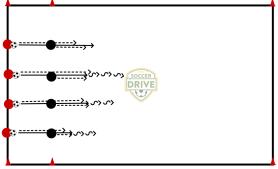
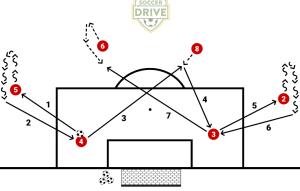
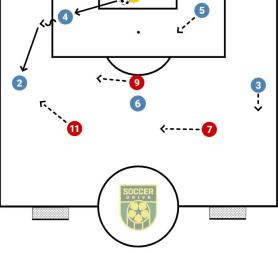
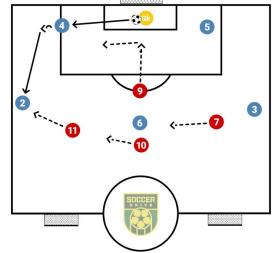
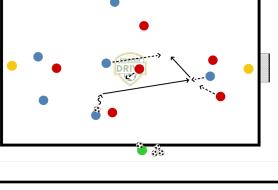


U13 & U14 TRAINING SESSION 1

CYCLE 1 WEEK 1	PHASE: Attacking	TOPIC / FOCUS POINTS: <ul style="list-style-type: none">• Receiving into space.• Passing deep• Build up own half• Build up pattern: W-passing 1.	EQUIPMENT: Various sizes of soccer balls, large and small cones, pinnies (two colors), 4 small goals, 2 larger goals.	AREA: 60y x 50y	TIME: 90 min.
AGE: U13/U14	PRINCIPLE: Possession play in the build up				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
Nutmeg and Chase Area: 20y x 15y Organization: The players are in pairs with one ball. The passer starts on the end line, With the other player (the runner) three yards away, facing him. The passer plays the ball through the legs of the runner and the chase begins. The runner tries to reach the endline before being tagged. Players switch roles after each turn. Switch partners periodically.		<ul style="list-style-type: none"> • Passing technique • Dribbling technique • Enthusiasm
ACTIVITY 2 - Link To Activity W-Passing - Build Up Pattern Area: 50y x 40y Organization: Set up four defenders and two midfielders in a 4-2 shape. To start, the ball goes from right central defender (RCD) to the right back. The RB dribbles forward, makes an outside turn and passes the ball back to the RCD. The RCD opens up and passes the ball to the left central midfielder who is coming back. The RCM moves high when RCD receives the ball. LCM passes to the LCD, who passes the ball to the left back. The LB dribbles forward, makes an outside turn and passes the ball back to the LCD, followed by a pass to the RCM, and so forth. Players switch positions every couple of minutes. Variation: Add a second ball. Players follow their pass.		<ul style="list-style-type: none"> • Passing technique - pass with the correct speed to the correct foot • Receiving technique - receive the ball with the furthest foot, open up • Push the ball into the direction where you want the next pass to go • Movement according to the position of the ball
ACTIVITY 3 - Link to Activity 6v3 Build Up Game Area: 50y x 40y Organization: The teams play 6v3 on a wide field, with two small goals and one large goal. The attacking team plays with a GK, four defenders, and one midfielder, and scores on the small goals. The defenders play in a 2-1 wide triangle shape and score on the large goal. Play always starts with a goal kick from the GK. From there, the attacking team builds up and tries to score on the small goals. When the ball goes over the sideline, the attackers must throw the ball in. The defenders can also dribble or pass the ball back onto the field. Switch roles after several minutes. Game: Keep track of the score.		<ul style="list-style-type: none"> • Passing technique - pass with the correct speed to the correct foot • Receiving technique - receive the ball with the furthest foot, open up • Push the ball into the direction where you want the next pass to go • Movement according to the position of the ball • Keep possession and value the ball
ACTIVITY 4 - Link to Activity 6v4, Build Up Game Area: 50y x 40y Organization: The teams play 6v4, with the attacking team scoring in the two small goals on the halfway line. When the defenders win the ball, they attack the large goal with the GK. The attacking team plays with a goalkeeper, four defenders, and a central midfielder. The defenders play in a diamond formation. Play begins with a goal kick from the GK. From there, the attacking team builds up and tries to create scoring chances. Attackers re-start with a throw in, but the defenders can dribble or pass the ball back in. Switch roles after several minutes. Game: Create two teams, switch roles after five minutes. Keep track of the score.		<ul style="list-style-type: none"> • Passing technique - pass with the correct speed to the correct foot • Receiving technique - receive the ball with the furthest foot, open up • Push the ball into the direction where you want the next pass to go • Movement according to the position of the ball • Keep possession and value the ball
ACTIVITY 5 - Link to Activity 7v7, Large Goals Area: 60y x 40y Organization: Create two teams and play 7v7 (6 plus goalkeeper) with both teams in a 1-2-3-1 formation. Regular soccer rules. Game: Keep track of the score.		<ul style="list-style-type: none"> • Get into the correct build up shape when the goalkeeper has the ball • Build up from the goalkeeper - no punting • Value the ball • Look to play forward and deep