration: 32 minutes | 6 min. X 4 bouts x 2 min. rest)   **Intensity:** very hard

Rules of the exercise:
Red starts with the ball and looks to score on two mini-goals. As soon as they shoot on goal, play a ball over the endline or play the ball into the blues - who win the ball - the #2 & #3 are able to join a counter attack. Seek to exploit the spaces open in the outside channels. If red wins the ball in their own defensive third - blue is given a chance to counter press again - with red simply tasked with playing the ball over the build-out line. Use 2/3 of the field - play starting on the edge of our middle third. Opposition starts the attack.

FOCUS TEAM: Objective (expected behavior):
Team Function: Defending to Attacking (transition)

Objective: Improve team's ability to get out quickly - looking to create goal scoring opportunities - in the transition moment from defense to attack.

Player Actions: Find the target. Make runs into the areas vacated. Provide support underneath the ball. Play the ball out of pressure quickly.

TTPs: Look forward/playforward.Support. Create passing lines.

OPPOSITION TEAM: Objective (expected behavior):
Team Function: Attacking to Defending (transition)

Objective: Stop the opposing team from breaking out quickly - after we lose possession of the ball.

Player Actions: Immediate pressure on the ball. Deny the forward pass. Get underneath the ball.

TTPs: Pressure the ball. Delay. Organize quickly.

Planned interactions with players (when):

Q1: What should you do when you see an opening on attack? | A1: Pass or dribble forward quickly to break the lines.
Q2: What should you do if you don't have the ball? | A2: Triangulate and support the attack by being inf front, to the sides, or behind.
Q3: Are players "thinking ahead" off the ball and/or the situation? | Q3: Anticipation is key - look for the verbal/visual cues from teammates.
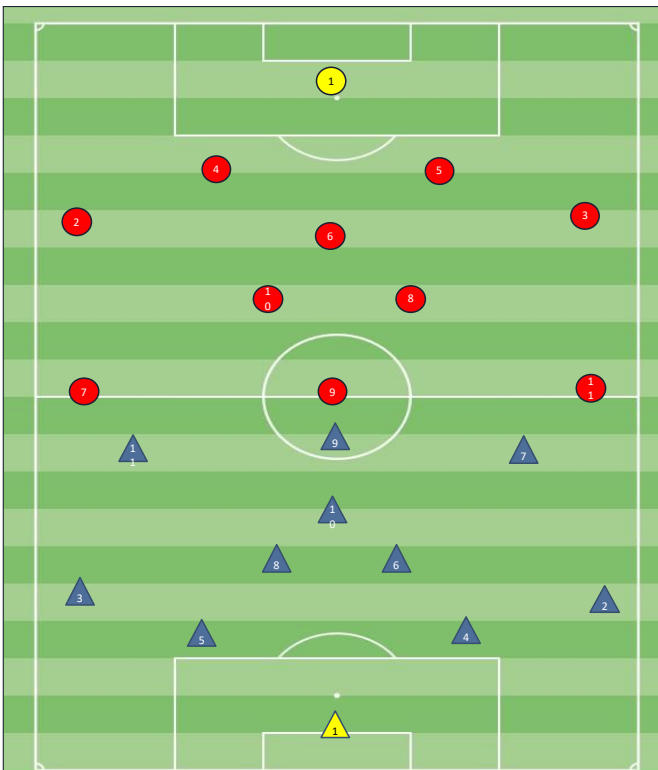
11v11 Game (Implementation) – U17 Boys

Number of players: 22   **Field size:** Full Field
Duration: 20:00 min 2 x 7:00 min (3:00 min rest)   **Intensity:** 5 / Moderate

Rules of the exercise: On a full field play 11v11 Game. Check and monitor for understanding. Reinforce all previous coaching points. LOTG in force.

FOCUS TEAM
Team structure (organization): 1-4-3-3 Formation

Description of what you want them to experience:
Allow players to put knowledge into use under match conditions

Principles:
Vary Runs | Get in behind | Early cross | Numbers in the box
Sub-Principles: Positioning / Patience / Decision making

OPPONENT
Team structure (organization): 1-4-3-3 Formation

Description of what you want them to experience:
Allow players to put knowledge into use under match conditions

Principles: Get compact, Stay Compact | Pressure/Cover/Balance

Sub-Principles: Positioning / Transition / Foucs / Decision making

Possible Questions (Script)

"Transition is always longer than the moment of the turnover"

Q: Most goals are scored in sequences of 5 passes or less? When you hear that, what does that mean to you?
Question: What does it mean to neglect the third pass in transition?
Answer: Win the ball, hit the outlet pass to a teammate– then what? The next pass or decision is crucial.
Question: When you think of transition, what does that mean to you?
Question: What tends to happen when we win the ball back and go on the attack?
Answer: We get it and immediately everyone looks and runs forward in straight lines, right?
Answer: What if we started to think differently getting the ball, immediately have support checkin towards the ball, while outside players open up wide to make the field big and strikers stretch the back line higher up the field?

How would you adjust the demand during the sessions (cognitive & physical)? Are the players on both teams being challenged equally (are both teams having the right balance of being successful or unsuccessful.

Roles and responsibilities:
HC running Focus Team. AS1: running Opposition Team. Trainer: Player health and injury.