

Arizona Youth Soccer Association

Technical WARM UP	ORGANIZATION	KEY COACHING POINTS
Short combinations in colored pennies Add different numbers to defend	3 groups of 4 Red, green, yellow pennies 1 & 2 balls per group	First touch Body position Vision Speed of the pass
SMALL SIDED ACTIVITY	• Two groups of 4 trying to keep possession against one group of 4 trying to win the ball back. - If the group wins the ball back they become part of the group keeping possession. The group that loses the ball transition to defending.	The group of 4 is trying to get pressure on the ball and win the ball. The defending team is also trying to keep from letting the attacking play penetrating passes.
4v4v4 Possession		
EXPANDED SMALL SIDED ACTIVITY	• One team going to full size goal. Defending team tries to win the ball and attacks two counter attack goals. • If the defending team scores they start attacking the full size goal. • ½ field set up.	When a team loses the ball they are trying to put pressure on the ball right away. Also for the defending team to get good cover and balance so they can prevent the attacking team from going forward.
5v5 with counter attack goals		
MATCH	Using full size goals	Same as above.
6v6 or 7v7 unlimited touch		
COOL DOWN	Pairs passing and stretching	