



## U13-U14 Ball Control (1) - J. Sells

**Category:** Technical: Passing & Receiving

**Difficulty:** Moderate

Am-Club: New Mexico Rapids Soccer Club  
Technical / Coaching Directors, Albuquerque, United States  
of America

### Fitness Ladders (10 mins)

#### DESCRIPTION/ORGANIZATION:

Players increase fitness intervals 60,70,80,90,100% on the way out to each level of cones. Players always jog back to start (recovery). Fitness and activation activity.



### Receiving and Passing Plus Sign (25 mins)

#### Organization:

A. Player 1 passes the ball to player 2.- Player 2 positions himself "to the left" to receive the ball.- Player 1 kicks the ball with the inside of the right foot.- Player 2 is open to receive the ball with the inside of the right foot. B Player 2 passes to player 3.- Player 3 positions himself "forward" to receive the ball.- Player 2 kicks the ball with the inside of the right foot.- Player 3 stands open to receive the ball with the inside of the right foot. C. Player 3 dribbles the ball to player 8.- Player 3 goes to the back of player 8. D. Player 4 begins the drill again. E. Players 5, 6, 7 and 8- The same as described under A. B. C. and D., etc. Attention! The same in the other triangle for the players 5 to 8. Variation in execution:- The same, but in reverse, with the other foot.- Receive with the left foot and kick with the right, or receive with the right foot and kick with the left

#### CP's:

- Movement of players on cones and stick (position 2 & 6).
- Timing
- Technical quality (pass weight, 1st touch, technical speed of activity)
- Communication



## 5v5 + 4 Possession (20 mins)

### DESCRIPTION/ORGANIZATION:

35 (W) x 40 (L) yard area

5v5 + N to start match w/ 2 Targets

5v5 + keep possession by a combination of passes or an individual actions, followed by scoring by passing and switching out with one of their two target players (directional). After taking possession the defenders may then score by scoring by passing and switching out with one of their two target players.

Attention! If the ball goes off the field the other team starts the game. Target players may move freely on their respective endline. Points are awarded by each switch out.

**\*\*Make games competitive.**

### Coaching Points:

- Technical quality
- Decision making
- Team Shape (offensive (spacing and width) and defensive (transitional shape and denying penetration))
- Speed of play
- Good in transition



## Three Ball Possession w/ Targets (30 mins)

### Set-up:

2 Teams play 4v4 - 8v8 possession game w/ endline targets

Possession game focusing on tempo, quick thinking, and technical speed of play. Two teams try and use central ball to find open target player on either end-line. Target player with ball then plays in team that played their other end-line target partner.

### Coaching Points:

- Technical quality (passing, shooting and dribbling)
- Team shape and structure both offensively and defensively.
- Communication
- Speed of play

