



U13-U14 Passing Finishing (1) - J. Sells

Category: Technical: Attacking skills

Difficulty: Difficult

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

Activation: Agility Ladder (15 mins)

DESCRIPTION/ORGANIZATION: Agility Ladder

COACHING POINTS:

This is a drill, in which the footwork forms are taught in the speed ladder. The drill builds up from coarse motor skills to fine motor skills.

Core Patterns: 1 Foot in Each Straight, 2 Feet in Each Straight, 2 Feet in - One out Zig Zag, 2 Feet in - 2 Feet out Zig Zag, etc...



Passing/Receiving in Y Shape (20 mins)

Y Passing Practice

Pass and follow, on 2-touch

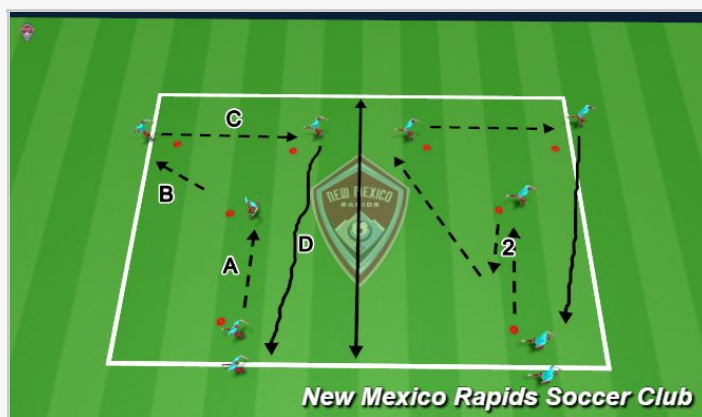
Body shape; Hips open

Progression 1

Opposite Direction

Progression 2

add some sets (double pass) to be done in one movement



Attacking Pattern Play in 5's (30 mins)

DESCRIPTION/ORGANIZATION:

The players are positioned by the various parts of the course A. Player 1 passes the ball to player 2, who checks and is positioned to receive. B. He then gives a one-touch ball to player 3, who is positioned to receive in wide area. C. Player 3 then passes the ball to player 5, who is positioned to receive. D. Player 5 then passes the ball back to player 2, who has run on. E. Player 2 gives a through pass to player 4. F. Player 4 receives/controls and dribbles the ball to endline and then crosses to players 5 at the first or second post. Player 5 finishes to goal.

COACHING POINTS:

Passing / Receiving quality

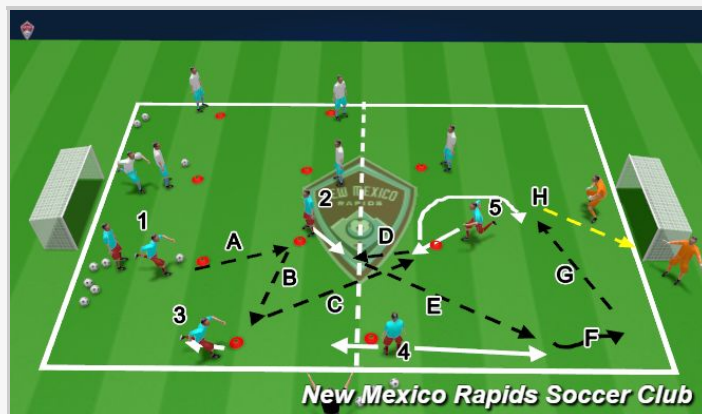
1st Touch

Speed of play / decision making / timing and movement

Attacking shape / movements. Once pattern is completed on Blue side White start same pattern play on left side of field.

*Coach within the flow. Make competitive. Short 3-5 min. games. Side (color) with most goals wins.

Variation: Add different patterns of play (outside back overlap), 1 touch finish, Ariel finish only, etc...



Organization:

Seven attackers (4-1-2) keep possession against 7 defenders (2-4-1) by a combination of passes or an individual action, followed by scoring in the opposite goal. After taking possession the defenders may then follow by scoring in the opposite goal.

Attention! If the ball goes off the field the other team's GK starts the game.

Directions:

Play 18 yard box to 18 yard box with touchlines set at 18-yard box extended. Tighter space should create more vertical play and opportunities at goal.

