

Week 6 Instructions (U13-U14)



PREPARATION

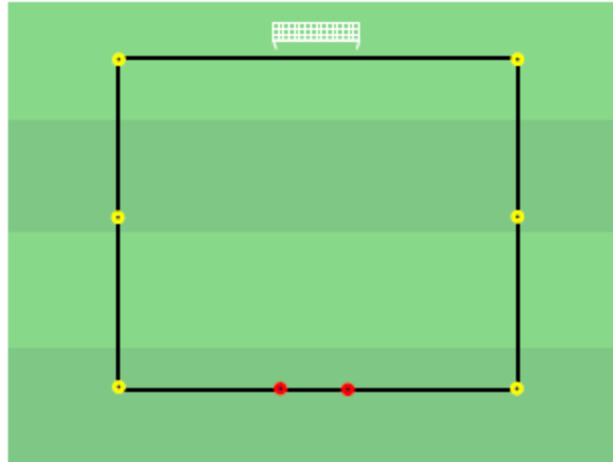
15 x 15 area

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



Simple Shooting



PREPARATION

15 x 15 area

PLAYERS

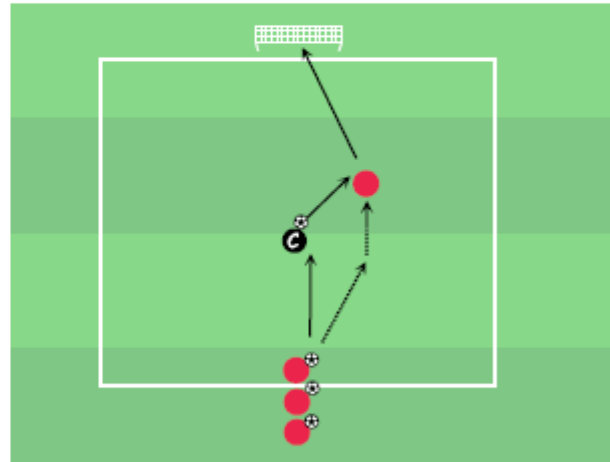
1 players

(1 ball per player)

INSTRUCTIONS

Each player will have a ball. Players will line up away from the goal and make a short pass to their coach. After passing the ball, the player will run around the outside of the coach to receive a return pass and either use one touch to bring the ball under control first or they can immediately shoot the ball on goal.

Split time going both left and right to encourage the use of both feet when shooting.



COACHING POINTS

- Use the laces or inside of the foot to shoot toward the goal
- Do not use the tip of the toe to punch the ball (no control)
- Eyes up to find target (goal) before kicking

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

