

U13 & U14 TRAINING SESSION 2

CYCLE 1 WEEK 2	PHASE: Attacking	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> ● Passing forward, deep ● Receiving in space ● Build up own half 	EQUIPMENT: Various sizes of soccer balls, large and small cones, pinnies (two colors), four small goals, two larger goals.	AREA: 60y x 50y	TIME: 90 min.
AGE: U13/U14	PRINCIPLE: Playing the ball deep to create scoring chances.				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
Passing Warm Up #3 Area: 20y x 15y Organization: Start with two players on each side of the narrow field. The players use a short-short-long combination to change the ball over to the other side. After each long ball, the two players switch places so that they can alternate striking the long pass. Passes can be made on the ground or through the air. Game: How many one touch passes can the players make back and forth without making a mistake? Compare the scores with the other fields.		<ul style="list-style-type: none"> ● Passing technique, short and long - inside foot and laces ● Receiving technique ● Opening up
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
3v2, Deep Ball Area: 25y x 20y Organization: Place two small goals on each end line of a narrow field. One attacker starts high up the field with a defender in back. The other two attackers start down low on the opposite end line, and the other defender starts in the center. The 3v2 begins with a pass from the coach to one of the low attackers. When the ball goes out of bounds, the attackers must pass the ball back in. The defenders can dribble the ball back in. Game: Keep track of score.		<ul style="list-style-type: none"> ● Passing forward ● Passing technique ● Receiving in space ● Receiving technique ● Movement to get open, to keep ball possession and to be able to play the ball forward
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
3v3 With Bouncers Area: 30y x 20y Organization: The teams play 4v4 with small goals in each corner. Each team stations a player between the two goals to be the bouncer for the team. When players score directly from a pass from their bouncer, the goal counts double. Rotate bouncers every couple minutes. When the ball goes out of bounds, pass the ball back in. Game: Keep track of the score.		<ul style="list-style-type: none"> ● Passing forward ● Receiving in space ● Movement to get open, to keep ball possession and to be able to play the ball forward
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
5v5 (4+GK) With Bouncers Area: 40y x 25y Organization: The teams play 4v4 with GKs, with neutral players next to both goals, acting as bouncers for the attackers to use. Rotate teams after several minutes. When the ball goes over the sideline, pass it back in. After a goal is scored, rotate bouncers in. Goals count double when they are scored directly from a pass from a bouncer. Game: Keep track of score between the two teams.		<ul style="list-style-type: none"> ● Passing forward ● Make the field large when your team is in possession ● Make the field small when the opponent is in possession
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
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