

GOAL Disrupt the build up in the opponent's half to deny chances

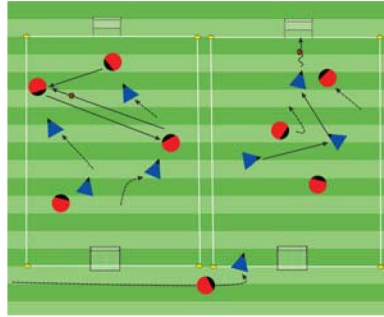
Key Qualities Read & understand the game, Focus

Age Group 14-U

Team Tactical Principles Pressure, Cover, Balance, Make it & Keep it compact, Steal the ball

PLAY - SMALL SIDED GAMES

Up to 4v4 Games: Team with the ball attempts to score in the opponent's goal.
Organization: Set up two 25Wx35L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives; the game is 2v1 then 2v2 up to 4v4. After 1 field is at 4v4, start a second game on the field next to it. (Play multiple 2-3 minute games)
Rules: The game starts as soon as a soccer ball and the players are on the field. FIFA laws apply.

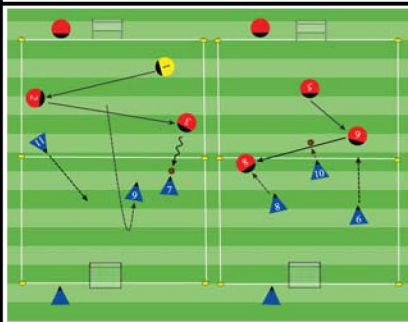


Key Words: try to keep the team with the ball from playing forward.

Guided Questions: How did you check the player's emotional state as they arrived at practice? Is the team without the ball preventing forward passes (close the openings)?

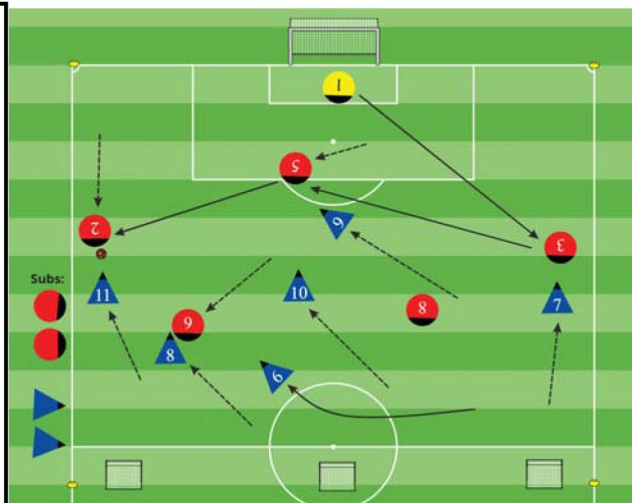
Answers: Greet them by name, make eye contact and give them a high five/handshake/fist pump. Get the players closest to the ball to work together to stop forward passes (close the opening).

PRACTICE - CORE ACTIVITY



Less Challenging Activity

Organization: Set up 2 fields 25Wx35L (same size a first play stage), 1 small goal at each end, play a 3v3 game. Split the team up in groups that would work together in a game. For example, blue 7, 9, 11 vs red 1, 2, 3. On the other field, blue 6, 8, 10 vs red 5, 6, 8 (it is ok to rotate your gk as a field player for this game). Sub after each interval. Bonus points for a goal scored after winning the ball back in the opponent's half.



Activity Duration 24 min

of Intervals 4

Time Active 4 min

Active Rest 2 min



More Challenging Activity

Organization: On a 55Wx50L field, a big goal at 1 end & an end line at the other, play a 7v8 game. Blue team player #'s 5, 6, 7, 8, 9, 10 & 11. Red team player #'s 1, 2, 3, 5, 6, 8, 9 & 10. Blue team scores in the big goal and red must play the ball across the opposite end line. Sub player after each interval.

Objective: Defend as quickly as possible, Regain the ball
Organization: On a 55Wx50L field, a big goal at 1 end & 3 counters goals at the other, play a 6v6 game. Blue team player #'s 6, 7, 8, 9, 10 & 11. Red team player #'s 1, 2, 3, 5, 6 & 8. Blue team scores in the big goal and red in any of the counter goals. Sub players after each interval.
Rules: All FIFA Laws Apply. (if needed, red team can restart the play)

Key Words: Players closest to the ball, move as the ball moves. Move into passing lanes (openings)

Guided Questions: What can the defending team do to keep any opening closed? Who should work together to close an opening?

Answers: Everyone move together as the ball moves. The player(s) closest to the ball and the next closest players to that player.

PLAY - LET THEM PLAY

Organization: On a 55Wx80L field and a goal at each end, play an 8v8 game. Blue team plays 1-1-3-3 and the red team plays 1-3-3-1. (Play 2 x 10 min halves with a 2 min halftime)
Rules: FIFA laws apply.



Key Words: When the team with the ball tries to play through an opening, try to intercept the pass.

Guided Questions: Did the players learn from the core activity? Did the players leave exhausted or with a little energy left over?

Answers: If the team without the ball is moving as the ball moves, the players have learned. If the players are exhausted, the session may have been too physically demanding. The next session may have to be less intense so the players can process the information.