

SYSA Tryout Exercises: U12 and Up

8 v 5: build-up play from back to front. 8 attacking players vs. 5 defending. (I have used a 4-3-3 based example below but a 4-4-2 could be used as well.) Two wide backs, three midfield and three forwards (1CF and 2 Wingers) receive the ball from the coach every time. Attacking 8 are trying to score and defensive 5 get a goal every time they can chip into the coach's hands. Field length: half field for younger ages, 70 yards for older. Coaches: try to play the ball out to your fullback or defensive midfielder every time for realistic game play. Themes: penetration, using the flanks, finding space, transition from defense to offense.

