

Week 4 Instructions (U13-U14)



PREPARATION

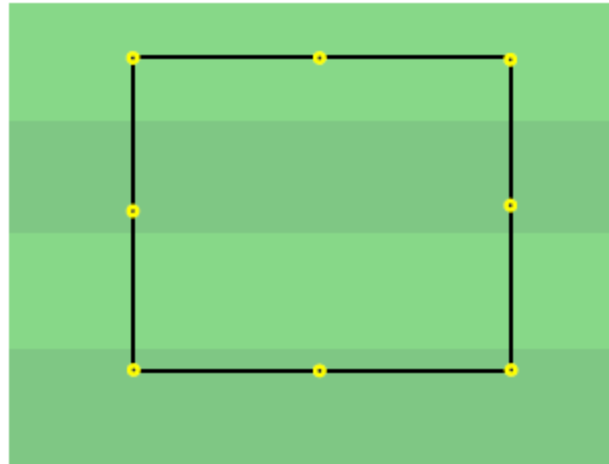
15 x 15 area

PLAYERS

1 players

INSTRUCTIONS

Setup: Use 4 to 8 cones to create a 15yd x 15yd box. This will be used for both drills tonight. No other setup required.



Technical - Passes & Volleys



PREPARATION

Balls
1 x 5 area

PLAYERS

1 players
(1 ball per pair)

INSTRUCTIONS

One ball per pair. Partners should be 3-5 yards apart. With the ball on the ground, partners should complete 10 passes back-and-forth, alternating between their right foot and left foot with each pass.

Next, one partner will gently toss the ball to his/her partner who will return the ball by completing an inside volley (kick the ball out of the air back to their partner using the inside of the foot). Partner tossing the ball should catch the return volley with their hands. Kicker should complete 10 inside volleys, alternating between right and left feet. After ten volleys, switch thrower and kicker.

Finally, complete 10 laces volleys (kick the ball out of the air back to their partner using the laces on the top of their foot). Partner will again catch the return volley with their hands. Kicker should alternate between left and right feet. After ten volleys, switch thrower and kicker.

See attached video for demonstration. Once everyone has completed this warmup, move on to the next drill.

COACHING POINTS

- Correct body position when receiving the ball
- Be mobile by being on your toes before receiving
- Show the surface you are going to use to the ball
- Use an appropriate amount of force to avoid returning the ball too short or too far.
- Make the surface big and raise it towards the ball

Step 1



2v2 Keep Away



PREPARATION

Cones, Balls
10 x 10 area

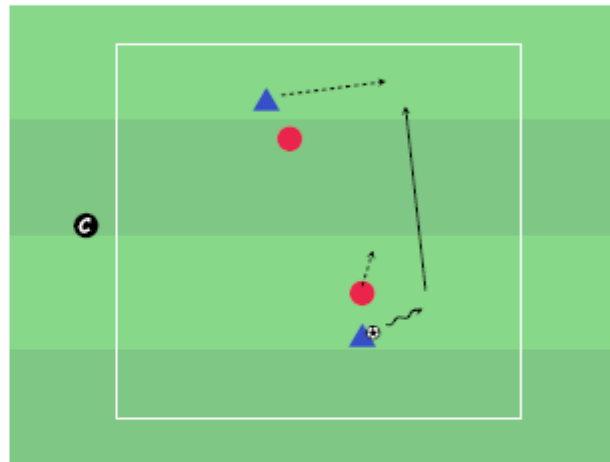
PLAYERS

6 players

INSTRUCTIONS

One ball per game. Players are divided into teams of two for a game of keep away. Player with the ball can dribble and pass to a teammate to keep the opponent from stealing the ball. Teammate without the ball should be moving into space (getting open) to be able to receive a pass.

If the team without the ball gains possession, they now try to keep the ball away from the team that just lost it. Depending on numbers, you may need to rotate subs into the drill.



COACHING POINTS

- What should we be doing without the ball?
Moving into space. Communicating with teammates.
- What are some ways to protect the ball?
Dribbling away from danger (an opponent).
- What should the defending player nearest the ball be doing? Applying pressure to the ball.
- What should cover player be doing?
Communicating to pressure and filling gaps to prevent passing penetration.

4v2 Possession



PREPARATION

Ball, Cones
8 x 8 area

PLAYERS

6 players

 **6** min

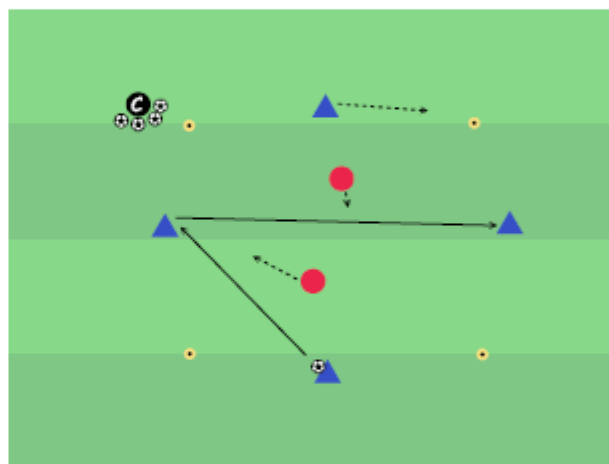
3 reps

2 min +

INSTRUCTIONS

Play begins when coach plays the ball into one of the offensive players. The offensive players can move side to side on their line and must possess the ball around the exterior. If the offensive player loses the ball, they switch places with the defensive player who stole the ball and play resumes.

After each rep, rotate players who have not played offense/defense yet.



COACHING POINTS

- Ball speed of passes - firm strike to teammate to avoid being intercepted
- First touch - away from pressure
- Decision making - How many touches? Who to pass to?
- Movement to provide passing lane
- Body position open to receive the ball
- Look downfield - Understanding when & how to split/break lines