



# THE 11 v 11 GAME

## U<sub>14</sub> CURRICULUM



THE FPS APPROACH TO PLAYER DEVELOPMENT IS BASED ON A CONSISTENT AND POSITIVE APPROACH TO GETTING YOUNG PLAYERS TO REACH THEIR FULL POTENTIAL.

THERE ARE 4 AREAS THAT WILL BE ADDRESSED IN THIS DOCUMENT:

- THE FPS PHILOSOPHY
- THE FPS METHODOLOGY
- THE FPS STRUCTURE FOR THE AGE GROUP
- THE FPS CURRICULUM – U<sub>14</sub> PROGRAM SPECIFIC



## COACHING GUIDELINES

### FPS METHODOLOGY



**AIM:** TO ALLOW PLAYERS OF ALL AGES AND ABILITIES, TO DEVELOP TO THEIR FULL POTENTIAL, IN AN **ENJOYABLE, CHALLENGING** AND **POSITIVE** ENVIRONMENT.

#### OBJECTIVES:

**CREATE A CLEAR AND SIMPLE PATHWAY FOR PLAYER DEVELOPMENT.**

**ALWAYS KEEP THE PLAYER AT THE CENTER OF THE DEVELOPMENT PROCESS.**

ALLOW PLAYERS AS MUCH ACTIVE TIME WITH A BALL EACH, AS POSSIBLE.

**TEACH THE PRINCIPLES OF THE GAME.**

**TEACH "ROLES" NOT "POSITIONS".**

**MAINTAIN AND FURTHER A DEEP AND UNDERLYING PASSION FOR THE SPORT OF SOCCER AT ALL AGES.**

**ACKNOWLEDGE THAT PLAYERS WILL LEARN AND DEVELOP AT DIFFERENT SPEEDS.**

**TO KEEP A FRESH AND CURRENT OUTLOOK ON THE CHANGES IN YOUNG PLAYER DEVELOPMENT.**



## FPS PHILOSOPHY

### MISSION STATEMENT:

*“THE MISSION OF FLORIDA PREMIER SOCCER IS TO ENHANCE THE SOCCER EXPERIENCE OF PLAYERS AND COACHES IN FLORIDA. WE PROVIDE OUR PLAYERS THE OPPORTUNITY TO DEVELOP AS ATHLETES AND AS PEOPLE BY FOSTERING AN IDENTITY OF EXCELLENCE. WE STRIVE TO PRODUCE PLAYERS WHO CAN COMPETE AT THE HIGHEST LEVEL OF SOCCER THROUGHOUT THE WORLD.”*

## FPS METHODOLOGY

OUR APPROACH TO PLAYER DEVELOPMENT IS SIMPLE AND BASED ON 3 KEY ELEMENTS:

**ENJOYABLE** - IT IS A PROVEN EDUCATIONAL FACT THAT YOUNG PLAYERS IN ANY SPORT, OR FOR THAT MATTER IN THE CLASSROOM, WILL BE MORE LIKELY TO EXCEL AND REACH THEIR FULL POTENTIAL IF THEY ARE ENJOYING THEIR SUBJECT MATTER. MAKING SOCCER FUN AND AGE APPROPRIATE IS A KEY CONCEPT IN ANY SUCCESSFUL PLAYER DEVELOPMENT MODEL.

**CHALLENGING** - FOR A YOUNG PLAYER TO DEVELOP TO THEIR MAXIMUM POTENTIAL THEY MUST BE IN AN ENVIRONMENT THAT IS DIFFERENTIATED BASED ON THEIR ABILITY. THERE NEEDS TO BE A CAREFULLY LAID OUT PLAN THAT IS PROGRESSIVE AND ALLOWS A YOUNG PLAYER TO FACE NEW CHALLENGES AT EACH STAGE. YOUNG PLAYERS LEARN AT DIFFERENT RATES AND ALSO IN DIFFERENT WAYS AND THERE HAS TO BE AN OPPORTUNITY FOR ALL PLAYERS TO BE ALLOWED TO SUCCEED IN THEIR OWN TIME.

**POSITIVE** - IT IS VITAL THAT A YOUNG PLAYER RECEIVES THE NECESSARY SUPPORT STRUCTURE THROUGHOUT THEIR DEVELOPMENT. THERE MUST BE CLARITY IN THE EXPECTATIONS AT EACH STAGE IN THE PROCESS AND THERE CANNOT BE UNNECESSARY PRESSURE APPLIED AT TOO YOUNG AN AGE OR PLAYERS WILL BE LOST TO THE SPORT. PLAYERS SHOULD BE ENCOURAGED TO LEARN FROM THEIR MISTAKES AND NOT FEEL AS IF THEY WILL BE BERATED FOR TRYING TO EXPRESS THEMSELVES.

## THE FPS STRUCTURE

GETTING STARTED PHASE	K-2 <sup>ND</sup> GRADE
FUNDAMENTAL PHASE	3 <sup>RD</sup> – 6 <sup>TH</sup> GRADE
TRAINING TO TRAIN PHASE	7 <sup>TH</sup> – 9 <sup>TH</sup> GRADE
TRAINING TO COMPETE PHASE	10 <sup>TH</sup> – 12 <sup>TH</sup> GRADE
TRAINING TO WIN PHASE	18+



## FPS REC CURRICLUM

	U10	U12	U14
Curriculum Methodology	PRATICE TO DEVELOP THRU PRACTICE TO COMPETE		
COACHING STRUCTURE	3 V 2 TO 6 V 6	5 V 3 TO 8 V 8	7 V 5 TO 11 V 11
Coaching Emphasis	SUPPORTING DEFENDER/ATTACKER	COVERING DEFENDER/3 <sup>RD</sup> ATTACKER	TEAM/FUNCTIONAL PLAY
TECHNICAL DEVELOPMENT	INTRODUCTION TO LONG & DRIVEN PASSES, ALSO THE CHIP AND SWERVE PASSING, RECEIVING THE BALL IN THE AIR, TURNS & MOVES PROGRESSED, HEADING, SHOOTING (ACCURACY & POWER), PRESSURE & COVER, GK	PROGRESSION OF DIFFERENT TYPES OF PASSING UNDER PRESSURE, PROGRESSION OF CONTROLLING TECHNIQUES UNDER PRESSURE, TURNS & MOVES VARIOUS COMBINATIONS, ONE TWO TOUCH PASSING, CROSSING, DEFENDING SUPPORT & BALANCE	PROGRESSION OF HIGH COMFORT LEVEL ON THE BALL, PASSING IN PRESSURIZED AREAS OF THE FIELD, RECOVERING & MAINTAINING POSSESSION, DEFENDING AS A TEAM/UNIT
Tactical Awareness	PRINCIPLES OF PLAY, DEVELOPMENT OF ROLES & RESPONSIBILITIES WITHIN THE TEAM, DEVELOPING TEAM SHAPE & FORMATION, WHEN TO PRESSURE WHEN TO COVER, PROGRESSION OF ANGLES & DISTANCES OF SUPPORT, COMMUNICATION	INTERCHANGING OF POSITIONS TO CREATE SPACE, DEFENSIVE: BALANCE, ATTACK: WIDTH & DEPTH, COMBINATIONS IN DIFFERENT AREAS OF THE FIELD, SET PLAYS	DECISION MAKING WITH AND WITHOUT THE BALL, TRANSITION, DEFENDING THE COUNTER ATTACK, LOW PRESSURE & HIGH PRESSURE DEFENSE,
PHYSICAL REQUIREMENTS	STRENGTH DEVELOPED THROUGH HOPPING, SKIPPING AND OTHER BODY WEIGHT EXERCISES	MORE STRUCTURED AEROBIC TRAINING AND SHORT ANAEROBIC WORK	CONDITIONING FOR SOCCER
Psychological Needs	FOCUS ON PLAYER PERFORMANCE RATHER THAN RESULT, IDENTIFYING ROLES & RESPONSIBILITIES WITH THE TEAM	DEVELOPING PLAYER PERFORMANCE AND INDIVIDUAL TARGETS,	DEVELOPING WORK ETHIC WITH THE TEAM, PROBLEM SOLVING ON THE FIELD AND RESPONSIBILITY.
BALL MASTERY	1-2-3 STEP OVER, SLIDES & ROLL ACROSS	SLIDES REVERSED & DRIBBLE CUTS	SIDE ROLLS: FRONT/BACK & V'S
Turns and Direction Change	CRUYFF & L TURN	DRAG FLICK & STEP OVER TURN (ZICO)	TWIST OFF & DOUBLE CRUYFF
MOVES AND FAKES	STEP OVER, DOUBLE SCISSORS & KNOCK & GO	MARADONA, NUTMEG, SHIMMY & FAKE PASS	DRAG STEP OVER, RONALDINHO & RONALDO
Practice to Game ratio	2 PRACTICES AND 1 GAME	2 PRACTICES AND 1 GAME	2 PRACTICES AND 1 GAME
ISOCCKER ASSESSMENT	FIRST TOUCH & PASSING	AERIAL CONTROL	BALL STRIKING
Practice Time	75 MINUTES	75-90 MINUTES	90 MINUTES
FIELD DIMENSIONS	60X40 YARDS	70X50 YARDS	FULL SIZE
Suggested Scrimmage	6 V 6 WITH GOALKEEPERS	8 V 8 WITH GOALKEEPERS	11 V 11 WITH GOALKEEPERS
EQUIPMENT	SIZE 4 BALLS, CONES & PINNIES. GOALS 4 YARDS	SIZE 4 BALLS, CONES & PINNIES. GOALS 7 YARDS.	SIZE 5 BALLS, CONES & PINNIES FULL SIZE GOALS
Curriculum Theme	PREMIER LEAGUE	CHAMPIONS LEAGUE	WORLD CUP
WEEK 1	RUNNING WITH THE BALL AT SPEED	TURNS & MOVES V	AWARENESS
WEEK 2	BALL CONTROL	PASSING 1 & 2 TOUCH	SPEED OF PLAY
WEEK 3	PLAYING OUT FROM THE BACK	AERIAL BALL CONTROL: HEADING & VOLLEYING	CROSSING & FINISHING
WEEK 4	COMBINATION PLAY	TURNING WITH BACK TO PRESSURE	MOVEMENT IN THE FINAL 3RD
WEEK 5	POSSESSION	ATTACKING IN THE FINAL 3RD II	COUNTER ATTACK
WEEK 6	ATTACKING 2V1	FINISHING	TRANSITION
WEEK 7	ATTACKING IN THE FINAL 3RD I	SWITCHING THE POINT OF ATTACK	GOAL KEEPING
WEEK 8	GOAL KEEPING	GOAL KEEPING	DEFENDING 4V4: SMALL GROUPS
WEEK 9	DEFENDING 1V1 & 2V2	DEFENDING: BALANCE	DEFENDING AS A TEAM
WEEK 10	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY



## FPS REC CURRICLUM

AGE	U10	U12	U14
Theme	PREMIER LEAGUE	CHAMPIONS LEAGUE	WORLD CUP
1	RUNNING WITH THE BALL AT SPEED	URNS & MOVES V	AWARENESS
2	BALL CONTROL	PASSING 1 & 2 TOUCH	SPEED OF PLAY
3	PLAYING OUT FROM THE BACK	AERIAL BALL CONTROL: HEADING & VOLLEYING	CROSSING & FINISHING
4	COMBINATION PLAY	TURNING WITH BACK TO PRESSURE	MOVEMENT IN THE FINAL 3RD
5	POSSESSION	ATTACKING IN THE FINAL 3RD II	COUNTER ATTACK
6	ATTACKING 2V1	FINISHING	TRANSITION
7	ATTACKING IN THE FINAL 3RD I	SWITCHING THE POINT OF ATTACK	GOAL KEEPING
8	GOAL KEEPING	GOAL KEEPING	DEFENDING 4V4: SMALL GROUPS
9	DEFENDING 1V1 & 2V2	DEFENDING: BALANCE	DEFENDING AS A TEAM
10	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY	REVIEW & MATCH PLAY



## COACHING GUIDELINES

THERE ARE FOUR MAIN PILLARS OF SOCCER, WHICH ARE EVIDENT AT EVERY LEVEL OF THE GAME:

**TECHNICAL, PHYSICAL, TACTICAL AND PSYCHOLOGICAL.**

THERE WILL BE DIFFERENT EMPHASIS PLACED ON EACH PILLAR OF THE GAME, DEPENDING ON THE AGE AND ABILITY OF THE PLAYER.

IT IS IMPORTANT THAT A COACH HAS CLEAR GOALS FOR THEMSELVES AND FOR THEIR TEAM PRIOR TO WORKING WITH ANY AGE GROUP.

TRAINING TO TRAIN PHASE, 7<sup>TH</sup> – 9<sup>TH</sup> GRADE

- TECHNICAL
- PHYSICAL
- TACTICAL
- PSYCHOLOGICAL

TECHNICAL:

AT THIS AGE WE SHOULD BE LOOKING TO PRACTICE WITH BOTH FEET SO THEY FEEL COMFORTABLE WITH THE BALL ON EITHER FOOT. WE WOULD LIKE TO SEE PLAYERS BE ABLE TO CHANGE PACE, DIRECTION AND BECOME CONFIDENT IN 1V1 SITUATIONS PERFORMING MOVES AND TURNS AT SPEED.

PLAYERS ARE EXPECTED TO HAVE CONSISTENCY IN SHORT PASSING WITH DIFFERENT SURFACES OF THE FOOT.

PLAYERS WILL BE ABLE TO DEFEND IN 1 V 1 SITUATIONS AND SHOW APPLICATION IN HEADING AND TACKLING.

PHYSICAL:

IT IS WORTH NOTING THAT PLAYERS ARE DEVELOPING PHYSICALLY AT DIFFERENT RATES NOW SO EXPECT SOME LACK OF CO-ORDINATION IN SOME ACTIVITIES.

ANY FITNESS THAT THEY RECEIVE SHOULD BE AS A RESULT OF PLAYING THE GAME OF SOCCER. USE SOCCER GAMES TO IMPROVE BALANCE AND CO-ORDINATION.

COACHES SHOULD ONLY INTRODUCE FITNESS WITH THE BALL.

TACTICAL:

TEACH ROLES AND ROTATE POSITIONS OFTEN.

IN GAMES, PLAYERS SHOULD PLAY IN AN 11 V 11 FORMAT TO DEVELOP UNDERSTANDING OF THE TACTICAL GAME.

GOALKEEPERS ARE ENCOURAGED TO PLAY THE BALL WIDE TO FEET OR INTO SPACE WITH THEIR DISTRIBUTION EITHER WITH A THROW OR KICK.

NORMAL LAWS OF THE GAME INCLUDING THE OFFSIDE RULE.

PSYCHOLOGICAL:

PLAYERS WILL DEVELOP COMMUNICATION SKILLS, TEAM WORK ETHIC AND SPORTSMANSHIP.

COACHES NEED TO MAINTAIN A CHALLENGING AND POSITIVE ENVIRONMENT TO EACH SESSION.

**EMPHASIS IS STILL ON PLAYER DEVELOPMENT VS. WINNING**



## RECOMMENDED BREAKDOWN FOR A TYPICAL U14 PRACTICE SESSION

A TYPICAL SESSION FOR THIS AGE GROUP SHOULD BE 90 MINUTES

### **WARM UP. 15 MINUTES**

BEGIN WITH A **TECHNICAL** ACTIVITY. THIS SHOULD PREPARE THE PLAYERS MENTALLY AND PHYSICALLY FOR THE REST OF THE PRACTICE.

### **TECHNICAL / UNOPPOSED. 15 – 20 MINUTES**

THESE GAMES ARE DESIGNED TO BE HIGH ENERGY, FUN ACTIVITIES THAT REINFORCE THE BASIC TECHNIQUES WITHOUT PRESSURE.

### **TACTICAL / OPPOSED. 20 MINUTES**

A TACTICAL EXERCISE INCORPORATES THE SESSION'S THEME INTO A GAME RELATED SCENARIO.

### **SMALL-SIDED GAMES – OPPOSED 8 v 8 TO 11 v 11. 30 MINUTES**

EACH PRACTICE SHOULD CONCLUDE WITH A SMALL-SIDED GAME. 8 v 8 (70 x 50 YARDS) OR 11 v 11 (100 x 60 YARDS) WITH NORMAL RULES INCLUDING OFFSIDE.

### **COOL DOWN. 5 MINUTES**

SPEND FIVE MINUTES AT THE END OF EACH SESSION COOLING DOWN AND ENSURE PLAYERS HAVE ENJOYED THE SESSION. REINFORCING POINTS FROM THE SESSION WITH Q & A.

### **PLAYING THE 8 v 8 TO 11 v 11 GAME**

EVERY PRACTICE SHOULD CONCLUDE WITH A SMALL-SIDED GAME. REMEMBER THAT THE GAME IS THE BEST TEACHER OF ALL. YOUR MAIN AIM IS TO CREATE AN **ENJOYABLE, CHALLENGING, POSITIVE AND SAFE** ENVIRONMENT IN WHICH YOUR PLAYERS CAN DEVELOP. THIS SHOULD BE THE LARGEST PORTION OF YOUR PRACTICE – ABOUT THIRTY MINUTES IN LENGTH.

### **ORGANIZATION**

1) FIELD SIZE: 70 x 50 YARDS (8 v 8) TO 100 x 60 YARDS (8 v 8)

2) EQUIPMENT: USE CONES TO CLEARLY MARK OUT THE AREA OF THE FIELD.

USE UPRIGHT CONES OR FLAGS AS GOALS AND PLACE THEM ABOUT 6 FEET APART.

USE BIBS TO AVOID CONFUSION AMONGST PLAYERS.

PLAY WITH A SIZE 5 BALL.

TEAMS HAVE A GOALKEEPER. MANY PLAYER SHOULD HAVE THE OPPORTUNITY TO BE GOALKEEPER. USE THIS TIME TO BRIEFLY EXPLAIN THE ROLE OF THE GOALKEEPER IN THE GAME.



## 8 v 8 & 11 v 11 GAME



### 8 v 8 GAME LAYOUT

8 v 8 GAME IN 70 X 50 AREA, WITH A GOALKEEPER. HAVE A SUPPLY OF BALLS AT THE SIDE TO KEEP THE GAME FLOWING AND TO TRY AND LIMIT STOPPAGES.

ENCOURAGE LEFT AND RIGHT DEFENDER TO GET FORWARD AND BUILD ATTACKS.

ENCOURAGE ATTACKS TO START FROM GOALKEEPER BY ROLLING THE BALL TO LEFT OR RIGHT DEFENDER IN WIDE POSITIONS OF THE FIELD.

LEFT AND RIGHT ATTACKERS TO PROVIDE SUPPORT TO CENTRE STRIKER IN ATTACKS.

ALL PLAYERS ATTEMPT TO WIN THE BALL BACK AS SOON AS POSSESSION IS LOST.



### 11 v 11 GAME LAYOUT

11 v 11 GAME IN 100 X 60 AREA, WITH A GOALKEEPER. HAVE A SUPPLY OF BALLS AT THE SIDE TO KEEP THE GAME FLOWING AND TO TRY AND LIMIT STOPPAGES.

HERE THE 4-3-3 FORMATION IS ILLUSTRATED.

ENCOURAGE TEAM TO BUILD ATTACKS FROM THE GOALKEEPER.



## BEATING AN OPPONENT – TURNS & 1 v 1 MOVES

CONCEPT	EXPLANATION
REPETITION	PLAYERS WILL NOT ALWAYS BE SUCCESSFUL
SLOW START	ALLOW PLAYERS TO BE SUCCESSFUL BEFORE PROGRESSING
LOW CENTRE OF GRAVITY	VITAL TO ALLOW QUICK CHANGES OF DIRECTION WITH ACCELERATION
OVER-EMPHASIZE	GET PLAYERS TO EXAGGERATE THEIR MOVEMENTS AND USE THEIR BODY IN 1v1 SITUATION
BE CONFIDENT	PRAISE EVERY ATTEMPT

BELOW ARE 6 TURNS AND 9 1 v 1 MOVES THAT WE WOULD WANT PLAYERS TO BE CONFIDENT OF PERFORMING, OR AT LEAST ATTEMPTING, BY THE END OF THE U14 PROGRAM. WE WOULD EXPECT PLAYERS TO BE ABLE TO PERFORM A NUMBER OF TURNS BY THE END OF THE PROGRAM.

### TURNS

#### DRAG BACK:

WITH BALL UNDER CONTROL, PLACE SOLE OF FOOT ON TOP OF BALL AND QUICKLY DRAG BALL ACROSS THE FRONT OF BODY. PUSH THE BALL AWAY WITH OUTSIDE OF SAME FOOT AND ACCELERATE INTO SPACE.

#### STOP TURN:

WITH BALL UNDER CONTROL, PLAYER FEINTS TO PASS OR SHOOT TO GET DEFENDER OFF BALANCE. PLACE SOLE OF FOOT ON TOP OF BALL TO STOP IT DEAD. QUICKLY PLACE SAME FOOT ON OTHER SIDE OF BALL BETWEEN DEFENDER AND YOURSELF IN A HOPPING MOTION. WITH KNEES BENT, BRING OTHER FOOT QUICKLY OVER THE BALL AND PUSH THE BALL AWAY WITH OUTSIDE OF OPPOSITE FOOT AND ACCELERATE INTO SPACE.

#### INSIDE & OUTSIDE HOOK/CUT:

WITH BALL UNDER CONTROL, REACH WITH INSIDE OR OUTSIDE OF FOOT AND HOOK BALL BACK 180 DEGREES BEHIND BODY. KNEES SHOULD BE BENT AND BALL SHOULD BE PUSHED INTO SPACE. QUICKLY TAKE BALL AWAY IN OPPOSITE DIRECTION WITH OUTSIDE OF OPPOSITE FOOT AND ACCELERATE INTO SPACE.

#### CRUYFF:

WITH BALL UNDER CONTROL, PLAYER FEINTS TO PASS OR SHOOT TO GET DEFENDER OFF BALANCE. BRING LEG AROUND OUTSIDE OF BALL SO INSTEP MAKES CONTACT WITH BALL. PUSH BALL BACK AND UNDERNEATH BODY. WITH KNEES BENT PUSH BALL AWAY WITH OUTSIDE OF OPPOSITE FOOT AND ACCELERATE INTO SPACE.

#### STEP OVER:

WITH BALL UNDER CONTROL, PLAYER FEINTS TO PASS OR SHOOT TO GET DEFENDER OFF BALANCE. BRING THE PASSING FOOT QUICKLY OVER THE TOP OF THE BALL WITHOUT TOUCHING IT. PLANT FOOT PAST BALL WITH TOE POINTING AWAY FROM DEFENDER. WITH BENT KNEES, QUICKLY TURN BODY 180 DEGREES AND TAKE BALL AWAY WITH OUTSIDE OF SAME FOOT OR INSIDE OF OPPOSITE FOOT AND ACCELERATE INTO SPACE.



## BEATING AN OPPONENT – TURNS & 1 v 1 MOVES

### MOVES

#### MATTHEWS OR FAKE:

USE FULL BODY AND LUNGE TO ONE SIDE TO GET DEFENDER OFF BALANCE. PUSH THE BALL AWAY AND PAST THE DEFENDER USING THE OUTSIDE OF THE OPPOSITE FOOT. ACCELERATE INTO SPACE AND PLACE BODY QUICKLY BETWEEN DEFENDER AND THE BALL.

#### PUSH & GO:

A SIMPLE, SLOW APPROACH TOWARDS THE DEFENDER, PUSH THE BALL PAST THE OPPONENT AND ACCELERATE TO CATCH UP TO THE BALL. ENSURE THAT THE PLAYER GETS THEIR BODY IN-BETWEEN THE BALL AND THE OPPONENT AS THEY ACCELERATE AWAY.

#### SCISSORS:

SLOW APPROACH TO THE OPPONENT, BRING THE FRONT FOOT AROUND THE FRONT OF THE BALL, TO PROTECT IT FROM THE DEFENDER. AS THE WEIGHT SHIFTS TO THE FRONT FOOT PUSH THE BALL AWAY AND PAST THE DEFENDER USING THE OUTSIDE OF THE OPPOSITE FOOT. ACCELERATE INTO SPACE AND PLACE BODY QUICKLY BETWEEN DEFENDER AND THE BALL.

#### DOUBLE SCISSORS:

BODY FORWARD. REPEAT MOVEMENT ABOVE A SECOND TIME TO THROW DEFENDER OFF BALANCE. MOVEMENT SHOULD BE FLUID AND QUICK.

#### STOP AND GO:

USED WHEN DEFENDER IS EVEN WITH ATTACKER. BREAK MOMENTUM OF DRIBBLE BY STOPPING THE BALL WITH THE SOLE OF FOOT AND THEN QUICKLY PUSH FORWARD WITH TOE OR LACES OF OPPOSITE FOOT (CAN ALSO USE SAME FOOT). HESITATION WILL GET DEFENDER OFF BALANCE AND ALLOW ATTACKER TO ACCELERATE AWAY.

#### PULL BACK:

TO BE USED WHEN DEFENDER IS EVEN WITH ATTACKER. FEINT INITIALLY TO GET DEFENDER OFF BALANCE. USE SOLE OF FOOT TO PULL BALL BACK AND THEN PUSH BEHIND STANDING LEG AND ACCELERATE AWAY. YOU CAN ALSO LOOK AT THE "RONALDO" VARIATION WHERE HE SIMPLY CHOPS THE BALL BEHIND THE STANDING LEG AND ACCELERATES AWAY.

#### INSIDE OUT:

DRIBBLE AT DEFENDER WITH BALL CLOSE AND UNDER CONTROL. TOUCH THE BALL INSIDE TOWARDS THE DEFENDER WITH THE INSIDE OF THE FOOT AND THEN VERY QUICKLY TAKE THE BALL AWAY IN THE OPPOSITE DIRECTION AND PAST THE DEFENDER WITH THE OUTSIDE OF THE SAME FOOT. ACCELERATE PAST DEFENDER INTO SPACE. THIS CAN ALSO BE REVERSED FOR AN OUTSIDE-IN MOVE.

#### MARADONA:

PLACE SOLE OF FOOT ON TOP OF BALL AND SPIN QUICKLY AWAY USING THE SOLE OF THE OTHER FOOT. USEFUL IN GETTING OUT OF TIGHT SPACES.

#### NUTMEG:

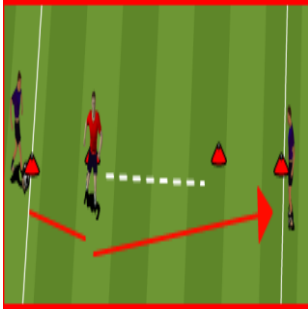
TO BE USED WHEN A DEFENDER HAS BECOME SQUARE TO THE PLAY AND IS OFF BALANCE. QUICKLY PLAY THE BALL BETWEEN THE DEFENDERS LEGS AND RUN AROUND THE DEFENDER TO THE OTHER SIDE AND ACCELERATE INTO SPACE.



**AGE GROUP/PROGRAM: U14 TOWN      WEEK # 1      THEME: AWARENESS/ARGENTINA**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Improve 1<sup>st</sup> touch</li> <li>★ Speed of play</li> <li>★ Playing with the head up</li> </ul>	<ul style="list-style-type: none"> <li>★ Players on their toes, balanced and communicating.</li> <li>★ Good 1st touch out of the body to enable the 2nd touch to be a pass.</li> </ul>	<ul style="list-style-type: none"> <li>★ Beginning to understand the balance between attack and defense</li> <li>★ Conscious of width &amp; depth</li> <li>★ More development of the physical side need</li> <li>★ Self awareness &amp; social value</li> </ul>

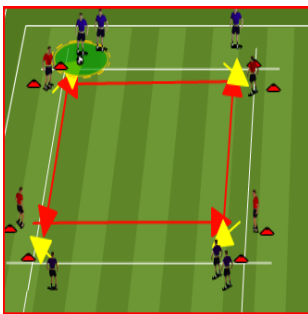
**WARM UP: PASSING      SET UP: 10 x 30 YARD AREA      PROGRESSION**



One ball between three (2 servers + player in the middle who is working between 2 cones). The player in the middle is side on and using both feet to receive and pass.  
 To start the player in the middle arrives at the cone in front of the server, (10 yards in) receives the ball with their right foot and passes to the opposite server with their left foot.  
 The player in the middle then sprints to that server and repeats; receiving with their left foot and passing with the right foot this time.

1. Instead of controlling the ball, let the pass from the server roll across the body and play the ball first time.
2. Have the servers throw the ball in.

**CORE GAME 1: PASSING LONG & SHORT      SET UP: 30 x 30 YARD AREA      PROGRESSION**



1 or 2 players on each cone. Players pass long to the players opposite, who then lay the ball off to the player on their left, so they can pass it long to the player opposite. After each pass players are to move to the nearest cone on their right.

- Check away
- Come and meet the ball
- On toes and communicate

1. Instep passing to start with and then laces, to speed play up.
2. Aerial pass, 1 touch and go the other direction.

**CORE GAME 2: SWITCHING PLAY      SET UP: 60 x 40 YARD AREA      PROGRESSION**



The team with 6 players are to dribble through the gates; the team with 8 players can score in either goal once they are in possession.

- The team who must dribble through the gates are encouraged to support in numbers and move the ball quickly to switch play and find the space.

1. Limit touches

**SMALL SIDED GAME      SET UP:**

Play 11 v 11 normal rules for 25-30 minutes

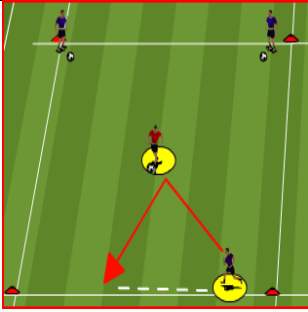
**HOMEWORK:**  
**ISOCER TEST:**  
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U14 TOWN      WEEK # 2      THEME: SPEED OF PLAY/GERMANY**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Moving the ball quickly from defense to attack</li> <li>★ Maintaining possession</li> <li>★ Support play</li> </ul>	<ul style="list-style-type: none"> <li>★ Good first touch out of the feet</li> <li>★ Weight of pass</li> <li>★ Head up/awareness</li> <li>★ Communication</li> <li>★ Angles of support</li> </ul>	<ul style="list-style-type: none"> <li>★ Beginning to understand the balance between attack and defense</li> <li>★ Conscious of width &amp; depth</li> <li>★ More development of the physical side need</li> <li>★ Self awareness &amp; social value</li> </ul>

**WARM UP: PASS & MOVE      SET UP: 10 X 10 YARD AREA      PROGRESSION**

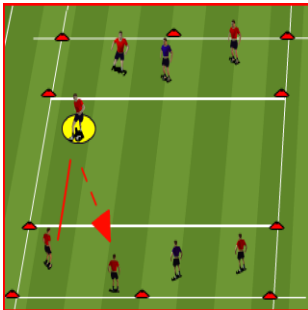


Player in the middle of the grid (A) will work for approximately 30-45 seconds. This player must check to one of the corner players, receive a pass and lay the ball off into the space to encourage the corner player to accelerate after it. The layoff should be in the direction of the vacant cone to encourage the corner player to go in that direction.

- Control the ball on the back foot and out of the feet.
- Lay the ball off into the path of the corner player.
- Middle player (A) must change direction and speeds while working as if trying to lose a marker.

1. Corner players serve balls in the air with their hands so that (A) must deal with balls in the air.

**CORE GAME 1: 3 V 1 BREAK OUT      SET UP: 30 X 20 YARD AREA      PROGRESSION**



Team 1 must make 4 passes. Whoever receives the fourth pass must dribble over to the area of Team 2 in order to create a new 3v1. If the defender wins the ball, can he get the ball back to his own team without being challenged by new defender

- Create angles
- Communicate
- First touch is out of your feet

1. When receiving the fourth pass, the receiving player must pass the ball to the next group. The defender cannot go for the ball until the next player receives the ball.

**CORE GAME 2: 4 V 4 WITH BUMPERS      SET UP: 40 X 40 YARD AREA      PROGRESSION**



Two teams play 4 vs. 4 inside the grid with the support of the 4 players (bumpers) outside. Field size depends on players' ability. Outside players have two touches on the ball or two seconds. Five pass = transition: When the team in possession completes five consecutive passes, they remain in the middle while the other two teams switch roles (play is continuous)

- Stress speed of play and organize
- Don't take the same space as your teammate
- Communication; verbal, visual, always thinking

1. Passes to the outside do not count in the sequence to get to five
2. Set higher target of passes
3. Outside players have one touch

**SMALL SIDED GAME      SET UP:**

Play 11 v 11 normal rules for 25-30 minutes

**HOMEWORK:**  
**SOCCER TEST:**  
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U14 TOWN WEEK # 3**

**THEME: CROSSING AND FINISHING/ENGLAND**

**SESSION GOALS:**

- ★ Increase accuracy
- ★ Develop composure
- ★ Adjustments in front of goal
- ★ Support in attack

**COACHING POINTS:**

- ★ Create angles
- ★ Communicate
- ★ First touch is out of your feet
- ★ Stress speed of play and organization
- ★ Don't take the same space as your teammate

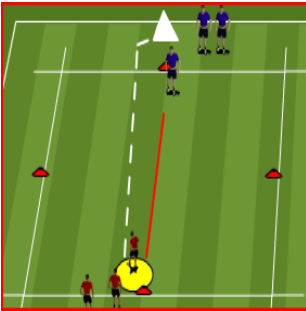
**UNDERSTAND YOUR AUDIENCE:**

- ★ Beginning to understand the balance between attack and defense
- ★ Conscious of width & depth
- ★ More development of the physical side need
- ★ Self awareness & social value

**WARM UP: LONG PASSING**

**SET UP: 20 x 20 YARD AREA**

**PROGRESSION**



Player at the front of the line will pass to the opposite group. They will follow their pass to the opposite side.

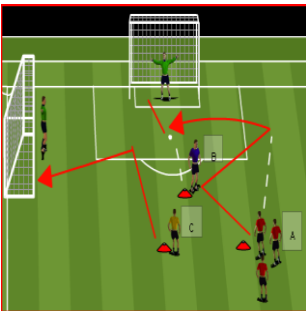
- Control the ball out of the feet
- Strike through the ball using laces
- Head up, look at target

1. After the pass the player should run to one of the cones.
2. Use weaker foot.
3. Attempt to get height on the ball now. Strike under the ball.

**CORE GAME 1: CROSSING & FINISHING**

**SET UP: 40 x 30 YARD AREA**

**PROGRESSION**



A passes into B who creates the wall pass down the line. B will run into the box and receive the cross from A.

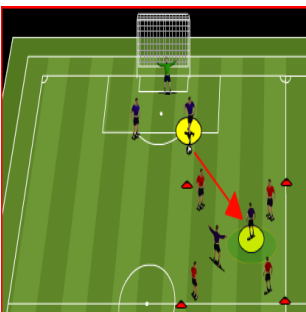
After this A will turn and receive a pass from the coach and shoot on the next goal.

1. B should check away before receiving
2. B will receive and turn and drive down the line whilst A runs straight into the PK box. A will now

**CORE GAME 2: BREAK AWAY 4 v 2**

**SET UP: 52 x 50 YARD AREA**

**PROGRESSION**



The yellow defender will play into the yellow player inside the 20x20 box. As soon as this player touches the ball a 4v2 game starts. As soon as the reds win possession, they break away and attack on goal against the two defenders waiting. The condition is that one of the red players must cross the ball.

- Quick passing to enter final third
- Look to play wide
- Cross to front post

1. One of the yellow players who are in the 20x20 box can come back and help defend to create a 4v3 on the break away.

**SMALL SIDED GAME**

**SET UP:**

Play 11 v 11 normal rules for 25-30 minutes

**HOMEWORK:**

**ISOCER TEST:**

**BALL MASTERY:**



**AGE GROUP/PROGRAM: U14 TOWN      WEEK # 4      THEME: ATTACKING & MOVING IN THE FINAL 3<sup>RD</sup> BRAZIL**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Combinations in the final 3<sup>rd</sup></li> <li>★ Confidence in using both feet for shooting</li> <li>★ Develop through ball</li> </ul>	<ul style="list-style-type: none"> <li>★ Movement of strikers to receive ball</li> <li>★ Try to attack the front post and get in front of GK</li> <li>★ Get ball out of feet to strike</li> <li>★ Quality of shot. Don't take too long to shoot</li> <li>★ Crosses need to be aiming for front post</li> </ul>	<ul style="list-style-type: none"> <li>★ Beginning to understand the balance between attack and defense</li> <li>★ Conscious of width &amp; depth</li> <li>★ More development of the physical side need</li> <li>★ Self awareness &amp; social value</li> </ul>

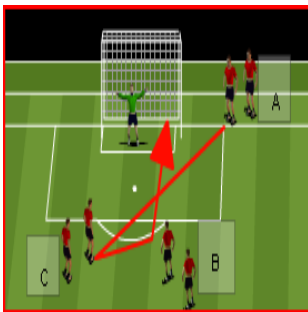
**WARM UP: 4 v 1      SET UP: 15 x 15 YARD AREA      PROGRESSION**



Players must keep possession of the ball. The defender adds passive pressure at first, to ensure player success.

1. Limit player touches
2. Left foot / right foot only
3. Inside / outside of the foot passes
4. Chipped passes

**CORE GAME 1: PLAY AROUND THE BOX      SET UP:      PROGRESSION**



Player A dribbles the ball up to B. B takes the ball and passes in front of the C. C runs up and shoots at goal.

Players go to the next group to their right when finishing their turn.

1. B picks the ball up and throws into C who controls then shoots
2. A passes to C and C plays into B who shoots on goal

**CORE GAME 2: WAVES OF ATTACK      SET UP: 40 x 30 YARD AREA      PROGRESSION**



Team A starts with the ball and attack as a wave of three against team B. They are attempting to score on goal. The ball will go dead from a goal, or interception etc. which freezes team A. (Team A will stay up the field.)

Now team B attacks the opposite goal which team C will now defend. When the ball is dead then team C attack team A. (Team B will stay up the field) and so on.

1. Every time a new play is started the GK must begin with the ball playing it wide
2. First team to score 3 goals wins. If you are scored on, you have a point/goal removed

**SMALL SIDED GAME      SET UP:**

Play 11 v 11 normal rules for 25-30 minutes

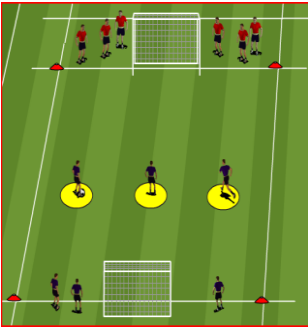
- HOMEWORK:**  
**ISOCER TEST:**  
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U14 TOWN      WEEK # 5      THEME: COUNTER ATTACK/HOLLAND**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Speed of play</li> <li>★ Support in numbers</li> <li>★ Taking opportunities to shoot early</li> </ul>	<ul style="list-style-type: none"> <li>★ Look for players to realize the earliest moment when the long pass is available. See if they can recognize this moment.</li> <li>★ 1st touch and movement in tight space. Ask players to be smart in retaining good possession before long pass becomes available.</li> <li>★ Look at quick reaction to transfer support to new area once play has been switched.</li> </ul>	<ul style="list-style-type: none"> <li>★ Beginning to understand the balance between attack and defense</li> <li>★ Conscious of width &amp; depth</li> <li>★ More development of the physical side need</li> <li>★ Self awareness &amp; social value</li> </ul>

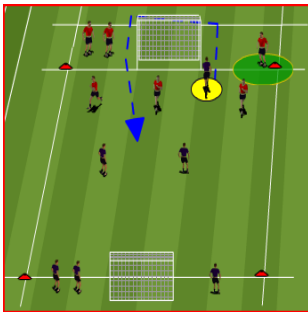
**WARM UP: 2 v 2      SET UP: 20 x 20 YARD AREA      PROGRESSION**



3 players go per time and attempt to score. The conditions are that the ball cannot stop moving and the players can't not stand still.

1. Add a GK. Set a time limit or countdown so they have to shoot. Limit touches of the ball.
2. Get the players to overlap the player they are passing too. Add in one passive defender (cannot tackle) then a second.
3. Next make the defenders tackle.

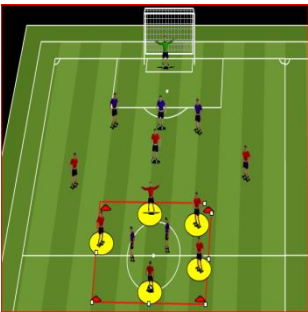
**CORE GAME 1: 3 v 2      SET UP: 40 x 30 YARD AREA      PROGRESSION**



In Team 1, 3 players attack the opposite goal and attempt to score once they have made it into the scoring zone. Once they have taken a shot on goal, Team 2 waiting at the opposite end now attempt to score in the goal furthest away from them. Team 1 defend against Team 2 however the player who scores for team 1 must run around the goal before helping his team mates defend. The game then recycles with the next team waiting to attack.

1. Add a GK
2. Restrict the number of touches a player can have while in possession

**CORE GAME 2: COUNTER ATTACKS      SET UP: 30 x 30 YARD AREA      PROGRESSION**



In the 5 v 2 game the players must get a set number of players before passing to the attacking three outside the square. Then 2 players from the 5 join the 3 attackers to give the team a 5v3 advantage and go on to counter attack.

1. Make higher number of passes before playing to the 3.
2. Limit touches of all players and the ball cannot travel backwards once out in open play.
3. Keep players in passing square playing – can the attacking team keep possession in a 3v2.

**SMALL SIDED GAME      SET UP:**

Play 11 v 11 normal rules for 25-30 minutes

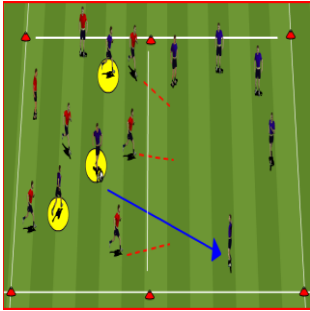
**HOMEWORK:**  
**ISOCCER TEST:**  
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U14 TOWN      WEEK # 6      THEME: TRANSITION/SPAIN**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Moving the ball quickly from defense to attack</li> <li>★ Reacting to ball movement</li> <li>★ Maintaining possession</li> <li>★ Support play</li> </ul>	<ul style="list-style-type: none"> <li>★ Creation of angles and triangles</li> <li>★ Vision and decisions in attack -identifying the extra player</li> <li>★ Timing of runs, speed of play, overlaps, one-twos, takeovers and quick transition</li> </ul>	<ul style="list-style-type: none"> <li>★ Beginning to understand the balance between attack and defense</li> <li>★ Conscious of width &amp; depth</li> <li>★ More development of the physical side need</li> <li>★ Self awareness &amp; social value</li> </ul>

**WARM UP: TRANSITION PLAY      SET UP: 20 x 20 YARD AREA      PROGRESSION**

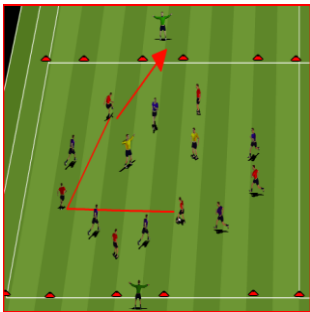


Eight red players are in one square and eight green players in the other. The green team has just won the ball and is transitioning back to their grid to possess the ball. They try to complete 6 passes to score a point. Three red defenders come across to try to steal the ball.

If the reds win possession and pass back into their own square they score a point. They now have the ball and try to complete the eight passes, while three green defenders try to steal the ball.

1. Two Touch

**CORE GAME 1: 3 GOAL SOCCER TO TARGET PLAYER      SET UP: 60 x 40 YARD AREA      PROGRESSION**



Play 6v6 plus two neutral players in yellow that can be used by either team. The goals should be two yards wide. Behind the goals is a goalkeeper who will act as a target player. In order to score a team must pass through one of the three goals and be received by the hands or feet of the target player.

1. Two touch
2. You can't pass to the person who gave it to you.

**CORE GAME 2: DEFENSE V ATTACK      SET UP: HALF FIELD      PROGRESSION**



Play 7v6 in favor of the defending team. Play starts from the center circle with the attacking team and they will attack the goal. The defending team must try and win ball and will look to play towards the two gates on the halfway line. The defending team must dribble the ball through the gate to score a goal. Play normal rules within the half field. The coach can trigger starts points by playing the ball into the GK from the edge of the PK area and start the play from there i.e. GK is in possession; full backs look to get wide, open up and pass into the midfielders.

1. Add support players
2. Limit touches: 2-3 touch
3. Add a third gate in the middle
4. Defending team can pass through the gates

**SMALL SIDED GAME      SET UP:**

Play 11 v 11 normal rules for 25-30 minutes

- HOMEWORK:**  
**ISOCER TEST:**  
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U14 TOWN WEEK # 7**

**THEME: GOALKEEPING:/DEALING WITH VARIOUS SHOTS**

**SESSION GOALS:**

- ★ Improving dives
- ★ Speed of the line
- ★ Develop spring

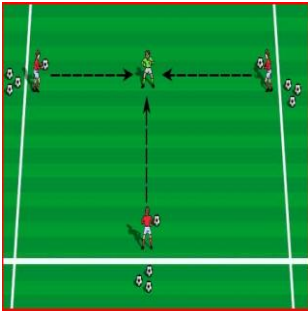
**COACHING POINTS:**

- ★ Bend at the knees, not the waist.
- ★ Come off your line to cut down the angle.
- ★ Dive for everything.
- ★ Serve the ball and get set.
- ★ Try and make the save in front of the 6 yard line each time.
- ★ Attack the ball at a 45 degree angle.

**UNDERSTAND YOUR AUDIENCE:**

- ★ Beginning to understand the balance between attack and defense
- ★ Conscious of width & depth
- ★ More development of the physical side need
- ★ Self awareness & social value

**WARM UP: QUARTERS**



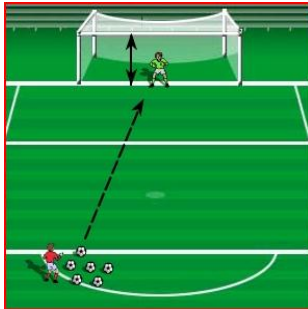
**SET UP:**

Emphasis: Getting your bearings, balance, yourself set and the feet nimble. Set-up: Can be set up with 2, 3, or 4 servers starting out 6 yards away from the goalkeeper. Each server has several balls behind them.  
Objective: Goalkeeper works his way around to each server by using a quarter turn each time. Each time a turn is made the goal keepers' shoulders must be square to the server. Get into a rhythm so as the goal keeper is returning the ball to one server the next server has already begun to serve his ball. Always hit each server in a repetition. The serve used is a volley from the hands.

**PROGRESSION**

1. Bring the servers in closer for a real tight set with less reaction time.
2. Services must be accurate and sharp.
3. Change directions by shouting the command.
4. Use the volley, half volley, and strikes from the ground.

**CORE GAME 1: PLYOMETRIC**



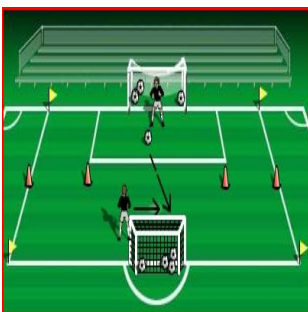
**SET UP:**

Emphasis: Strengthening legs and improving explosion Set-up: Place a server at the top of the box with a group of balls. Objective: Goalkeeper starts on the goal line, bends at the knees and touches their toes, explodes up, and hits the back of his hands on the crossbar. The goalkeeper must get set and make a save from the shooter at the top of the box. The sequence is 1 jump 1 shot, 2 jumps 2 shots, 3 jumps 1 shot, and 4 jumps 2 shots

**PROGRESSION**

1. Move the server in to the penalty spot.
2. Increase the number of jumps and shots.

**CORE GAME 2: GOALKEEPER WARS**



**SET UP:** PLACE TWO REGULATION SIZE GOALS, FACING EACH OTHER, 18 YARDS APART.

**PROGRESSION**

Lay down a cone line down the middle of the two goals. The playing area should be the size of the penalty box (18x44 yards). A goalkeeper is in each goal with a supply of balls just inside the goal mouth. Objective: The goalkeepers must try to score on the opponent by a throw, volley, half-volley, or from the ground. The goalkeepers cannot cross the half way line to retrieve a rebound but may recover a rebound on their own side. If an attempt is held, they must distribute from the spot the save was made. If the attempt goes in the net or over the net, the goalkeeper has three steps from their goal line to distribute. The first goalkeeper to five wins the game.

1. Add two goalkeepers and play 2v2. First team to three points wins.
2. Must throw with the weaker arm and kick with the weaker leg.

**SMALL SIDED GAME**

**SET UP:**

Play 11 v 11 normal rules for 25-30 minutes

**HOMEWORK:**

**SOCCER TEST:**

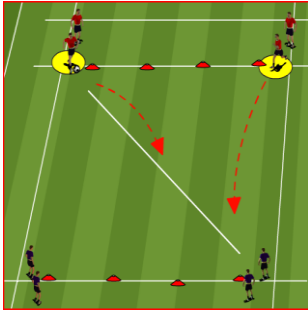
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U14 TOWN WEEK # 8 THEME: SMALL GROUP DEFENDING/USA**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Pressure the ball quickly</li> <li>★ organization</li> </ul>	<ul style="list-style-type: none"> <li>★ Defenders should work as a cohesive unit to apply pressure.</li> <li>★ Look at team shape at all times.</li> </ul>	<ul style="list-style-type: none"> <li>★ Beginning to understand the balance between attack and defense</li> <li>★ Conscious of width &amp; depth</li> <li>★ More development of the physical side need</li> <li>★ Self awareness &amp; social value</li> </ul>

**WARM UP: 1 v 1 SET UP: 15 x 15 YARD AREA PROGRESSION**



Red1 passes to Yellow1, when Yellow1 has had a touch Red1 moves out to defend. Y1 can only score in the goal protected by R1. As soon as the game is over (by scoring goal or ball going out) R4 passes to Y4.

- Cover ground quickly to deny space
- Slow up on approaching attacker
- Be patient and tackle when attacker shows too much of the ball

1. Defenders can counter attack to score when they get possession
2. Attackers can score in either goal
3. R1 passes to either Y1 or Y4 changing the pressure and cover defender
4. Counter attack allowed by defenders

**CORE GAME 1: 4 v 8 SET UP: 25 x 25 YARD AREA PROGRESSION**



Put the group into 3 teams (of 3-5). Have one team defending (the red team here), with the other two teams attacking, they all have a ball each. When the coach says 'go!' the defending team has to kick all the balls out of the area. If an attacker has their ball kicked out they stay inside the area and combine with anyone else who has a ball. With the last ball still in play this will be a 8v4 situation, the exercise is over when the last ball is kicked out.

- Speed of approach
- Work together as a unit, in pairs, in three's and as one group

1. Time the game, whichever defending team kicks all 8 balls out the fastest, wins.

**CORE GAME 2: 2 v 3 TO GOAL SET UP: HALF FIELD PROGRESSION**



Have players split into attack and defense. Have two lines either side of the goal, two for defenders and two for attackers. Also have two/three 'midfielders' at the top of the area to start the game. Play starts with an attacking player from each line heading to the midfield player in order to receive the ball. A player from each defending line also heads out. Play offside

- Look at role of 1st defender – speed of approach, balance and making the play predictable – sending the defender inside or outside.
- Look at communication from 2nd defender.
- Cover – angle and distance
- Must prevent penetration if 1st defender is beaten.

1. Play 3v4

**SMALL SIDED GAME SET UP:**

Play 11 v 11 normal rules for 25-30 minutes

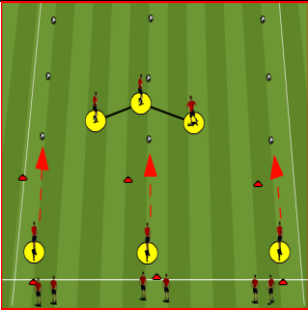
**HOMEWORK:**  
**SOCCER TEST:**  
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U14 TOWN      WEEK # 9      THEME: DEFENDING AS A TEAM/ITALY**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Organization as a team</li> <li>★ Shape</li> <li>★ Improve movement of team without the ball</li> </ul>	<ul style="list-style-type: none"> <li>★ Pressure-cover-balance</li> <li>★ Good, clear communication</li> <li>★ Pressure the ball together quickly</li> </ul>	<ul style="list-style-type: none"> <li>★ Beginning to understand the balance between attack and defense</li> <li>★ Conscious of width &amp; depth</li> <li>★ More development of the physical side need</li> <li>★ Self awareness &amp; social value</li> </ul>

**WARM UP:      SET UP:      PROGRESSION**

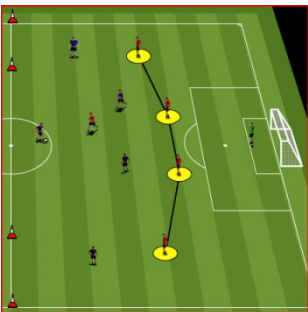


Have players in groups of 3. Have the balls about 15 yards apart. Place a cone about 5 yards before the first ball.  
 Role of 1st defender:

- First player in each line defends the first ball – speed of approach, use the cone as a visual cue to start to slow down to get balanced, and approach the ball so as to force the play in one direction. Look at speed, balance and body shape on approach. Ask players to reach in and touch the ball and then back off to the cone using small, quick steps whilst keeping their eye on the ball. Next player goes straight away.

1. Players work in pairs. First player accelerates and simply puts their foot on the ball. Second player works on putting pressure on a player with back to them. Look at speed of approach, angle of approach, ask them to stay on their toes and keep eye on the ball and ask for some physical contact as they get close. Look for sideways stance, use their arm to separate themselves from the attacker and ask them to apply pressure for 3-4 seconds and then go back to end of line.

**CORE GAME 1: THE BACK FOUR      SET UP: HALF FIELD      PROGRESSION**

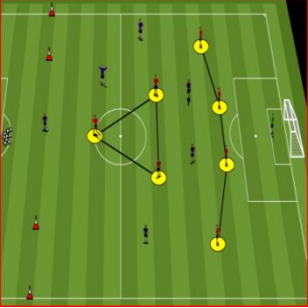


Play attack vs. defense (5v5) in half a field. The object for the defense here is dribble through the gates on the halfway line when they win possession. The attackers will attack the goal by any means. Work on the roles & responsibilities of the back four: pressure, cover, depth and balance.

- Develop the roles of the 1st, 2nd and 3rd defender.
- Players on their toes, providing good levels of support and organization
- Be compact, difficult to breakdown
- Communication, calling for the ball and putting a team mates' name on each pass.
- When in possession: create space, good 1st touch and play quickly.

1. Take away the midfielder for the defending team or add an attacker.
2. The defending team can pass through the gates.

**CORE GAME 2: DEFENSIVE SHAPE      SET UP: 2/3<sup>RD</sup> FIELD      PROGRESSION**



Defending team is to dribble through the gates. Overload the defending team (6v4, 6v5, 7v4). Coach the defending team's shape and decision making once they regain possession.

- As above
- Developing understanding with the midfield: shape

1. Depending on the success of the defending team you can add or remove players.

**SMALL SIDED GAME      SET UP:**

Play 11 v 11 normal rules for 25-30 minutes

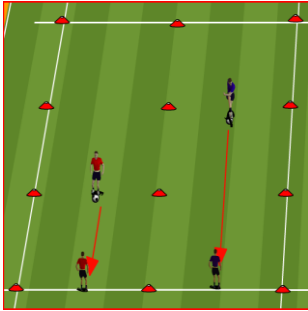
- HOMEWORK:**  
**ISOCCER TEST:**  
**BALL MASTERY:**



**AGE GROUP/PROGRAM: U14 TOWN      WEEK # 10      THEME: SHOOTING/GHANA**

SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
<ul style="list-style-type: none"> <li>★ Speed of play in front of goal</li> <li>★ Accuracy of shooting</li> <li>★ A variety of finishes</li> </ul>	<ul style="list-style-type: none"> <li>★ Lock ankle and strike the ball with the laces</li> <li>★ Accuracy, weight and timing</li> <li>★ Head over the ball and non-kicking foot pointing to the target</li> <li>★ Follow through</li> </ul>	<ul style="list-style-type: none"> <li>★ Beginning to understand the balance between attack and defense</li> <li>★ Conscious of width &amp; depth</li> <li>★ More development of the physical side need</li> <li>★ Self awareness &amp; social value</li> </ul>

**WARM UP: SHOOTING IN 2'S      SET UP: 15 x 5 YARD AREA      PROGRESSION**



Players start 5 yards away facing each other with one ball. The players volley the ball back and forth, making sure they use their laces.

1. Make it a competition between the 2 groups, first team to 20 catches wins.
2. Alternate feet.
3. Go from volleying to half-volley, then 2 bounces, and finish on the ground.
4. Start 5 yards apart, and you can move back to 10 yards then 15 yards.

**CORE GAME 1: FAST BREAK FINISH      SET UP: 30 x 20      PROGRESSION**



Player 1 attacks the goal furthest away. Once inside the scorezone, finish low and hard into the corner of the goal. As soon as Player 1 takes shot, Player 2 attacks the goal furthest away. Player 1 must recover and try to prevent Player 2 from scoring. Game recycles with the next player now waiting to attack, Player 1 joins the back of their line.

- Be positive, good first touch out in front.
- Pick your target, aim for corners - accuracy over power.
- Strike through the ball and follow through.

1. Change the start corner to help change shooting foot.
2. Scorer must touch the goal post before recovering to defend.

**CORE GAME 2:      SET UP: 40 x 40 YARD AREA      PROGRESSION**



In each goal have a GK, in each corner have a player with several balls, and all the other players are in the middle. The corner players have a number and when the coach calls it out the pass in a ball, the players in the middle play against each other and try and shoot on a goal. One the ball is out of play, they go back to the middle and await a new number.

- React quickly and be positive on the ball
- Shoot when you can

1. Different deliveries from the corners
2. A middle player can only score in one specific goal.
3. Rotate positions after several minutes

**SMALL SIDED GAME      SET UP:**

Play 11 v 11 normal rules for 25-30 minutes

**HOMEWORK:**  
**ISOCER TEST:**  
**BALL MASTERY:**