



***TRAINING SESSIONS***  
***14U***

## U14 Individual Skills and Small Group Tactics

Adult standards and formal rules become the focal point. The demands of skill training as well as training loads should increase thus provoking improvement in mental toughness, concentration and diligence.

<b>Coach:</b>	Strong personality; Soccer knowledge; Enthusiastic; Demonstrate
<b>TECHNIQUE:</b>	Build on the base. Development of individual skill under pressure
<b>Dribbling</b>	Encourage players to take players on 1v1; Moves; Shielding and Spin turns.
<b>Receiving</b>	Quality 1 <sup>st</sup> touch. Still highly emphasized. Take balls out of air/turning; all surfaces.
<b>Passing</b>	Short, long, bent, crosses, driven, chipped; all surfaces and on the move.
<b>Shooting</b>	On the run; on the turn; from all angles; Volleys; 1/2 volleys
<b>Heading</b>	To goal; To pass; To clear
<b>Tackling</b>	Proper technique and timing; Slide
<b>TACTICS:</b>	Increase tactical speed (decision making)
<b>Individual</b>	1V1
<b>Attacking</b>	Encourage the creative risk taker; take players on in proper areas of the field
<b>Defending</b>	Proper pressure (in front and behind); Channel player; immediate chase
<b>Small Group</b>	2V1, 2V2, 3V2, 3V3, 4V2, 4V3, 4V4
<b>Attacking</b>	Keep possession; Support; Combination Play; Width, Depth, Penetration; Crossing with proper runs; Simple set plays
<b>Defending</b>	Pressure-Cover-Balance, Compactness, Delay, Tracking back; Simple set plays

Play a lot of small-sided games and coach within the games. Join in

**PHYSICAL:** Flexibility, Agility  
Speed  
Strength  
Endurance

**MENTAL:** The game must remain fun  
Imagination/Creativity/Risk Taking  
Increase Demands  
Establish Training Targets  
Maintain Discipline  
Encourage them to watch high-level games.

## U14      Goalkeeper

- TECHNIQUE:** Set position  
    General handling / Basic shot stopping / Catching  
        All heights  
    Diving  
        Collapse  
        Step and save  
        Power step and save  
        Reaction save  
        Recovery save  
    Crosses – catching & punching  
        Chipped serve  
        Flighted serve  
        Driven serve  
        unopposed and opposed.  
    Distribution  
        Throws  
            Roll  
            Side arm  
            Overarm  
        All kicks  
            Goal kicks  
            Volleys & ½ Volleys  
            Dealing with the back pass unopposed & opposed –  
            – control and increase range with both feet.
- TACTICS:** Communication (for each 1/3)  
    1v1 Principals  
    1v1 with the defense  
    Distance / Angles / Availability to support the defense
- PHYSICAL:** Warm ups and cool downs  
    Plyometric exercises  
    Goalkeeping specific stretching, flexibility and mobility exercises  
    Footwork all directions/planting of feet for change of lateral direction  
    Speed – 18 yards max distance (penalty box)  
    Check height/weight and vertical jump 4 times per year
- MENTAL:** Match and training preparation  
    Growth and development – diet and nutrition – lifestyle  
    Dealing with positive & negative assessments (praise and criticism)  
    Dealing with selection and tryouts with positive & negative results.  
        Soccer terminology

## NWSC U14 – Training Sessions

1. Introduction and Evaluation
2. Group Attack – Possession
3. Group Attack / Penetration
4. Possession and Movement
5. Defending
6. Possession
7. Possession
8. Pre-Season Training
9. One v. One - Top Gun
10. Overlapping
11. Get the Ball Forward and Wide
12. Shadow Play and Scrimmage
13. Goal Kicks
14. Corner Kicks
15. Finishing (Before a Tournament)
16. Favorite 1v1 Games
17. Finishing - 1v1 Shooting
18. Using 5v2 to Develop Passing Skill
19. 4-4-2: The Attacking Strategy - Balance and versatility maximize effectiveness
20. Finishing (Before a Tournament)
21. Crossing the Ball
22. One v. One - Bogies In The Sky
23. Finishing – Three-Tier Shooting
24. High Intensity Games
25. Using 5v2 to Develop Passing Skill
26. Passing – Triangle and Long Passing
27. High Intensity Games
28. Four Zone Passing Game
29. Training For Speed of Thought and Speed of Play
30. Finishing (Before a Tournament)
31. Finishing
32. Possession and Movement
33. Finishing – Three-Tier Shooting
34. One v. One - Top Gun
35. Overlapping
36. Crossing the Ball
37. Crossing the Ball and Framing the Goal
38. Passing – Triangle and Long Passing
39. Playing the Ball Back Then Forward
40. Group Attack / Space and Width
41. Finishing
42. Group Attack / Space and Width
43. Group Attack – Possession
44. Dribbling / Possession
45. Receiving the Ball
46. Passing – Crossing
47. Group Attack – Possession
48. Group Attack – Possession
49. Group Attack / Space and Width
50. Finishing

## NWSC U14 - Session 1

### Introduction and Evaluation:

(1 hour and 30 minutes)

### Coaching Points:

- The first training session of the season is a good time to introduce how to do certain things and also to do an evaluation of what needs to be worked on based of technical, tactical, psychological and physical aspects.
- Focus on fitness, 1<sup>st</sup> touch, movement, body position, space and width, communication by calling “Here” for the ball, Chinese Women’s 3 touch rule, quickness and speed of play and thought.
- Many players and teams don't warm up properly so the first part of this practice is an introduction of how they are expected to warm up.

### Warm Up: (15 minutes)

- *Jog* - 44 yards (the width of the 18), jog forwards, jog backwards, skip, skip backwards, cariocchi, straight leg lifts, bended leg lifts inside-outside, squat thrusts, etc., and then stretch for 2-3 minutes.
- *Second Run* - Add in change of direction and also emphasize bigger steps by extending their strides. This second run lasts 2-3 minutes and then they stretch for 2-minute period.
- *Two Minute Run* - Jog 5 steps and then change direction (90 degree turn) and then sprint 10 steps and change direction, then jog 5 steps and then change direction and sprint 10 steps, for 2 minutes and then they stretch for 2 minutes, use ball.
- *Ladders* – 1-2 foot runs, brake runs, hopscotch, and backwards hop scotch, sprint to cones.

### Match Related: (45 minutes)

- *Receive, Pass, and Move* - 40x40grid, 4-6 balls, jog until they get a ball passed to them, when they receive the ball, they take 3-5 touches (working on receiving the ball and moves) and then pass to someone else and sprint 5-yards after the pass (there will be a big emphasis on sprinting after every pass all season long). (15 minutes)
- *Groups of 3's* - One ball per group, pass amongst each other in the group, after they pass they must sprint to the person who they passed to and that player receives the ball and dribbles at the "attacking" player.” This is a good warm up to get them used to sprinting after a pass and also handling the ball under pressure. (15 minutes)
- 8v8 - 60x44 grid, evaluate what needs to be worked on for the first part of the season. (15 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *Three Groups* - 44 yards apart, the 1's sprint to the other side and as soon as the last 1 crosses the line, the 2's sprint in the other direction and as soon as the last 2 crosses the line the 3's sprint. 10-44-yard sprints. This type of running gives a 1:2 work to rest ratio.
- *Juggling* - The players end with 5 minutes of juggling on their own and then stretch.

***Intensity – Did we train for excellence, with speed, quickness, and intensity?***

***Training – Did we train harder today then we did yesterday?***

## NWSC U14 – Session 2 Topic:

### Group Attack – Possession:

(1 Hour 30 minutes)

#### Coaching Points:

- Develop attacking skills to open up defenses.
- Develop individual skills to break down defenses.
- Focus on alley (diagonal) passes, few touches, space and width, quick ball movement, ball control, and finishing.
- Focus on possession, opening up, penetrating pass, and making runs for penetration to try and score.

#### Warm up: (15 minutes)

- *Dribbling Between Cones* – Various sets of cones spaced on field, dribble through, seeing the field looking for space.
- *No Pressure* – All players dribble. (5 minutes)
- *Passive Pressure* - With opponent maintain possession with moves, defender does not try and tackle the ball. (5 minutes)
- *Pressure* - With opponent, try and maintain possession defender tries to tackle the ball and then maintain possession. (5 minutes)

#### Match Related: (45 minutes)

- *4v4v4* – 40x30 grid, 3 teams, 1 team defends (4 players) and 2 teams attack (8 players), when ball is stolen the team that wins the ball becomes an attacking team; team that loses the ball becomes defenders. (20 minutes)
- *Arena Ball* – 40x30 grid, 3 teams of 4 players each, 2 teams are on the field, 1 team is on the end lines, each team must pass the ball to one of the players on their attacking end line, who 1-touches pass back to attacker to try and score. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning: (15 minutes)

- *Creative Dashes* – Set 2 sets of cones 10–15 yards apart, separate team into 2 lines, the object of the drill is for each player to sprint from 1 cone to another from different starting positions, bellies, back, side, jump in place, with back to cones, completing each drill twice, use ball 2nd time.
- *Ladders* – 1-2 foot runs, brake runs, hopscotch, and backwards hop scotch, sprint to cones.

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## NWSC U14 - Sessions 3 Topic:

### Group Attack / Penetration:

(1 Hour 30 minutes)

#### Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes and few touches.
- Quick ball movement, ball control, and finishing.
- *Game Reaction Speed* – The ability to make fast decisions during the game using technique, tactical, and conditioning skills.
- Focus on possession and penetration.

#### Warm up: (15 minutes)

- 8v4 – 30x30 grid, 3 teams of 4, 1 team starts on defense, switch defenders every two minutes, (8v4), emphasis on possession and moving the ball down the field.

#### Match Related: (45 minutes)

- 2v1 - Defender runs from trailing side of pitch with keeper, work on wall passes and finishing. (10 minutes)
- 4v4+4 – 30x30 grid, with 4 target players at each end of the pitch to receive pass and attack. (15 minutes)
- 4v4+4 – 30x30 grid, with 1 target player on all 4 sides of perimeter. (20 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning: (15 minutes)

- *Nightmare* – Sprint from the end line to 6-yard line and back, 18-yard line and back, 30-yard line and back, and midfield and back. Use a ball the 2<sup>nd</sup> time and make a move at each turn.

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## NWSC U14 - Session 4

### Topic – Possession and Movement:

(1 Hour and 30 minutes)

### Coaching Points:

- Play quick, keep moving, and communicate.
- Focus on touches, possession, movement, and communication.

### Warm up: (15 minutes)

- *Pass and Move* – 30x30 grid, pass and move, progression – pass to anyone, same team, different team, add defenders, call for ball, with stretches.

### Match Related: (45 minutes)

- *8v8+3 Keep Away* – 30x30 grid, 3 neutral players play for the team in possession, 5 minute games, with these conditions - 2 touch with neutral players, 1-3 touches only for all players, 1 touch for teams, neutral players have unlimited touches. (20 minutes)
- *9v9* – With goals set on each 18-yard line, conditions are 2 touches while defending unlimited touches while attacking, then unlimited touches for all. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *40-Yard Sprint* – Players sprint 40 yards, 3 lines, 10 times.
- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to start 6 times, 2<sup>nd</sup> time use ball and make moves dribbling and at turns.
- *Ladders* – 1-2 foot runs, brake runs, hopscotch, and backwards hop scotch, sprint to cones.

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## NWSC U14 – Session 5

### Topic: Defending:

(1 Hour and 30 minutes)

### Coaching Points:

- Close down attacker with the ball, slowing run down 5-10 feet away from attacker with the ball.
- Make an angled run not a straight run.
- Position body side on, not straight, to turn attacker where you want her to go.
- Stay low to the ground, hands out for balance, on your toes.
- Stay touch distance away and wait for opportunity to tackle the ball, do not swing leg.

### Warm Up: (15 minutes)

- *Dribbling* – 20x20 grid, use different foot skills, 1-2 feet, inside-outside, sole-laces, moves, pair up for volleys and side-step volleys by throw and volley, throw and head.

### Match Related: (45 minutes)

- *1v1* – 20x20 grid, focus on 1st defender, call “ball.” (15 minutes)
- *2v2* – 20x20 grid, walk through responsibilities first, focus on 1<sup>st</sup> and 2<sup>nd</sup> defender, and call “ball” and “support.” (15 minutes)
- *3v3* – 20x20 grid, walk through responsibilities first, focus on 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> defender, and call “ball”, “support” and “cover.” (15 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *Lateral Runs* – Run laterally with both feet landing in each square.
- *Rabbit Hops* – With both feet inside the first square hop quickly into the next square, concentrating on quick hops not high hops.
- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.

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## NWSC U14 – Session 6

### Topic: Possession:

(1 hour and 30 minutes)

### Coaching Points:

- Take care of the ball, keep passes and touches simple.
- Stay on toes, follow through with leg.
- Keep spread out and use space, move, head up, communicate, and use overlaps.
- Make calls early so receiving player has time to make a decision with the ball.

### Warm Up: (15 minutes)

- *Dribbling and Stretching with a Ball* – Dribble with a ball, then stretch as follows, foot on ball lean over and touch toes, ball in the middle of your stance do figure 8's, ball in the middle of your stance reach with ball behind you, stand on 1 leg and bend the other. (5 minutes)
- *Passing in 3's* – 10x10 grid, touch and move 1-2-3 touches, add defender. (15 minutes)

### Match Related: (45 minutes)

- *Turn* - Player 1 passes to player 2 and says “turn”, 2 turns with the ball and takes 3-5 dribbles and then returns pass to 1, repeat, use when there is no pressure on receiver. (5 minutes)
- *Passing Back* – Player 1 passes to player 2 and says “back”, 2 passes back to 1, repeat, use when defender is pressuring receiver. (5 minutes)
- *Turn and Hold* - Player 1 passes to player 2 and says “hold”, 2 turns with the ball then turn back and returns pass to 1, repeat, use when pressure is light on receiver. (5 minutes)
- *6v4* – 40x40 grid. (15 minutes)
- *4v4* – 25x40 grid. (15 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *Pyramids* – Team is in 2 groups in 30 x 30 yard grid, starting at opposite ends, jog, and sprint, jog, and sprint to each cone. Next jog 2 cones sprint 2 cones. Third, sprint 3 cones jog 1 cone. Fourth, sprint all 4 cones. 2<sup>nd</sup> time with a ball. Stay together as a team.

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## NWSC U14 – Session 7

### Topic: Possession:

(1 hour and 30 minutes)

### Coaching Points:

- Take care of the ball, keep passes and touches simple.
- Stay on toes, follow through with leg.
- Keep spread out and use space.
- Move, head up, communicate, and use overlaps.
- Make calls early so receiving player has time to make a decision with the ball.
- Good touches and quick ball movement.

### Warm Up: (15 minutes)

- *Dribbling* – 3 cones 20 yards apart, 3<sup>rd</sup> cone at 45 degree angle from 2<sup>nd</sup> cone, dribble using different moves and touches.

### Match Related: (45 minutes)

- *Passing* – 3 cones 20 yards apart, 3<sup>rd</sup> cone at 45 degree angle from 2<sup>nd</sup> cone, player at each cone, player 1 passes to player 2 who turns and passes to player 3 who goes to goal, 1-2-1-3 to goal, 1-2-3-2-3 to goal, 1-2-1-3-2-3 to goal. (20 minutes)
- *6v4* – 40x40 grid. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *40-Yard Sprint* – Players sprint 40 yards, 10 times, 3 lines
- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to start 6 times, 2<sup>nd</sup> time use ball and make moves dribbling and at turns.

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## NWSC U14 – Session 8

### Topic – Pre-Season Training:

(1 hour and 30 minutes)

### Coaching Points:

- Good first touches, body position over the ball and opening up, Chinese Women's 3 touch rule, technique, speed, and quickness, communication, passing with pace and weight, and receiving the ball properly.

### Warm up: (15 minutes)

Inside the circle player must make a move with the ball before each pass.

- Inside the circle players each with a ball dribbles and passes to players on the outside of the circle and then makes a run to receive it back with a wall pass. (5 minutes)
- Inside the circle player each with a ball plays the ball to the outside and it is one touched back to the player on the inside who touches it back to the same player and spins off to receive the return pass (2 passes). (5 minutes)
- Inside the circle player's pass to players on the outside who switch places (continuously change places while passing). (5 minutes)

### Match Related: (45 minutes)

- 4v2 – 3-20x20 grids, 1<sup>st</sup> grid has 4 attackers and 2 defenders, 2<sup>nd</sup> grid has 2 players from defending team, when defending team wins the ball, and 2 players from both teams can enter the other grid to create a new 4v2. (20 minutes)
- *Build Up Drill* - 40x30 grid with goals, 2 teams of 5, start with a 1v1 situation, once a player scores, the other team gets to add another player so that it is now 2v1, the first team to score 5 goals wins. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *Rabbits and Foxes* – Square with 2 teams of 4 at opposite corners, chase the other until one team catches and captures the other team (no cutting corners).

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## NWSC U14 – Session 9 Topic:

### One v. One - Top Gun:

(1 Hour 30 minutes)

#### Coaching Points:

- *Dribbling* - Use the entire foot, especially laces (explode), look up while dribbling (look up) and control the ball (control).
- *1v1 Play* - Involves creativity, skill, and psychological toughness, and working on making moves to beat an opponent.
- *Conditioning* – Speed and endurance.

#### Warm up: (15 minutes)

Work as quickly as possible for 1 minute on each drill, alternating feet, three times each, and then use partners for foot, thigh, chest, and head.

- *Dribbling* - Jog while dribbling within a confined space with quick touches, changing directions and speed.
- *Foot* - Throw the ball up in the air, trap the ball with your foot, settle the ball to your feet, and move off quickly, repeat.
- *Thigh* - Throw the ball up in the air, trap the ball with your knee, settle the ball to your feet, and move off quickly, repeat.
- *Chest* - Throw the ball up in the air, trap the ball with your chest, settle the ball to your feet, and move off quickly, repeat.
- *Head* - Throw the ball up in the air, trap the ball with your head, settle the ball to your feet, and move off quickly, repeat.

#### Match Related: (45 minutes)

- *1v1 (NC)* – One player standing on the 6 yard line serves a long ball to a player standing at the midfield strip, who receives the ball and tries to beat the server who has sprinted out to defend her goal, use goalkeeper. (20 minutes)
- *1v1 (NC)* – One player standing on the end line serves a ball to a player standing at the 18-yard line, who receives the ball and tries to beat the server who has sprinted out to defend her goal, use goalkeeper. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

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## NWSC U14 – Session 10

### Topic: Overlapping:

(1 hour 30 minutes)

### Coaching Points:

- *Competitive Element into Training* - Compete against themselves, then each other, then teams.
- *Overlaps* – Timing of run and pass into space in front of the overlapping player is the key.
- *Overlap Sequence* – Pass to the receiver, communication, open the space with a 1 touch, player overlaps, and pass into the path of the overlapping player.
- *Goal* – Create numbers up situation against defense to create scoring opportunities, 2v1, etc.
- *AIA* – Anticipation, Imagination, and Awareness.

### Warm Up: (15 minutes)

- *3 Player Overlaps* – Continuous movement making overlapping runs with 2 players on either side, player 1 passes to player 2 in the middle and overlaps, 2 passes into the path of 1, 1 dribbles and passes to player 3, rotate players, count the number of overlaps done in a set time.

### Match Related: (45 minutes)

- *2v0* – 20x20 grid, player 1 passes to player 2, 1 then overlaps 2, 2 passes to 1, (5 minutes)
- *2v1* – 20x20 grid. (10 minutes)
- *5v3* – NSCAA 3 midfielders and 2 forwards to goal against 2 defenders and a keeper. (10 minutes)
- *6v6* – NSCAA with 2 keepers. (20 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *Indian Run* – A square is marked off for the line of players to jog, either in a single file or double-up line. On the coach's command the player or players in the back of the line sprint to the front of the line.

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## NWSC U14 – Session 11 Topic: Get

### the Ball Forward and Wide:

(1 hour 30 minutes)

#### Coaching Points:

- *Dribbling* – Head up, good technique, control the ball, technique over speed.
- *Passing* – Call for the ball, side on pass, 1/2 turn, good pace and weight on the pass.
- *Receiving* - Check away then go towards ball, forwards hold and move sideways to stay on sides before making run to goal.

#### Warm Up: (15 minutes)

- *Dribbling* – 3 cones 10 yards apart, dribble to 2<sup>nd</sup> cone, then dribble diagonally to 3<sup>rd</sup> cone and back to starting position, use different foot skills, 1-2 feet, inside-outside, sole-laces, moves, different turns at 3<sup>rd</sup> cone, volleys, juggle to 2<sup>nd</sup> cone, etc. (10 minutes)
- *Dribbling* – 10 cones 2 feet apart, dribble between cones, use different foot skills, 1-2 feet, inside-outside, sole-laces, moves, pair up for side-step volleys. (5 minutes)

#### Match Related: (45 minutes)

- *Get the Ball Forward to Goal* - 1 server, 2 midfielders, 2 forwards, follow your pass, progression - midfielder to forward for shot, midfielder to opposite forward for shot, midfielder to opposite forward to other forward for shot, midfielder to forward to opposite midfielder for shot, add passive then active defenders. (20 minutes)
- *Get the Ball Forward and Wide* - 1 server, 2 midfielders, 2 forwards, 4 flank players, follow your pass, progression – work on getting the ball wide using different combinations based upon earlier drill, add passive then active defenders, place cones for flank players. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning – Short Sprints: (15 minutes)

- *5-10-15 Yard Drill (NC)* – Sprint 5 yards turn sprint back, sprint 10 yards turn backpedal back, carioca 15 yards turn sprint back, repeat 3-5 times each, use 3-5 lines.

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## NWSC U14 – Session 12

### Topic: Shadow Play and Scrimmage:

(1 hour and 30 minutes)

#### Coaching Points:

- Focus on player movement and working together, with an emphasis on proper movement.

#### Warm Up: (15 minutes)

- *Shadow Play* - We start with 11 players on the field on team against no opponent. The players are lined up in a 4-3-3 formation and the ball starts with the keeper. The keeper plays the ball out to a back and the players all move accordingly with each pass to show proper support. A big emphasis is put on the midfielders and forwards working together.

#### Match Related: (45 minutes)

- *11v4* - Once the players get a better understanding of the expected movement, 4 opponents are added to the field to add some pressure. Everything is done the same but now if the 4 opponents win the ball they attack the goal. Any time the ball goes out of bounds or is scored, the ball starts back with the keeper. (20 minutes)
- *11v6* - The 11 have to play at full speed. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage*.

#### Conditioning: (15 minutes)

- *Indian Run* – A square is marked off for the line of players to jog, either in a single file or double-up line. On the coach's command the player or players in the back of the line sprint to the front of the line.

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## NWSC U14 – Session 13

### Topic: Goal Kicks:

(1 Hour 30 minutes)

### Coaching Points:

- *The Goal Kick* - Can be anywhere in the penalty box area, all opposing players must be outside of the penalty area, no second touch by the kicker, ball must leave the penalty box area, attacking team use space and width, maintain possession, and progress down the pitch with the ball, defending team “mark” to win the ball and penetrate to goal.
- Focus on first touch, moving into space, playing the ball wide, possession, and progression of the ball down the field, defense matches up to win the ball and penetrate to goal.

### Warm up: (15 minutes)

- *Creative Dashes* – Two sets of cones 10 –15 yards apart, separate team into 2 lines, the object of the drill is for each player to sprint from 1 cone to another from different starting positions, bellies, back, side, jump in place, with back to cones, completing each drill twice.

### Match Related: (45 minutes)

- 6v3 - Practice goal kicks and receiving and moving the ball down the pitch, with minimal defensive pressure. (15 minutes)
- 6v3 - Practice goal kicks and receiving and moving the ball down the pitch, with defensive pressure. (15 minutes)
- 6v6 - Practice goal kicks and receiving and moving the ball down the pitch. (15 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using only the balls of your feet.

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## NWSC U14 - Session 14

### Topic: Corner Kicks:

(1 Hour 30 minutes)

### Coaching Points:

- *Corner Kicks* - Keeper keep your position and hold it until the ball is in play, attacking team makes run at goal, defending team plays “mark” position.
- *Decision Making Speed* – The ability to make a decision as to what to do with and without the ball.
- *Mental Preparation* – Battle in the box, make clean contact, or ricochet if possible.
- Focus on first touch, making runs to the goal, defenders “marking up.”

### Warm Up: (15 minutes)

- *Multiple Goals* – 4-6 goals, 2 teams play, can score from any side of a goal by passing through the goal to a teammate. (Decision Making Speed)

### Match Related: (45 minutes)

- *One crosser, 2 attackers, and goalkeeper.* (10 minutes)
- *One crosser, 2 attackers, 1 defender and goalkeeper.* (10 minutes)
- *One crosser, 3 attackers, 2 defenders and goalkeeper.* (10 minutes)
- *One crosser, 6 attackers, 3 defenders and goalkeeper.* (15 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

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## **NWSC U14 – Session 15 Topic:**

### **Finishing (Before a Tournament):**

(1 Hour 30 minutes)

#### **Coaching Points:**

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive)
- Focus on technical speed to dribble to control the ball and finishing to goal.

#### **Warm Up: (15 minutes)**

- *Volley with Laces* - Groups of 2 with 1 ball 10 yards apart, strike the ball with the shoelaces, and follow through properly landing on the kicking foot, 15 times with each foot each. (10 minutes)
- *Striking a Rolled Ball* – 1 player kneels on the ground and rolls the ball to the 2<sup>nd</sup> player who strikes the ball softly with their show laces back to the server, concentrate on proper footwork, balance, planting the foot, and locking the ankle. (5 minutes)

#### **Match Related: (45 minutes)**

- *Alternating Finishing Shots* - Two goals are 30 yards apart, there is a line of players by each goal on opposite sides, and everyone has a ball, each player starts a breakaway run with their ball and shots at the goal, alternating sides. (15 minutes)
- *Three – Tier Shooting (NC)* – Long range shot off the dribble outside the box, shot off a pass inside the box, and lastly while still on the run, shot off a ball tossed 6 yards out. (15 minutes)
- *3 Player Scoring Drill #1* – 1<sup>st</sup> player at midfield passes to 2<sup>nd</sup> player who lays ball off to 3<sup>rd</sup> player for shot on goal, 2<sup>nd</sup> and 3<sup>rd</sup> player on opposites sides of goal and make runs to the 18. (15 minutes)

#### **Match Condition: (15 minutes)**

- *Scrimmage.*

#### **Conditioning - Ladder Drills: (15 minutes)**

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

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## NWSC U14 – Session 16

### Topic: Favorite 1v1 Games:

(1 hour and 30 minutes)

### Coaching Points:

- *Dribbling* - Use the entire foot, especially laces (explode), look up while dribbling (look up) and control the ball (control).
- *1v1 Play* - Involves creativity, skill, and psychological toughness.

### Warm Up: (15 minutes)

- *1v1 Circle Drill* – In a circle number each player, with 3-5 balls, call out a number and 2 players play for 30 seconds to one minute passing and defending (2 circles).

### Match Related: (45 minutes)

- *1v1* - 2 goals 10 yards apart back to back (or play to 2 goals on each end line). (20 minutes)
- *Build Up Drill* - 40x30 grid, 2 goals, 2 teams of 5 competing against each other, each game starts with a 1v1 situation, once a player scores, the other team gets to add another player so that it is now 2v1. Each time a team scores the other team adds on another player. The first team to score 5 goals wins. It is possible that one player can end up playing against anywhere from 1 to 5 players. This is a very fast paced drill especially for the first players on the field. It would be advisable to play a number of games and switch the order that players enter the field this means that the first player on the field in the first game would be the 5th player on the next game. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage*.

### Conditioning: (15 minutes)

- *Sprints* – 10, 75-100 yard sprints.

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## NWSC U14 – Session 17 Topic:

### Finishing - 1v1 Shooting:

(1 Hour 30 minutes)

#### Coaching Points:

- *Finishing* - Practice long range shooting (look, lean, and drive).
- Encourage players to focus on shooting the ball from long range.

#### Warm up: (15 minutes)

- *Step Over Turn* – Push the ball forward, step over the ball with one foot, turn toward the ball and take it in the opposite direction. Lift leg from outside to inside.
- *Scissors* – Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, continue dribble with other foot.
- *Double Scissors* - Lift leg from inside to outside, step over or in front so that the ball ends up on the other side of you, lift other leg over ball, and continue dribble with other foot.
- *Mathews* – Fake with the inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of the same foot.
- *Cruyff* – Push the ball forward, fake a kick with the inside of the foot, and instead pull the ball behind the standing leg and change directions.
- *Rivolino* – Same as the step over, but take the ball with the outside of the step over foot.

#### Match Related: (45 minutes)

- *1v1 Shooting* – A pair of goals is 36 yards apart, the attacking player can only shoot anywhere inside her own 18 yard box, 3 minutes per pair, have 1v1 games to small goals at 3 other stations, rotate players. (20 minutes)
- *6v6 Shooting* - A pair of goals is 36 yards apart, the attacking players can only shoot anywhere inside their own 18 yard box. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage*.

#### Conditioning – Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

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## NWSC U14 – Session 18

### Topic: Using 5v2 to Develop Passing Skill:

(1 hour and 30 minutes)

#### Coaching Points:

- Players on either side of the ball are most important for support, players far away must get open, quick short passes, looking for a rhythm, passes to the correct foot, decision making, changing directions, concentration, and anticipation

#### Warm Up: (15 minutes)

- Light jog.
- Shuttle start.
- Backward running.
- Calf stretching.
- Standing thigh stretch – Grab ankle and bend leg.
- Hamstring stretch – While seated the other leg is bent and the foot touches the knee of the leg being stretched.
- Inner thigh stretch – while seated lean forward.
- Hip flexor stretch – Lean forward with back knee on the ground.
- Walking lunges.
- Cross country skiing.
- Single toe rises.
- Zigzag shuffle.
- Phantom headers.

#### Match Related: (45 minutes)

- 5v2 – 10x10 grid, 1 or 2 touch. (20 minutes)

#### The Best 17 Minutes in Soccer:

- 5v5 – Attackers try to score, defenders try to maintain possession, play for 7 minutes, then switch roles, coaching points stress organizing the defense, developing the build up, and attacking the goal. (25 minutes)

#### Match Condition: (15 minutes)

*Scrimmage.*

#### Conditioning – 4 Cone Drill: (15 minutes)

- 4 Cone Drill (NC) - 4 cones 10 yards apart, sprint 10 yards, shuffle 10 yards, backwards 10 yards, and carioca 10 yards, 3 stations with 3 players each, hold competition.

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## NWSC U14 – Session 19

### Topic: 4-4-2: The Attacking Strategy - Balance and versatility maximize effectiveness

(1 hour and 30 minutes)

#### 8 v8:

One of the two strikers starts play with long shot on goal which the keeper will field and play to one of the outside backs. The closest central back offers support for the ball as the outside back dribbles forward and tries to get to the middle third. If closed by one of the two defenders, the player plays the ball to his closest supporting defender who tries to prepare the ball and send to the opposite outside back. The key here is the technical ability to deliver a long diagonal ball to the opposite outside back moving forward.

#### 8v8:

Have ball played to central back, who dribbles forward and creates 2v1 with teams outside back. In turn seek to play the ball forward to one of the central midfielders who lays the ball off for the score. If the outside back gets shut down, play the ball back to supporting central back who tries to play long diagonal ball over the top to his opposite outside back.

#### 8v8: — Play from the midfield to the attacking third of the field

Emphasis on combining play. Keep compactness between lines at all times. Also, once the ball enters the central midfield area, the attacking team must remain composed, slow play down, make simple passes and not give the ball away. It is vital to build 2v1 combination play between the attacking teams outside back and outside midfielder. If the midfielder is tightly-marked, play the ball back and run to space behind the defender. If tightly-marked, the outside midfielder can take the defender inside and open the space for outside back to run into and play a 1-2 with that player.

#### 8v8: — Moving from the mid-third to the final third

The emphasis should be on playing balls to a midfielder so that individual can: 1) play square or through balls to the outside midfielder closest to the ball, or 2) support the ball and switch play behind the defense to the opposite outside midfielder. Watch for extra touches and play the ball simply (play the way you are facing).

#### 8v8:— Play from midfield to attacking third of field.

Keeping the ball side midfielder wide, outside back plays ball to central striker and while ball is on the way but before the ball reaches the striker's feet, the outside midfielder runs to space to be played to (action - reaction). A coordinated checking to the ball by the outside midfielder and the attacking midfielder as well as lateral runs by the two strikers can open up the long diagonal ball to opposite outside midfielder. The attacking outside midfielder needs to attack with two strikers when ball is played wide. The central supporting striker does not want to take his defender into the space of the outside midfielder. Open it up, if anything.

Both teams play 4-4-2 with the triangles playing a direct style of play and while the attacking team plays an indirect style (looking for 2v.1s). Any time ball is played past the attacking central midfielder that player must seek to run to support the central strikers.

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## **NWSC U14 – Session 20 Topic:**

### **Finishing (Before a Tournament):**

(1 Hour 30 minutes)

#### **Coaching Points**

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive)
- Focus on technical speed to dribble to control the ball and finishing to goal.

#### **Warm Up: (15 minutes)**

- *Volley with Laces* - Groups of 2 with 1 ball 10 yards apart, strike the ball with the shoelaces, and follow through properly landing on the kicking foot, 15 times with each foot each. (10 minutes)
- *Striking a Rolled Ball* – 1 player kneels on the ground and rolls the ball to the 2<sup>nd</sup> player who strikes the ball softly with their show laces back to the server, concentrate on proper footwork, balance, planting the foot, and locking the ankle. (5 minutes)

#### **Match Related: (45 minutes)**

- *Alternating Finishing Shots* - Two goals are 30 yards apart, there is a line of players by each goal on opposite sides, and everyone has a ball, each player starts a breakaway run with their ball and shots at the goal, alternating sides. (15 minutes)
- *Three – Tier Shooting* – Long range shot off the dribble outside the box, shot off a pass inside the box, and lastly while still on the run, shot off a ball tossed 6 yards out. (20 minutes)
- *3 Player Scoring Drill #1* – 1<sup>st</sup> player at midfield passes to 2<sup>nd</sup> player who lays ball off to 3<sup>rd</sup> player for shot on goal, 2<sup>nd</sup> and 3<sup>rd</sup> player on opposites sides of goal and make runs to the 18. (15 minutes)

#### **Match Condition: (15 minutes)**

- *Scrimmage.*

#### **Conditioning - Ladder Drills: (15 minutes)**

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

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## NWSC U14 – Session 21

### Topic: Crossing the Ball:

(1 Hour 30 minutes)

#### Coaching Points:

- Every time you get the ball look at the goal (penetrate).
- Cannot penetrate if you cannot pass (pass).
- Turn hips to goal, strike the ball with your with laces (hips and laces).
- Receiving player must make a bending run, not a straight run to stay outside.
- Make a bending pass which can be played early.
- Focus on crossing the ball and finishing.

#### Warm up: (15 minutes)

- *Flips* – Use laces of the shoe to flip the ball past the defender.
- *Stop Turns* – Place balance leg next to ball, step lightly on the ball, turn body, stop with foot on ball, and dribble.
- *Inside Roll* – Roll the ball across your body from the outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- *Outside Roll* – Roll the ball across your body from the inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- *Side to Side Push Pull* – Tap ball back and forth with the inside of the feet, push the ball forward with one foot and pull it back with the sole of the opposite foot.

#### Match Related: (45 minutes)

- *3v0* - No defender with crosser, 2 attackers from top of goal box, with goalkeeper, both sides of pitch. (15 minutes)
- *3v1* – 1 defender with crosser, from top of goal box with goalkeeper, both sides of pitch. (15 minutes)
- *4v2* – Work on crossing the ball against 2 defenders. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning: (15 minutes)

- *20 Yard Speed Drills* – (twice)
  - Sprint forward, Butt Kicks, Sidestep, High Knees, and Backpedal.

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## NWSC U14 – Session 22

### Topic: One v. One - Bogies In The Sky:

(1 Hour 30 minutes)

#### Coaching Points:

- *Dribbling* - Use the entire foot, especially laces (explode), look up while dribbling (look up) and control the ball (control).
- *1v1 Play* - Involves creativity, skill, and psychological toughness.
- *Back to Pressure* – Control the pressure, shield the ball, turn, face, challenge, and beat the defender.
- *Conditioning* – Speed and endurance.

#### Warm up: (15 minutes)

- *1v1 Circle Drill* – In a circle number each player, with 3-5 balls, call out a number and 2 players play for 30 seconds to one minute passing and defending.

#### Match Related: (45 minutes)

- *Bogies In The Sky 1v 1 (NC)* – The server is 35 yards from the goal, the attacker checks off one goalpost while the defender checks off the other, the attacker's objective is to face the defender, beat her, and finish, use goalkeeper. (20 minutes)
- *Bogies In The Sky 1v 1 (NC)* – Attacker plays with a defender on her back inside the penalty box, alternate to the flanks, use goalkeeper. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage* – Focus on dribbling to control the ball, working on making moves to beat an opponent, and handling the pressure from a defender from behind.

#### Conditioning - Shuttle Run: (15 minutes)

- *60 Yard Cone Run (NC)* – 6 markers at 10 yard intervals, 10 and back, 20 and back, (300 yards), 3 sets, rest 1 minute between sets.

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## NWSC U14 – Session 23 Topic:

### Finishing – Three-Tier Shooting:

(1 Hour 30 minutes)

#### Coaching Point:

- *Dribbling* – Use quick touches to improve technical speed.
- *Finishing* - Place the non-kicking foot alongside the ball, 8-10 inches to the side (foot by ball), strike the ball with the laces (laces), look at the ball, lean forward, and drive the ball (look, lean, and drive).
- Focus on technical speed to dribble to control the ball and finishing to goal.

#### Warm up: (15 minutes)

- *Technical Speed* - 2 cones 15 yards apart, 4 stations with 3 players, use inside and outside of both feet for figure 8's around cones, dribble up then dribble backwards, step-overs, rivilinos, rolls, and passes, make it competitive with races.

#### Match Related: (45 minutes)

- *Three – Tier Shooting* – Long range shot off the dribble outside the box, shot off a pass inside the box, and lastly while still on the run, shot off a ball tossed 6 yards out. (20 minutes)
- *2v2 Games to Goal* – 3 small and 1 large goal games, switch partners and fields every 5 minutes. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

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## NWSC U14 – Session 24

### Topic: High Intensity Games:

(1 hour and 30 minutes)

#### Warm Up: (15 minutes)

- *3v3+Target Player* – 20x20 grid, each team has a target player in the end zone at each end, keep ball, change direction, unbalance defense, rotate target players on pass.

#### Match Related: (45 minutes)

- *3v2 Fast Break* – Attackers have 15 seconds to score, overlaps, decision making, combinations, speed of play, defense slow down and delay. (15 minutes)
- *4+1v3 Progression* - 15x15 grid, 4 attackers outside grid, 1 inside, Play wide then inside, then centrally or wide to the other side, show how grid transpires in a game positionally, body shape open, hit the front player with penetrating pass, support. (15 minutes)
- *4+1v3* – 15x15 grid, 4 attackers outside grid, 1 inside with 3 defenders, target players open up, 1 touch, pass selection. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - Change of Direction (COD) - Accent of Agility Closed-Based Drills: (15 minutes)

- *Pro-Short Shuttle* – Start in the middle, sprint 5 yards to cone, right sprint 5 yards, turn and sprint 10 yards, turn and sprint 5 yards back to the middle cone.
- *Three Cone Drill* – Start at cone 1 sprint 5 yards and back, sprint back to the starting line, then swoops around the outside of the 2<sup>nd</sup> cone, inside of the 3<sup>rd</sup> cone, and finishes by sprinting around the outside of all 2 cones.

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## NWSC U14 – Session 25

### Topic: Using 5v2 to Develop Passing Skill:

(1 hour and 30 minutes)

#### Coaching Points:

- Defensive pressure by 2 defenders must occur by having 1 defender pressure the player with the ball.
- How close do we get to the player in possession? (4-6 feet or close enough to tackle if a poor touch occurs)
- What is our angle of approach? (to make the attacker go in the direction we want, towards our defense)
- 2<sup>nd</sup> defender must provide cover of space.
- How far behind the 1<sup>st</sup> defender should the 2<sup>nd</sup> defender play? (6-8 feet)

#### Warm Up: (15 minutes)

- 5v2 – Work with defenders.

#### Match Related: (45 minutes)

- 6v2 – With center attacker. (20 minutes)
- 8v3 - With center attacker. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - US Women's National Soccer Team Physical Test: (15 minutes)

- *20 Yard Agility Run* – Set up 3 cones in a straight line 5 yards apart, player straddles center cone (A), turn and sprint to cone on right (B), turn and sprint to far cone on left (C), turn and sprint to center cone (A).

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## NWSC U14 – Session 26

### Topic: Passing – Triangle and Long Passing:

(1 Hour 30 minutes)

#### Coaching Points:

- *Dribbling* – Control the ball and make a move.
- *Passing* – Passer must play an accurate long ball and the recipient must control the ball on the run, serve the ball before your teammate gets offside, accelerate after the pass, and bend the run.
- Encourage players to focus on long accurate passing, receiving the ball and accelerating runs after the pass.

#### Warm up: (15 minutes)

- *Pull Instep Push* – Push the ball forward and pull it back with the sole, then tap the ball forward with the instep of the same foot.
- *Pull A V* – Push the ball forward and pull it back with the sole of the same foot while turning and then take the ball with the inside of the same foot.
- *Opposite V* – Fake a pass with the instep (across the body), pull the ball back with the sole of the foot and take the ball in opposite direction with the inside of the same foot.
- *Pull and Roll Behind* – Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot, controlling the ball with the sole of the other foot.
- *Inside of the Foot Cut* – Cut the ball across the body with the inside of the foot while simultaneously stepping over it and taking with the outside of the opposite foot.

#### Match Related: (45 minutes)

- *Long Passing (NC)* – 2 players at 20, 30 or 40 yards apart, pass the ball using the laces, try to get distance in the air and accuracy on the pass, receive pass correctly and return with 2 touch. (20 minutes)
- *Triangle Passing (NC)* – 1<sup>st</sup> player starts on the end line, 2<sup>nd</sup> player is waiting to run outside of the cones set up like a flat back three, 12 yards apart, ½ between the end line and midstripe, 3<sup>rd</sup> player is at the midline strip, player 1 passes the ball to player 2 before she gets to the three cones, player 2 passes to player 3 at midfield, who stops the ball and runs towards player 1 outside the cones, player 2 must get to the ball and pass to player 3 before she gets to the 3 cones, player 3 passes to player 1 who repeats the drill., use both feet, try 2 then 1 touch. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each circle
- *Two Foot Runs* – Run with both feet in each circle.
- *Brake Runs* – Run with one foot in each circle, ½ way switch to run with both feet in each circle.
- *Hop Scotch* – With both feet inside the first circle, hop outside and then back inside the circles.
- *Backwards Hop Scotch* - With both feet inside the first circle, hop outside and then back inside the circles backwards.

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## NWSC U14 – Session 27

### Topic: High Intensity Games:

(1 hour and 30 minutes)

#### Warm Up: (15 minutes)

- *High Intensity Warm Up* – Dribble and run for 4 minutes, then rest start over.

#### Match Related: (45 minutes)

- *4v4* – 30x30 grid with goals, play with intensity and restrict touches. (10 minutes)
- *1v1* – 5x10grid, with server from side, attacker must make overlapping run, go to defender and check to the ball, make angled run. (10 minutes)
- *1v1 to Goal* – Defender serves from beside goal, receive at speed, 1<sup>st</sup> touch away from pressure, and shoot early. (10 minutes)
- *1v1+1 to Goal* – Support play on attack, look for overlaps, combinations, and takeover. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning: (15 minutes)

- *Mutli-Directional A* – Set 4 cones 5 yards apart, forward, backwards, backwards and forwards, sideways shuffle, 30-45 seconds rest, 6 sets, light feet stay on balls of feet, turn head and body for changing direction, plant foot and push off with opposite foot.
- *Mutli-Directional B* - Set 4 cones 10 yards apart, runs should be mixed, forward, shuffles, backwards, 4 sets, 30-45 seconds rest, 6 sets, light feet stay on balls of feet, turn head and body for changing direction, plant foot and push off with opposite foot.

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## NWSC U14 – Session 28

### Topic: Four Zone Passing Game:

(1 hour and 30 minutes)

#### Coaching Points:

- Quality passing in limited space with support.
- Attackers must stay spread out and keep moving, angle passes, good first touch, and must get your feet positioned correctly to receive the pass.
- Defenders must move as a unit to pressure and defend, try and make attackers pass the ball into the air.

#### Warm Up: (15 minutes)

- *Circle Drill* – 2 teams with different pennies, inside the circle players must make a move with ball and pass to player with same color penny.
- *Circle Drill* - Inside the circle, one team defends, playing keep away.

#### Match Related: (45 minutes)

- *Quality Passing in Limited Space* - 4 zones with 3 players in each zone, players must stay in their own one, try and pass 2 grids, may intercept the ball, progression - 3 touches to 2 touches, limit passes in each zone. (15 minutes)
- *Pressuring and Defending as a Unit* – Close down the space to the player with the ball, quick individual pressure, step into the passing zones, attackers limited to 2 touches to force passes, limit passing to 3-5 or less in each zone. (15 minutes)
- *Pressuring into the Other Zone* – 1 defender can go into the other zone and pressure the ball, if they win it they pass to their team and the other team may send in 1 defender, progression – free touches, 3 then 2 touches, free passing them limit passing to 3-5 or less in each zone, outside players may challenge from behind. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning: (15 minutes)

- *Rabbits and Foxes* – Square with 2 teams of 4 at opposite corners, chase the other until one team catches and captures the other team (no cutting corners).

***Intensity* – Did we train for excellence, with speed, quickness, and intensity?**

***Training* – Did we train harder today then we did yesterday?**



## NWSC U14 – Session 29

**Topic: Training For Speed of Thought and Speed of Play:** (1 hour and 30 minutes)

### Coaching Points

- This training session is not geared toward actual physical speed of the player, but toward the speed of thought and speed of play in making quick decisions.
- If receiving with the front foot, play the way you face. If receiving with the rear foot, turn and have the vision to make the right decision.
- Who is the ball coming from?
- Who is the ball going to?
- Emphasis on triangular shape with the three players. Every player must focus on being between the other two players in order to receive a pass and then give a pass. Therefore, movement without the ball is critical.
- No pressure from defenders. Therefore, the pressure comes with the restrictions on touches, nonverbal/verbal, complete focus and concentration, and self-preparation.
- Proper body positioning to receive and serve with limited touches.

### Warm-Up

- Groups of 6 players. Each player is assigned with a number (#1-6). Use different colors to designate each group. Cone an area of 30 x 40 yards.
- #1 and #4 in each group each have a ball to start the warm-up.
- Players pass to the next highest number upon receiving a ball. The two groups must play through each other in same area of play.
- Variation – Reverse direction. #6 to #5, #5 to #4, etc.
- Variation – Players play to odd or even numbers incrementally only. For example, #1 passes to #3, #3 passes to #5, and #5 passes to #1.
- Variation – Increase or decrease the touches to make it more demanding.
- Variation – Players limited to three words only; two words; one word.
- Variation – Use non-verbal communication (e.g. hand clapping, eye contact, etc.)

### Progression

4 yellow players play in a diamond on the perimeters of a 15x20 yard field acting as wall-passers. Yellow players are limited to one touch and may move from cone to cone behind an imaginary line between the two cones. The field is rectangular shaped, but the players are encouraged to play in the shape of a diamond (or two triangles).

4 blue players and 4 red players play inside of yellow. The blue team has one ball and the red team has one ball to begin. Number the players on red and blue 1-4 in each group. Players must remember the sequence. #1 blue can wall pass to any yellow who must wall passes back to #1 blue. #1 blue passes to #2 blue who can use a new yellow for a wall pass or pass directly to #3 blue. #3 blue wall passes with a new yellow and yellow return the pass to #3. Continue play in sequence of numbers. Unlimited touches. Eight players on the inside, four on the outside, and two balls (one with the red group and one with the blue group). Remember, the players on the inside can pass the ball to the next numbered player in sequence (#1 to #2, #2 to #3, etc, or can pass directly to a player on the perimeter before getting the ball back. If a player chooses to pass sequentially to another player inside the grid, that passer does not get the ball back on a wall pass. If an inside player passes a ball to a perimeter player, the inside player must receive the ball back on a wall pass or give and go. Only the perimeter players serve as wall passers.

***Intensity – Did we train for excellence, with speed, quickness, and intensity?***

***Training – Did we train harder today than we did yesterday?***

## NWSC U14 – Session 30 Topic:

### Finishing (Before a Tournament)

(1 Hour 30 minutes)

#### Coaching Points:

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive)
- Focus on technical speed to dribble to control the ball and finishing to goal.

### Warm Up: (15 minutes)

- *Volley with Laces* - Groups of 2 with 1 ball 10 yards apart, strike the ball with the shoelaces, and follow through properly landing on the kicking foot, 15 times with each foot each. (10 minutes)
- *Striking a Rolled Ball* – 1 player kneels on the ground and rolls the ball to the 2<sup>nd</sup> player who strikes the ball softly with their show laces back to the server, concentrate on proper footwork, balance, planting the foot, and locking the ankle. (5 minutes)

### Match Related: (45 minutes)

- *Alternating Finishing Shots* - Two goals are 30 yards apart, there is a line of players by each goal on opposite sides, and everyone has a ball, each player starts a breakaway run with their ball and shots at the goal, alternating sides. (15 minutes)
- *Three – Tier Shooting (NC)* – Long range shot off the dribble outside the box, shot off a pass inside the box, and lastly while still on the run, shot off a ball tossed 6 yards out. (15 minutes)
- *3 Player Scoring Drill #1* – 1<sup>st</sup> player at midfield passes to 2<sup>nd</sup> player who lays ball off to 3<sup>rd</sup> player for shot on goal, 2<sup>nd</sup> and 3<sup>rd</sup> player on opposites sides of goal and make runs to the 18. (15 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

***Intensity* – Did we train for excellence, with speed, quickness, and intensity?**

***Training* – Did we train harder today then we did yesterday?**

## NWSC U14 – Session 31

### Topic: Finishing:

(1 Hour 30 minutes)

### Coaching Points

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive)
- Focus on technical speed to dribble to control the ball and finishing to goal.

### Warm Up: (15 minutes)

- *Volley with Laces* - Groups of 2 with 1 ball 10 yards apart, strike the ball with the shoelaces, and follow through properly landing on the kicking foot, 15 times with each foot each. (10 minutes)
- *Striking a Rolled Ball* – 1 player kneels on the ground and rolls the ball to the 2<sup>nd</sup> player who strikes the ball softly with their show laces back to the server, concentrate on proper footwork, balance, planting the foot, and locking the ankle. (5 minutes)

### Match Related: (45 minutes)

- *Three – Tier Shooting* – Long range shot off the dribble outside the box, shot off a pass inside the box, and lastly while still on the run, shot off a ball tossed 6 yards out. (20 minutes)
- *3 Player Scoring Drill #1* – 1<sup>st</sup> player at midfield passes to 2<sup>nd</sup> player who lays ball off to 3<sup>rd</sup> player for shot on goal, 2<sup>nd</sup> and 3<sup>rd</sup> player on opposites sides of goal and make runs to the 18. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *44 yard sprints* – 3 groups.

***Intensity* – Did we train for excellence, with speed, quickness, and intensity?**

***Training* – Did we train harder today then we did yesterday?**

## NWSC U14 - Session 32

### Topic: Possession and Movement:

(1 hour and 30 minutes)

#### Coaching Points:

- The first training session of the season is a good time to introduce how to do certain things and also to do an evaluation of what needs to be worked on based of technical, tactical, psychological and physical aspects.
- Focus on fitness, 1<sup>st</sup> touch, movement, body position, space and width, communication by calling “Here” for the ball, Chinese Women’s 3 touch rule, quickness and speed of play and thought.
- Many players and teams don't warm up properly so the first part of this practice is an introduction of how they are expected to warm up.

#### Warm Up: (15 minutes)

- *Jog* - 44 yards (the width of the 18), jog forwards, jog backwards, skip, skip backwards, cariocchi, straight leg lifts, bended leg lifts inside-outside, squat thrusts, etc., and then stretch for 2-3 minutes.
- *Second Run* - Add in change of direction and also emphasize bigger steps by extending their strides. This second run lasts 2-3 minutes and then they stretch for 2-minute period.
- *Two Minute Run* - Jog 5 steps and then change direction (90 degree turn) and then sprint 10 steps and change direction, then jog 5 steps and then change direction and sprint 10 steps, for 2 minutes and then they stretch for 2 minutes, use ball.
- *Ladders* – 1-2 foot runs, brake runs, hopscotch, and backwards hop scotch, sprint to cones.

#### Match Related: (45 minutes)

- *Receive, Pass, and Move* - 40x40grid, 4-6 balls, jog until they get a ball passed to them, when they receive the ball, they take 3-5 touches (working on receiving the ball and moves) and then pass to someone else and sprint 5-yards after the pass (there will be a big emphasis on sprinting after every pass all season long). (15 minutes)
- *Groups of 3's* - One ball per group, pass amongst each other in the group, after they pass they must sprint to the person who they passed to and that player receives the ball and dribbles at the "attacking" player.” This is a good warm up to get them used to sprinting after a pass and also handling the ball under pressure. (15 minutes)
- *8v8* - 60x44 grid, evaluate what needs to be worked on for the first part of the season. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning: (15 minutes)

- *Three Groups* - 44 yards apart, the 1's sprint to the other side and as soon as the last 1 crosses the line, the 2's sprint in the other direction and as soon as the last 2 crosses the line the 3's sprint. 10-44-yard sprints. This type of running gives a 1:2 work to rest ratio.
- *Juggling* - The players end with 5 minutes of juggling on their own and then stretch.

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## NWSC U14 – Session 33

### Topic: Finishing – Three-Tier Shooting:

(1 hour 30 minutes)

#### Coaching Points:

- *Dribbling* – Use quick touches to improve technical speed.
- *Finishing Technique* - Place the non-kicking foot alongside the ball, 8-10 inches to the side (foot by ball), strike the ball with the laces (laces), look at the ball, lean forward, and drive the ball (look, lean, and drive).
- *Speed* - Focus on technical speed to dribble to control the ball and finishing to goal.

#### Warm-Up: (15 minutes)

- *Technical Speed* - 2 cones 15 yards apart, 4 stations with 3 players, use inside and outside of both feet for figure 8's around cones, dribble up then dribble backwards, step-overs, rivilinos, rolls, and passes, make it competitive with races.

#### Match Related: (45 minutes)

- *Three – Tier Shooting (NC)* – Long range shot off the dribble outside the box, shot off a pass inside the box, and lastly while still on the run, shot off a ball tossed 6 yards out. (20 minutes)
- *2v2 Games to Goal* – 3 small and 1 large goal games, switch partners and fields every 5 minutes. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

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## NWSC U14 – Session 34

### Topic: One v. One - Top Gun:

(1 Hour 30 minutes)

#### Coaching Points:

- *Dribbling* - Use the entire foot, especially laces (explode), look up while dribbling (look up) and control the ball (control).
- *1v1 Play* - Involves creativity, skill, and psychological toughness.
- *Conditioning* – Speed and endurance.

#### Warm up: (15 minutes)

Work as quickly as possible for 1 minute on each drill, alternating feet, three times each.

- *Dribbling* - Jog while dribbling within a confined space with quick touches, changing directions and speed.
- *Foot* - Throw the ball up in the air, trap the ball with your foot, settle the ball to your feet, and move off quickly, repeat.
- *Thigh* - Throw the ball up in the air, trap the ball with your knee, settle the ball to your feet, and move off quickly, repeat.
- *Chest* - Throw the ball up in the air, trap the ball with your chest, settle the ball to your feet, and move off quickly, repeat.
- *Head* - Throw the ball up in the air, trap the ball with your head, settle the ball to your feet, and move off quickly, repeat.

#### Match Related: (45 minutes)

- *1v1 (NC)* – One player standing on the 6 yard line serves a long ball to a player standing at the midfield strip, who receives the ball and tries to beat the server who has sprinted out to defend her goal, use goalkeeper. (20 minutes)
- *1v1 (NC)* – One player standing on the end line serves a ball to a player standing at the 18-yard line, who receives the ball and tries to beat the server who has sprinted out to defend her goal, use goalkeeper. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage* – Focus on dribbling to control the ball, working on making moves to beat an opponent.

#### Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to start 6 times, 2<sup>nd</sup> time use ball and make moves dribbling and at turns.

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## NWSC U14 – Session 35

### Topic: Overlapping:

(1 hour 30 minutes)

### Coaching Points:

- *Competitive Element into Training* - Compete against themselves, then each other, then teams.
- *Overlaps* – Timing of run and pass into space in front of the overlapping player is the key.
- *Overlap Sequence* – Pass to the receiver, communication, open the space with a 1 touch, player overlaps, and pass into the path of the overlapping player.
- *Goal* – Create numbers up situation against defense to create scoring opportunities, 2v1, etc.
- *AIA* – Anticipation, Imagination, and Awareness.

### Warm Up: (15 minutes)

- *3 Player Overlaps* – Continuous movement making overlapping runs with 2 players on either side, player 1 passes to player 2 in the middle and overlaps, 2 passes into the path of 1, 1 dribbles and passes to player 3, rotate players, count the number of overlaps done in a set time.

### Match Related: (45 minutes)

- *2v0* – 20x20 grid, player 1 passes to player 2, 1 then overlaps 2, 2 passes to 1, (5 minutes)
- *2v1* – 20x20 grid. (10 minutes)
- *5v3* – NSCAA 3 midfielders and 2 forwards to goal against 2 defenders and a keeper. (15 minutes)
- *6v6* – NSCAA with 2 keepers. (15 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *Indian Run* – A square is marked off for the line of players to jog, either in a single file or double-up line. On the coach's command the player or players in the back of the line sprint to the front of the line.

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## NWSC U14 – Session 36

### Topic: Crossing the Ball:

(1 Hour 30 minutes)

#### Coaching Points

- Every time you get the ball look at the goal (penetrate).
- Cannot penetrate if you cannot pass (pass).
- Turn hips to goal, strike the ball with your with laces (hips and laces).
- Receiving player must make a bending run, not a straight run to stay outside.
- Make a bending pass which can be played early.
- Get down inside the 6 yard mark and pass backwards or pass early between defenders.
- 3 attackers must frame the goal.

#### Warm Up: (15 minutes)

- 4v2 – 1-2 touches, quick feet, space and movement.

#### Match Related: (45 minutes)

- 1v0 - No defender with crosser, with goalkeeper, both sides of pitch. (15 minutes)
- 3v1 – 1 defender with crosser, with goalkeeper, both sides of pitch. (15 minutes)
- 4v2 – Work on crossing the ball against 2 defenders. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage* – Focus on crossing the ball framing the goal, and finishing.

#### Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.

***Intensity* – Did we train for excellence, with speed, quickness, and intensity?**

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## NWSC U14 – Session 37

### Topic: Crossing the Ball and Framing the Goal:

(1 Hour 30 minutes)

#### Coaching Points:

- Every time you get the ball look at the goal (penetrate).
- Cannot penetrate if you cannot pass (pass).
- Turn hips to goal, strike the ball with your with laces (hips and laces).
- Receiving player must make a bending run, not a straight run to stay outside.
- Make a bending pass which can be played early.
- Get down inside the 6 yard mark and pass backwards or pass early between defenders.
- 3 attackers must frame the goal, near, middle, and far posts bending runs

#### Warm Up: (15 minutes)

- *Short to Long Passing* – 5, 10, 15, 25, 40 yard passes, use both feet, move, 2 touches.

#### Match Related: (45 minutes)

- *4v0* - No defender with crosser, with goalkeeper, 3 attackers, both sides of pitch. (15 minutes)
- *4v1* – 1 defender with crosser, with goalkeeper, 3 attackers, both sides of pitch. (15 minutes)
- *4v2* – Work on crossing the ball against 2 defenders, both sides of the pitch. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage* – Focus on crossing the ball framing the goal, and finishing.

#### Conditioning: (15 minutes)

- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to start 6 times, 2<sup>nd</sup> time use ball and make moves dribbling and at turns.

***Intensity* – Did we train for excellence, with speed, quickness, and intensity?**

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## NWSC U14 - Session 38

### Topic: Passing – Triangle and Long Passing:

(1 Hour 30 minutes)

#### Coaching Points:

- *Passing* – Passer must play an accurate long ball and the recipient must control the ball on the run, serve the ball before your teammate gets offside, accelerate after the pass, and bend the run.
- Encourage players to focus on long accurate passing, receiving the ball, and accelerating runs after the pass.

#### Warm Up: (15 minutes)

- *Player Passing* – 2 cones in a V, 1 player moves around middle cone and receives pass from 2<sup>nd</sup> player, 2 then 1 touch, switch roles.

#### Match Related: (45 minutes)

- *Long Passing (NC)* – 2 players at 20, 30 or 40 yards apart, pass the ball using the laces, try to get distance in the air and accuracy on the pass, receive pass correctly and return with 2 touch. (20 minutes)
- *Triangle Passing (NC)* – 1<sup>st</sup> player starts on the end line, 2<sup>nd</sup> player is waiting to run outside of the cones set up like a flat back three, 12 yards apart, ½ between the end line and midstripe, 3<sup>rd</sup> player is at the midline strip, player 1 passes the ball to player 2 before she gets to the three cones, player 2 passes to player 3 at midfield, who stops the ball and runs towards player 1 outside the cones, player 2 must get to the ball and pass to player 3 before she gets to the 3 cones, player 3 passes to player 1 who repeats the drill., use both feet, try 2 then 1 touch. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning: (15 minutes)

- *Dribbling* - Set up cones at 10, 20, 30, and 40-yards, run to 1<sup>st</sup> cone and back to starting line, run to 2<sup>nd</sup> cone and back, etc., run entire set without rest, then rest 3 minutes, repeat again.

***Intensity* – Did we train for excellence, with speed, quickness, and intensity?**

***Training* – Did we train harder today than we did yesterday?**

## NWSC U14 – Session 39

### Topic: Playing the Ball Back Then Forward:

(1 hour and 30 minutes)

#### Coaching Points:

- Receive the ball properly and maintain possession.
- Play the ball on the ground, at angles to feet or into space
- Know where and go into space away from pressure with the ball.
- Switch field of play, 1-2 touches, see the field, keep play simple.
- Communicate, “turn”, “back”, “overlap”

#### Warm Up: (15 minutes):

- *Receiving and Passing* – Each player has a number, pass in numerical order of 1-7, then add 2 balls.

#### Match Related: (45 minutes)

- *3 and 4 Player Passing* – Move down the field passing with 2 lines of 3 and 4 players finish with a cross and shot on goal, go the other way. (15 minutes)
- *6v2 Game* – 3 defenders and 2 midfielders, 1 forward vs. 2 defenders, add attackers and defenders, switch roles. (15 minutes)
- *6v6+2* - 2 target players as midfielders, with keepers. (15 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each circle
- *Two Foot Runs* – Run with both feet in each circle.
- *Brake Runs* – Run with one foot in each circle, ½ way switch to run with both feet in each circle.
- *Hop Scotch* – With both feet inside the first circle, hop outside and then back inside the circles.
- *Backwards Hop Scotch* - With both feet inside the first circle, hop outside and then back inside the circles backwards.

***Intensity* – Did we train for excellence, with speed, quickness, and intensity?**

***Training* – Did we train harder today than we did yesterday?**

## NWSC U14 – Session 40

### Topic: Group Attack / Space and Width:

(1 Hour 30 minutes)

### Coaching Points:

- *Penetration* – Dribbling/Passing/Shooting
- *Width* – Spread the play out wide.
- *Space* – Play ball and run into open areas.
- *Speed of Play* – Fast to the ball and fast with the ball.
- Focus on first touch, moving into space, playing the ball wide, and penetration to finish.

### Warm Up: (15 minutes)

- *1v1 Circle Drill* – In a circle number each player, with 3-5 balls, call out a number and 4 players play for 30 seconds to one minute passing and defending, 2v2.

### Match Related: (45 minutes)

- *4v2 and 4v4* – Work on space and width. (20 minutes)
- *8v4* – Rectangle grid with 4 defenders with keeper to goal. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to start 6 times, 2<sup>nd</sup> time use ball and make moves dribbling and at turns.

***Intensity* – Did we train for excellence, with speed, quickness, and intensity?**

***Training* – Did we train harder today then we did yesterday?**

## NWSC U14 – Session 41

### Topic: Finishing:

(1 Hour 30 minutes)

#### Coaching Points:

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).
- Focus on first touch and penetration to try and score.

#### Warm up: (15 minutes)

Groups of 2 with 1 ball, 3 cones per group, 2 cones are 6 yards apart and the 3<sup>rd</sup> is 3 yards further, 1 player acts as server and starts with the ball, the 2<sup>nd</sup> player starts at the far cone and sprints to the outside of the middle cone, the server plays her the ball and then she 1 touches the ball back and then runs to the far cone, around it and forward to the other side of the middle cone when the ball is served next.

- *2 Touch Pass Back Different Feet* (5 minutes)
- *2 Touch Pass Back Same Foot* (5 minutes)
- *1 Touch Pass Back* (5 minutes)

#### Match Related: (45 minutes)

- *Drag Race* – A ball is placed on the penalty mark or the top of the goal area. Two players run from the goal line to a cone on the centerline, and back toward the ball. The 1<sup>st</sup> player to get to the ball shoots at the goal. (20 minutes)
- *Build Up Drill* - Start with a small field approximately 40x30 with two full sized goals on each end line. Have two teams of 5 competing against each other plus a keeper in each goal. Each game starts with a 1v1 situation (plus keepers). Each player tries to score on the opposing keeper. Once a player scores, the other team gets to add another player so that it is now 2v1. Each time a team scores the other team adds on another player. The first team to score 5 goals wins. It is possible that one player can end up playing against anywhere from 1 to 5 players. This is a very fast paced drill especially for the first players on the field. It would be advisable to play a number of games and switch the order that players enter the field this means that the first player on the field in the first game would be the 5th player on the next game. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *20 Yard Agility Run* – Set up 3 cones in a straight line 5 yards apart, player straddles center cone (A), turn and sprint to cone on right (B), turn and sprint to far cone on left (C), turn and sprint to center cone (A).
- *20 Yard Sprint* – Players sprint 20 yards.

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## NWSC U14 - Session 42

### Topic: Group Attack / Space and Width:

(1 Hour 30 minutes)

### Coaching Points:

- *Penetration* – Dribbling/Passing/Shooting.
- *Width* – Spread the play out wide.
- *Space* – Play ball and run into open areas.
- *Speed of Play* – Fast to the ball and fast with the ball.
- Focus on first touch, moving into space, playing the ball wide, and penetration to finish.

### Warm Up: (15 minutes)

- *Cats and Dogs* – 2 cones 10 yards apart, 2 players face each other, move laterally changing speeds, 1<sup>st</sup> to get to cone wins, 2<sup>nd</sup> time use ball, make movers, and explode to goal. (Reaction Speed)

### Match Related: (45 minutes)

- *4v2* – Set up square with defenders in the middle. (20 minutes)
- *6v4* – Rectangle grid with 4 defenders and keeper. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *40-Yard Sprint* – Players sprint 40 yards, 3 times.
- *300-Yard Shuttle* – Run to 25 yard mark, touch it with foot, turn and run back to start 6 times, 2<sup>nd</sup> time use ball and make moves dribbling and at turns.

## NWSC U14 – Session 43

### Topic: Group Attack – Possession:

(1 Hour 30 minutes)

#### Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes, few touches, space & width.
- Quick ball movement, ball control, and finishing.
- Focus on possession, opening up, penetrating pass, and making runs to for penetration to try and score.

#### Warm up: (15 minutes)

- *Dribbling Between Cones* – Various sets of cones spaced on field, dribble through, seeing the field looking for space.
- *No Pressure* – All players dribble. (5 minutes)
- *Passive Pressure* - With opponent maintain possession with moves, defender does not try and tackle the ball. (5 minutes)
- *Pressure* - With opponent, try and maintain possession defender tries to tackle the ball and then maintain possession. (5 minutes)

#### Match Related: (45 minutes)

- *4v4v4* – Three teams, one team defends (4 players) and two teams attack (8 players), when ball is stolen the team that wins the ball becomes an attacking team; team that loses the ball becomes defenders. (20 minutes)
- *Arena Ball* – Three teams of four each, field is 40x30, two teams are on the field, one team is on the end lines, each team must pass the ball to one of the players on their attacking end line, who must one touch pass back to try and score. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning (15 minutes)

- *Creative Dashes* – Set two sets of cones 10 –15 yards apart, separate team into two lines, the object of the drill is for each player to sprint from 1 cone to another from different starting positions, bellies, back, side, jump in place, with back to cones, completing each drill twice.

## NWSC U14 – Session 44

### Topic: Dribbling / Possession:

(1 Hour 30 minutes)

### Coaching Points:

- Conditioning – Speed and endurance.
- Use the entire foot, especially laces (explode).
- Look up while dribbling (look up).
- Control the ball (control).
- Focus on dribbling to maintain possession, while making moves with the ball.

### Warm up: (15 minutes)

Inside the circle player must make a move with the ball before each pass.

- Inside the circle players each with a ball dribble and pass to players on the outside of the circle and then make a run to receive it back with a wall pass (pass to teammate with same color penny). (5 minutes)
- Inside the circle player each with a ball plays the ball to the outside and it is one touched back to the player on the inside who touches it back to the same player and spins off to receive the return pass, 2 passes, (pass to teammate with same color penny). (5 minutes)
- Inside the circle player's pass to players on the outside who switches places, continuously change places while passing, (pass to teammate with same color penny). (5 minutes)

### Match Related: (45 minutes)

- *2v2+2 or 3v3+2* - With 2 target players at each end of the pitch to receive pass and attack. (20 minutes)
- *4v4+4* – With target players on all 4 sides of perimeter. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning – Ladder Drills: (15 minutes)

- *One Foot Runs* – Run with one foot in each square.
- *Two Foot Runs* – Run with both feet in each square.
- *Brake Runs* – Run with one foot in each square, ½ way switch to run with both feet in each square.
- *Hop Scotch* – With both feet inside the first square, hop outside and then back inside the squares.
- *Backwards Hop Scotch* - With both feet inside the first square, hop outside and then back inside the squares backwards.



## NWSC U14 - Session 45

### Topic: Receiving the Ball:

(1 Hour 30 minutes)

### Coaching Points:

- Always be moving.
- Angle and lock your foot in the direction you want to go.
- Place the ball three feet in front of you.
- Demonstrate movement, angle the foot in the direction you want to go, lock the foot, receive the ball, and place the ball three feet in front of you.

### Warm up: (15 minutes)

- *1v1 Circle Drill* – 1v1 in center circle for 30 seconds.

### Match Related: (45 minutes)

- *3v1* – In corners of pitch how many consecutive passes. (15 minutes)
- *2v2* - In penalty area with keeper. (15 minutes)
- *4v3+4* – With 4 perimeter players. (15 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Ladder Drills: (15 minutes)

- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.
- *Straddle Hops* – Hop into and out of each square using only the balls of your feet.
- *Backwards Straddle Hop* - Hop backwards into and out of each square using the balls of your feet.

## NWSC U14 - Session 46

### Topic: Passing – Crossing:

(1 Hour 30 minutes)

### Coaching Points:

- Every time you get the ball look at the goal (penetrate).
- Cannot penetrate if you cannot pass (pass).
- Turn hips to goal, strike the ball with your with laces (hips and laces).

### Warm up: (15 minutes)

- *Inside Roll* – Roll the ball across your body from the outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- *Outside Roll* – Roll the ball across your body from the inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- *Side to Side Push Pull* – Tap ball back and forth with the inside of the feet, push the ball forward with one foot and pull it back with the sole of the opposite foot.
- *Side to Side Step-On* – Roll ball to the opposite foot with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
- *Side to Side Front Roll* – Tap the ball back and forth with the inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

### Match Related: (45 minutes)

- *1v0* - No defender with crosser, from top of goal box with goalkeeper, both sides of pitch. (15 minutes)
- *1v1* - With crosser, light pressure, from top of goal box with goalkeeper, both sides of pitch. (15 minutes)
- *2v1* - With crosser, from top of goal box with goalkeeper, both sides of pitch. (15 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Conditioning: (15 minutes)

- *4 Cones In A Row* - Players run up to 2<sup>nd</sup> cone, then backwards to 1<sup>st</sup>, sideways, and diagonal.
- *4 Cones In A Row*- Players dribble to each cone leave a ball and dribble with the ball at the cone, with turning in different directions each time (forwards, backwards, sideways, sideways).

## NWSC U14 - Session 47

### Topic: Group Attack – Possession:

(1 Hour 30 minutes)

### Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes, few touches, space & width.
- Quick ball movement, ball control, and finishing.

### Warm up: (15 minutes)

- *Pull Instep Push* – Push the ball forward and pull it back with the sole, then tap the ball forward with the instep of the same foot.
- *Pull A Vee* – Push the ball forward and pull it back with the sole of the same foot while turning and then take the ball with the inside of the same foot.
- *Vee* – Fake a pass with the instep (across the body), pull the ball back with the sole of the foot and take the ball in opposite direction with the inside of the same foot.
- *Pull and Roll Behind* – Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot, controlling the ball with the sole of the other foot.
- *Inside of the Foot Cut* – Cut the ball across the body with the inside of the foot while simultaneously stepping over it and taking with the outside of the opposite foot.

### Match Related: (45 minutes)

- *4v2 and 4v1* – 4 attackers try to keep the ball away from defenders. Rotate players. (20 minutes)
- *5v2 and 3v1* – Work on consecutive passes and switch defenders often. (25 minutes)

### Match Condition: (15 minutes)

- *Scrimmage.*

### Ladder Drills: (15 minutes)

- *Lateral Runs* – Run laterally with both feet landing in each square.
- *Rabbit Hops* – With both feet inside the first square hop quickly into the next square, concentrating on quick hops not high hops.
- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.

## NWSC U14 – Session 48

### Topic: Group Attack – Possession:

(1 Hour 30 minutes)

#### Coaching Points:

- Attacking skills to open up defenses.
- Individual skills to break down defenses.
- Focus on alley passes, few touches, space & width.
- Quick ball movement, ball control, and finishing.

#### Warm up: (15 minutes)

- *Dribbling Between Cones* – Various sets of cones spaced on field, dribble through, seeing the field looking for space.
- *No Pressure* – All players dribble. (5 minutes)
- *Passive Pressure* - With opponent. (5 minutes)
- *Pressure* - With opponent. (5 minutes)

#### Match Related: (45 minutes)

- *4v4v3* – 3 teams, 1 team defends and 2 teams attack, when ball is stolen the team that wins the ball becomes an attacking team; team that loses the ball becomes defenders.

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Ladder Drills: (15 minutes)

- *Lateral Runs* – Run laterally with both feet landing in each square.
- *Rabbit Hops* – With both feet inside the first square hop quickly into the next square, concentrating on quick hops not high hops.
- *Icky Shuffle* – Start on the side of the first square, move inside with both feet, then outside with one foot, and repeat through each square.
- *Cross Country Skier* – Move laterally down the ladder touching the inside and outside of each square.
- *Cross Country Skier Double Step* – Hop into each square laterally.

## NWSC U14 - Session 49

### Topic: Group Attack / Space and Width:

(1 Hour 30 minutes)

#### Coaching Points:

- *Penetration* – Dribbling/Passing/Shooting.
- *Width* – Spread the play out wide.
- *Space* – Play ball and run into open areas.
- *Speed of Play* – Fast to the ball and fast with the ball.

#### Warm up: (15 minutes)

- *Inside Roll* – Roll the ball across your body from the outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- *Outside Roll* – Roll the ball across your body from the inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- *Side to Side Push Pull* – Tap ball back and forth with the inside of the feet, push the ball forward with one foot and pull it back with the sole of the opposite foot.
- *Side to Side Step-On* – Roll ball to the opposite foot with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
- *Side to Side Front Roll* – Tap the ball back and forth with the inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

#### Match Related: (45 minutes)

- *4v2 and 4v1* – 10x 10 grid, with defender(s) in the middle. (20 minutes)
- *7v4* – 25x 25grid with 4 defenders. (25 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage*.

#### Conditioning: (15 minutes)

- *Cats and Dogs* – 2 cones 10 yards apart, 2 players face each other, move laterally changing speeds, 1st to get to cone wins, 2<sup>nd</sup> time use ball and explode to goal.

## NWSC U14 - Session 50

### Topic: Finishing:

(1 Hour 30 minutes)

#### Coaching Points:

- Place the non-kicking foot alongside the ball, and 8-10 inches to the side (foot by ball).
- Strike the ball with the laces (laces).
- Look at the ball, lean forward, and drive the ball (look, lean, and drive).
- Focus on first touch and penetration to try and score.

#### Warm up: (15 minutes)

- Groups of 2 with 1 ball, 3 cones per group, 2 cones are 6 yards apart and the 3<sup>rd</sup> is 3 yards further, 1 player acts as server and starts with the ball, the 2<sup>nd</sup> player starts at the far cone and sprints to the outside of the middle cone, the server plays her the ball and then she 1 touches the ball back and then runs to the far cone, around it and forward to the other side of the middle cone when the ball is served next.
- *2 Touch Pass Back Different Feet* (5 minutes)
- *2 Touch Pass Back Same Foot* (5 minutes)
- *1 Touch Pass Back* (5 minutes)

#### Match Related: (45 minutes)

- *Drag Race* – A ball is placed on the penalty mark or the top of the goal area. Two players run from the goal line to a cone on the centerline, and back toward the ball. The 1<sup>st</sup> player to get to the ball shoots at the goal. (15 minutes)
- *Build Up Drill* - Start with a small field approximately 40x30 with two full sized goals on each end line. Have two teams of 5 competing against each other plus a keeper in each goal. Each game starts with a 1v1 situation (plus keepers). Each player tries to score on the opposing keeper. Once a player scores, the other team gets to add another player so that it is now 2v1. Each time a team scores the other team adds on another player. The first team to score 5 goals wins. It is possible that one player can end up playing against anywhere from 1 to 5 players. This is a very fast paced drill especially for the first players on the field. It would be advisable to play a number of games and switch the order that players enter the field this means that the first player on the field in the first game would be the 5th player on the next game. (30 minutes)

#### Match Condition: (15 minutes)

- *Scrimmage.*

#### Conditioning - US Women's National Soccer Team Physical Tests: (15 minutes)

- *20 Yard Agility Run* – Set up 3 cones in a straight line 5 yards apart, player straddles center cone (A), turn and sprint to cone on right (B), turn and sprint to far cone on left (C), turn and sprint to center cone (A).
- *40 Yard "T" Test* – Set up 3 cones 5 yards apart and the 4<sup>th</sup> cone 10 yards away and perpendicular from the center cone (A), player sprints to left side of middle cone (B), side shuffles to right cone (C) not crossing feet, turns at cone C and sprints to far left cone (D), side shuffles from D to far side of (B), and then back pedals to cone A.
- *20 Yard Sprint* – Players sprint 20 yards.