

## U13 & U14 TRAINING SESSION 23

<b>CYCLE 4 WEEK 5</b>	<b>PHASE:</b> Defending	<b>TOPIC / FOCUS POINTS:</b> <ul style="list-style-type: none"> <li>Quick pressure on the ball</li> <li>Make the field small together</li> <li>Give each other back cover</li> <li>Block shots and crosses, tackling, sliding</li> </ul>	<b>EQUIPMENT:</b> Various sizes of soccer balls, large and small cones, pinnies (two colors), four small goals, two larger goals.	<b>AREA:</b> 60y x 50y	<b>TIME:</b> 90 min.
<b>AGE:</b> U13/U14	<b>PRINCIPLE:</b> Improve our ability to avoid goals against, including from crosses from the end line.				

<b>ACTIVITY 1 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<b>Pass, Dribble, Shoot, Goalkeeper 2</b> <b>Area:</b> 15y x 15y <b>Organization:</b> Set up two rows of cones about 12 yards from the goal. The activity starts with a pass from the endline to the shooter. The shooter then dribbles through the cones and finishes. After shooting, each player becomes the goalkeeper. You can also set up a short line of players to rotate into the goal. <b>Game:</b> Keep individual or team scores.		<ul style="list-style-type: none"> <li>Passing technique</li> <li>Receiving technique</li> <li>Dribbling technique</li> </ul>
<b>ACTIVITY 2 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<b>1v1, Large Goals</b> <b>Area:</b> 20y x 15y <b>Organization:</b> The defender dribbles onto the field and passes the ball across to the attacker to start the 1v1. If the defender wins the ball, they can score on the other goal. <b>Variations:</b> The defender makes a 1v1 move before passing the ball to the attacker. Score on small goals without goalkeepers. <b>Game:</b> Players keep track of the goals they score.		<ul style="list-style-type: none"> <li>Run to the attacker with the ball</li> <li>1v1 defending</li> <li>Blocking shots</li> <li>Sliding, tackling</li> <li>Protect your own goal</li> </ul>
<b>ACTIVITY 3 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<b>2v2, Large Goals</b> <b>Area:</b> 20y x 15y <b>Organization:</b> The teams start on opposite endlines with a line of players at each post. The defending team passes the ball across the field to the attackers to start the 2v2. After each turn, the players switch sides. <b>Game:</b> Keep track of the goals scored. Which pair scores the most goals?		<ul style="list-style-type: none"> <li>Quick pressure on the ball</li> <li>Make the field small</li> <li>Give each other back cover</li> <li>Blocking shots and crosses, tackling, sliding</li> </ul>
<b>ACTIVITY 4 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<b>3v2 to 3v3</b> <b>Area:</b> 25y x 15y <b>Organization:</b> The attacking team starts with two plus the GK in its own half versus two defenders. In the other half, three attackers play versus two defenders and a GK. Play starts in the defending half, with the attackers looking to pass to a teammate in the other half. When successful, the attackers can finish on goal. When the defenders win the ball, they can go into the other half and create a 4v2 +GK. When the ball goes out of bounds, pass or dribble the ball back in. <b>Game:</b> Play two games of five minutes, switch sides, and keep track of the score.		<ul style="list-style-type: none"> <li>Quick pressure on the ball</li> <li>Make the field small</li> <li>Give each other back cover</li> <li>Blocking shots and crosses, tackling, sliding</li> </ul>
<b>ACTIVITY 5 - <a href="#">Link to Activity</a></b>	<b>SET UP</b>	<b>FOCUS POINTS</b>
<b>5v5 Game</b> <b>Area:</b> 40y x 25y <b>Organization:</b> Two teams play 5v5 (4+GK), starting in 2-1-1 formation. When the ball goes out of bounds, restart with dribble or pass. <b>Game:</b> Keep track of the score.		<ul style="list-style-type: none"> <li>Quick pressure on the ball</li> <li>Make the field small</li> <li>Give each other back cover</li> <li>Blocking shots and crosses, tackling, sliding</li> </ul>