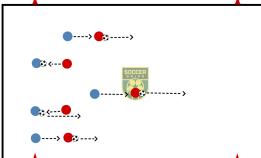
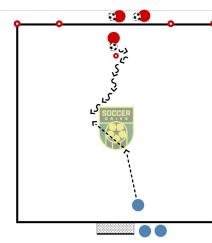
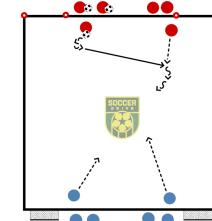
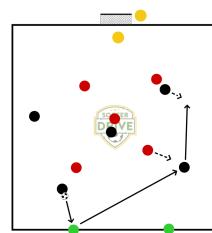
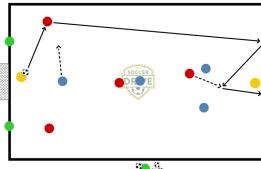


U13 & U14 TRAINING SESSION 30

CYCLE 5 WEEK 6	PHASE: TRANSITION DEF > ATT	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> Receive and pass and beat opponent forward Shield the ball Quick scoring - 10 Second Rule Dribbling, running forward to get open 	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				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
Grab It! Area: 20y x 15y Organization: Players work in pairs with one ball. One player holds the ball in one hand, with the arm outstretched. The other player grabs the ball and runs away. The other player tries to tag the player before he/she gets to the end line. Variation: Switch players around.		<ul style="list-style-type: none"> Quick reaction Enthusiasm
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
1v1, Dribble to Score Area: 20y x 15y Organization: The attacker dribbles onto the field and starts with a 1v1 move by the cone. The defender comes on with the first touch, and the 1v1 begins. Attackers score in the small goal, and the defenders score by dribbling the ball through the corner gates on the endline. When the ball goes over the sideline, players dribble the ball back in. The 1v1 is over when the ball goes over the end line. Switch sides after each turn. Game: Keep individual or team scores.		<ul style="list-style-type: none"> Explode after winning the ball by the defender - quickly dribble forward Quick scoring - 10 Second Rule
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
2v2, Dribble to Score Area: 20y x 15y Organization: Play begins with a pass from one attacker to the other. The defenders come on with the pass. Attackers score in the small goal, and the defenders score by dribbling the ball through the corner gates on the endline. When the ball goes over the sideline, the players must pass the ball back in. The turn is over when the ball goes over the end line. Switch sides after each turn. Game: Keep individual or team scores.		<ul style="list-style-type: none"> Explode after winning the ball Find the neutral players as quickly as possible Quick scoring - 10 Second Rule Dribbling, running forward to get open Receive and pass and beat the opponent forward Shield the ball
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
5v5 + 2, Transition Game Area: 40y x 30y Organization: Set up a large goal (with a GK) on one endline, and place two neutral players on the other endline. The teams play in a 2-1-2 formation. After winning the ball, the team in possession must pass the ball to one of the neutrals before attacking the goal. Neutral players must move on the endline to get open. Rotate neutral players every two minutes. Game: Play blocks of 7 minutes and keep track of the score.		<ul style="list-style-type: none"> Explode after winning the ball Find the neutral players as quickly as possible Quick scoring - 10 Second Rule Dribbling, running forward to get open Receive and pass and beat the opponent forward Shield the ball
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
5v5 (4+GK) With Bouncers Area: 40y x 25y Organization: The two teams play with four field players and a GK, with wall players next to both goals for the attacking team to use. Rotate teams after several minutes. When the ball is over the sideline, pass the ball back in. A goal counts double when it is directly scored from a pass from a wall player. After a goal is scored or after several minutes, rotate wall players in. Game: Keep track of the score.		<ul style="list-style-type: none"> Receive and pass and beat the opponent going forward Try to find the bouncers quickly after winning the ball Movement to get open without the ball and after the pass Create scoring changes Quick scoring - 10 Second Rule