



# MASS YOUTH SOCCER SESSION PLAN

**Topic**

**GROUP ATTACKING - THROUGH , OVER & AROUND**

**Objectives (5 W's)**

**Who:** #7, #8, #9, #11    **What:** Dribbling, Passing, Receiving, Shooting, Spreading out, Triangulation around the ball, Playing forward, Creating diagonal passing lanes and 2v1's  
**Where:** Attacking half of the field  
**When:** In possession of the ball in the attacking half  
**Why:** To create more scoring chances around the goal area

**Organization**

Duration  Intensity

Area: in a 47Wx36L yard field with two goals on each endline  
 Target team (Red) #7, #8, #9, #11 - Opposition team (White): #2, #3, #4, #6. Groups to score as many goals as they can in either side after completing the following tasks ~ 1: Score after completing 2 split passes ~ 2: Score after completing one wall pass in the flanks ~ 3: Score from a lofted ball over the other group.

**Warm-up / Orientation** Through, Over, Around



**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Passing: Non-Kicking foot pointed to target and parallel to ball, knees bent and balanced, ankle locked and toes up. **Receiving:** Body position, surface selection of the foot and ball, first touch direction and distance. **Dribbling:** Running with the ball and to beat an opponent. **Shooting:** Preparation of the ball, surface of the foot and the ball.

**Orientation** 4v4 to 4 Small Goals



**Organization**

Duration  Intensity

Area: in a 47Wx36L yard field with two goals on each end-line.  
 Target team (Red): #'s 7, 8, 9, 11 - Opposition team (White): #'s 2, 3, 4, 6. Score in either of the opponent's two goals. Any goal scored after a through pass, wall pass or a pass over the defenders is worth 10 points. Play to 30 points or 5 minutes, (whichever comes first).

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Passing: Accuracy and pace. Receiving: Body position. surface selection of the foot and ball, first touch direction and distance. Dribbling to beat an opponent. Shooting: Surface of the foot and the ball.  
**Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Play forward when possible: Where? When? - Triangulate: Who? When? Where?

**Organization**

Duration  Intensity

Area: in a 50Wx60L yard field with big goals  
 Target team: #'s 1, 4, 6, 7, 8, 9, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9. Play to score in the opponent's goal. All laws apply.

**Learning** 7v7 to Goal



**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Passing, Receiving, Dribbling to beat an opponent & Shooting.  
**Team Tactical Attacking Principles** - Spread out: Who? Where? When? - Playing forward when possible: Who? Where? When? Why? - Triangulate: Who? Where? When? - Create Diagonal passing lanes: Who? Where? When? - 2v1's: Where? When? Why? - Runs in behind/between the defensive line: Who? Where? When?

**Implementation**

**9v9** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 50Wx75L field play 9v9. All FIFA laws apply. Encourage #'s 7, 8, 9, 11 to combine with each other.

**Coaching Points**

Technical Execution, Team Tactical Attacking Principles, 5W's, Speed of Play