



MASSACHUSETTS YOUTH SOCCER

Season Spring 2016 **Topic** Functional Training for the #6 - Attacking from the Back

Functional Session Plan

Objectives
(5 W's)

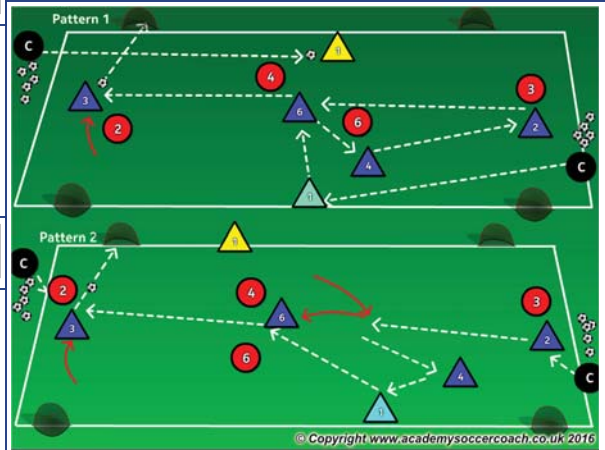
Who: #6 Central Defensive Midfielder
What: Techniques of Passing, Receiving, Dribbling
Where: In the central channels of the defending into the attacking half
When: Target team wins the ball and begin to build up through the defensive midfielder
Why: To maintain possession from the defending into the attacking half

Organization

Duration Intensity

In a 75W x 40L yard field with 2 small goals at each end
 5v0 to Pattern Play to 2 small goals - Both teams #'s 1, 2, 3, 4, 6 play through each other (both teams play the same pattern as diagrammed).
 Coach serves the ball into the #1 or 4 to start the play and after each goal is scored. All players on each team must touch the ball at least once before scoring.

Stage 1 5v0 Pattern Play to Small Goals

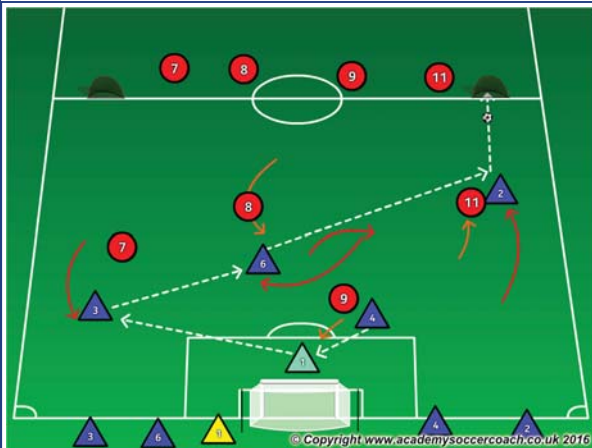


Coaching Points

Activity Time Rest Intervals

What? - Techniques of Passing: Accuracy, Pace and Weight, Surface of the foot and surface of the ball to strike, Position of the non-kicking foot, Head still eyes on the ball.
 - Receiving: Body position, foot and ball surface.

Stage 2 5v4 to a Regular Goal & 2 Counters



Organization

Duration Intensity

In a 75W x 56L yard field with a regulation goal on 1 end and 2 counters on the other. Rotate teams after 5 blue attacks or 2 minutes.
 5v4 (+2 teams on deck)- Target team (Blue): #'s 1, 2, 3, 4 & 6 - Opposition team (Red): #'s 7, 8, 9 & 11 - Blue team attacks the 2 counter goals and the Red team attacks the regulation goal. Blue #6 must have at least 1 touch before they can score.

Coaching Points

Activity Time Rest Intervals

What? - Techniques of: Passing, Receiving, Running with the Ball.
 Attacking Principles of #6 - Support: Where? When? Why? - Mobility: Where? When? Why? - Penetration: When? Where? Why?

Organization

Duration Intensity

In a 75W x 80L yard field with regular goals
 7v7 - Target team (Blue): #'s 1, 2, 3, 4, 6, 8 & 9 - Opposition team (Red): #'s 1, 4, 6, 7, 8, 9 & 11 - Add incentives as needed for build up to goals which go through the Blue #6.

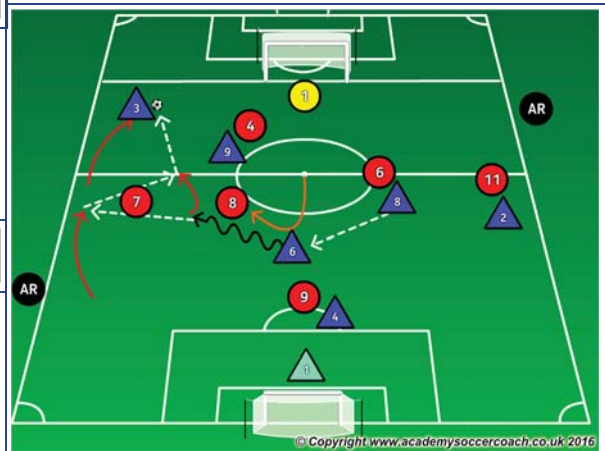
Coaching Points

Activity Time Rest Intervals

What? - Techniques of: Passing, Receiving & Running with the Ball.

Attacking Principles of #6: - Support: Where? When? Why? - Mobility: Where? When? Why? Penetration: What (types of Passes - Bent, Long & Combinations)? When? Where? Why?

Stage 3 7v7 to Goal



Stage 4 - 11v11

Duration Formation Activity Time Rest Intervals

Organization

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

Coaching Points

Techniques of the #6, Attacking Principles of the #6, Speed of Play, Execution.