

COACHING SESSION PLAN

Session Type	U14 week 10, practice 2
Theme of Session	TEAM PLAY AND 3V3S

Key phrases for today's theme;
 • *Have fun*

Focus <i>Key points and things to watch out for.</i>	Diagram <i>Equipment and example</i>	Timing <i>Minimum time to be spent on exercise</i>
<p>Small-sided-games; score and keep away</p> <p>Maximum of 6v6 players for U14s. 'Score and keep away' is designed to enhance teamwork.</p> <p>The aim for the players is to score in their target goal as in a normal game. However, after a team scores, their goal is closed up and they have to complete 5 passes before it is open again. If the other team win back the ball they have to try and score in their target goal, if they do then their goal closes and it opens the other teams goal.</p> <p>The set up should be a 25x35 yard area, with two 3 yard goals (no keepers), placed at either end.</p>	 <p>The diagram shows a rectangular field with orange squares at each corner representing goals. A black dot in the center represents the ball. There are three red dots and three green dots scattered across the field, representing players from two different teams.</p>	<p>10-15mins</p>
<p>Small sided games; 3v3 skills games</p> <p>3v3 players for U14s. Skills games to develop individual flair.</p> <p>The aim for the players is to score in their target goal, whilst earning points for tricks.</p> <p>The set up should be a 30x40 yard area, with two 2 yard goals (no keepers), placed at either end.</p>	 <p>The diagram shows a rectangular field with orange squares at each corner representing goals. A black dot in the center represents the ball. There are three red dots and three green dots scattered across the field, representing players from two different teams.</p>	<p><i>Rotate teams continuously-play as a mini league!</i></p>