

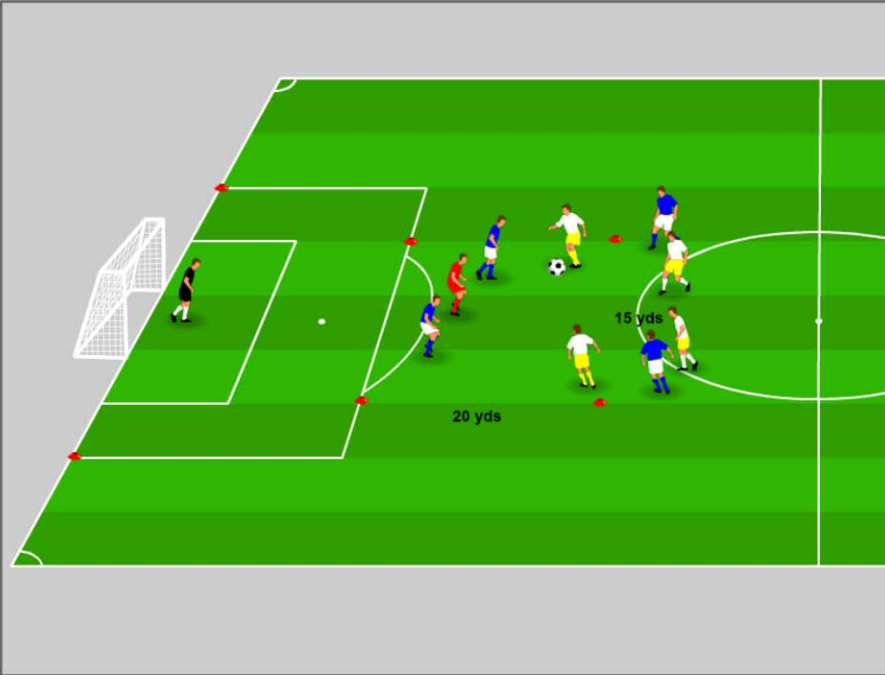
U11-U14 Weekly Session Plan - 10-21-14

Date : 21/Oct/2014
Time : N/A

Duration : N/A
Age/Level : U11 - U14

Session Objective: Player movement and passing to play through or break lines

2v2+1 to Penetrate Line and then Go to Goal



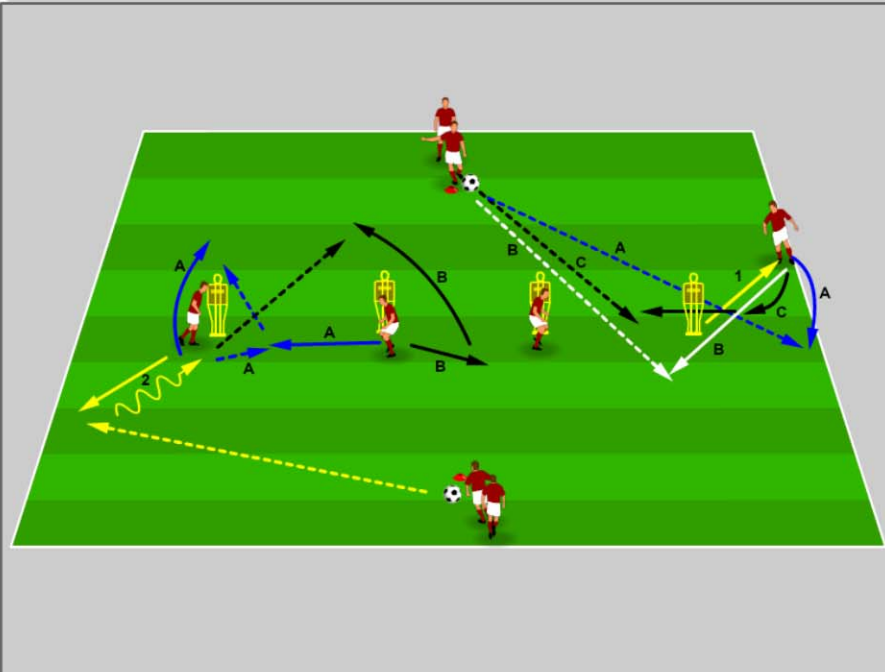
Description :

2v2+1 in a 15 yard wide x 20 yard long grid
If attacking team can penetrate offside line at top of penalty box, they can go to goal
Attacking team scores and then stay on attack - defenders win ball and teams switch roles
Variations: 1) when line is penetrated that attacker goes to goal undefended 2) when attacker penetrates line all attackers and defenders continue to play 3) when defenders win ball they have to pass to teammates outside of grid to change roles

Coaching Points :

*How to break lines to get behind D *Positive decision making on the ball - drive at defender on the dribble with speed and threaten to score - make the defender commit
*other attackers move based on decision of player on the ball - player on ball dribbles in and they go around to overlap, player on the ball dribbles out and they fade away from them to get forward *runs to unbalance/ overload the defense *weight and accuracy of passes
*overall speed of play

Penetrating Runs and Passes with Mannequins



Description :

Pass to your right or left and follow pass. (Variation: play in one direction and finish to goal)
1A - attacker fades off defender and played in outside and behind defenders
1B - attacker fades off defender, makes diagonal run and played in behind between defenders
1C - attacker fades off defender, makes flat run and played in behind between defenders
2A - attacker fades and then drives at defender on dribble, F shows for wall pass in behind
2B - attacker fades and then drives at defender, F fades and makes diagonal run in behind

Coaching Points :

Introduce penetrating runs and passes to break (get behind) the back line
*fade away from offside line so that you can make forward run
*open body shape as you fade *several peeks over shoulder as high player/peripheral or swivel vision
*timing of run to stay on sides *timing, weight and accuracy of passes - don't slow down attacker or play too far into space

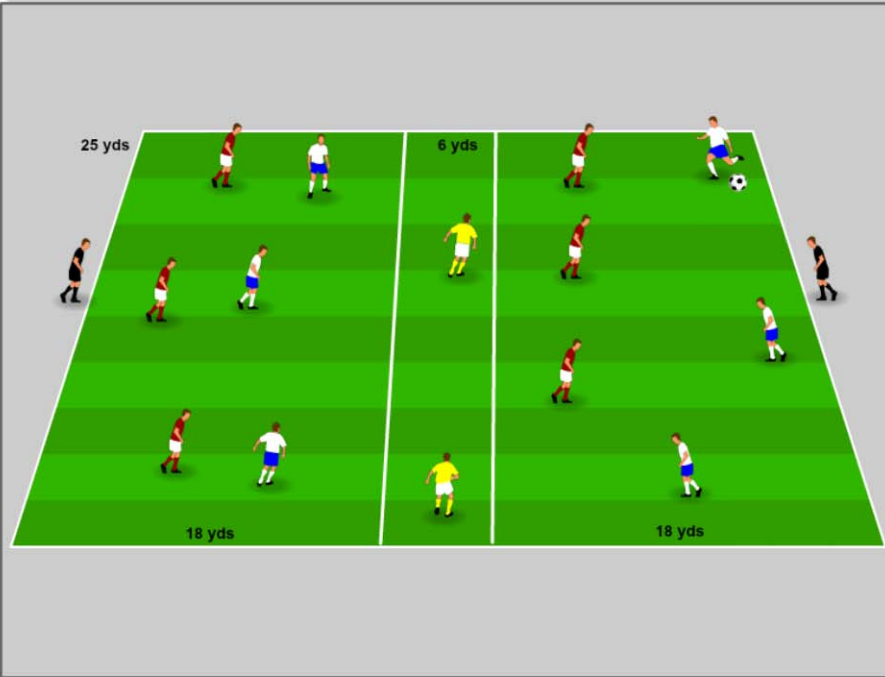
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8v6 Zonal Game to Targets



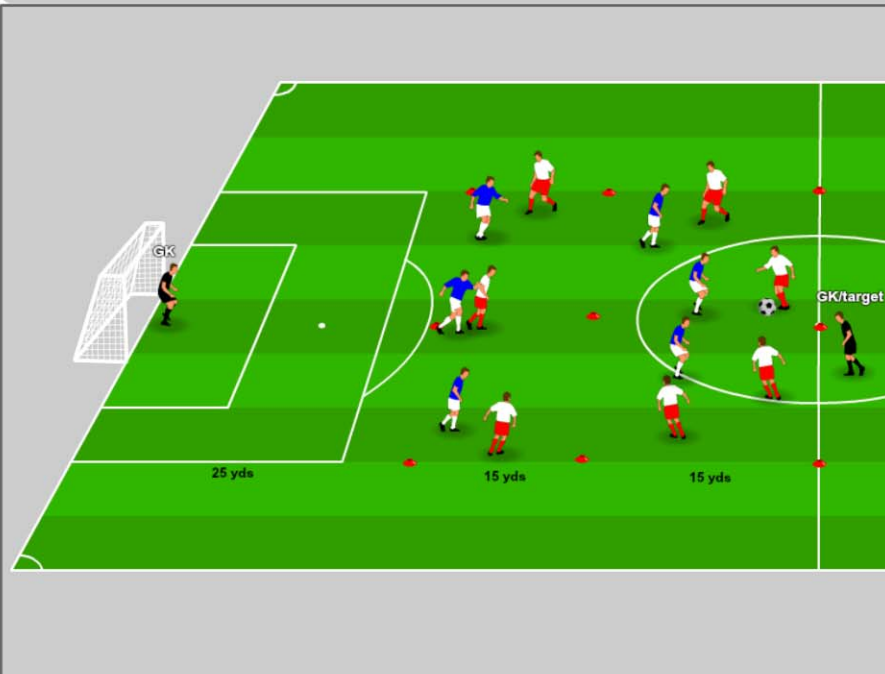
Description :

3 attackers and 3 defenders restricted to each end zone
1/2 neutral players restricted to central zone
target on each end of the field
score by getting the ball to your attacking target
Variation: remove targets and play to break line and go to full size goal with GK on each end

Coaching Points :

Focus on breaking lines: movement/passes to break 1st line of defenders and then 2nd
Focus on movement off ball:
*Fade to create space for yourself or others - read reaction of the defender
*Playing in blind spot of defenders *supporting underneath the ball
*Combination play *Play and move *Move to find space to receive ball or create space

7v6 Zonal Game to Full Size Goal with Target



Description :

7 to Big Goal vs 6 to GK Target (goalkeeper uses hands when team of 6 shooting)
4 Midfielders vs 3 in Midfield Zone with GK target supporting midfield in attack
3 Attackers vs 3 Defenders in Attacking Zone
Players restricted to zones - except one midfielder may join attack when passing into that zone
Midfield must break line to play into attacking zone and attackers must break defensive line to be able to go to goal. Variations: play 3v2 and 2v2 on a narrower field if smaller numbers

Coaching Points :

*Attacking player movement to create passing lanes to break defending lines - fade off shoulder of defender, runs to move defenders out of position, player interchange to confuse D
*Influencing/drawing defenders into one area/out of others by attacking them on the dribble
*Playing with open body shape and facing up with ball whenever possible
*Play the way you face with as few touches as possible when you don't face up