

Week 5 Instructions (U13-U14)



PREPARATION

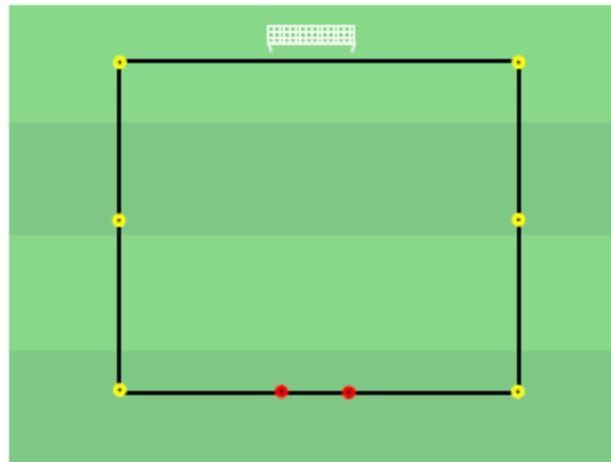
15 x 15 area

PLAYERS

1 players

INSTRUCTIONS

Setup: Use 6 cones to create a 15yd x 15yd box as shown in the attached image. One end of the box should be a goal. On the opposite end of the box, you'll need to create a small gate/goal using cones.



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



1v1 to Goal



PREPARATION

Cones, Balls
15 x 15 area

PLAYERS

2 players

INSTRUCTIONS

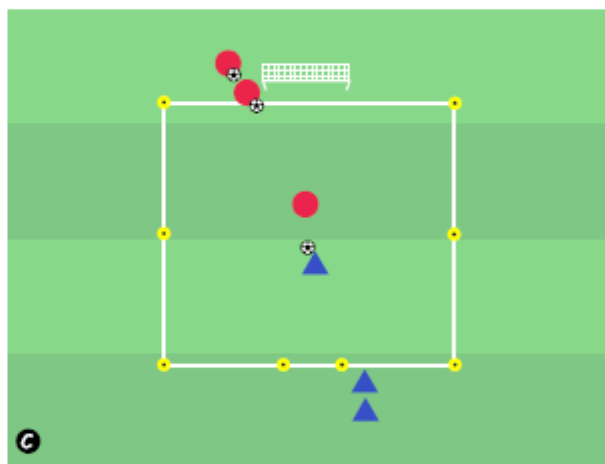
Set up a 15x15 yard field using 6 to 8 cones to create a grid with goals on each end and split the players into 2 groups, one group on each end of the field.

One side starts with the balls and are the defenders. One defender plays a ball across to an attacker and starts a 1v1. As soon as the 1v1 is over both players switch roles, going to the back of the line at the opposite end of the field.

Use either a goal or pair of cones to form a small goal on each end of the field.

COACHING POINTS

- Attack with speed
- Use skill moves to get around the defender
- Get a shot off as soon as the ball can see the goal



2v1 to Goal



PREPARATION

Cones, Balls
15 x 15 area

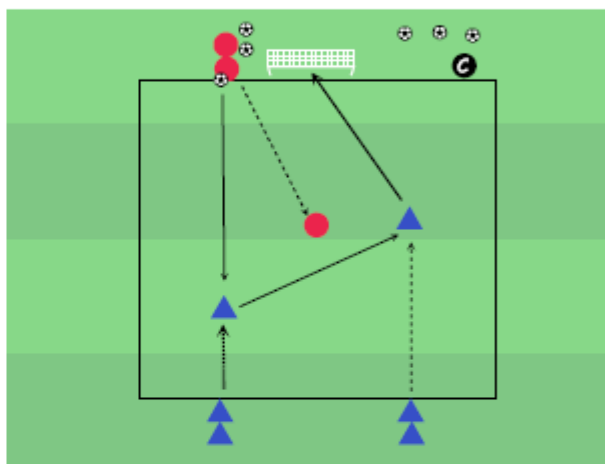
PLAYERS

6 players

INSTRUCTIONS

Divide the team into 2 groups - one on attacking side and the other on the defending line. The first defender plays the ball out to one of the attacking players and approaches to defend. The attacking players must work as a team to progress the ball around the defender to get a shot on goal. The defender will attempt to clear the ball away.

Perform several reps before rotating positions (right attacker to left attacker to defender) within the allotted time.



COACHING POINTS

- Attack: How can the attacking players draw the defender out of position?
- Attack: How can the attacking players progress the ball around the defender?
- Attack: What should the player without the ball be doing?
- Defender: What is the appropriate defensive stance?
- Defender: How can you limit the space of the attackers?
- Defender: Should we be patient or commit right away?