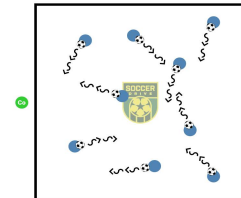
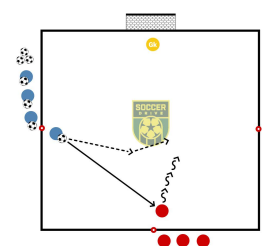
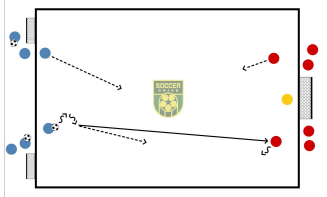
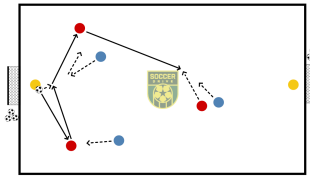
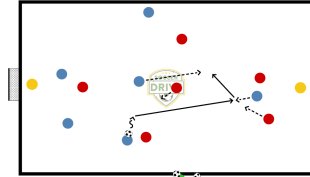


U13 & U14 TRAINING SESSION 9

CYCLE 2 WEEK 3	PHASE: TRANSITION ATT > DEF	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> ● Block shot. ● Protect your own goal. 	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: Reaction				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
Ball Mastery Area: 15y x 15y Organization: Players dribble around the grid. The coach stands outside the grid and calls out a 1v1 move, fast footwork skill, or turning move. The players perform this skill and then resume dribbling, always moving faster than walking speed. As an active rest moment, have the players juggle the ball. Variation: Instead of the coach, a player calls out the fast footwork skill, 1v1 or turning move. Add other commands, such as Take Over, Speed Dribble, etc. Be creative.		<ul style="list-style-type: none"> ● Ball Mastery ● Dribbling technique ● Turning technique ● 1v1 move ● Juggling skills
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
1v1, Block Shots Area: 15y x 15y Organization: Set up a small field with a large goal on one endline. The defender passes the ball from the halfway line to start the 1v1. The attacker tries to score on the large goal. After winning the ball, the defender can score by dribbling over the endline. Switch positions after each turn. Variation: Use a GK and rotate positions. Game: Keep individual or team scores.		<ul style="list-style-type: none"> ● Block shots ● Protect your own goal ● After winning the ball, quickly score with a dribble over the endline
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
2v2 With Counter Attacking Area: 20y x 15y Organization: Two attackers start at the goal posts, and the two defenders start between the small goals. A defender begins the 2v2 by dribbling onto the field and making a 1v1 move before passing the ball across to one of the two attackers. Re-start play by dribbling or passing the ball back onto the field. The attacking team can use the goalkeeper to create a 3v2, but GKs cannot score. The turn is over when a goal is scored, or a shot goes wide. After the turn, the players switch sides. Game: Keep track of the goals scored. Which pair scores the most goals?		<ul style="list-style-type: none"> ● Block shots ● Protect your own goal ● Quick reaction after transition moments
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
4v4 (3+GK) Area: 30y x 20y Organization: Play a 4v4 game, goalkeeper plus three field players. When the ball goes out of bounds, dribble or pass the ball back in. Substitute players or team when a goal is scored. Goal scoring team stays on. Game: Keep track of the score.		<ul style="list-style-type: none"> ● Block shots ● Protect your own goal ● Quick reaction after transition moments ● When the opponent is in possession, make the field small ● When your own team is in possession, make the field large
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"> ● Block shots ● Protect your own goal ● Quick reaction after transition moments ● When the opponent is in possession, make the field small ● When your own team is in possession, make the field large