



## Functional Session Plan

# MASSACHUSETTS YOUTH SOCCER

Season Spring 2016

Topic Functional Training for the Outside Backs - Attack

Objectives  
(5 W's)

Who: #2 Right Sided Outside Back and #3 Left Sided Outside Back

What: Techniques of Passing, Receiving, Dribbling and Shooting.

Where: In the Flank Channels of the Attacking Half

When: To gain a numerical advantage - When there is space to attack behind the defense

Why: To provide services from the flanks and to create scoring opportunities

### Organization

Duration

16

Intensity

High

In a 75W x 56L yard field - Set up as diagrammed - Overlap Sequence - #3 plays a pass to #11 who takes a touch inside the field. #3 follows the pass and continues around #11 and receives the ball back and the when #3 reaches the end line crosses for #10 to finish. Give and Go Sequence - #2 runs at the red cones and passes to #7 who returns the pass. #2 makes an early cross into the path of #9's run.

### Stage 1 Pattern Play in the Flank Channels



### Coaching Points

Activity Time

15 Sec

Rest

45 Sec

Intervals

16

What? - Techniques of: Passing - Accuracy, Pace and Weight, Surface of the foot to use and surface of the ball to strike, Position of the non-kicking foot, Head still eyes on the ball. Running with the Ball - Head Up, Eyes on the Ball, Surface of the foot to use and surface of the ball to strike, distance of the dribble touch, Acceleration to attack the space. Receiving - Across the Body (furthest foot from the ball) Surfaces.

### Stage 2 7 v 6 to One Goal with 2 Counter Goals



### Organization

Duration

24

Intensity

Medium

In a 75W x 56L yard field. Blue attacks the regulation goal and Red attacks the 2 counter goals. Goals scored off a one touch finish from #2 or #3 are worth 10 all other goals are worth 1. Play until one team scores 50 or for 4 minutes.

### Coaching Points

Activity Time

4 Min

Rest

2 Min

Intervals

4

What? - Techniques of: Passing - Crosses - Early, Late, Driven or Lofted, Receiving, Dribbling to beat and opponent, Running with the Ball. Attacking Principles of #2 and #3: Penetration with and without the ball - What? When? Where? Why? Support - Where? When? Why? Width - When? Why? Mobility - Where? When? Why?

### Organization

Duration

20

Intensity

Medium

In a 75W x 90L yard field. Blue team attacks the regular goal, Red Team scores by playing into the Blue Teams Goalkeepers #1 hands without the ball bouncing or rolling. Goals scored immediately after a combination play (Overlap or Give and Go) involving the #2 or #3 are worth 50 points, all other goals are worth 1 point. Play to 150 or for 7 Minutes.

### Stage 3 9 v 8 To One goal and a Counter Target



### Coaching Points

Activity Time

7 Min

Rest

3 Min

Intervals

2

What? - Techniques of: Passing, Receiving, Dribbling to beat an opponent, Running with the Ball, Shooting.

Attacking Principles of #2 and #3: Penetration with the Ball - What? When? Where? Why? Penetration without the Ball (Mobility) - When? Where? Why? Support -

Where? When? Why? Width - When? Why? Improvisation - When? Where? Why?

### Stage 4 - 11v11

Duration

30 mins

Formation

R GK-4-3-3 v W GK-4-3-3

Activity Time

12 mins

Rest

3 mins

Intervals

2

### Organization

In a 75W x 112L yard field. Play 11 v 11 all FIFA Laws Apply

### Coaching Points

Techniques of the #2 and #3, Attacking Principles of the #2 and #3 Speed of Play, Execution.