

U13 BALL CONTROL SESSION (INDIVIDUAL SKILLS)

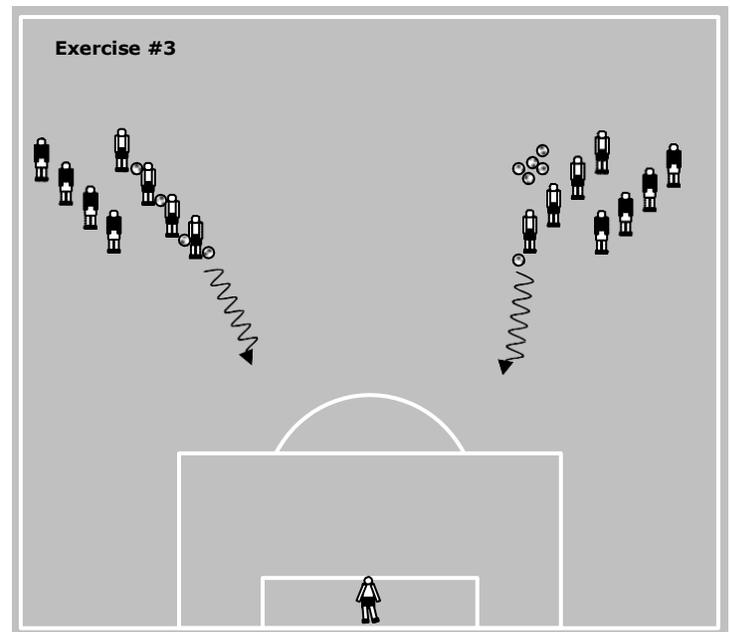
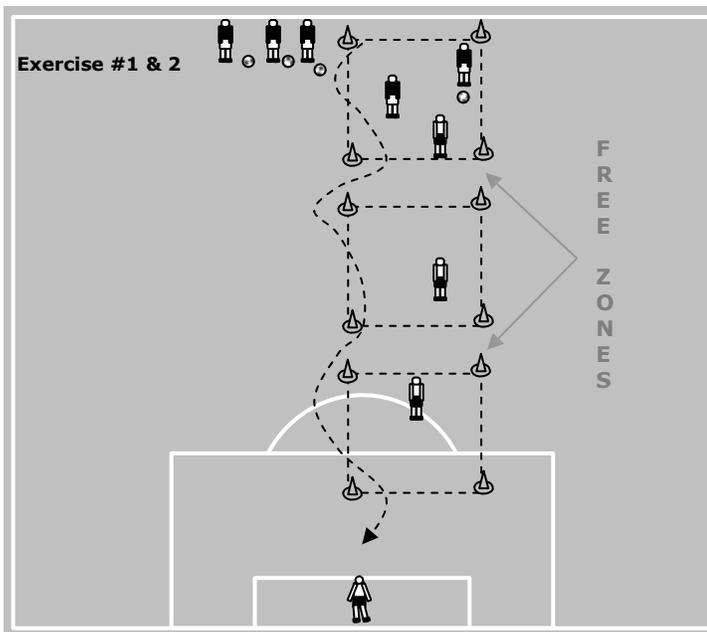
TOPIC	THEME	AGE	DIVISION	CODE
Ball Control	Individual Skills	U13	Youth	U13A
Exercise #1	Organization	Coaching Points		
Juggling U13: Around the world, sequence juggling. Juggling in groups of 2 or 3. Have them compete with other groups. (see pg 23; doc. 310 96) <i>Time: 10 min.</i>		Players should not be using hands. Challenge players to find alternate ways of getting ball up. Competitions between groups when juggling. Stay 4:1 on the positive to instructional comments throughout session.		
Exercise #2	Organization	Coaching Points		
Footwork 34,35,36,37,38: Change directions, change speeds, double touch, shoulder dip, fake pass. (see pg. 22; doc. 310 95) <i>Time: 10 min.</i>		Knees bent, stay on toes. Players should go 100% for 30 seconds, then rest. Keep head up. Find players who are doing well and make an example of them.		
Exercise #3	Organization	Coaching Points		
8v8 Triangle Goals. 3 sided goals placed 7 yards from end-line. Goal can scored through any side of goal. Hockey style. <i>Time: 15 min.</i>		Encourage players to take each other on. Keep ball moving. Beating players on the dribble is incredibly difficult, they must be encouraged to try over and over.		
Exercise #4	Organization	Coaching Points		
4 Goal Game: 8v8. Two goals placed on each end-line. <i>Time: 55 min.</i>		Switch the point of attack, take players on. Get the players excited about playing. Encourage players to have fun with this. Become a fan of the game!		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U13 DRIBBLING SESSION (CARRYING)

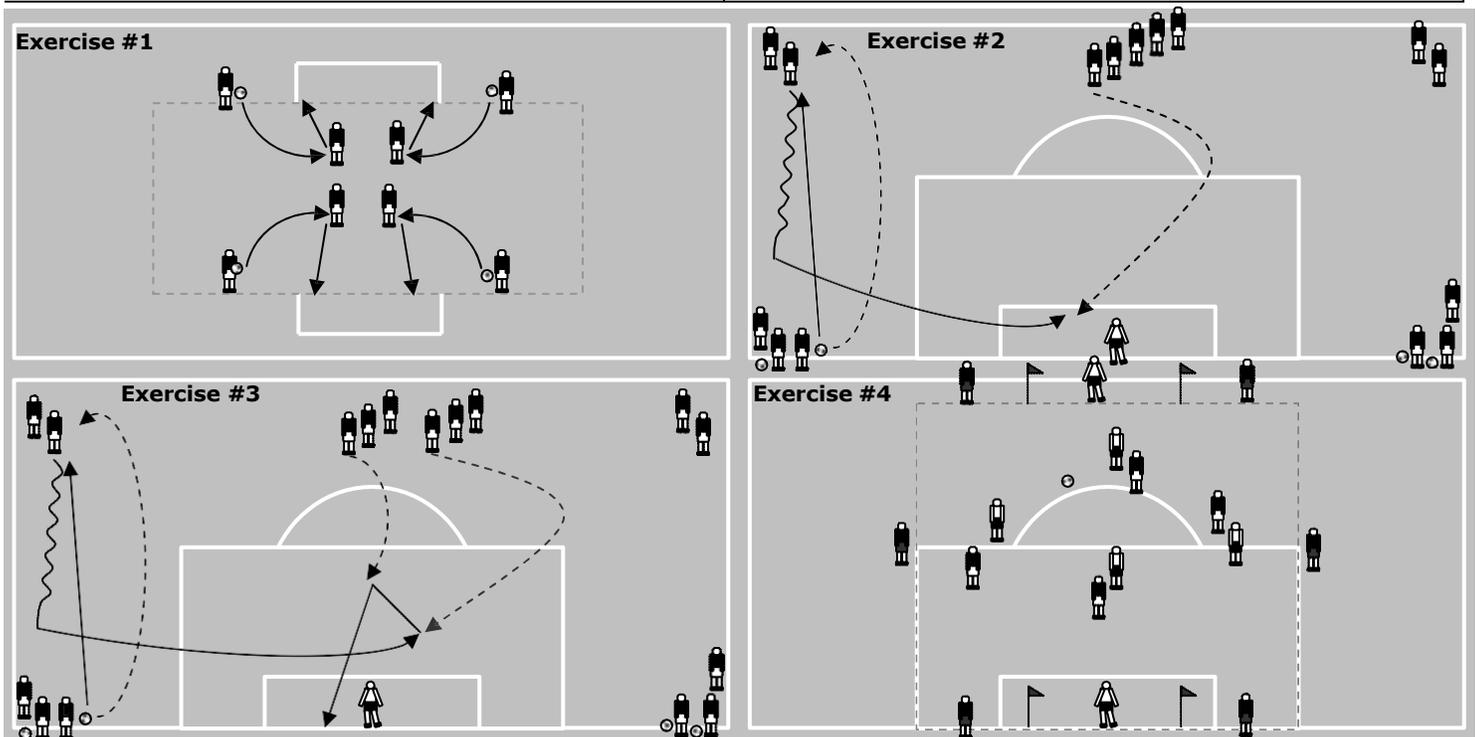
CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Carrying	U13	Youth	U13B
Exercise #1	Organization	Coaching Points		
<p>Giant Slalom: Players dribble at speed through cones (already set up for Exercise #2) approximately 8 yards apart ending with a shot on goal. Create a couple of lines to get more repetitions. <i>Time: 10 min.</i></p>		<p>Look for players to be efficient with their touches. Take as few touches as possible while getting through the cones as fast as you can. Take time to stretch and keep comments to a 4:1 ratio of positive comments vs. instructional comments.</p>		
Exercise #2	Organization	Coaching Points		
<p>2v1 Fight Free: Set up three 10x10 yard grids with 5x10 yard neutral zones in between. Two attackers take on one defender while defenders may not enter neutral zone. <i>Time: 10 min.</i></p>		<p>Player on ball is looking to commit defender while using the dribble to create 2v1 opportunities. Look for the use of combinations to beat defender; take-over, overlap, wall pass, etc. Penetrate with the dribble to get into the neutral zone.</p>		
Exercise #3	Organization	Coaching Points		
<p>1v1 Breakaways: 1v1 exercise starts 35 yards from goal in which 2 players are facing each other. One player is designated as the attacker and the other is the defender. The defender cannot begin until the attacker touches the ball. Once touched the attacker attempts to score on the big goal. The defender chases down the attacking player. <i>Time: 10 min.</i></p>		<p>Attacker is looking to go straight to goal with big touches while using body to cut off the defender. Introduce toe poke for a shot. This could be used if a player has to shoot quickly. Create excitement when players are successful.</p>		
Exercise #4	Organization	Coaching Points		
<p>7v7 w/ GK's: The length of the field should be to midfield in order to encourage dribbling. (see pg. 37; doc. 310 56) <i>Time: 60 min.</i></p>		<p>Encourage running with the ball and going at defenders. It is important to play with head up while looking to create 2v1 opportunities by dribbling. Have fun with this, become a fan!</p>		



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U13 FINISHING SESSION (VOLLEYS, 1/2 VOLLEY, FULL VOLLEY)

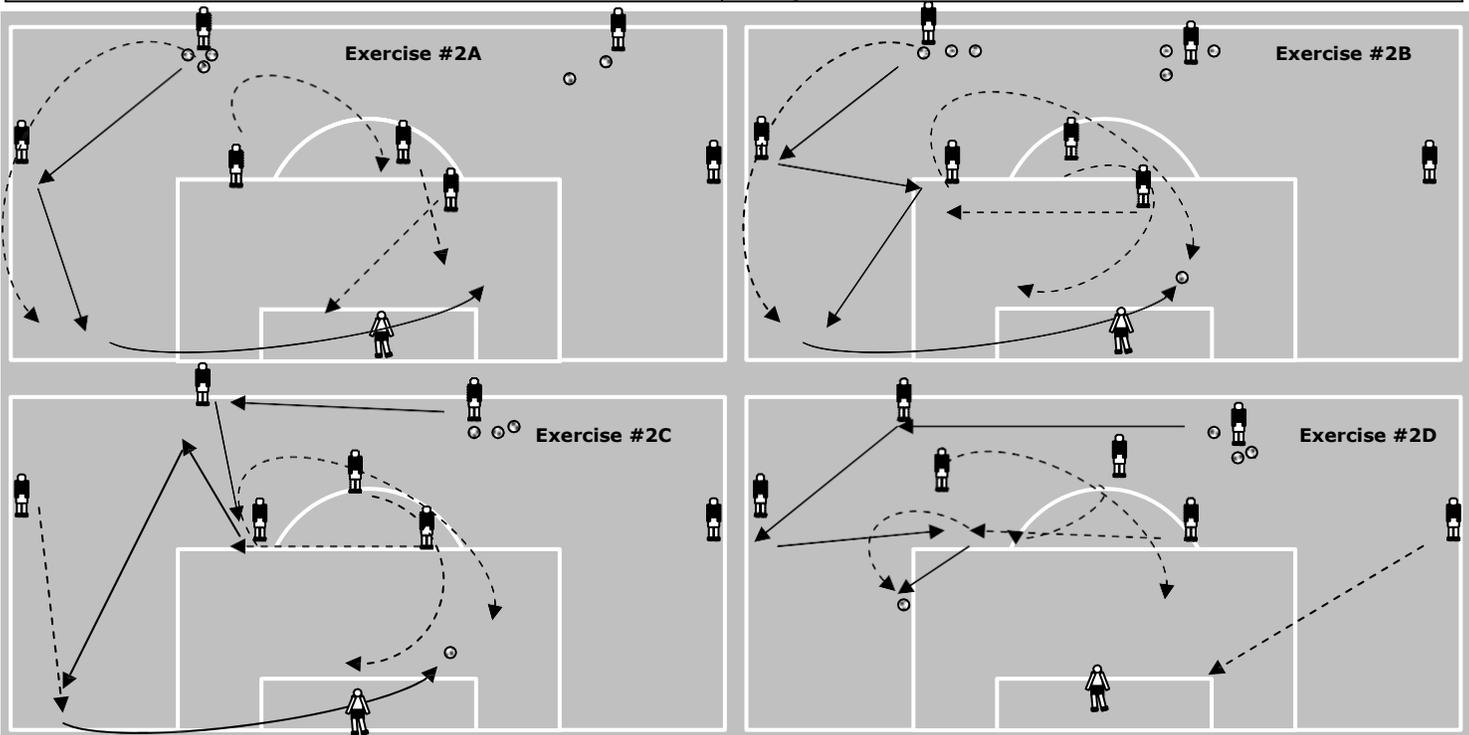
TOPIC	THEME	AGE	DIVISION	CODE
Finishing	Volley, 1/2 Volley, Full Volley	U13	Youth	U13C
Exercise #1	Organization	Coaching Points		
Volleys-1/2 Volleys-Full Volleys: Use 4 lines and two goals. Server tosses ball to player. Each player takes 5 shots then rotates with the server. Players perform the same shot for muscle memory. <i>Time: 20 min.</i>		Pull toes back as far as possible, keep eye on the ball and strike through the center of the ball. Use a shorter follow through when hitting half volleys. Stay 4:1 on positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
Crossing & Finishing w/ One Runner: 4 lines wide, two in the end line, two above the box. Outside player dribbles down line and crosses to the runner. Alternate sides. <i>Time: 15 min.</i>		Timing of runs, quality of service. Curl your run toward the back post then in. Do not arrive too early; make sure players are meeting the ball at full speed in the box.		
Exercise #3	Organization	Coaching Points		
Crossing & Finishing w/ Two Runners: 4 lines wide, two in the end line, two above the box. Two runners going to goal. Outside player dribbles down line and crosses to the runners. First player sets the ball while the other uses one of the techniques to finish. Alternate sides. <i>Time: 15 min.</i>		Timing of runs, quality of service, setting, technique, rebounds. Curl your run toward the back post then in. Do not arrive too early; make sure players are meeting the ball at full speed in the box.		
Exercise #4	Organization	Coaching Points		
4v4 Box on Box w/ Bumpers: <i>Time: 40 min.</i>		Coach over the play as much as possible. Preparation to shoot. First touch away from pressure. Allow the players to have some fun, be very positive. Find good things in their play. Become a fan!		



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U13 PASSING SESSION (ATTACKING 3RD)

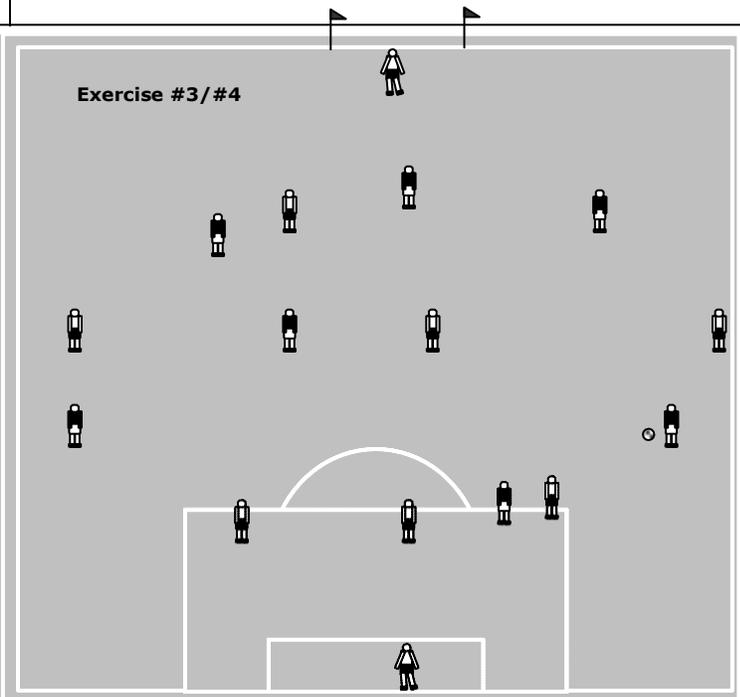
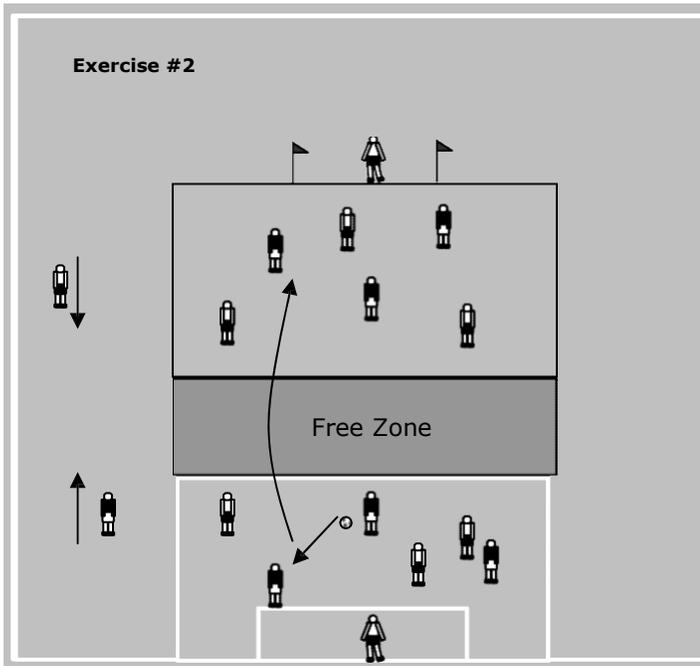
CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Attacking 3 rd	U13	Youth	U13D
Exercise #1	Organization	Coaching Points		
7v7 w/ GK's: 3-5-2 formation; 2 forwards with 5 midfielders, against a 3 back line with 4 in midfield. (see pg. 37; doc. 310 56) <i>Time: 40 min.</i>		Look for patterns to develop; stop play but not often. Try to coach through the play. Stay 4:1 on the positive to instructional comments throughout the session. Play, play, play.		
Exercise #2	Organization	Coaching Points		
Patterns in the Attacking 3 rd :- A) Overlap: play ball wide and overlap; forward checks to ball, then curls B) Third Man: Same start as A but find second forward from wide player C) Drop: reward first forward who drops for a through ball. (Try the same pattern with a dummy from the first forward) D) Play ball wide, who plays to second forward. Second forward dummies to the attacking mid for a tight wall pass for a ball to the first curling forward. <i>Time: 25 min.</i>		Sharp Passing, clean runs to clear space. Talking "leave it", "yes", etc. Repeat runs on both sides and often as necessary. Look for details, such as squaring up, collecting without a skip, checking at the right time, attacking ball when receiving, sprinting when needed, follow up on shot, keeper "away!", angled of runs to allow getting to the needed are at the right time. There are literally hundreds of patterns. Perhaps allow a player to develop a pattern. This may take a little time, but could accomplish other developmental components.		
Exercise #3	Organization	Coaching Points		
Triangle Passing: 2 triangles about 18 yds apart. Equal number of players in the 3 lines. 2 Groups. (GK's can join in). <i>Time: 10 min.</i>		Sharp passing, run smooth like an athlete; no skipping; call for ball; be sure to add checking at the right time.		
Exercise #4	Organization	Coaching Points		
Cool Down: In two's for stretching, company and a "shake down". <i>Time: 10 min.</i>		In most intense training environments where a lot of lactic acid has built up, a cool down can be important to a faster recovery for more efficient future training.		



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U13 RECEIVING SESSION (RECEIVING OUT OF THE AIR)

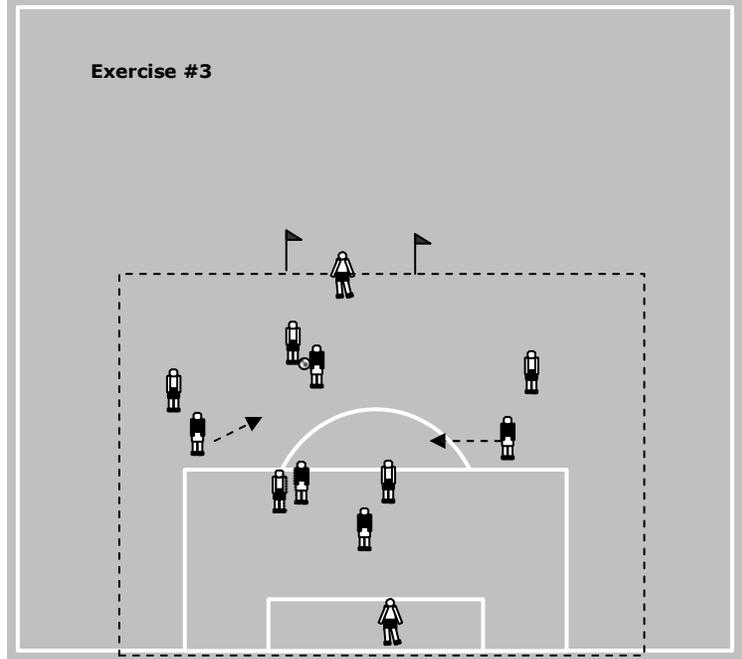
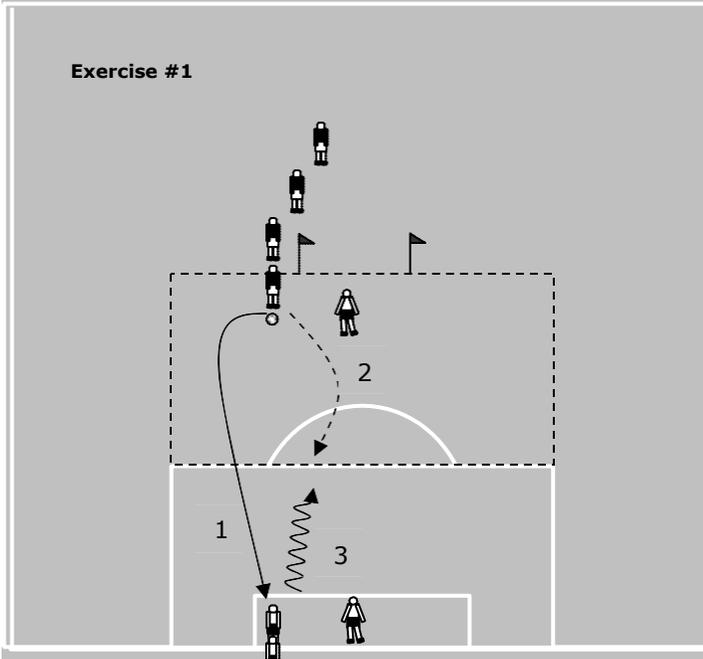
CATEGORY	TOPIC	AGE	DIVISION	CODE
Receiving	Receiving Out of the Air	U13	Youth	U13E
Exercise #1	Organization	Coaching Points		
In 2's Receiving Air Balls: Players pass to each other in the air. Work on receiving balls over distance. <i>Time: 15 min.</i>		Encourage receiving balls with different surfaces. Players should take ball out of air, should not bounce. Stay 4:1 on the positive to instructional comments through out the session.		
Exercise #2	Organization	Coaching Points		
3v3 + 3v3 with 3 Zones: Two 36x44 yard grids, with a 10 yard free zone. Players cannot enter middle zone. Ball must travel through the zone in the air. <i>Time: 25 min.</i>		Ensure good starting positions for 2 attackers, attackers must work together to break down defense. Quality service from defenders into attackers. Encourage finding players early. Look for good moments to comment on.		
Exercise #3	Organization	Coaching Points		
7v7 w/ GK's: 2 touch, half field. (see pg. 37; doc. 310 156) <i>Time: 20 min.</i>		Encourage players to have an idea before they get the ball, movement for each other off the ball is critical (especially with 2 touches).		
Exercise #4	Organization	Coaching Points		
7v7 w/ GK's: No restrictions, half field. (see pg. 37; doc. 310 156) <i>Time: 30 min.</i>		Coach over the play, allowing players to have some fun. Be very positive.		



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U13 CHALLENGING SESSION (BALANCE)

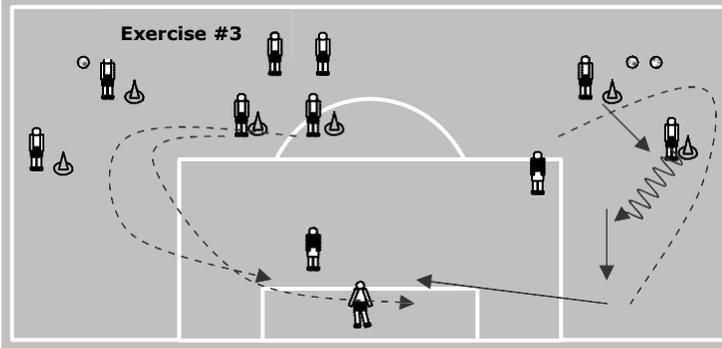
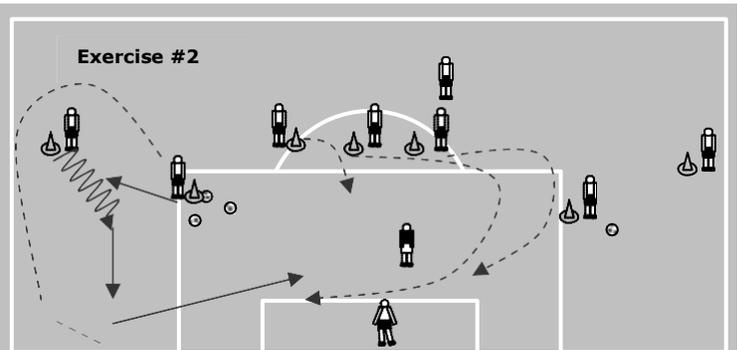
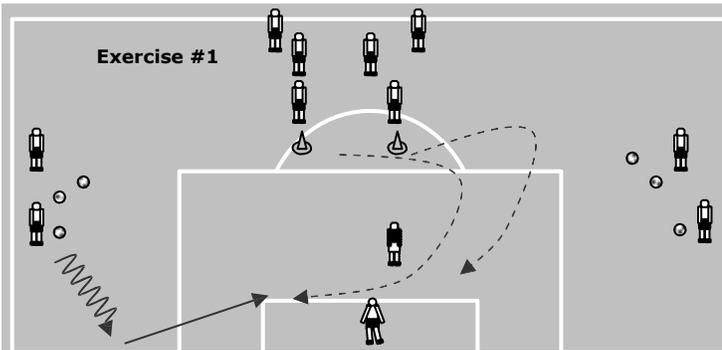
CATEGORY	TOPIC	AGE	DIVISION	CODE
Challenging	Balance	U13	Youth	U13F
Exercise #1	Organization	Coaching Points		
Pressure 1v1 w/ GK's: Box on Box. Defender plays ball to attacker, then closes him down. Attacker must take defender on and get shot off. Play is finished when goal is scored or ball goes out of play. <i>Time: 15 min.</i>		Defender must close down quickly. Defender should bend run slightly and make play predictable. GK should communicate with defender. Stay 4:1 on positive to instructional comments throughout session.		
Exercise #2	Organization	Coaching Points		
Pressure and Cover 2v2 w/ GK's: "Box on Box." Defender plays ball to one of two attackers. Two defenders step out and defend. <i>Time: 15 min.</i>		1 st defender must close down quickly and make play predictable. 2 nd defender provides cover/support and must communicate with 1 st defender. There must be quick pressure on the ball to prevent shots.		
Exercise #3	Organization	Coaching Points		
Pressure, Cover and Balance 5v5 w/ GK's: Normal game. Open field up another 10 yards in length and 5 yards in width. Play a 2-1-2 formation. <i>Time: 25 min.</i>		1 st defender should put pressure on ball not allowing attacker to put head up. 2 nd defender should provide support. Other defenders should be pinching in providing cover and balance. See example below. Defenders pinch in to provide cover and balance.		
Exercise #4	Organization	Coaching Points		
Defending 8v8 w/ GK's. Half field game. Play a 2-4-2 formation. (see pg. 37; doc 310 156) <i>Time 35 min.</i>		As ball shifts, defense should shift. Someone should always be applying pressure, forcing opponents head down. Other defenders should be providing support in case 1 st defender gets beat on the dribble. Weak-side defenders should be tucking in.		



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U13 HEADING SESSION (NEAR, FAR & TRAILER W/ DEFENDERS)

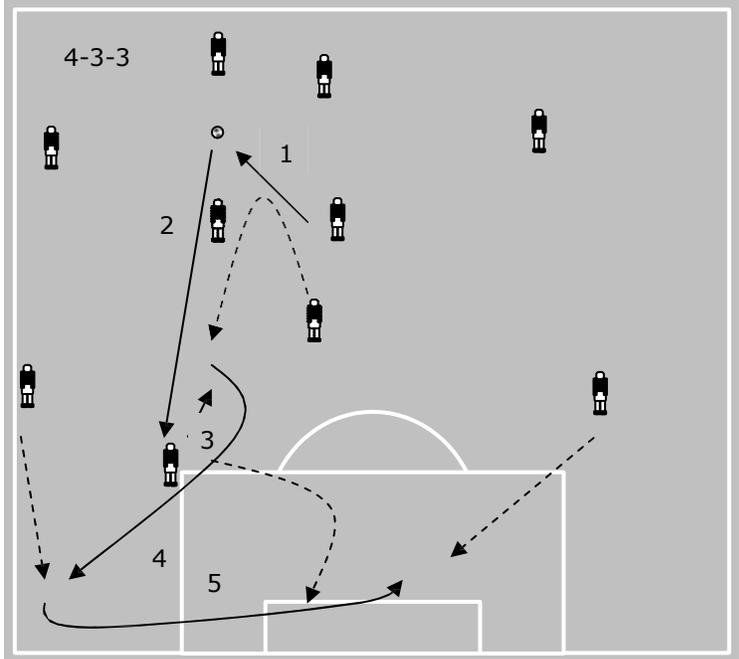
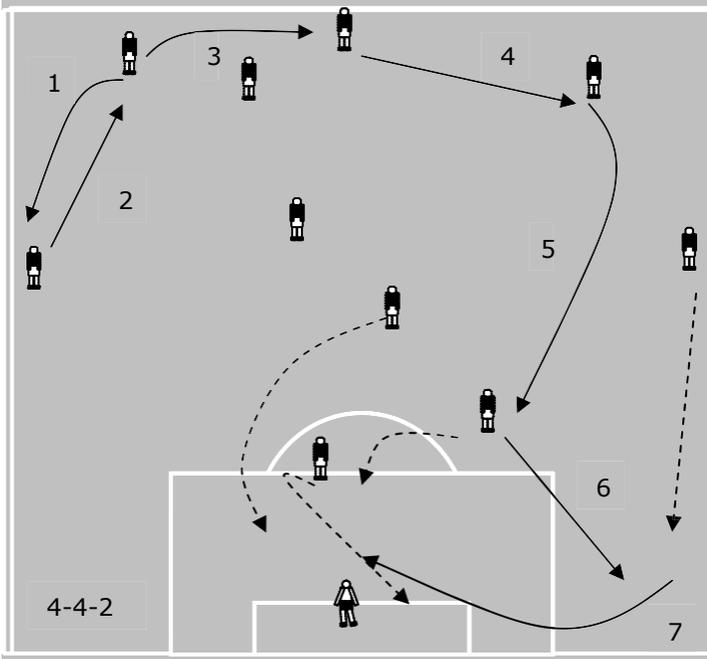
CATEGORY	TOPIC	AGE	DIVISION	CODE
Heading	Near, Far & Trailer w/ Defenders	U13	Youth	U13G
Exercise #1	Organization	Coaching Points		
N & F Post w/Defenders: Near and far post runs with a defender in the box, player wide will serve the ball in the box. <i>Time: 15 min.</i>		Timing of runs are crucial, attitude to challenge in the air, technique of heading (moving through waist, redirection of ball, bending knees, head through the ball, arms out to protect space). Stay 4:1 on the positive to constructive comments.		
Exercise #2	Organization	Coaching Points		
N & F Post w/Def. add Overlap: Near and far post runs with a defender in the box, player wide will serve the ball, after an overlap. <i>Time: 15 min.</i>		Timing of runs, type of service to play to runners, encourage players to win ball with head, when to redirect vs. when to use power. Follow shots and beat keeper to the ball. Frame the goal.		
Exercise #3	Organization	Coaching Points		
N, F & Trailer w/2D: Near, far post, and trailer runs with 2 defenders in the box, players wide will serve the ball, after an overlap. <i>Time: 15 min.</i>		Active in the box, attitude to go and get the ball, timing of runs, regroup if in too early. Follow shots and beat keeper to the ball, frame the goal.		
Exercise #4	Organization	Coaching Points		
Patterns 8v6: Eventually set up counters and finish by playing 7v7. Full widthx50 yards. <i>Time: 45 min.</i>		Encourage getting the ball in the box from the width, attitude to challenge in the box. Follow shots and beat keeper to the ball, frame the goal.		



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U13 ATTACKING SESSION (4-4-2 & 4-3-3 FORMATIONS)

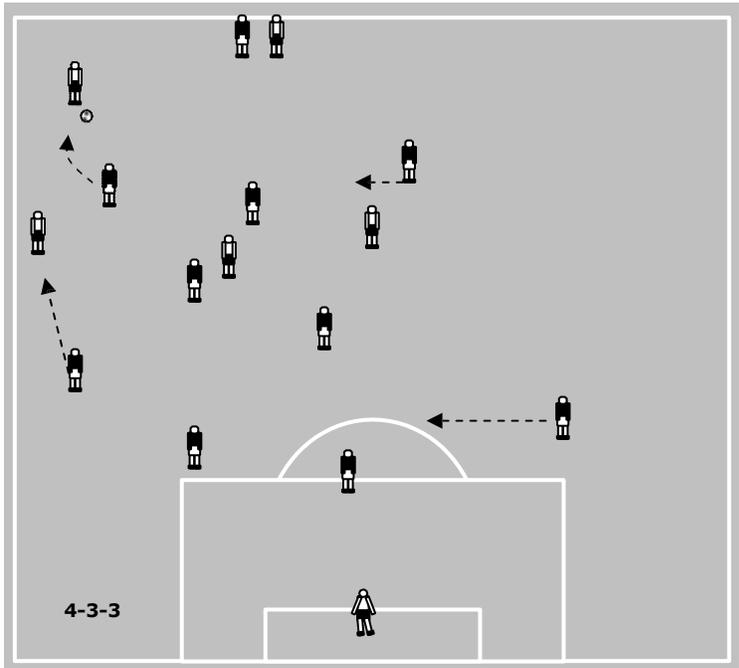
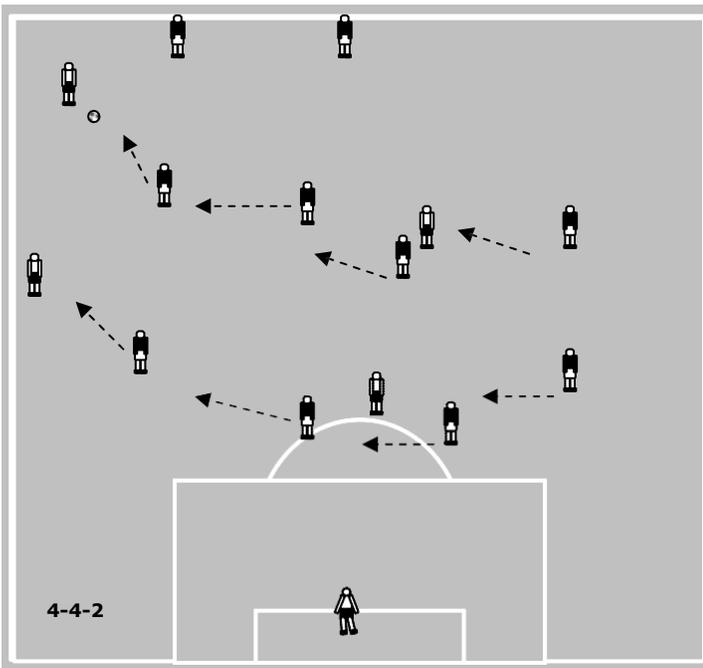
CATEGORY	TOPIC	AGE	DIVISION	CODE
Attacking	4-4-2 & 4-3-3 Formations	U13	Youth	U13H
Exercise #1	Organization	Coaching Points		
11v4 Walk Through, 4-4-2: Full field. Starting 11 going to big goal. 4 players defending. When defending team wins ball, immediately play ball back to coach or 2 counter goals. Work on various patterns. <i>Time: 15 min.</i>		Two forwards should stay high and connected. Outside players need to stay wide. Outside backs should support play and try to get involved in attack. Weakside outside back should tuck in and stay at home.		
Exercise #2	Organization	Coaching Points		
11v11 Normal Game, 4-4-2: Full field. Coaching should be done through the run of play. (see pg. 10; doc 305 44) <i>Time: 30 min.</i>		Midfielders should play flat 4 across. Center midfielders should hold down middle of field and get everyone involved. Limit number of square passes played. Support should come at angles.		
Exercise #3	Organization	Coaching Points		
11v4 Walk Through, 4-3-3: Full field. Starting 11 going to big goal. 4 players defending. When defenders win ball, immediately play ball back to coach or two counter goals. Work on various patterns. (see pg. 12; doc 305 46) <i>Time: 15 min.</i>		Center/target forward should stay high to stretch defense. Must be able to hold ball. Outside forwards/wingers should stay high and wide. Three midfielders should stay central in diamond shape.		
Exercise #4	Organization	Coaching Points		
11v11 Normal Game, 4-3-3: Full field. Coaching should be done through the run of play. <i>Time: 30 min.</i>		Outside backs should get forward and support play. Weak side outside back should stay home and tuck in.		



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U13 DEFENDING SESSION (4-4-2 & 4-3-3 FORMATIONS)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Defending	4-4-2 & 4-3-3 Formations	U13	Youth	U13I
Exercise #1	Organization	Coaching Points		
11v4 Walk Through, 4-4-2: ½ or ¾ field. Starting 11 defending big goal. When defense wins ball, they should play to the coach or two counter goals. <i>Time: 15 min.</i>		Two forwards are responsible for setting line of confrontation. When forwards "go" everybody else must follow. Back line can play high when there is pressure on the ball, but must drop when there is no pressure.		
Exercise #2	Organization	Coaching Points		
11v11 Normal Game, 4-4-2: 4-4-2. Full field. Coaching should be done during the run of play. <i>Time: 30 min.</i>		Winger should step to other team's outside back. Outside back should step to opponents outside mid. Weak side winger and back should tuck in and help out centrally.		
Exercise #3	Organization	Coaching Points		
11v4 Walk Through, 4-3-3: Starting 11 defending big goal. When defense wins ball, they should play to coach or two counter goals. <i>Time: 15 min.</i>		Lone forward should cut field in half and deny switch. Winger should put pressure on opponent's outside back, while outside back steps to opponent's outside mid. Weak side winger and back should tuck in.		
Exercise #4	Organization	Coaching Points		
11v11 Normal Game, 4-3-3: Full-field. Any coaching should be done during the run of play. <i>Time: 30 min.</i>		First defender must apply pressure while teammates provide cover and balance. Force attacker to play into the area where you have numbers.		



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PROGRESSION