

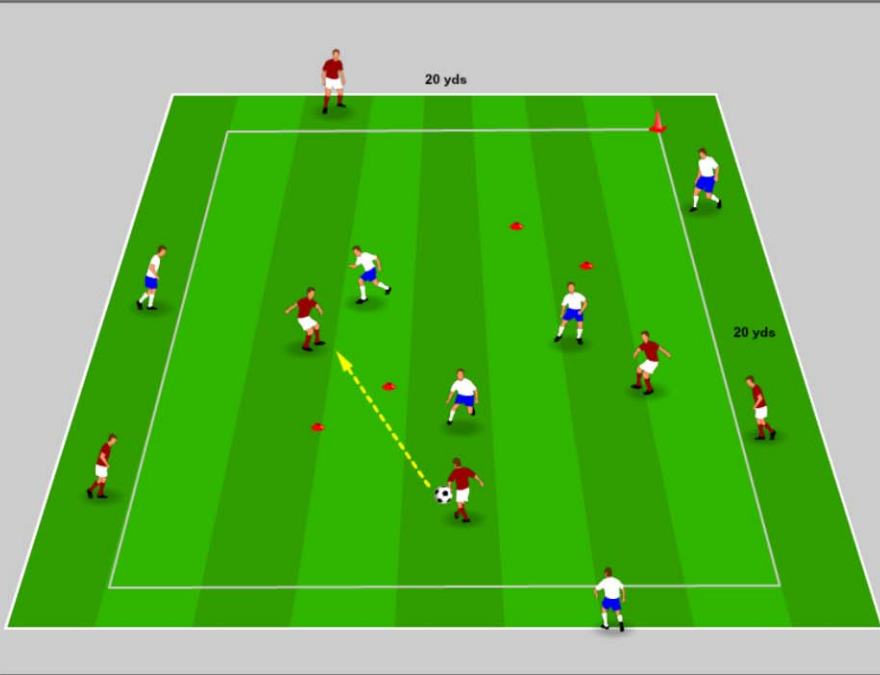
**U11-U14 Weekly Session Plan - 10-09-14**

Date : 9/Oct/2014  
Time : N/A

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

Session Objective: Possession to Switch the Point of Attack

**Bumpers Game - 3v3 to Gates (<http://www.insidesoccer.com/?isf=video&id=328>)**



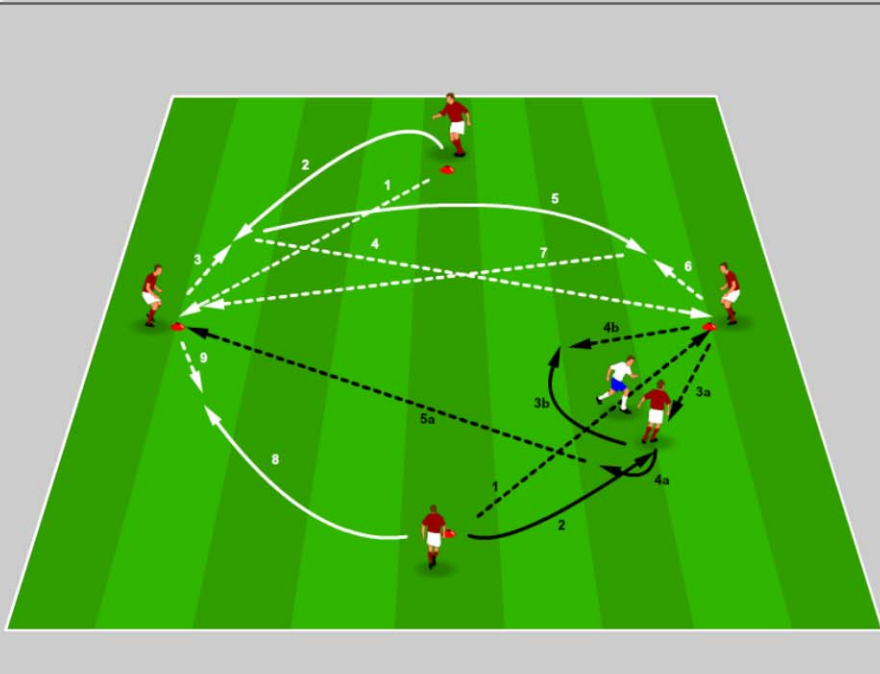
**Description :**

\*Two teams of 6 players with 3v3 inside the 20x20 grid and 3 players from each team as bumpers/support players on the perimeter - teams may only pass to teammates on perimeter  
\*Teams score by passing the ball from through either of the two cone gates/goals from one player to another player inside the grid who can maintain possession of the ball  
Variations: 1) Rotate players from middle to perimeter every 1-3 minutes, 2) when a player passes to someone on the perimeter they change places

**Coaching Points :**

\*Open body shape for attackers - need to be able to see the ball and where you are going to play next. \*Receive across body whenever possible - play crisp passes to the proper foot  
\*Movement of the ball to support the player in possession both inside the grid and on the perimeter: support angle and distance - peeking - body shape - to see ball and goal  
\*Movement of ball and players to attack the most open goal

**Dynamic and Functional Technique - Central Players Switching the Ball**



**Description :**

Central player passes out wide and supports ball underneath and close - wide player lays ball off - central player receives across body and passes with inside of opposite foot to opposite wing - repeat to switch ball again. Variation 1: receive across body and pass inside same foot  
Variation 2: add passive defender who is tight - central player turns away from defender with first touch (protecting ball) and switches play. Variation 3: defender live- if defender is tight to support player they fade off to receive and switch or to run into space opened by defender

**Coaching Points :**

Pass and move to support underneath the ball when teammate under pressure  
Support with an open body shape and regularly peeking at ball and where you will play next  
Receive across your body and pass with inside of opposite foot for speed of play  
Passes hit with pace - layoffs made softly  
Wide players fade out wide and show for ball with properly timed movement

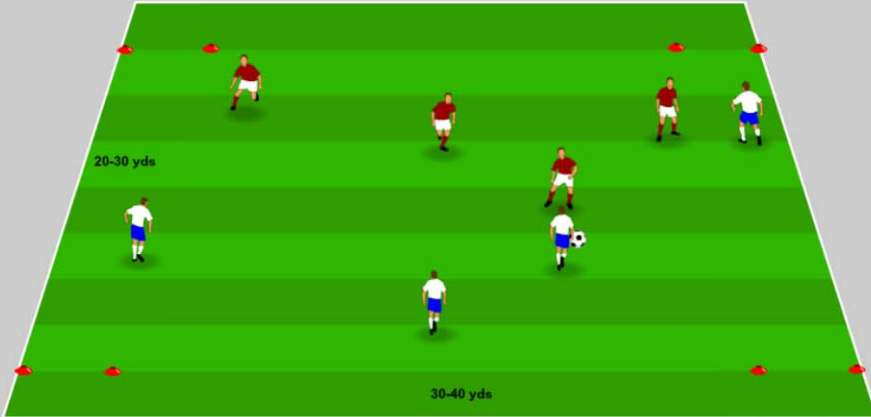
**U11-U14 Weekly Session Plan - 10-09-14**

**Date :** 9/Oct/2014  
**Time :** N/A

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

**Session Objective:** Possession to Switch the Point of Attack

**Four Goal Game - Changing Point of Attack**



**Description :**

Two equal sized teams that each score on and defend two cone goals

Variation: play as flying changes with team replaced on the fly any time the ball crosses the endline that they are defending

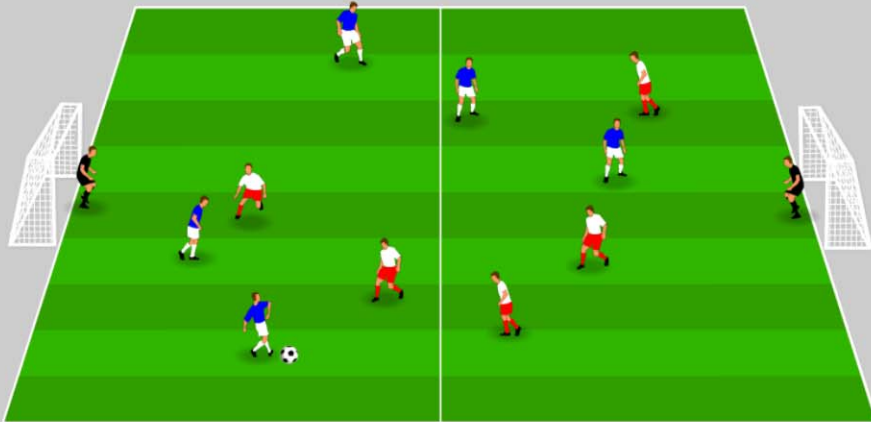
**Coaching Points :**

Head on a swivel and peeking to find defenders and open goals at all times

Support underneath and in front of the ball to provide options for penetration and changing point o attack - open body shape/peeking/receive across body/distance-angle of support

Movement of the ball to create space to get ball or for teammates - fade and make defenders have to choose between defending you and ball/shooting-passing lane

**Final Game to Full-Size Goals**



**Description :**

Two even sized teams plus goalkeepers to 2 full-size goals

All regular soccer rules apply - offsides, throw-ins, corner kicks, goal kicks, etc.

Can manipulate size/shape of field or score of the game to better bring out topic

**Coaching Points :**

All coaching points/ideas introduced in training session