


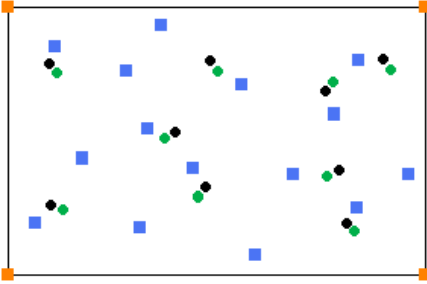
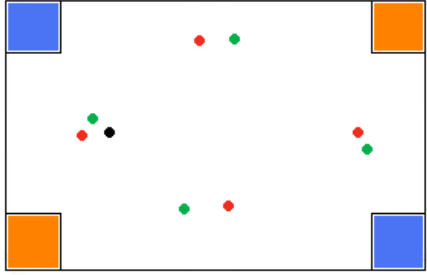
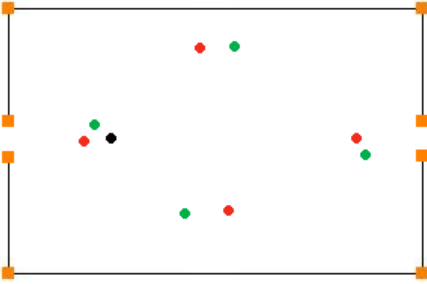
COACHING SESSION PLAN

Session Type	U14 week 2, practice 1
Theme of Session	Specialist turning

Key phrases for today's theme;

- Fast feet- *bend your knees, pad the ground lightly but quickly, pump your arms as well as your legs*
- Turning- *look over your shoulder before you turn, explode out of a turn, lower the body and bend the knees, **never turn into an opposing player***
- Four corner- *use turns to quickly move from one target box to another, create space for teammates to give them 1v1 opportunities to turn*
- Game- *create space, try-a-trick*

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; single work</p> <p>The area set up is very easy, simply line up 10 cones and then have a target cone/goal at the end, for the players to race down to. Ideally, set up as many as these as you can next to each other, so that players are not waiting long to go through the cones.</p> <p>The exercises through the cones should be as follows;</p> <ul style="list-style-type: none"> • <i>one step between-</i> getting the knees up over the cones, players put one foot in each gap as they go through • <i>two steps between-</i> as above, but this time players making two steps in each gap • <i>facing right-</i> players place left foot into the gap and then the right foot meets it, will mean that legs don't cross over • <i>facing left-</i> as above but right foot first, left foot meeting • <i>big zigzag-</i> players do big zigzags in and out of the cones • <i>small zigzag-</i> players use little steps to move in and out of the cones • <i>zigzag backwards-</i> as above but players face the 'wrong' way through the cones, moving in and out backwards <p>Coaches should make sure that players keep their bodies upright, that they're on the balls of the feet, and players should be told to try not to knock any cones. (Start with 100 points, lose 10 points for every cone knocked- if they get to 0 then they do a funky forfeit!)</p>		<p>10 minutes</p>

<p>Turning; cone-head defender</p> <p>Cone-head defender is a drill designed to work on the technical elements of turning. The set-up should be a 25x35 yard area with cones randomly placed inside the area. Each player should have a ball.</p> <p>Players should perform the following turns each time they approach a cone in the area;</p> <ul style="list-style-type: none"> • <i>Inside</i>- using the inside of the foot to pull the ball across the body and change direction • <i>Outside</i>- using the outside of the foot to pull the ball out of the body and change direction • <i>Stop</i>- stopping the ball with base of the foot, spinning 180 degrees and then accelerating away • <i>Drag-back</i>- putting the foot on top of the ball and pulling it backwards in one move, turning 180 and accelerating away • <i>Cruyff</i>- faking to pass the ball, the player drags the ball between their legs with the inside of their foot, turning and accelerating away • <i>Step-over</i>- dragging the foot around the ball with the outside of the foot being closest to the ball to start and finish with the ball between the feet, the player should lean to the direction of the foot they used to do the step-over and then they should play away with the other foot in the opposite direction. <p>Advance the practice by removing cones and making a third of the players defenders, with two thirds having a ball, the dribblers then have to keep their ball for as long as possible, turning whenever they need to.</p>		<p>15 minutes minimum</p>
<p>Small-sided-games; four-corner model</p> <p>Maximum of 4v4 players for U14s. Four-corner soccer should be used for short passing, turning and ball control practices.</p> <p>The aim for the players is to get the ball, under control, into one of their two target corners. If one team is doing far better than the other, remove one of their target areas so that the weaker team has two target corners but the stronger can only aim for one.</p> <p>The set up should be a 25x35 yard area, with four 5x5 yard corners.</p>		<p>15 minutes maximum</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>Until practice ends.</p>