

U13 & U14 TRAINING SESSION 36

CYCLE 6 WEEK 6	PHASE: TRANSITION DEF > ATT	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> ● Dribble and beat the opponent going forward. ● Get open. ● Create scoring chances and score within 10 seconds. 	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	PRINCIPLE: Reaction				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
1v1 Move Plus Turning Area: 20y x 15y Organization: Set up groups of two or three players starting at the cones. The players dribble up to the large cone, make a 1v1 move, and then turn and dribble back. They perform moves and turns that they already know and add new ones. Variation: After their turn, the player passes the ball back to the next player. Game: Relay Race.		<ul style="list-style-type: none"> ● Dribbling technique ● 1v1 moves ● Turning technique ● Passing technique (inside foot) ● Receiving technique (forward)
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
3v3 + 3 Possession Game Area: 30y x 20y Organization: Create three teams of three players. One team is neutral, and stations one player in the center, with the other two on the endlines. The other two teams play on ball possession with the three neutral players, creating a 6v3. Teams try to move the ball from one neutral player on the endline to the other. Switch roles every three minutes. Game: Score one point for moving the ball from one neutral player on the endline to the other. Play 3 three-minute games and add up the total points per team.		<ul style="list-style-type: none"> ● Reaction after winning the ball ● Make the field large quickly ● Get open ● Find the neutral players on the endline ● Pass with the correct speed to the correct foot ● Open up or take a good first touch forward into space
ACTIVITY 3 - 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 ● Get open ● Quick scoring - 10 Second Rule ● Dribbling, running forward ● Receive and pass and beat the opponent forward ● Find the neutral players as quickly as possible
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"> ● Explode after winning the ball ● Get open ● Quick scoring - 10 Second Rule ● Dribbling, running forward ● Receive and pass and beat the opponent forward
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
5v5 Game Area: 40y x 25y Organization: Two teams play 5v5 (4+GK), starting in 2-1-1 formation. When the ball goes out of bounds, restart with dribble or pass. Game: Keep track of the score.		<ul style="list-style-type: none"> ● Explode after winning the ball ● Get open ● Quick scoring - 10 Second Rule ● Dribbling, running forward ● Receive and pass and beat the opponent forward ● Shield the ball