

Junior ODP Program

Session #1; Fast Break Attack

Warm-up

Intersperse Individual skills with stretching.

Simple shoulder fake, step over, cuts (inside/outside), ball from air to ground (inside/outside)

Play fun #'s game to split them into 4 teams

Play half in square with ball, half spread around outside to play wall passes with. Players in middle, decide who to go to drive towards them and play wall pass. On receiving the ball player has to do trick or skill to change direction and continue. Play for 1 minute then switch.

Build to passing ball and then overlapping round the outside.

Build again to use 3rd player, so player on outside receiving ball has to pass ball to next player on either side who then plays ball to person who has overlapped. Introduce communication and awareness.

In area 30x40 yards play 6v6 or 7v7, place 6 random goals and play game. 3 points if player can dribble through a goal (fast break attack), 1 point if team passes through goal. Introduce switching ball away from pressure, reiterate quick feet and change of direction (skills from warm-up).

Play 2 fields of 2v2 flying changes (20x20 yards) to 2 small goals either side (to encourage attack, change of direction and more scoring opportunities). Introduce thinking about where play should begin after a shot, where to run to spread the defence, can introduce wall pass and overlap too (recognizing visual cues!) Coach players in game.

Can build to 3v3 if successful.

Go to 2v2 to large goal. Play width of 6 yard area and 40 yards long. Have 4 starting positions (2 attack, 2 defence). Attacking player starts in one corner 40 yards out from goal with ball. One defending player starts on the edge of the penalty area while the second attacker starts from the edge of the penalty area on the opposite side from the ball. The second defender starts by chasing from 40-45 yards out on the opposite side of the grid from the ball. Have one of the waiting defenders (3rd person in line) be linesman!

The player with the ball has 2 options to start, fast break with ball down their side to draw the defender and open up their teammate or to pass the ball quickly to the checking deep attacker and then run themselves to a good support position. Encourage quick attack to take advantage of the 2v1 or the chasing defender catches up to make 2v2.

If defenders steal the ball have them attack to cross the line at the far end of grid (or give them 2 small goals). Keep score!

Make sure you rotate teams to have the chance to work both sides of the ball.

Finish with 4v4 Street soccer tournament with 4-5 short games. Switch teams each game.

Or finish with even sided scrimmage. Coach in the game and get players to recognize 1v1, 2v1, 2v2 situations. Encourage fast break attack to create opportunities.