

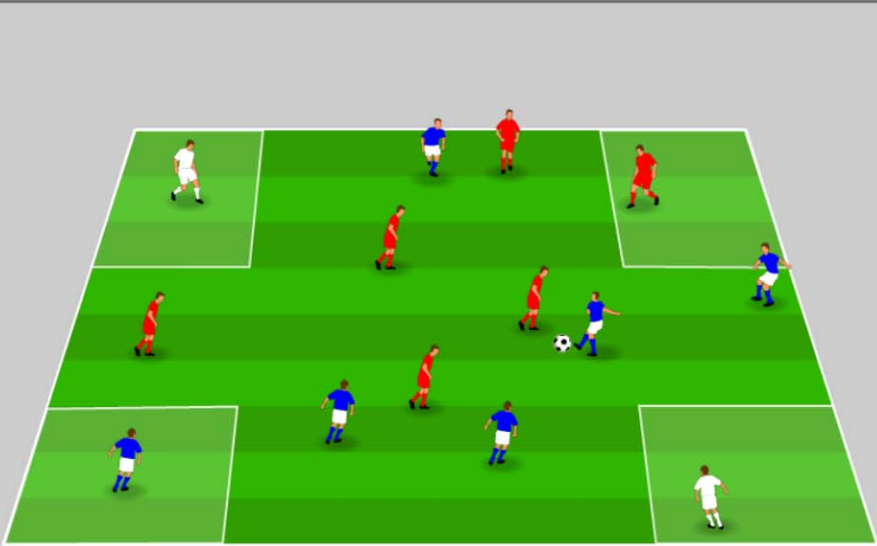
U11-U14 Weekly Session Plan - 09-24-14

Date : 24/Sep/2014
Time : N/A

Duration : N/A
Age/Level : U11 - U14

Session Objective: Passing/Receiving, When to Face Up and Play the Way You Face

4 Box Activity - Support & Spacing



Description :

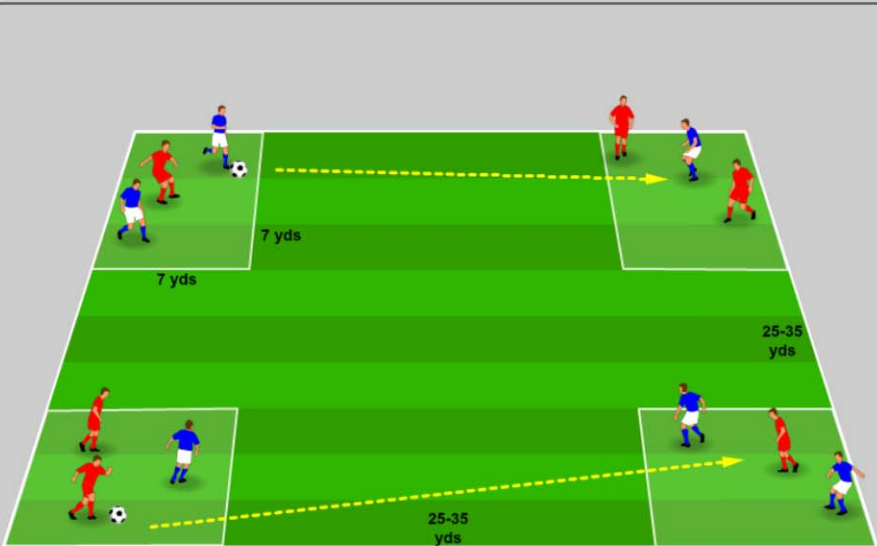
A team must get the ball into one of the 4 boxes and then into another to score a point.

- 1) 2 equal sized teams with 4 players restricted to boxes - they play with both teams - if you play a player that is the same color as you change roles
- 2) 2 equal sized teams with 2 neutral players - players may move anywhere they like in the field

Coaching Points :

- Providing support and moving ball from one area of the field to another in attack based on D
- *Open body shape-receive ball across body-peeking to find open goal, defenders, teammates
- *Zip/ping passes to teammates smoothly on the ground and to the proper foot
- *Distance and angle of support - closer when more pressure
- *Spacing and connection of players without ball to player with ball

4 Box Activity - Passing, Receiving, Combination Play



Description :

- *Divide the players into two teams and one ball per team
- *Begin with 1 or 2 players from each team in each of the four 7x7 yard squares
- *Each team passes ball from square to square around field - 1 team clockwise and the other counter-clockwise.
- *Follow your pass and try to play in 2 touches.
- *Introduce combination play variations: 1) receive in square, set/lay-off to passer who passes on to next square, 2) receive ball outside of square and then 1-2 with teammate before passing on, 3) come outside square, dummy to teammate inside and overlap

Coaching Points :

- *Open body shape and peeking to see where ball is coming from, players in way and where you are playing next - receive across your body with close control
- *Movement to places where you can receive and make the next pass
- *Zip/ping passes into teammates with pace smoothly on the ground and to the proper foot

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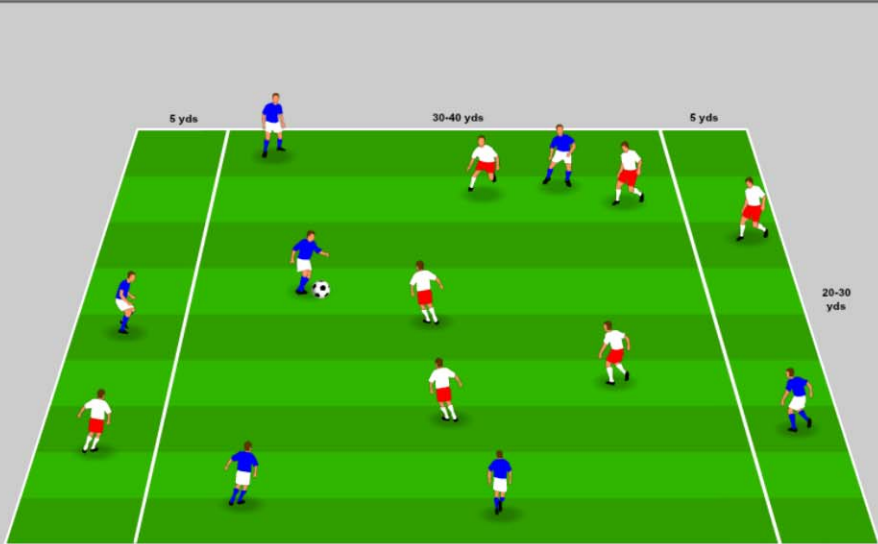
Session

Passing/Receiving, When to Face Up

Objective:

and Play the Way You Face

Target in End Zone Game with Transition - Facing Up or Playing the Way You Face



Description :

Two equal size teams in field of play
One player from each team initially restricted to each end zone

When a team in center wins ball - they score by playing into the target in one end zone and then into the other end zone without losing possession

When ball is played into a target they immediately transition into game with ball and are replaced by the passer

Coaching Points :

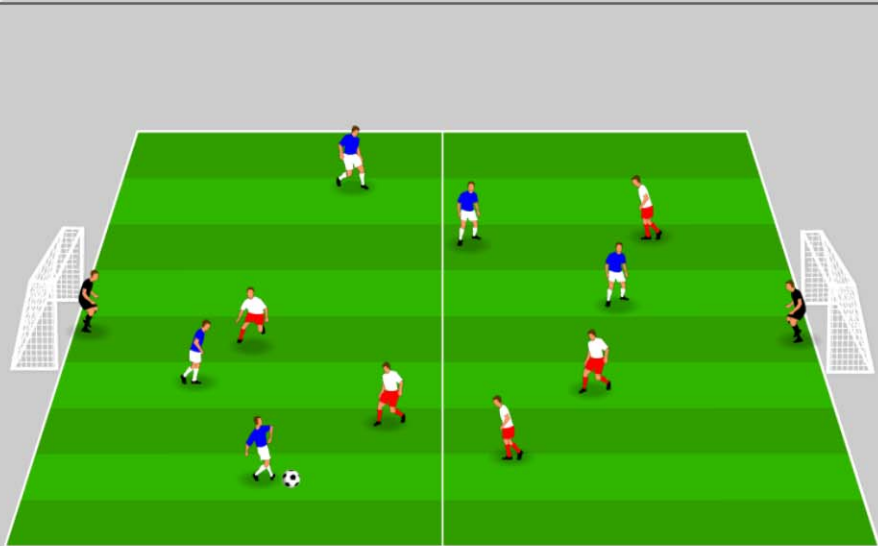
*Open body shape and peeking to see the player with the ball and the target you want to play

*Receive across body and face up whenever defender isn't tight *be patient and keep ball

*If defender is tight either a) spin to get by them on 1st touch or b) play the way you face in 1 or at most 2 touches *when faced up play into target early whenever possible

*Quality passing technique: zip/ping passes in with pace, smooth on ground and to proper foot

Final Game to Full-Size Goals



Description :

Two even sized teams plus goalkeepers to 2 full-size goals

All regular soccer rules apply - offsides, throw-ins, corner kicks, goal kicks, etc.

Can manipulate size/shape of field or score of the game to better bring out topic

Coaching Points :

All coaching points/ideas introduced in training session