


Key:

Running without the ball 

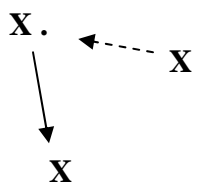
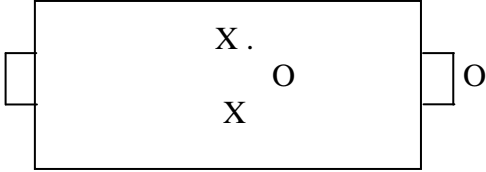
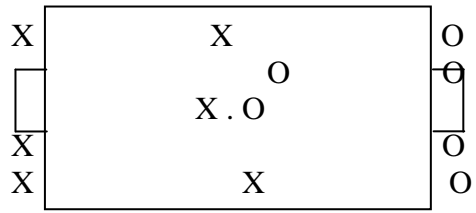
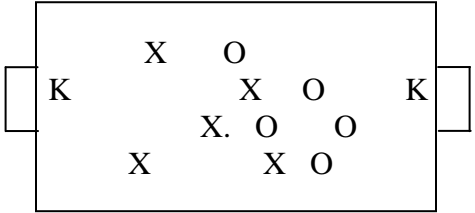
Running with the ball 

Pass 

TOPIC: The 2nd Attacker (U10 and older)

By Andy Coutts

MYSA Director of Technical Education

<p><u>FUNDAMENTAL WARMUP</u></p> 	<p><u>ORGANIZATION</u></p> <p>3v0/2v1 warm-up</p> <ul style="list-style-type: none"> • Groups of 3 w/ 1 ball • Pass and move within group • On Coach signal play 2v1 keep away; then back to 3v0 passing 	<p><u>KEY GUIDING QUESTIONS</u></p> <ul style="list-style-type: none"> • Where can you go to help your teammate? • Why is it important to move after you pass?
<p><u>MATCH RELATED ACTIVITY</u></p> 	<p>2v1 to small goals</p> <ul style="list-style-type: none"> • Teams of 2, 20x12 area • Defending team drops one player behind small goal to collect ball and counter • Option: 2v2 to small goals or targets • Option: Dribble to line to score 	<ul style="list-style-type: none"> • Are you staying “in the sunlight” for your teammate with ball (not “in the shadow” of defender) • Should you move after you pass? • Why decide to pass or dribble?
<p><u>MATCH RELATED ACTIVITY</u></p>  <p>C....</p>	<p>Numbers Up, Numbers Down</p> <ul style="list-style-type: none"> • 30x20 to small or big goals w/GK's; 2 teams on own endline to start • Coach calls numbers of Xs and Os to play and plays ball in • Scoring: Numbers up = 1 pt. Numbers even = 2 pts. Numbers down = 3 pts. 	<ul style="list-style-type: none"> • Where is there space to attack? • Where can you go to help teammate with ball? (support ahead or behind based on pressure) • Why decide to pass or dribble? • How does being numbers up or down change your strategy?
<p><u>MATCH CONDITION GAME</u></p> 	<p>6v6 to big goals, ~45x30</p>	<ul style="list-style-type: none"> • Can you identify space and numbers to attack? • Are we providing options to teammate with ball? • Can we create and finish chances?