

U13 & U14 TRAINING SESSION 16

CYCLE 3 WEEK 4	PHASE:	TOPIC / FOCUS POINTS:	EQUIPMENT:	AREA:	TIME:
AGE: U13/U14	Defending	<p>Interrupt the buildup of the opponent and to win the ball back at the right moment</p> <ul style="list-style-type: none"> Defend 'high', on half of the opponent. Quick pressure on the ball. Timing of moment of physical contact. Make the field small together Give each other back cover Block shots, tackling, sliding 	Various sizes of soccer balls, large and small cones, pinnies (two colors), four small goals, two larger goals.	60y x 50y	90 min.

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
Freeze Tag Area: 15y x 15y Organization: The two players without a ball try to tag as many players as possible. When a player gets tagged, he/she 'freezes' and stands with the ball above their heads, feet wide apart. Frozen players are set free when another player passes a ball through their legs. The game is over when all of the players are tagged. Variation: Play without soccer balls. Players must crawl between the legs of a frozen player to set them free.		<ul style="list-style-type: none"> Enthusiasm
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
1v1, Straight and Angled Area: 24y x 12y Organization: Create three small fields of 8y x 12y. On the center field, play 1v1 line soccer. On the two outside fields, play 1v1 with small goals placed in the corners of one side of the field. The players always start in the opposite corners from the goals. Begin the 1v1s with a pass across from the defender. Switch roles after the turn is over. Players switch fields every eight minutes. Game: Keep track of goals scored.		<ul style="list-style-type: none"> After the pass, protect your own goal first Pressure the ball, forcing the opponent away from the small goal, towards the sideline
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
6v4 Build Up Game Area: 50y x 40y Organization: The teams play 6v4, with the attacking team scoring in the two small goals on the end line. When the defenders win the ball, they attack the large goal with the GK. The attacking team plays with a goalkeeper, four defenders, and a central midfielder. The defenders play in a diamond formation. Play begins with a goal kick from the GK. From there, the attacking team builds up and tries to create scoring chances. Attackers re-start with a throw in, but the defenders can dribble or pass the ball back in. Switch roles after several minutes. Game: Create two teams, switch roles after five minutes. Keep track of the score.		<ul style="list-style-type: none"> Defend 'high', on half of the opponent Quick pressure on the ball Make the field small together Give each other back cover Blocking shots, tackling, sliding
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
7v5 Game Area: 50y x 40y Organization: The attacking team plays with a GK, four defenders and two midfielders, trying to build up and score on the small goals. The defenders play with three forwards and two midfielders, looking to win the ball and score on the large goal. The game always starts with a goal kick from the goalkeeper. When the ball goes over the sideline, both teams must throw the ball back in. Switch roles after several minutes. Game: Keep track of the score.		<ul style="list-style-type: none"> Defend 'high', on half of the opponent Quick pressure on the ball Make the field small Give each other back cover Blocking shots, tackling, sliding
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
7v7, Large Goals Area: 60y x 40y Organization: Create two teams and play 7v7 (6 plus goalkeeper) with both teams in a 1-2-3-1 formation. Regular soccer rules. Game: Keep track of the score.		<ul style="list-style-type: none"> Defend 'high', on half of the opponent Quick pressure on the ball Make the field small Give each other back cover Blocking shots, tackling, sliding