

U13 & U14 TRAINING SESSION 31

CYCLE 6 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 	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: Possession play in the build up				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
Horse and Jockey - Tag Game Area: 15y x 15y Organization: Play a tag game whereby players are safe from the tagger when they jump on the back of another player, like a horse and jockey. They can only stay on the back of the horse for five seconds. When a player is tagged, he/she becomes the new tagger. Players cannot jump on the same horse twice in a row and the tagger is not allowed to wait next to a horse and jockey. With a large group, make the field bigger and add a second tagger.		<ul style="list-style-type: none"> ● Enthusiasm, energy
ACTIVITY 2 - Link To Activity	SET UP	FOCUS POINTS
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"> ● Pass with the correct speed to the correct foot ● 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	SET UP	FOCUS POINTS
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"> ● Pass with the correct speed to the correct foot ● 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 ● Value the ball
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
7v5 Game Area: 50y x 40y Organization: The attacking team plays with a GK, four defenders and two midfielders, trying to build up and score on the small goals. The defenders play with three forwards and two midfielders, looking to win the ball and score on the large goal. The game always starts with a goal kick from the goalkeeper. When the ball goes over the sideline, both teams must throw the ball back in. Switch roles after several minutes. Game: Keep track of the score.		<ul style="list-style-type: none"> ● Pass with the correct speed to the correct foot ● 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 ● Value the ball
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. Build up from the goalkeeper. No punting. 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 ● Value the ball ● Look to play deep, forward