

U11-U14 Coaches Clinic- Decisions with the Ball

Date : 14/Sep/2014

Duration : N/A

Session

Decision making with ball-shoot/pass/

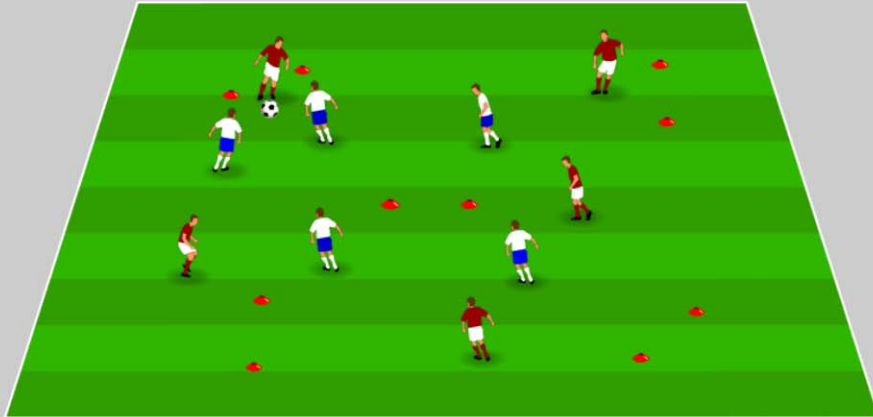
Time : N/A

Age/Level : U11 - U14

Objective:

dribble/change direction

Black Jack - 21



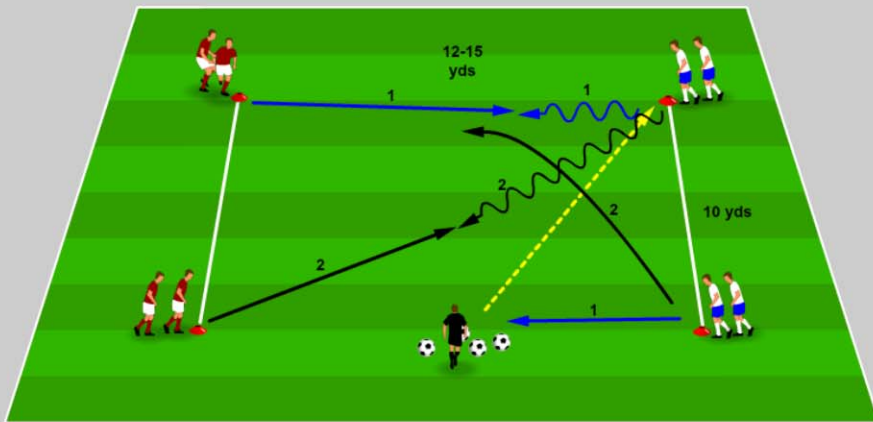
Description :

Two equal size teams
Possibly add a neutral player
Each team scores by either dribbling through or passing through any of the 5 cone goals\
A team may maintain possession when they score if they ball stays in the field of play
First team to 21 wins

Coaching Points :

Aggressive attacking mentality - attack any open goal to score whenever possible
Ball gets to goal faster with the pass than it does on the dribble
Head always up and peaking to decide which goal is least defended - best to score on
Attacking/quick combination play to score when numbers up at a goal
Changing direction to attack a new goal when the defense collapses

2v1 to Lines



Description :

*Players equally split between 4 corners of 10 x 12-15 yd grid
*Coach plays ball into one player and that team attacks 2v1
*Score by dribbling ball across opposite endline under control
*If defender wins the ball they can counter-attack to score at opposite endline
Variations: 1) defender comes from corner directly across from player receiving the ball
2) defender comes from corner diagonally across from player receiving the ball

Coaching Points :

*Positive decision making on the ball - drive at defender on the dribble with speed and threaten to score - make the defender commit
*2nd attacker moves based on decision of player on the ball - player on ball dribbles in and they go around to overlap, player on the ball dribbles out and they fade away from them to get forward *weight and accuracy of passes *overall speed of play

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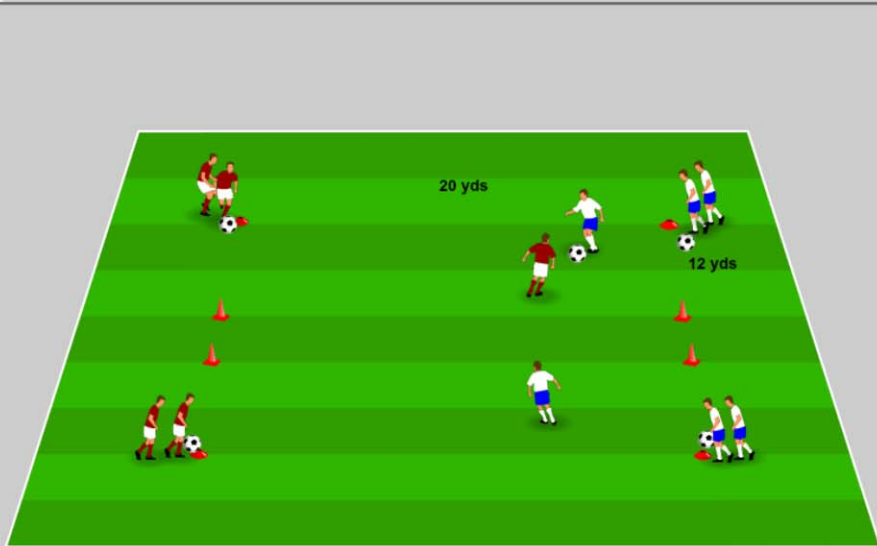
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Numbers Up Flying Changes to Small Goals



Description :

*Players equally split between 4 corners of 12 x 20 yd grid
Game starts with 2 attackers from 1 team and 1 defender from the other on the field
When ball leaves field or scores - 2 new attackers fly on with ball to replace defender - only the player who scored or kicked ball off the field remains to defend
Variations: 1) start as 2v2 with only the player who shoots/plays off the field remaining as defender - then start game again from opposite side 2) same as #1 but add 3rd attacker

Coaching Points :

*Drive at defender on dribble to create 2v1 - don't allow defender to separate you from teammate and make it a 1v1 - does defender deny dribble penetration or pass?
*Attacking player off the ball takes advantage of the space - fade from defender or overlap
*When you get behind defender - drive to goal on dribble and cut off their recovery run
*Emphasize goal scoring mentality and rapid transition

Four Goal Game - Numbers Up



Description :

Two equal sized teams that each score on and defend two cone goals
Team losing possession must have one (or two) players leave the field at that moment
Attacking team has a numerical advantage going to goal

Coaching Points :

Aggressive attacking mentality - find and attack open goals as quickly as possible
Head on a swivel and pecking to find defenders and open goals at all times
Decision making with the ball - better to attack goal with shot, dribble or pass, when to change direction and attack a new goal
Play off the ball - creating numbers up near open goals, opening up game to attack other area