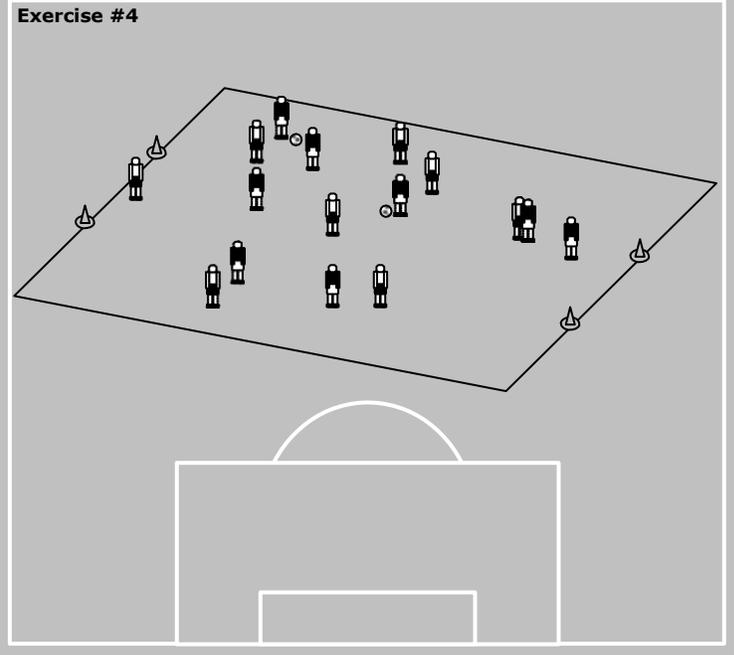
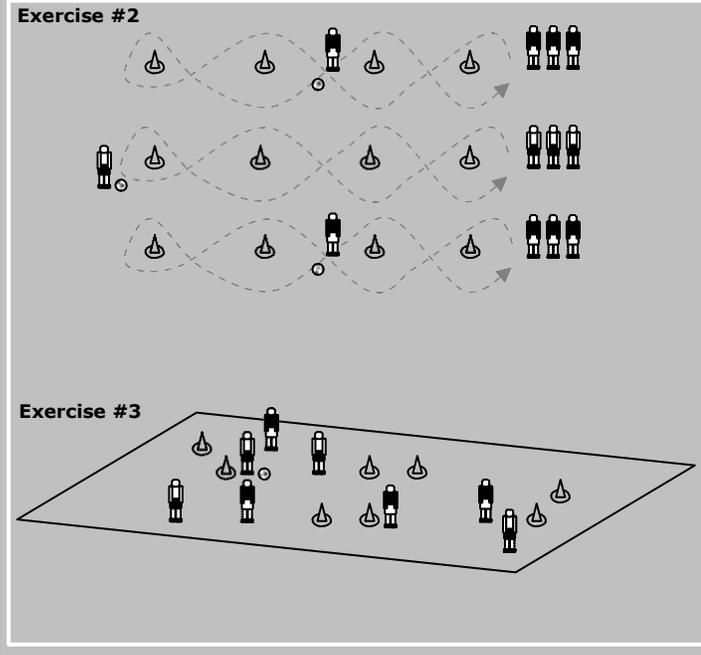


U14 BALL CONTROL SESSION (CARRYING)

TOPIC	THEME	AGE	DIVISION	CODE
Ball Control	Carrying	U-14	Juniors	U14A
Exercise #1	Organization	Coaching Points		
Juggling U14: (See pg. 24; doc. 310 96) <i>Time: 10 min.</i>		Balance, rhythm, proper weight, alternate feet or surfaces, no spin, restrictions (below the knees, the juggling foot does not touch the ground, every third touch is a different surface, patterns, etc.).		
Exercise #2	Organization	Coaching Points		
Dribbling Races: 15-20 yards course. Variations of running with the ball with restrictions. <i>Time: 10 min.</i>		Coordinated touches, step and touch, running with the ball, quick turning and accelerating. Have fun with them and stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #3	Organization	Coaching Points		
Multiple Goals: Place small goals randomly throughout the field. Field size adjusted according to number of players. One minute games. Each team starts with a ball but anyone can get the ball and try to get through as many goals as possible. <i>Time: 10 min.</i>		Manipulating the ball in order to avoid pressure. Work full speed, change of direction, turning and accelerating		
Exercise #4	Organization	Coaching Points		
Two Ball Soccer: Use two balls at the same time. Go to big goals. <i>Time: 60 min.</i>		Awareness, communication. Become a fan of the game and find good things in their play.		

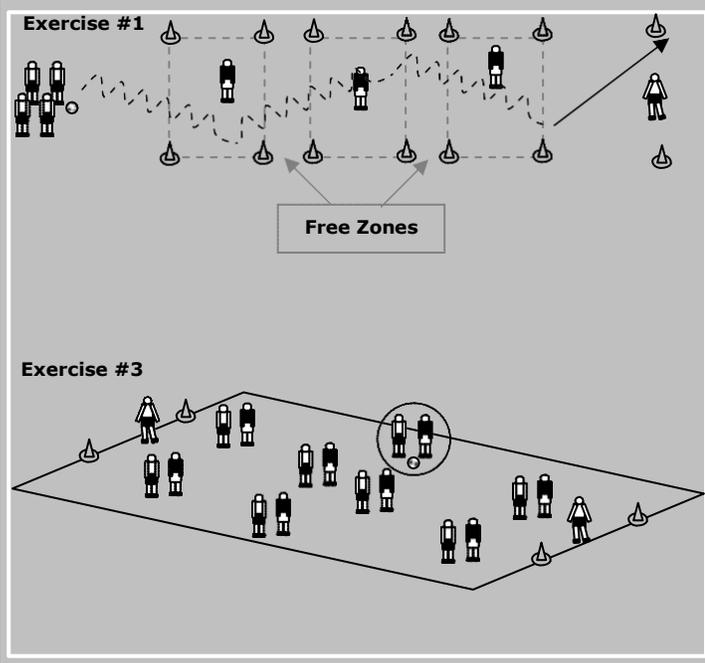
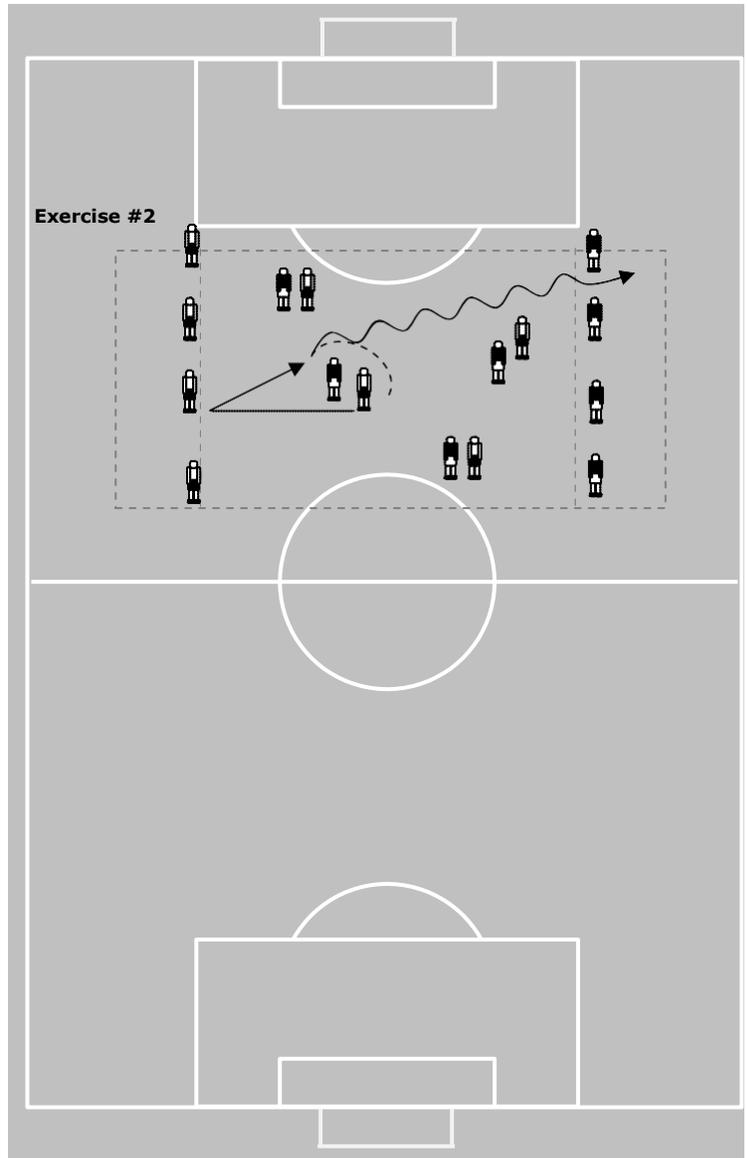


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U14 DRIBBLING SESSION (ATTACKING)

TOPIC	THEME	AGE	DIVISION	CODE
Dribbling	Attacking	U14	Junior	U14B

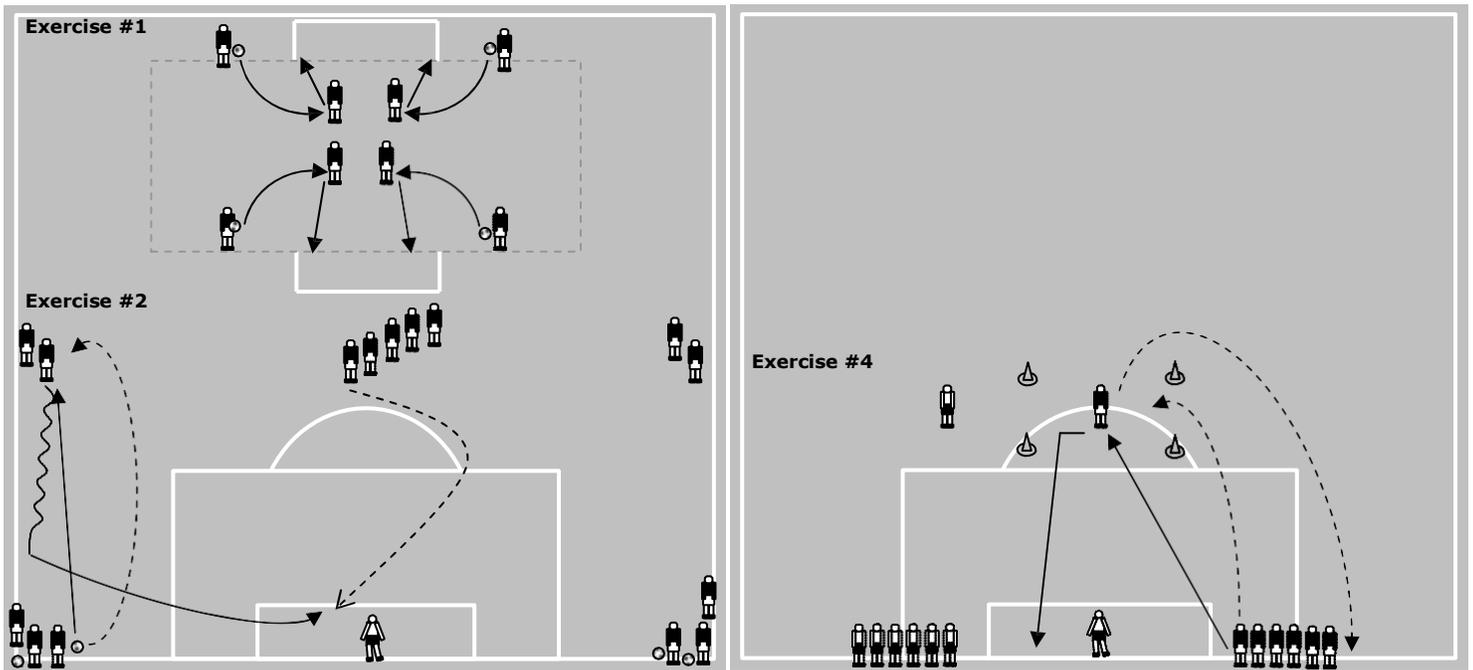
Exercise #1	Organization	Coaching Points
1v1 w/ Fight Free Zones:	Start on the line going one at a time. Defender cannot leave the grid. Time: 15 min.	Fluid with the ball, fake and accelerate. Stay 4:1 on the positive to instructional comments throughout the session.
Exercise #2	Organization	Coaching Points
4v4 in the Box + 4 & 4 on End Lines:	36x44 yard grid. Inside players use outside targets for support and try to dribble through under control into outside areas to score. Time: 20 min.	Dribble in tight area, maintain balance, attack the space, and withstand physical pressure.
Exercise #3	Organization	Coaching Points
8v8/1v1:	Players match up with opponents and stay with them throughout the game. Time: 25 min.	Create space, move and support the ball, positive attitude when receiving the ball, take opponent on.
Exercise #4	Organization	Coaching Points
8v8 w/ GK's:	(see pg. 47; doc. 310 194). Time: 30 min.	Create space, turn and attack the space, be positive and fun with the players.



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

U14 FINISHING SESSION (FINISHING OFF CROSSES)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Finishing	Finishing Off Crosses	U14	Youth	U14C
Exercise #1	Organization	Coaching Points		
Side Volley, Side Bike, Bike: 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: 15 min.</i>		Player should dip shoulder, keep knee over the ball. Strike ball down. Stay 4:1 on positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
Crossing & Finishing: 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>		Make sure players attack the ball in the box. The technique for striking the ball does not change from Exercise #1. Be positive and fun.		
Exercise #3	Organization	Coaching Points		
4v4 Competition w/ GK's: Box on Box. 3 minute games. Team sitting out chases balls. Everyone plays twice. 3 points for a win, 1 point for a tie, 0 points for a loss. <i>Time: 45 min.</i>		Shoot or set up teammate for shot. Follow up shots. Score as many goals as possible. Become a fan of their play and goals.		
Exercise #4	Organization	Coaching Points		
Shooting Contest: Shooter receives ball from player on post. Must take the shot inside of marked area. Shooter only has two touches. Rotate to end of line after shot. One min, then switch teams. <i>Time: 15 min.</i>		Clean first touch. Keep shots on target. Quick release. Quality service from the passers.		

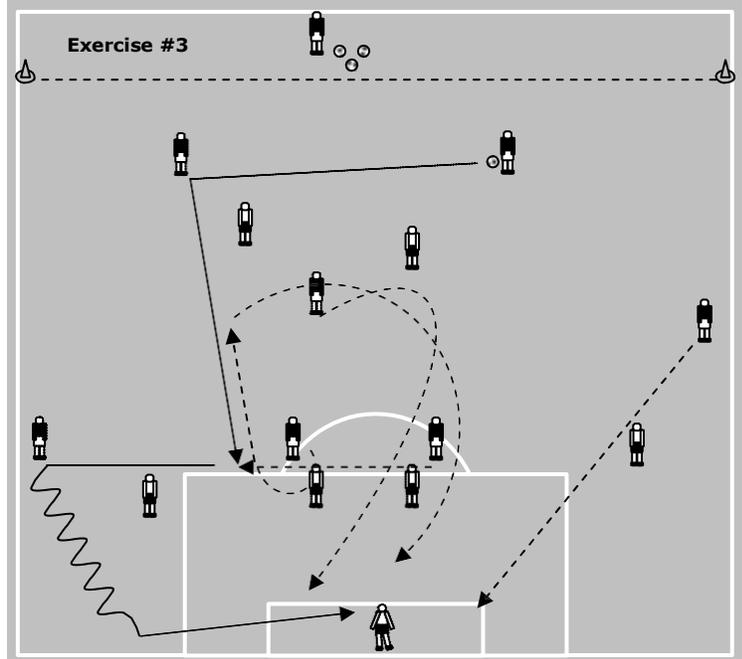
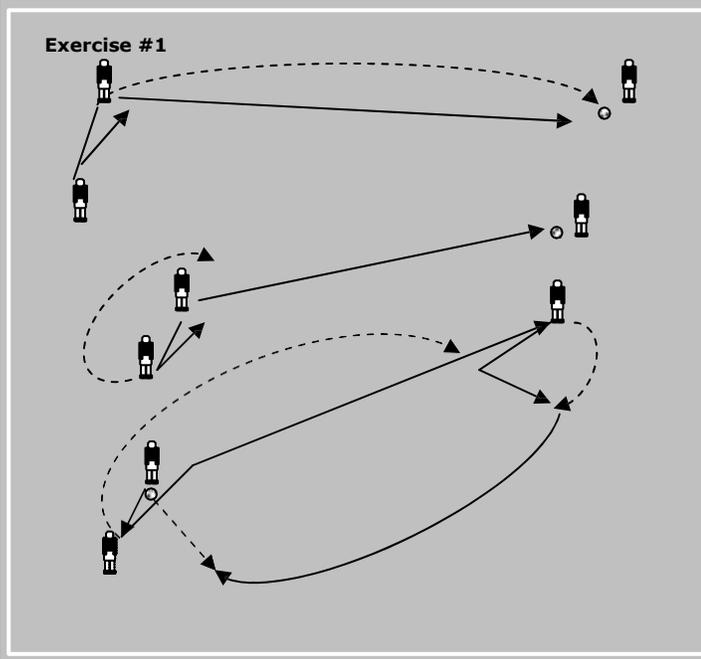


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U14 PASSING SESSION (COMBINATION PLAY)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Combination Play	U14	Junior	U14D

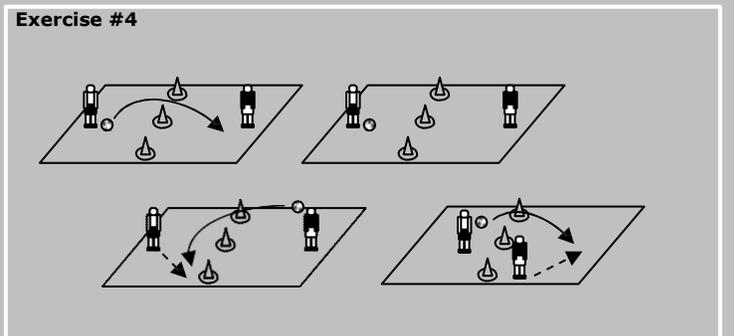
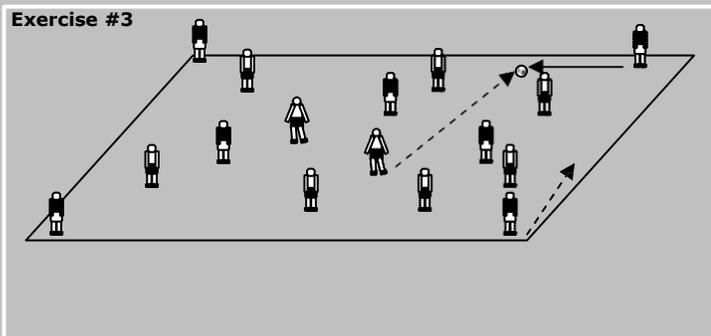
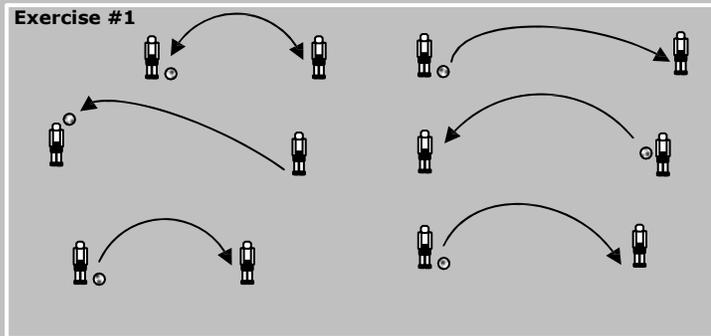
Exercise #1	Organization	Coaching Points
Combination Play in 3's: One ball per group. A) Two of the three, start passing one touch 10 yards apart. Third man is 30-35 yards away. When one of the players collects the ball for a two touch, the third man shows. The player who passes stays while the partner goes to support. B) Same as first but must conduct an overlap for the support run. C) Same as B, but conduct a wall pass with the 3 rd man, than play another long ball to the "new" third man. <i>Time: 10 min.</i>		Passing should be sharp and done at full speed, players should use the correct weight on the pass on one touch and then drive the long ball. Players receiving should be going to the ball. Introduce some communication both verbal and non verbal. Keep this introduction short and sharp. Players should be allowed to stretch here and there. Stay 4:1 on the Positive instructional comments through out the session.
Exercise #2	Organization	Coaching Points
Patterns in Attacking 1/3: (see pg. 59, exercise #3; doc. 310 174) <i>Time: 15 min.</i>		(see pg. 59, exercise #3; doc. 310 174).
Exercise #3	Organization	Coaching Points
Patterns w/ Defenders: Play 7 attacker verses 6 defenders. Put a target man in a 7 yard zone at midfield for the transition. Play in a 3-5-2 formation. Defenders must pass the ball twice before they can find the target man to slow the counter attack down. Perhaps you only add a few defenders at a time. The idea is not let the defense effect the same runs previously made. <i>Time: 25 min.</i>		On the offensive side; continue with patterns. Try to make good decisions on passing options. Players should be checking at the right time when the man on ball needs to release. Experiment with one touch passing and two touches, minimize dribbling for now. The defense can work on their transition from Defense to Offense by finding the target player. This will teach the players to look and think ahead. Since you are working on patterns and you win the ball back from the defense, go through the target man to slow your transition down. Look for good things to say!!
Exercise #4	Organization	Coaching Points
8v8 Small Sided Game: Play one touch, two touches and all in. <i>Time: 40 min.</i>		Allow the players to have some fun. Be very positive. Find good things in there play. Allow for some creativity. Become a fan!!



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

U14 RECEIVING SESSION (GAMES)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Receiving	Games	U14	Junior	U14E
Exercise #1	Organization	Coaching Points		
Chip & Juggle 3 Times: Chip ball to partner who juggles three times and chips it back. <i>Time: 20 min.</i>		First touch is to lift ball. Players can use any surface to juggle but one touch should set up the next. 4:1 ratio of positive to instructional comments.		
Exercise #2	Organization	Coaching Points		
Horse Shoes: Players get a partner who is on opposite cones, against another team. Ball is served to teammate and they try to get the ball as close to the cone with their first touch as they can. The team that is closest to the cone gets the point. Those players then serve their partner. <i>Time: 20 min.</i>		Body is prepared for any ball. Concentrate on killing the ball and taking the bounce out of it. Ball cannot hit the ground before the receiving player touches it.		
Exercise #3	Organization	Coaching Points		
8v8 Keep Away w/ GK's: 60x40 yards. 7 passes, then find the GK's hands = 1 point. First team to get five points wins. GK's play with their hands. <i>Time: 20 min.</i>		Receiving with foot farthest from defender. First touch should be into space. Body should be open to field when receiving. Players should know what surface to use for their first touch. Make sure you keep the 4:1 ratio of positive comments to instructional comments.		
Exercise #4	Organization	Coaching Points		
Two Touch Tennis 1v1: Two touch soccer tennis 1v1. Ball has to go over cones and one bounce per side. <i>Time: 30 min.</i>		Up on toes ready for any ball, first touch leads them into placing ball with next. Use all surfaces to receive ball. Become a fan and have fun with the players.		

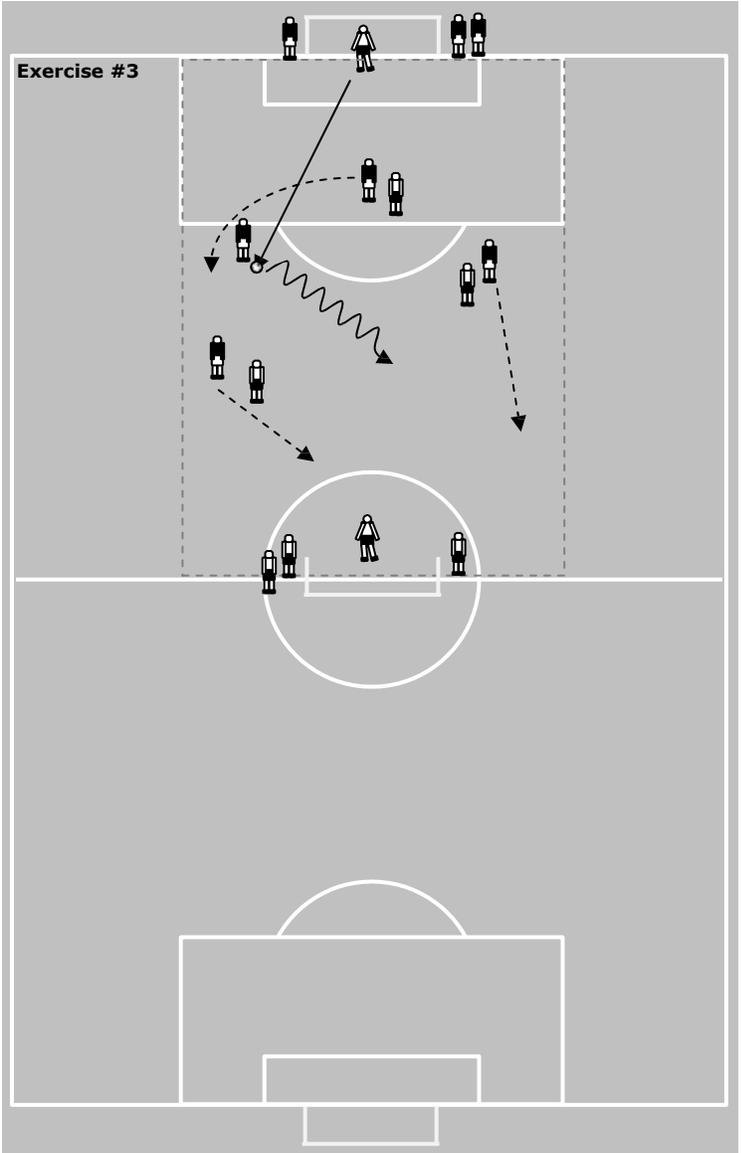
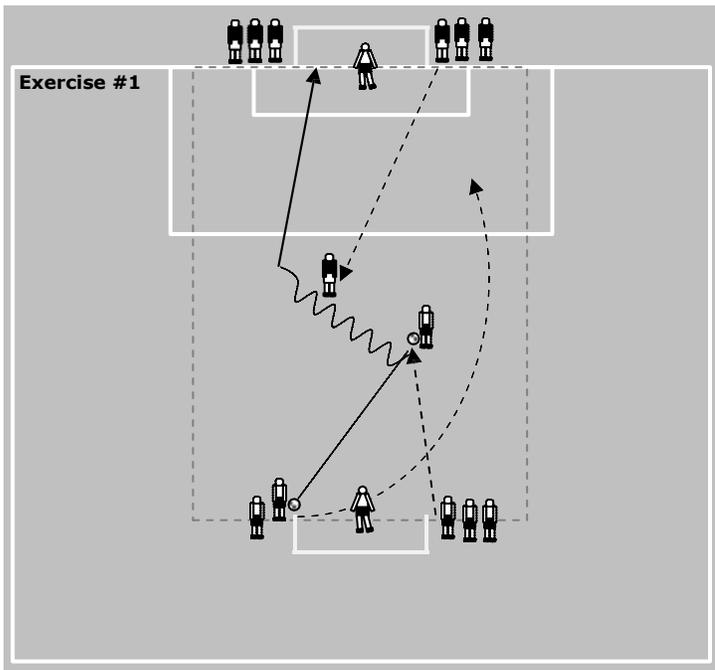


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U14 CHALLENGING SESSION (TRANSITION D-O)

TOPIC	THEME	AGE	DIVISION	CODE
Challenging	Transition D-O	U14	Junior	U14F

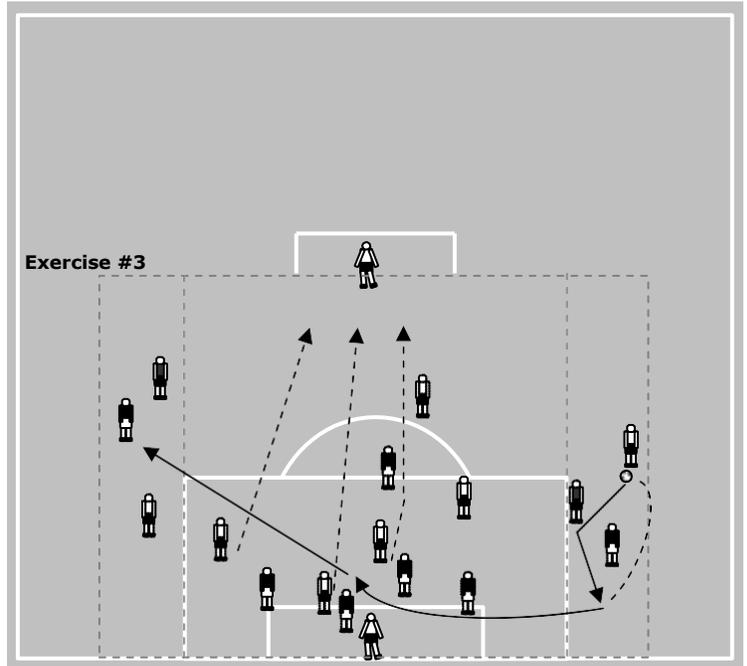
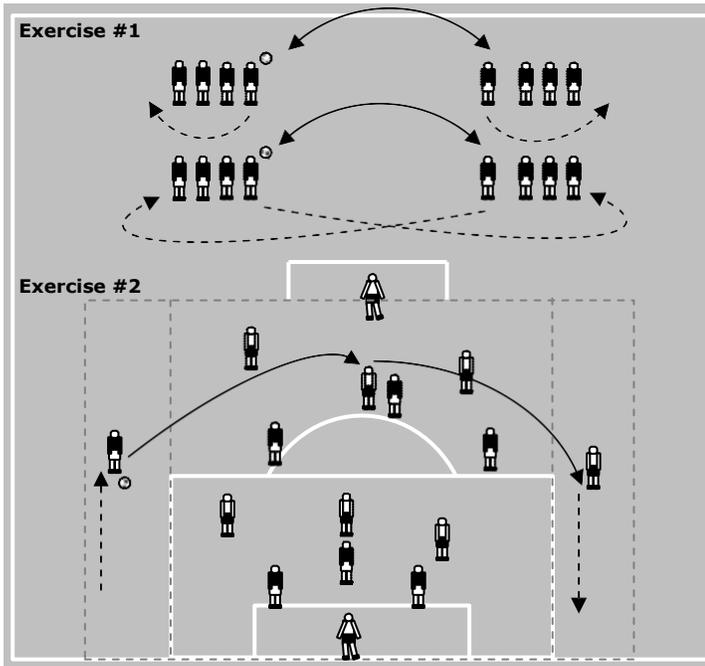
Exercise #	Organization	Coaching Points
Exercise #1	1v2 w/ GK's: 40x50 yard grid with goals. Attacking players go the end of the line after finishing; next defender joins the attack going the other way. <i>Time: 15 min.</i>	Recovery runs, communication, timing and angles of approach, sweeping or sliding tackles, deny shots.
Exercise #2	2v3 w/ GK's: same as above but add players. <i>Time: 15 min.</i>	Winning the ball and going forward, finishing with a shot.
Exercise #3	3v4 w/ GK's: Extend the playing area to the midfield and widen it even with the box. <i>Time: 15 min.</i>	Get numbers forward, cover ground quick with direct approach, positive attitude, finish with a shot.
Exercise #4	8v8 w/ GK's: (see pg. 47; doc. 310 194) <i>Time: 45 min.</i>	All of the above. Have fun with the players and 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			

U14 HEADING SESSION (DEFENSIVE HEADING)

TOPIC	THEME	AGE	DIVISION	CODE
Heading	Defensive Heading	U14	Junior	U14G
Exercise #1	Organization	Coaching Points		
Heading in 2 Lines: Players head ball to opposite line and run to the end of their line. Players are trying to keep the ball going so everyone in both lines head the ball. After that players run to opposite line with the same intent. <i>Time: 10 min.</i>		Attack the ball, up and away, proper weight, use the knee to propel in the air. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
3v3+3v3 w/ 2 Lanes: Box on Box, players cannot leave their box. Flank players serve both ways. Switch flank players after several serves. <i>Time: 20 min.</i>		Coordinated approach, players must maintain good balance as they approach the ball for a defensive header. The player must hit the ball with force and direct it up and away. Other defenders must cover and box out their attackers.		
Exercise #3	Organization	Coaching Points		
2v1 Lane on the Flanks: 5v5, same field size as exercise #2. Flank players use a neutral player to make it 2v1. <i>Time: 20 min.</i>		Same coaching points as above. Be positive and become a fan of their play.		
Exercise #4	Organization	Coaching Points		
8v8 w/ GK's: (see pg. 47; doc. 310 194) <i>Time: 40 min.</i>		Competition and fun. Get them excited to win head balls.		

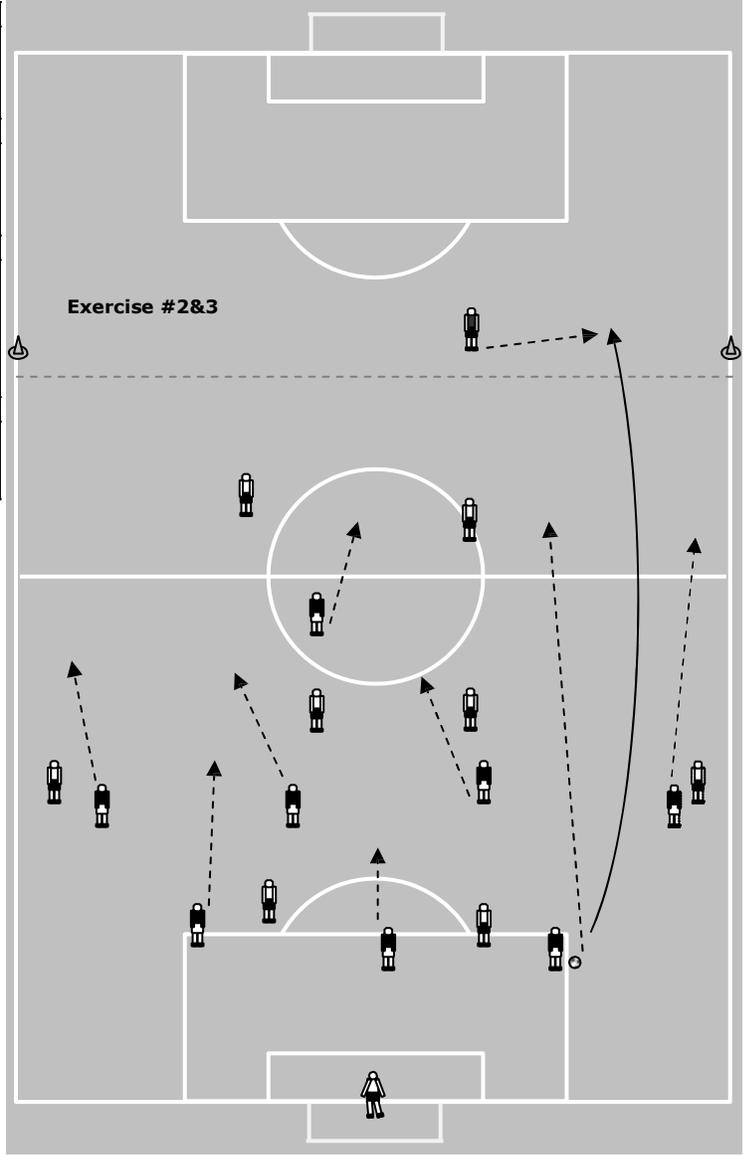


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U14 ATTACKING SESSION (PLAYING OUT OF THE BACK)

TOPIC	THEME	AGE	DIVISION	CODE
Attacking	Playing Out of the back	U14	Junior	U14H

Exercise #1	Organization	Coaching Points
Def 1/3 to Mid 1/3 Walkthrough:		Create space, movement with and without the ball, angles of support, communication.
Time: 5 min.		
Exercise #2	Organization	Coaching Points
Def 1/3 to Mid 1/3 Target: Player.		Create space, movement with and without the ball, angles of support, communication, positive attitude
Play is over when the target receives the ball. Time: 15 min.		
Exercise #3	Organization	Coaching Points
Def 1/3 to Mid 1/3 Target & Join:		Create space, movement with and without the ball, angles of support, communication, positive attitude. Keep it positive and have fun.
Play to target player and join the attack. Play is over when the attacking player receives the ball back from the target player. Time: 20 min.		
Exercise #4	Organization	Coaching Points
8v8 w/ GK's: (see pg. 47; doc. 310 194)		Find good things in there play and become a fan. Get them excited to go forward.
Time: 60 min.		

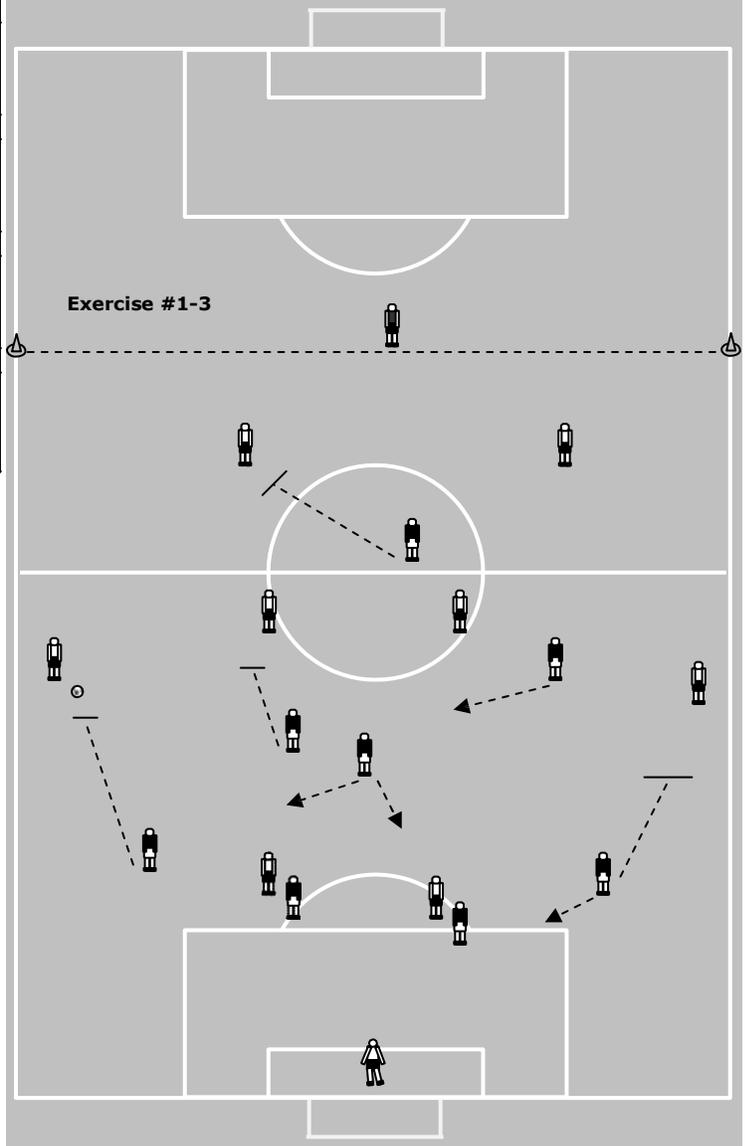


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U14 DEFENDING SESSION (DEFENDING IN THE DEFENSIVE 1/3)

TOPIC	THEME	AGE	DIVISION	CODE
Defending	Defending in the Defensive 1/3	U14	Junior	U14I

Exercise #1	Organization	Coaching Points
Defending in the Defensive 1/3 Walkthrough: Time: 5 min.		Pressure, cover, balance, angles and distances of support, invite the pass and close down while the ball is traveling.
Exercise #2	Organization	Coaching Points
Defending in the Defensive 1/3 Target: Play into target. Time: 15 min.		Pressure, cover, balance, angles and distances of support, invite the pass and close down while the ball is traveling
Exercise #3	Organization	Coaching Points
Defending in the Defensive 1/3 Target and Join: Play into target and get the ball back. Time: 20 min.		Same as above, stay 4:1 on the positive to instructional comments throughout the session.
Exercise #4	Organization	Coaching Points
8v8 w/ GK's: (see pg. 47; doc. 310 194) Field size should be 50x60 yards. Time: 60 min.		Get them excited about pressuring the ball and winning it back.



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



PROGRESSION