



Grades 7-12 Session 5: Ball Striking and Finishing

Category: Technical: Attacking skills
Skill: U14

Pro-Club: Loudoun Soccer Club
Dan Raben, Leesburg, United States of America

dynamic warm-up (10 mins)



Objective: warm-up muscles before generating ball-striking reps.

Duration: 10 minutes

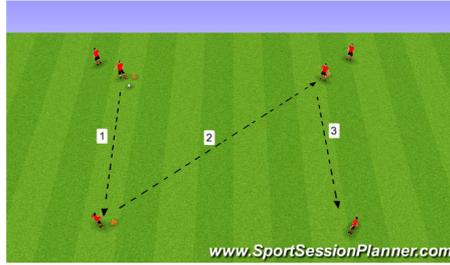
Description (rules, number of players, grid size, etc.):

standard pre-game w arm-up to loosen quads, hamstrings, glutes, hip flexors, calves, etc.

Key Points:

activate muscles for highstress repetitions

ball striking warm-up (15 mins)



Objective: generate ball striking reps, and emphasize proper technique and surface selection

Duration: 10-15 mins

Description (rules, number of players, grid size, etc.):

arrange two 20x30 boxes w ith 4 cones. No more than 2 players at each cone.

Play begins from one cone w ith 2 players.

Pattern: play to left or right, then follow pass toward that line. Play diagonal, then follow pass to that line. Then play left/right, then diagonal, repeat.

Progression: incorporate 1-touch ball-striking.

Key Points:

Prepare body to receive ball (athletic stance, body balanced).

Receive ball while setting up your strike - direct first touch in front of body and slightly outside your kicking foot.

Surface selection - use of inside of foot vs. instep based on distance.

Ball striking - head up to see target, head down to find ball; short hop before kicking to transfer weight to placement foot; generate power from hip and unhinging of knee; contact on foot with first metatarsal (big bone in foot), pointing foot down; follow-through to generate power and accuracy.

In air vs. on ground - adjust angle of foot, finish high in follow through to get in air.

1-touch: step into it, body over ball, low follow-through.

Bending balls: hit at 5 o'clock or 7 o'clock to generate spin, high follow through, adjust point of contact on foot.

2v2 to goal (20 mins)



Objective: generate ball striking reps, individual attacking opportunities, and goal scoring moments.

Duration: 20 minutes

Description (rules, number of players, grid size, etc.):

* Two even teams, each with goals and goalkeepers.

* Play begins with Team 1 GK rolling ball wide to one of two teammates. Teammate then serves ball to opposite GK - driven ball to feet or flighted ball to hands. Object is NOT to score but to deliver a ball.

* Team 2 GK receives ball with feet or hands, then plays wide to teammate.

* Play 2v2 to goal until ball is scored, or ball is out of play.

* Players return to their lines, and new sequence begins.

* Practice phase 10 minutes: Teams switch roles after 5 minutes.

* Competition phase 10 minutes: teams keep track of goals scored. Two 4-minute rounds (switch roles each round, add scores from each round).

Key Points:

Accuracy in initial surface - similar to playing to #9 in game by bypassing midfield line.

Attacking - movement off the ball to initiate pass - run dictates the pass. Combination play to create windows.

Scoring - surface selection based on distance to goal. Overhitting when shooting from distance.

Transitions and counters - generate scoring chance quickly.

goalazzo! (20 mins)



Objective: generate high volume of scoring opportunities in #s up game

Duration: 20 minutes

Description (rules, number of players, grid size, etc.):

Organize 2 teams w /4 neutrals, or 3 teams of 4 w ith 2 permanent GKs.

4 Neutrals/bumpers arranged in opposite sides of field, and can move laterally between cones. Neutrals on 2-touch restriction, and may play each other. Neutrals can enter field briefly to play ball as needed.

Play 4v4 or 5v5 + 4 neutrals to goal. Rotate neutrals (if 2 teams, change players; if 3 teams - rotate teams into neutral role).

Play normal restarts.

Key Points:

Look to play forward to target and join the attack.

Frame the goal for service (from near-goal bumper, from service from flank) - timing of runs to arrive at delivery.

Surface selection on finish based on distance, 1 v 2 touch, etc.

Decision-making - keep the ball to build vs. attack forward quickly when space is open.

7v7 game (25 mins)



Objective: apply concepts and themes from previous activity into full match

Duration: 20-25 minutes

Description (rules, number of players, grid size, etc.):

full rules of soccer.

Offside line enforced in each attacking third of field.

Key Points:

team shape in attack - width and depth to create 1v1 and #s up opportunities

Runs off ball to generate attack - use of combination play or threat of combination play to open windows.

Finishing - crack shot within range and in good window. Courage and confidence to take the shot.



Grades 7-12 Session 6: Building out of the Back

Category: Tactical: Playing out from the back
Skill: U14

Pro-Club: Loudoun Soccer Club
Dan Raben, Leesburg, United States of America

Description

passing sequence (15 mins)



Objective: emphasize passing and receiving techniques, movement off the ball, playing within windows

Duration: 10-15 minutes

Description (rules, number of players, grid size, etc.):

*players in groups of 3-4. Each group in separate color. Each player numbered 1-3 or 1-4 in each group.

*pass in sequential order. After passing ball, work around a different cone before returning to field

*variation: combine with 3 passes before moving around cone

Key Points:

*balanced body shape in preparation of receiving pass

*first touch - across body with up-field foot and open up hips vs. different services with change of pace

*passing technique: inside foot pass (toe up, heel down, ankle locked, step in and snap thru), use of disguise

*1 touch passing: body over ball, step into your one touch

*off-ball movement: sideways and drift around near cone vs. explosive movement/sprint toward far cone

bingo! (15 mins)



Objective: introduce and emphasize small-group attacking principles

Duration: 10-15 mins

Description (rules, number of players, grid size, etc.):

Two teams.

Coach plays ball into open space and calls number (Two!) and that number of players enters the field.

Objective: get ball back to coach.

Progression: coach calls color (Red!) to create numbers up scenario (e.g. 3v2 or 3v1).

Variation: Coach moves from original position (forces players to get head up).

Key Points:

"Drift" away (spread out) to create space for teammate or self.

Supporting angles - must be in a window, and within teammate's vision

Head up and on swivel to find windows to play through.

Play through windows quickly - before they close.

First touch - in direction of target or away from pressure

Passing technique to deliver firm, accurate passes (step in, hit through).

Creativity to create windows - use your move, add a burst of speed via dribble or quick pass.

Build Out Pattern Play (25 mins)



Objective: emphasize possession from defensive third to middle third

Duration: 20-25 minutes

Description (rules, number of players, grid size, etc.):

*organize team of 7 (6 players + GK) to defend large goal, and remaining players to defend small counter goals. Team of 7 includes 1 GK, 4 Def, 2 Center Mids

*play begins from goalkeeper, who must pass, roll, or throw to teammate (try some as goalkicks, and others from the goalkeeper's hands).

*2 opponents from other team try to defend counter goals. If they win possession - go score in big goal.

*Play with all restarts (goal kicks, corner kicks, throw ins, etc.) until goal is scored. New play begins from goalkeeper.

*As success is achieved - add more defenders (7v2 moves to 7v3, then 7v4)

*Add 2 more players to team of 7 to make team of 9 (add right and left midfielders), and repeat with 9v4, then 9v5, 9v6, 9v7, etc.

*Rotate rolls (either teams switch rolls, or switch players from one team to the next so everyone has a chance to defend the big goal and defend the small goals)

Key Points:

*team shape - create width and depth - spread out into space different than a teammate's. Use of triangles to illustrate good shape.

*play through windows - head up to find them when you have the ball. Movement into a window to receive a pass.

*proper passing technique

*transition - make shape big when goalkeeper has the ball vs. win ball back when possession is lost.

8v8 game (30 mins)



Objective: apply concepts and techniques from previous activities into full game

Duration: 25-30 mins

Description (rules, number of players, grid size, etc.):

two teams

full rules (throw-ins, corner kicks, etc.)

One restriction: defending teams must retreat outside of "build out" line when keeper has the ball (in hands, for goalkicks, etc.). Keeper may not punt.

Progression: remove restrictions.

Key Points:

team shape - stay connected as the ball moves up and down the field, and to offer supporting options

finishing - crack a shot when the window is open and you're within range

decision-making - use of 1v1 moves in middle third and attacking third of field, but not in defensive third (risk vs. reward)