



U13-U14 Passing Finishing (2) - J. Sells

Category: Tactical: Attacking principles

Difficulty: Difficult

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

Partner Juggling (10 mins)

Set-up:

Players partner up with a ball and juggle ball back and forth w/ four touch max each time they are in possession of the ball. Every time the ball drops, players have to perform 2 push-ups.

Coaching Points:

- Technical quality (passing, 1st touch, etc...)
- Communication
- Speed of play



Attacking Pattern Play in 5's (25 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

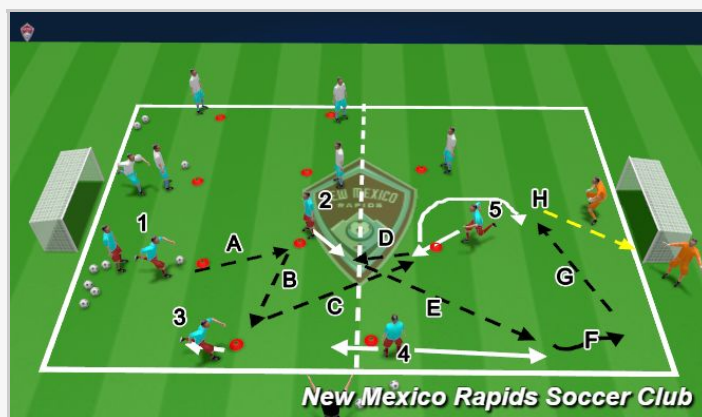
1st Touch

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...



Breaking into Final 3rd of Play (25 mins)

DESCRIPTION/ORGANIZATION:

Functional exercise for working on breaking into final third of play with holdup play and finishing to goal. Once midfield 4 attacker can get three passes vs. defensive midfielder 3 they can play entry ball into striker (entry ball cannot be intercepted by defender in final third). Once striker receives the ball two (blue) midfielders can join final third and one defensive midfielder (white) can join final third to assist in defending. Final third should feature a 3v2 to big goal. If defending 3 win possession in midfield third of play they try and score in counter goals working on transition

COACHING POINTS:

Coaching Points:

- Closing Space Down-Defensive communication
- Defensive balance / structure in midfield.
- Midfield possession w/ purpose to penetrate.
- Forward movement, timing and hold up play.
- Midfield 4 (or 5) counter press if possession is lost.

Variation: Play 5 v 4 in midfield third. And 4 v 3 in final third of play.



GK+4-2-1 vs. 2-4-1-1 to Goal & Counter Goals (30 mins)

DESCRIPTION/ORGANIZATION:

8 attackers/mid fielders (2-4-1-1) create chances by team-play. The 7 defenders/mid fielders + keeper (GK-4-2-1) can then score by passing the ball through one of the small goals. The attackers can then score in the large goal. This drill always starts with the attackers.

Midfielders/attackers by attacking coaching:

- Bringing the mid fielder into play.
- Keeping the two outside players as wide and deep as possible. (7+11)
- creating a 2 to 1 situation or overloads in various thirds.

Midfielders/attackers by loss of possession coaching:

- tightening position where necessary.
- Coaching each other when defending (the last player should take the initiative)
- Putting direct pressure on the ball

