



# YOUTH COMPETITIVE

## SENIOR AMATEUR

BY TOM SAUDER

Print & Go Practice Plans and Drills

- advanced skills and tactics
- an essential guide for all youth soccer coaches



SAMPLE

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This is a **sample book**.

At Coach's Advantage, we know our products speak for themselves.

So we have given you the tools to run **one full practice**.

This sample includes:

- | Practice
- | Warm Up
- | Technical Skill
- | Fitness Drill
- | Tactical Drill
- | Scrimmage

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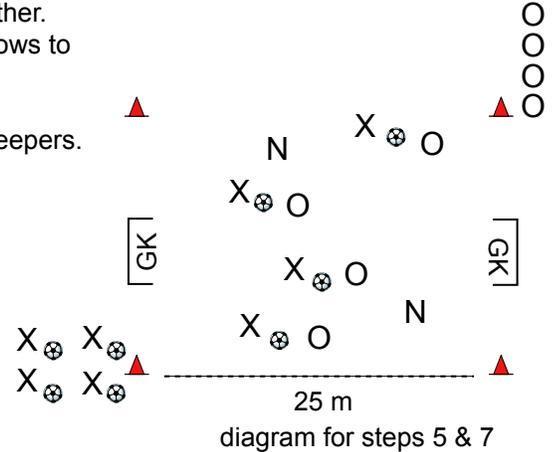
# COMPETITIVE SOCCER PRACTICE # 1

Practice Focus: Fast Break Attack # 1

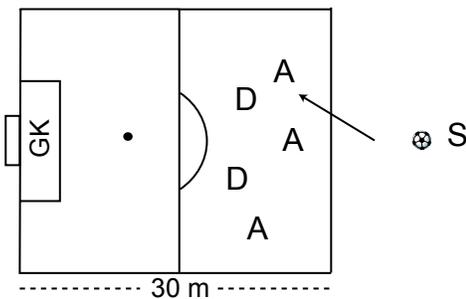
Time: 2 hrs

## Warm-Up: Passing, Headers, 1v1 (30 min)

1. Set up 10-15 (2 m) wide goals. In partners, freely move around passing ball through all goals.
2. Runner's stretch (hold 20 sec. each side, 3 reps/side)
3. Groups of three players form triangles standing 5 m apart from each other.  
Player 1 throws to player 2, who heads to player 3. Player 3 throws to P1 who heads to P2, etc.
4. Quad stretch (hold 20 sec. each side, 3 reps/side).
5. 4 pairs play 1v1 in a 25m x 25m grid with two full size goals and goalkeepers.  
Two neutral players in the grid can be used by any other pair.  
Shots on goal must follow a give & go with one of the neutral players.
6. Hamstring stretch (hold 20 sec. each side, 3 reps/side).
7. Same set up as in step # 5.  
Four players are on diagonally opposite sides of the goals.  
- X's start with a ball each. First player X starts to attack opposite goal. O challenges X and both now play 1v1 on the same goal.  
- after all X's have started, O's start with ball and attack goal.
8. Heel stretch (hold 20 sec. each side, 3 reps/side).



## Technical Skill: 3v2 with Shot on Goal (20 min.)



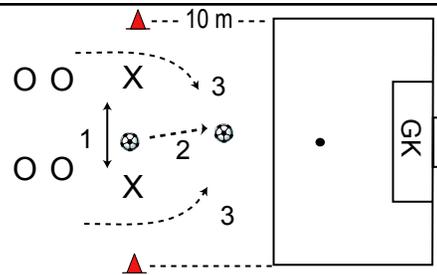
Server (S) plays ball to one of the attackers (A) outside the penalty area. Attackers play 3v2 and try to combine to get a shot on goal and score. If defenders win the ball, they must play it back out to server.

Set up two groups or more depending on number of players.

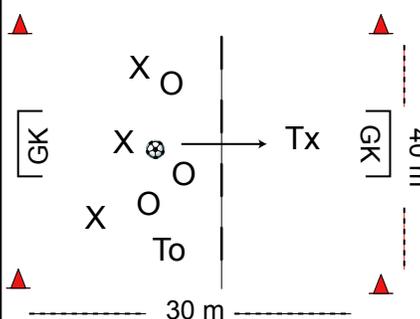
Play 5 minute games and rotate defenders and attackers.

## Fitness Drill: Pass and Sprint (15 min.)

1. X's pass the ball back and forth to each other.
2. At random, one X passes ball slightly forward.
3. The pass is the command for the two O's to sprint around X's to win the ball and play 1v1 on goal.



## Tactical Drill: 3v3 with Target Player (20 min.)

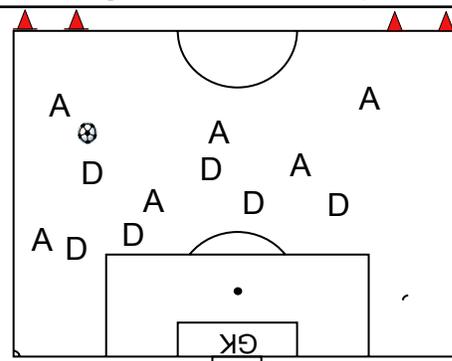


3 X v 3 O each team with target player To and Tx.

To and Tx stay in attacking half.

1 point for goal, 2 pts for goal after give & go with target player.

## Scrimmage: 6v6 - 1/2 field (30 min.)



Attackers (A) play on goal.

Defenders counter through small goals.

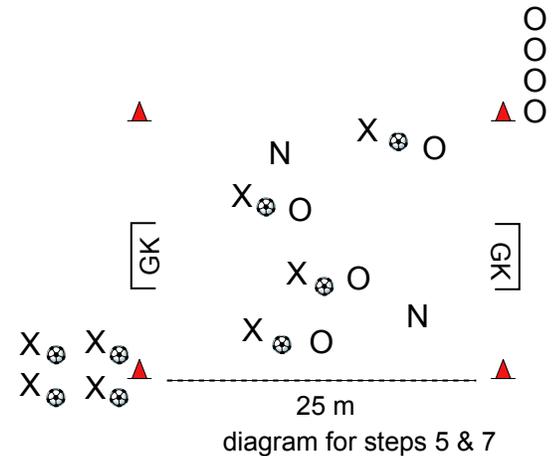
10 min. games - rotate players.

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills



## Warm - Up # 1: Passing, Headers, 1v1

1. Set up 10-15 (2 m) wide goals. In partners, freely move around passing ball through all goals.
2. Runner's stretch (hold 20 sec. each side, 3 reps/side)
3. Groups of three players form triangles standing 5 m apart from each other.  
Player 1 throws to player player 2, who heads to player 3.  
Player 3 throws to P1 who heads to P2, etc.
4. Quad stretch (hold 20 sec. each side, 3 reps/side).
5. 4 pairs play 1v1 in a 25m x 25m grid with two full size goals and goalkeepers.  
Two neutral players in the grid can be used by any other pair.  
Shots on goal must follow a give & go with one of the neutral players.
6. Hamstring stretch (hold 20 sec. each side, 3 reps/side).
7. Same set up as in step # 5.  
Four players are on diagonally opposite sides of the goals.  
- X's start with a ball each. First player X starts to attack opposite goal. O challenges X and both now play 1v1 on the same goal.  
- after all X's have started, O's start with ball and attack goal.
8. Heel stretch (hold 20 sec. each side, 3 reps/side).



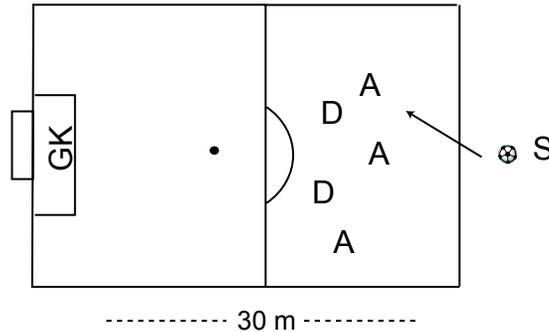
### Coaching Points/Progression

- Step 1: Challenge players to lead partners through goal with a pass. The more skilled your team, the smaller the area should be. Players need to stay aware of other's to avoid collisions.
- Step 3: As players get the routine of the drill, challenge them to throw the ball higher for jumping headers. Emphasize technique of arching backwards and hitting ball square for power.
- Step 5: Neutral players could be your playmakers/midfielders. They need to vocally ask for the ball so they "can make the play" and set up the shot on goal.  
Instead of having two more groups waiting, you can set up a second grid. Use cones to make the goals and rotate players through the goalie position.
- Step 7: Players starting need to enter the field with a fast "power dribble". Again, set up more than one grid. Consider playing 2v2 or 3v3.

### Coach's Notes



## Technical Skill # 1: 3v2 with Shot on Goal



Server (S) plays ball to one of the attackers (A) outside the penalty area.

Attackers play 3v2 and try to combine to get a shot on goal and score.  
If defenders win the ball, they must play it back out to server.

Set up two groups or more depending on number of players.

Play 5 minute games and rotate defenders and attackers.

### Coaching Points/Progression

Attackers must move into spaces to get open to receive the pass from the server. Once the pass is played, attacker must attack (sprint to) ball to lose the defender. The first touch by the attacker should ideally be away from the pressuring defender to allow the attacker to turn and face the goal.

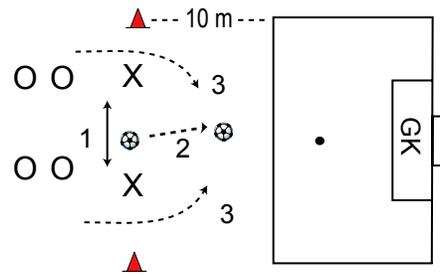
The pass from the server must come quickly - players shouldn't move for a long time to set up a pass - play it like in a game - little time for decisions and actions. Ask players to communicate. The 3v2 should be as much one-touch passing to set up a quick shot. With the extra attacker there is always a player open and therefore 1v1 dribbles are not necessary.

Defenders must coordinate such that one challenges the attacker with the ball while the second defender provides cover and is positioned at angles allowing the interception of the pass (closing passing lanes).

### Coach's Notes



## Fitness Drill # 1: Pass and Sprint



1. X's pass the ball back and forth to each other.
2. At random, one X passes ball slightly forward.
3. The pass is the command for the two O's to sprint around X's to win the ball and play 1v1 on goal.

### Coaching Points/Progression

Distance between X's should be approximately 5 m.

O's must be in ready position, ideally slightly bouncing on the balls of their toes.

The pass forward is about 7-8 m ahead and central between the X's, giving each O an equal chance of winning the ball. As soon as one O gets control of the ball, the other O defends. Game stops after a shot on goal or 15 seconds if O's are deadlocked.

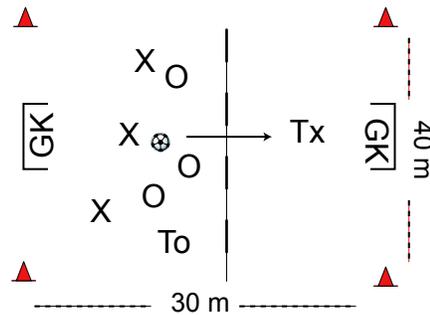
To challenge O's after a while, the pass from X can be towards the side favouring one O and forcing the second O to sprint goalside of the ball to defend.

Set up several drills and rotate X's and O's every two minutes.

### Coach's Notes



## Tactical Drill # 1: 3v3 with Target Player



3 X v 3 O each team with target player To and Tx.

To and Tx stay in attacking half.

1 point for goal, 2 pts for goal after give & go with target player.

### Coaching Points/Progression

Target players must be differentiated from the rest of the team. The target player's role is to receive the ball from players in the defending half (break out pass) and to pass it back to a team mate. the target player is not allowed to score.

The defending team gets possession by winning the ball or after an attempt on net. After an attempt on goal the goalkeeper plays it out - the keeper may play it directly to the target player in the attacking half to speed up the transition.

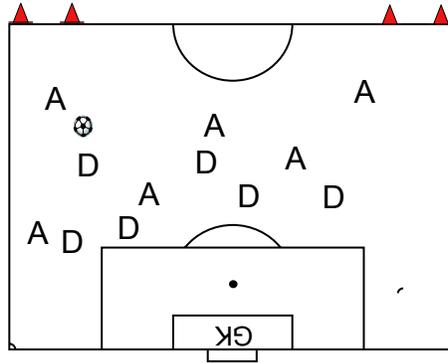
The team that was attacking must get back to defending at top speed after loss of possession.

To add a challenge to the drill, allow teams to change target player "on the fly". A good strategy would be to leave the attacker that was closest to the opposing goal back as the new target.

### Coach's Notes



## Scrimmage # 1: 6v6 - 1/2 Field



Attackers (A) play on goal.

Defenders counter through small goals.

10 min. games - rotate players.

### Coaching Points/Progression

The key point is to train the defense on playing the ball out wide after gaining possession. At the same time, this forces the attacking team to be aware and cover the entire width of the field after they lose possession.

You can adjust the number of players on each team and their positions based on:

- your system of play
- the issues you need to work on based on past game performance
- players you want to test in different positions.

A progression to this drill would be to allow the defenders to play the ball out to the center circle as well as through the wide goals.

### Coach's Notes