

GOAL Disrupt the build up in the your own half to deny chances

Key Qualities Be pro-active, Execute technically

Age Group 14-U

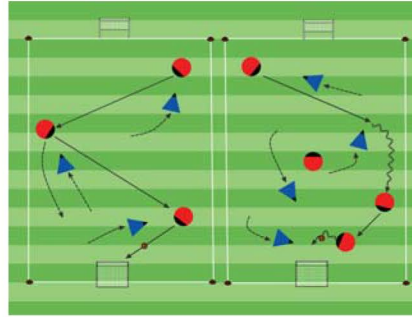
Team Tactical Principles Outnumber the opponents, Stay involved, Pressure, Cover, Balance

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.

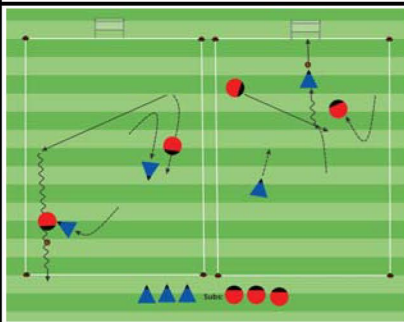


Key Words: double team the ball, move to help a teammate

Guided Questions: Are the players talking about their day?
How can you stop the team with the ball from playing quickly to goal?

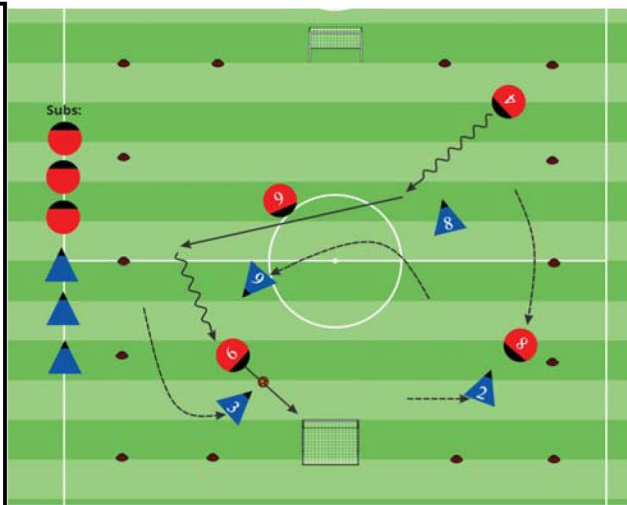
Answers: Listen to what the players have to say. This may give you an indication of how their day has gone. Get players between the ball and the goal and close any openings where the ball can get through to the goal.

PRACTICE - CORE ACTIVITY



Less Challenging Activity

Organization: Set up 2 fields 20Wx30L a small goal on one side, play to the end line on the other; play 2 blue vs 2 red. Do not worry about the positional numbers; simply try to get the blue players to cooperate to stop the red from scoring. Blue has to tag the red player with the ball before they cross the end line. Blue scores in the goal. Sub after each interval. (red: dribble or pass to a teammate to cross the end line)



Activity Duration 21 min

of Intervals 6

Time Active 2.5 min

Active Rest 1 min



More Challenging Activity

Organization: On a 55Wx50L field, a big goal at 1 end & 2 counter goals at the other, play a 6v6 game. Blue team player #'s 1, 2, 3, 4, 6 & 8. Red team player #'s 4, 6, 7, 8, 9 & 11. Blue team scores in either counter goal. Red team scores in the big goal. Sub player after each interval.

Objective: Close openings, Keep openings closed, Regain the ball

Organization: On a 35Wx45L field, a small goal each end line, play a 4v4 game. Blue team player #'s 2, 3, 6, & 8. Red team player #'s 4, 6, 8, & 9. Both teams score in opponent's goal. Sub players after each interval.

Rules: All FIFA Laws Apply. (if needed, red team can restart the play)

Key Words: Be first to the ball, Push up to get closer to the ball

Guided Questions: Do the players understand what is meant by close the openings?
Why is it important to close the openings in the middle of the field?

Answers: Openings are lanes through the defense and to the goal. The team without the ball should move into areas which block the openings then try to win the ball.
The shortest distance to the goal is usually straight down the middle. By closing these openings, you force the ball wide or back which slows down the attack.

PLAY - LET THEM PLAY

Organization: On a 50Wx70L field and a goal at each end, play an 7v7 game. Blue team plays 1-3-3-0 and the red team plays 1-1-2-3. (Play 2 x 10 min halves with a 2 min halftime)

Rules: FIFA laws apply.



Key Words: Challenge the ball, Close down

Guided Questions: Were my instructions to the players clear and helpful?
Did you allow the game to flow for long periods with minimal interruptions?

Answers: Keep your instructions brief and specific to 1 idea. Watch to see if the players make adjustments from your information.
Watch the play from the side to determine if the players understood the session. From the middle, the focus tends to be on the ball and over coaching occurs.