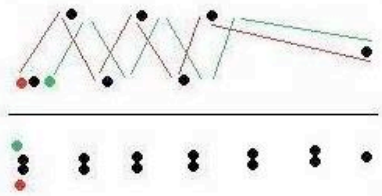
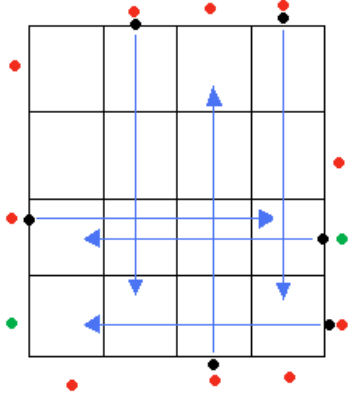
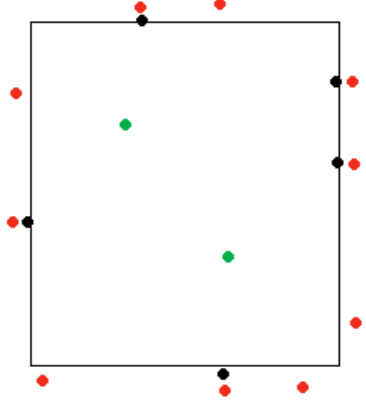
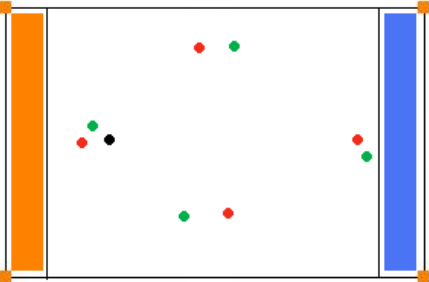
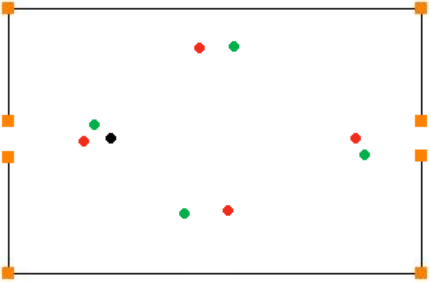


COACHING SESSION PLAN

Session Type	U14 week 1, Practice 2
Theme of Session	Where and When to run-with-the-ball

- Key phrases for today's theme;
- *Quick feet; "on-your-toes", "work together", "glide over the grass"*
 - *Running-with-the-ball; "explode into space", "play into space", "bigger touches"*
 - *End-zone game; "when there's space ahead, run-with-the-ball", "explode into the end-zone whenever you can"*
 - *Regular Game; "look for space", "remember to run with the ball when there's space ahead"*

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>Basic fast feet; paired work</p> <p>The following exercises should be done in pairs, and with the younger players, they should be done as 'mirroring' exercises not races.</p> <p>The top exercise involves one player (green) doing a backwards zigzag, changing direction, with the other (red) doing a forwards zigzag, attempting to mirror the movements of the green player. When they reach the end of the zigzag the green player should turn and get to the end cone quickly with the red player.</p> <p>The second exercise should involve the two players working together. They should go to the second double cone and then go backwards, back to the first. They then go the third cone, and go back to the second, then the fourth going backwards to the third, and so on. In other words, going two steps forward and then one step back.</p>		<p>10 minutes <i>(starter activity)</i></p>
<p>Dribbling and Running-with-the-ball; "Grid-dribble"</p> <p>The set-up for this drill is a 20x20 yard grid, split into 16, 5x5 yard squares, although it can be made bigger or smaller depending on the amount of players available to the session.</p> <p>The players should then be spread out around the outside of the grid (three to a side and one player per free space). There should be enough balls for one-between-two, with the balls spread out as they are in the diagram.</p> <p>The players aim is to dribble straight down the alley in front of them, and when they get in the final box they need to find a free player to pass to on the opposite side to which they started. They then have to find a free space on the opposite side, while the player they passed to dribbles across the box. With every player going across the area at once, players will need to ensure they play with their head up, with the ball under close control and learn to accelerate, decelerate and alter their course where necessary.</p>		<p>15 minutes <i>before progressing</i></p> <p>25 minutes <i>total.</i></p>

<p>At U14 we should look for players to understand, if space is ahead then they should 'run-with-the-ball', but if players are ahead then they should dribble. Also, when dribbling, players should look to disguise their movements when going past players; using feints and tricks as they should in a game.</p> <p>Key points;</p> <ul style="list-style-type: none"> • use of inside and outside • use of right and left foot • ball remains under close control at different speeds • player plays with head up and glances down at the ball when necessary • use of feints/tricks (dropping the shoulder, step-over, maradona) <p>To progress the session, the coach can have the players on the outside moving around the edge of the area (attempting to maintain equal space between all outside players). The coach should also look for players to work on their first touch, controlling the ball into space, noticing what's around them.</p> <p>Finally, a secondary progression can be for the coach to remove the grid (as in the second diagram, right), and have two defenders in the middle with all the other players around the outside. One ball should be removed and this should mean that half the players will always be moving around the outside "looking for free space" with half dribbling through the middle.</p>		
<p>Small-sided-games; end zone soccer</p> <p>Maximum of 4v4 players for U14s. End-zone soccer should be used for running with the ball, dribbling and long passing practices.</p> <p>The aim for the players is to get the ball, under control, into their target end-zone.</p> <p>The set up should be a 25x35 yard area, with two 25x5 yard end-zones on each end.</p>		<p>12 minutes minimum</p>
<p>Small sided games; regular mini game</p> <p>Maximum of 4v4 players for U14s. Regular games should be played after other controlled small-sided games.</p> <p>The aim for the players is to score in their target goal.</p> <p>The set up should be a 30x40 yard area, with two 3 yard goals (no keepers), placed at either end.</p>		<p>8 minutes (or until practice ends)</p>