

COACHING SESSION PLAN

Session Type	U14 week 9, practice 1
Theme of Session	DRIBBLING AND RUNNING WITH THE BALL

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>Fast footwork with creating space</p> <p>The three drills work on three aspects of creating space, through fast footwork training methods. The top diagrams (1) are a drill designed to work on <i>diagonal dash</i> runs, the diagram in the middle of this page (2) is a drill designed for working on <i>curved</i> runs, and the final drill at the bottom of this page (3) is designed for working on <i>checked</i> runs.</p> <p>The first drill will have players showing a good turn of pace, as the short diagonals (done as side-steps) will be fairly slow, the players should then 'drop their shoulder' toward the way they were going and then dash, diagonally following the direction of the longer arrow they then repeat this down to the end. The distance between the cones that are closer together should be around a yard/a metre, with the distance to the next cone being around 8-10 yards.</p> <p>The second exercise will have players ensuring they are facing inside the curve the whole time, as well as speeding up showing a 'quick turn of pace' as with the diagonal dashes. At the end of each curve the players should perform a 1-2 with a server at the blue cones before going on to the next curved run. The arc of the curve should be around 3 yards wide and the length between the start and end cones (for each curve) should be about 10 yards.</p> <p>The final exercise, with the diagram at the bottom of the page, looks the most complex but it's straight forward when the players have been through it once! The most important thing for players to understand is that the moment where they check their run (at the end of the first diagonal line), should be a sudden move, where they then take two steps back to the cone behind them to receive a pass from the blue server. They should then try to play a first time pass to the green server before making a diagonal dash to the next cone, repeating the exercise.</p>		<p>15mins</p>

Dribbling and running-with-the-ball; "Grid-dribble"

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.

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.

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.

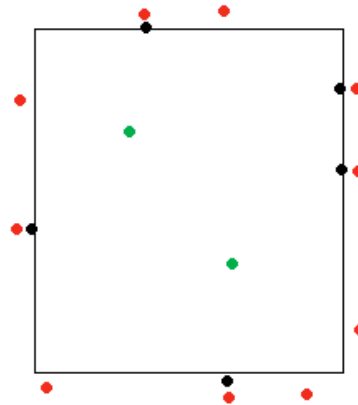
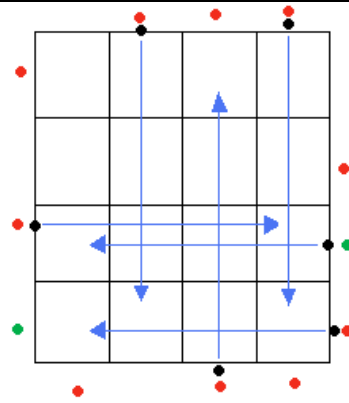
At U14 we should look for players to understand, if space is ahead then they should 'run-with-the-ball', but if players are ahead then they should dribble. Also, when dribbling, players should look to disguise their movements when going past players; using feints and tricks as they should in a game.

Key points;

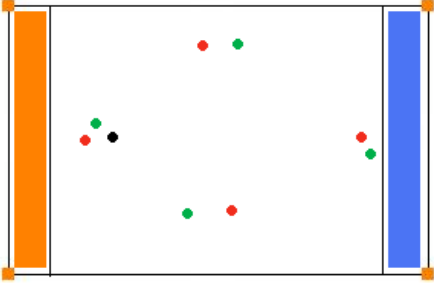
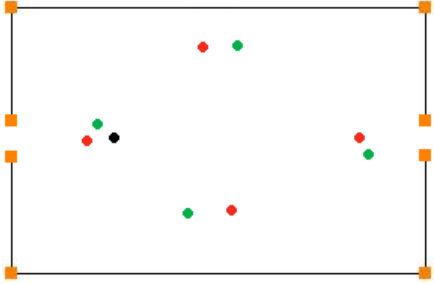
- *use of inside and outside*
- *use of right and left foot*
- *ball remains under close control at different speeds*
- *player plays with head up and glances down at the ball when necessary*
- *use of feints/tricks (dropping the shoulder, step-over, maradona)*

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.

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.



20mins

<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>The diagram shows a rectangular field with two vertical end zones at each end. The left end zone is orange and the right end zone is blue. A black dot representing the ball is in the center of the field. There are four red dots and four green dots representing players, with two of each color positioned near each end zone.</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>The diagram shows a rectangular field with two vertical goals at each end, marked with orange squares. A black dot representing the ball is in the center of the field. There are four red dots and four green dots representing players, with two of each color positioned near each goal.</p>	<p>Until practice ends</p>