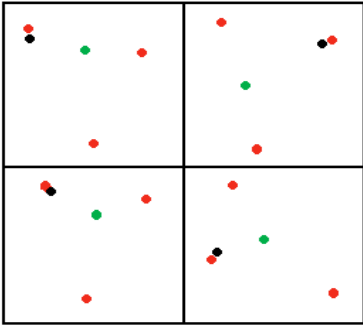
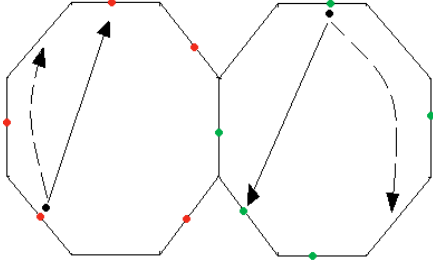


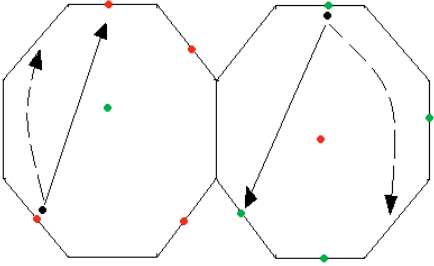
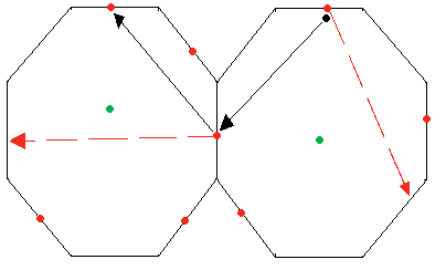
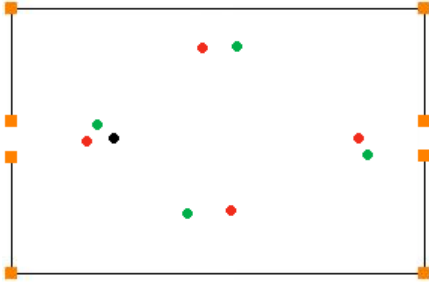
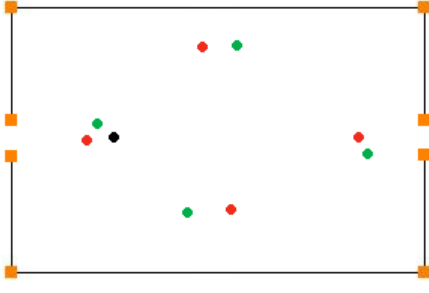
COACHING SESSION PLAN

Session Type	U14 week 3, practice 2
Theme of Session	SHORT PASSING

Key phrases for today's theme;

- Play aggressively in attack and defence
- Use your brain first- where to pass and where to move
- Good pace pass to move the ball quickly
- Don't run in straight lines
- Keep the ball far away from the goal and move it quickly to force the defenders to chase hard

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>Passing; 3v1 (focus on high pressure attacking play)</p> <p>Set up enough boxes (6x8 yards in size), and split the players into groups of four. One player per box should be nominated as the defender while the other three are attackers, who have the ball between them.</p> <p>The idea for the attackers is to keep the ball within the 6x8 box and away from the defender. If the defender can intercept the ball or poke it out of play, then they swap with any of the attackers (it is best to have an order to avoid weaker players always going in the middle).</p> <p>To progress the practice, double the grid size (12x16 yards) and play a 6v2 game of 'keep away'.</p> <p>Key points;</p> <ul style="list-style-type: none"> • <i>Attackers should try to play with a maximum of 2 touches (advise this do not make it a rule)</i> • <i>Attackers should try to stay on the move, and in space</i> 		<p>10mins (no progression)</p>
<p>Passing with off-the-ball movement; Gunner drill</p> <p>Set up two octagons (8-10 yards in diameter) joining each other on one side, as in either diagram. The coach should label the space between two cones as 'gates' so that they can get every player into a 'free gate'. The players should also be split into two equal groups (reds and greens in diagram 1).</p> <p>There should be one ball per octagon (to begin with) and the aim for the players is to pass the ball to another player in there octagon, and then instantly move into a new, free space.</p> <p>The idea is for passing to be quick and sharp, for this to be achieved; the coach should tell players to use their brains before receiving the ball, so they know who they will pass to, and where they will</p>	<p>1</p> 	<p>20mins</p>

<p>move to.</p> <p>When the players have 'passed and moved' without pressure, as in diagram 1, the coach should take one player from each octagon, and have them apply passive pressure (pressuring the player without challenging for the ball). This is shown in diagram 2.</p> <p>The final progression, if the players are performing well, is to remove a ball and have the player moving from octagon to octagon, as in diagram 3. The players should play a normal pass and move in whichever octagon the ball is in, but whenever a player receives the ball in the centre gate, joining the two octagons, they should perform a turn and play into the other octagon.</p> <p>Key points for passing are;</p> <ul style="list-style-type: none"> • <i>Inside pass</i>- players should pass with the instep of either foot • <i>Punch pass</i>- players should look to punch the ball the ball to their partner, giving it more power but maintaining accuracy • <i>Making 10</i>- players should make a 10 or 01 with their non kicking foot next to the ball <p>Key points for off-the-ball movement are;</p> <ul style="list-style-type: none"> • <i>Sharp diagonal runs</i>- opens up space quickly for the ball and gets player quickly into space • <i>Curved runs</i>- curve goes away from the ball, in a game it draws a defender away, as well as opening up space for the ball carrier 	 <p>2</p>  <p>3</p>	
<p>Small-sided-games; score and keep away</p> <p>Maximum of 4v4 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>10mins</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>