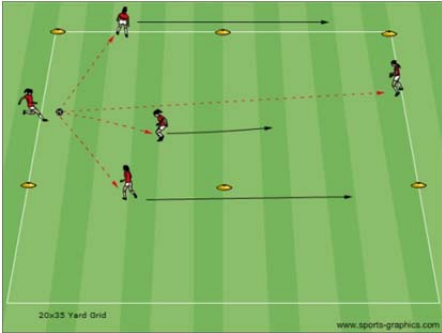
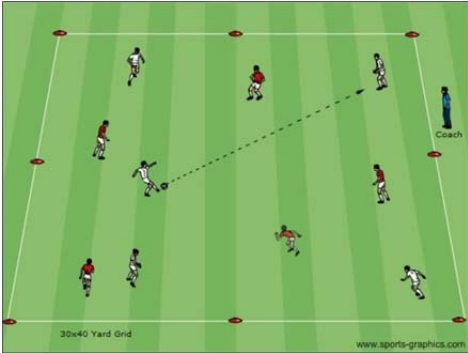




Dynamic Activities for U14 Players

(12, 13 and Some 14 Year Olds)

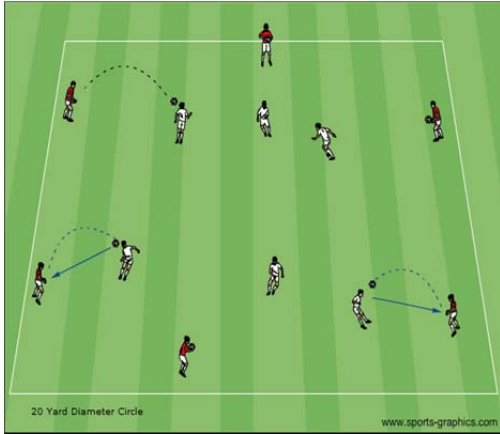
5 v 0 Passing	Activity Description	Coaching Objective
 <p>20x35 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 20x35 yard grid. • 1 player on each end line, 1 player on each side line and 1 player in the middle. • Center player, 1 end line player and 2 side line players pass the soccer ball among each other for 4-5 passes then pass the soccer ball to the other end line. • The first end line player stays where she is. • The center player and the 2 side line players move to the other end to support the player with the soccer ball. • They pass the soccer ball 4-5 times before passing to the other end. 	<ul style="list-style-type: none"> • Speed of play • Maintaining team shape • Quality of passes • Decision to play long balls

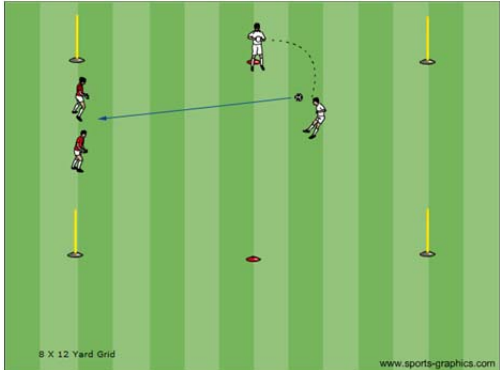
Colors Passing	Activity Description	Coaching Objective
 <p>30x40 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a grid. Size of the grid will be determined by the number of players participating but 20x25 yard grid minimum. • Coach divides the team into 2 groups; 1 red group and 1 white. • Start with 1 soccer ball. • Groups must make 2 passes within their group then pass the ball to the other team who must do the same. • Add a second soccer ball. • Each team starts with 1 soccer ball and plays the same pattern. • Groups must avoid each other until it is time to pass to the opposite group. 	<ul style="list-style-type: none"> • Passing technique • Movement away from the ball • Recognizing passing options



Dynamic Activities for U14 Players

(12, 13 and Some 14 Year Olds)

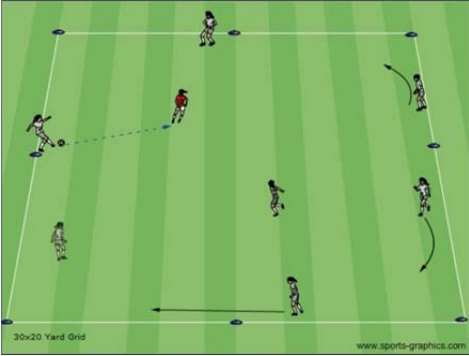

Dutch Circle (Heading)	Activity Description	Coaching Objective
 <p>20 Yard Diameter Circle www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach set up a circle; about 20 yards in diameter. • Half the players on the edge of the circle with a soccer ball in their hands. • The other half of the players inside the circle without a soccer ball. • An inside player will run to a player on the outside of the circle. The outside player will serve the soccer ball to the player's head who will head it back to the server. • The inside player will now run to a new server. • First player to head 10 balls wins the round. • The 2 groups switch roles. 	<ul style="list-style-type: none"> • Heading technique • Attacking the ball for heading • Both defensive and offensive head balls <p>*Variation: try to head the ball over the server. Try to head the ball to the server's foot. Try to head the ball with power.</p>

Heading Wars	Activity Description	Coaching Objective
 <p>8 X 12 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up several grids 8 yards wide, 12 yards long with a center line. • Players are divided into teams of 2. • Each grid will be a 2v2 heading game. • 2 players defend the 8 yard end. They can save the soccer ball any way they wish but must stay on the line to make the save. • The attacking team has 1 player is standing at the center line with a soccer ball. • He serves the soccer ball to his team mate who must head it before the center line and try to score past the 2 opponents. • Once the defense makes the save or a goal is scored, the try to attack in the same manner. 	<ul style="list-style-type: none"> • Heading technique • Attacking the ball for heading • Quick transition to score with the head. <p>*Variation: Attacking team can start on the goal line and try to head back and forth until they are in range to try to score. They can move past the center line as long as the ball does not hit the ground.</p>



Dynamic Activities for U14 Players

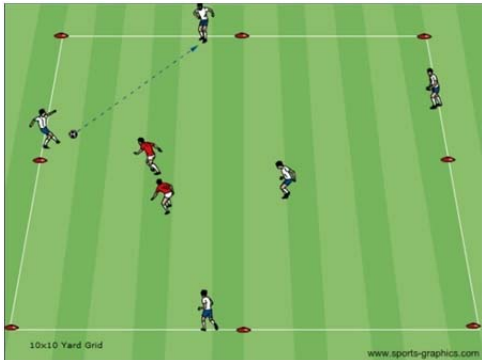
(12, 13 and Some 14 Year Olds)

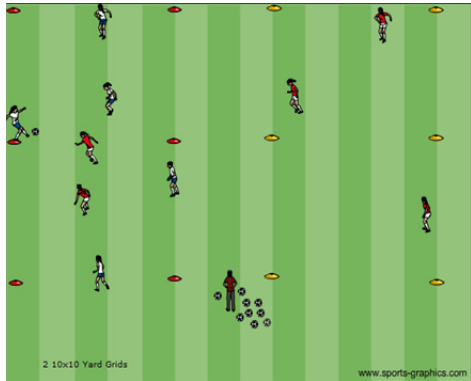
Inter-passing with Designated Central Midfielder	Activity Description	Coaching Objective
 <p>20x30 Yard Grid</p>	<ul style="list-style-type: none"> • Coach sets up two 20x30 yard grids. • Coach puts 7 players + 1 player designated as a Central Midfielder (in a different colored shirt) in each grid. • Each group inter-passes the soccer ball within the group. • After 6-8 passes, the Central Midfield player demands the soccer ball. • After receiving the soccer ball, the Central Midfield player plays it back to the player who passed it to her in as few touches as possible. • In the next round, the Central Midfield player must play the soccer ball to a new player in as few touches as possible. 	<ul style="list-style-type: none"> • Clean and perfect execution from the Central Midfield player • Timing of passes • Thoughtful use of space from the Central Midfield player
 <p>44x60 Yard Grid</p>	<ul style="list-style-type: none"> • Coach sets up a 44 x 60 yard grid with a goal at 1 end. • Coach puts 2 forwards and 3 midfielders on the field and they attack a Goalie and 2 defenders. • The 3 midfields pass the soccer ball 5-7 times between each other about 40-50 yards from the goal. • The 2 forwards look to receive the soccer ball from the midfielders, combine with each other or with the midfielders and finish on goal. • Forwards must receive the soccer ball 18-25 yards from the goal before going to goal. 	<ul style="list-style-type: none"> • Combination play with the forwards and midfielders <ul style="list-style-type: none"> ○ Give and Go ○ 3 man combination ○ Overlaps • Movement to unbalance the defense • Forwards moving to receive the soccer ball from an offside position • Using visual cues



Dynamic Activities for U14 Players

(12, 13 and Some 14 Year Olds)

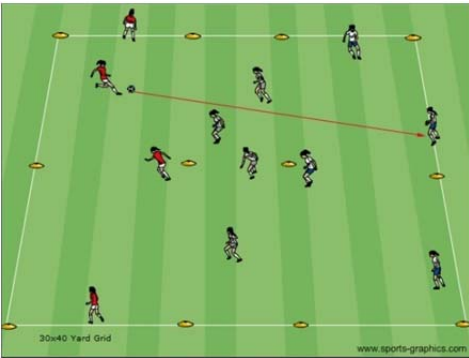
5 v 2 Possession Game	Activity Description	Coaching Objective
 <p>10x10 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 10x10 yard grid • Keep the space small to allow for realistic possession against 2 defenders. Make bigger if possession is limited. • 5 players in one color try to keep the soccer ball away from 2 defenders. • If the defenders win the soccer ball, they are awarded 1 point. If they can dribble out of the grid, they are awarded 2 more points. • If the 5 players can keep the soccer ball for 30 seconds, without losing it, they are awarded 5 points. • Rotate the defenders every 2 minutes. 	<ul style="list-style-type: none"> • Possession in a small space • Deceptive passing • First touch reception should change the direction of the possession play • Speed of Play

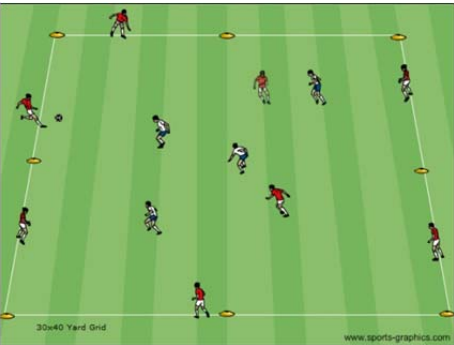
5 v 2 to 5v2 Possession Game	Activity Description	Coaching Objective
 <p>2 10x10 Yard Grids www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up two 10x10 yard grid with a 5 yard neutral zone between. • The coach makes 2 teams of 5 players; a red team and a white team. • The red team tries to maintain possession in their own grid against 2 white players. • If the red gets 7-10 consecutive passes, they are awarded a point. • After a point is awarded or a ball is kicked out of play, the coach plays a new soccer ball to one team or the other. • If the white defenders win the soccer ball, they must play it to their teammates in the other grid. • They join their team to make 5 and the red must send 2 defenders to try to win the ball. • First team to 5 points and you can only score if you have possession in your team's space. 	<ul style="list-style-type: none"> • Transition from defense to offense • First touch reception should change the direction of the possession play • Speed of Play



Dynamic Activities for U14 Players

(12, 13 and Some 14 Year Olds)

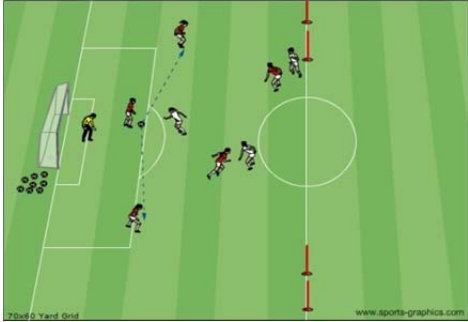
Split the Middle	Activity Description	Coaching Objective
 <p>30x40 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 30x40 yard grid with a 10 yard wide zone in the middle. • Coach divides the players in groups of 3-4. • A defending team in the middle 3rd and a team in each end 3rd. • The team in possession of the soccer ball must pass the ball among themselves until they can find a passing lane through the defense to the far 3rd of the field. The team who receives the ball must do the same. • If the defense intercepts the soccer ball, they switch with the team they won the ball from. • If a team penetrates the defense with a pass, they are awarded 1 point. 	<ul style="list-style-type: none"> • Recognizing penetrating passes • Quick, firm and accurate passes • Patients while possessing <p>*Variations: Coach can limit touches</p> <p>Penetrating ball can only be below the waist</p>

8 v 4 Keep Away	Activity Description	Coaching Objective
 <p>30x40 Yard Grid www.sports-graphics.com</p>	<ul style="list-style-type: none"> • Coach sets up a 30 x 40 yard grid. Game should be played in a relatively tight space to force to offense to play quickly. • 8 players in red are trying to possess the soccer ball against 4 white defenders. • 4 defenders play high pressing defense and the get a point for every time they win the ball. • After 2 minutes change the group of 4 defenders until 3 groups of 4 defenders have the chance to defend. • Challenge is to see which group of 4 can win the soccer ball most often. 	<ul style="list-style-type: none"> • Determining when to use high pressure defense and when to play low. • Defensive pressure, cover and overall shape • Make play predictable



Dynamic Activities for U14 Players

(12, 13 and Some 14 Year Olds)

6v3 to Counter Goals with Goalies	Activity Description	Coaching Objective
 <p>The diagram illustrates a 70 x 60 yard grid. On the left side, there is a large goal. On the right side, there are two smaller goals. A central circle is marked. A dashed line runs across the middle of the field, representing the defensive third. Several player icons are positioned on the field, and a soccer ball is shown near the center. The text '70x60 Yard Grid' and 'www.sports-graphics.com' are visible at the bottom of the diagram.</p>	<ul style="list-style-type: none"> • Coach sets up a 70 x 60 yard grid with a big goal at one end and 2 small counter goals at midfield. The game is played as if to be in the defensive 3rd of the field. • The goalie, 3 defenders and 2 midfielders defend a big goal against 3 attackers. • If the defending team wins the soccer ball, they must counter attack to the either of the two small counter goals. • If the 3 attackers score 1 goal before the defensive team scores 4, the game is over. • All restarts come from the goalie. 	<ul style="list-style-type: none"> • Maintaining defensive shape. • Quick counter attacks • Outside defenders joining the attack