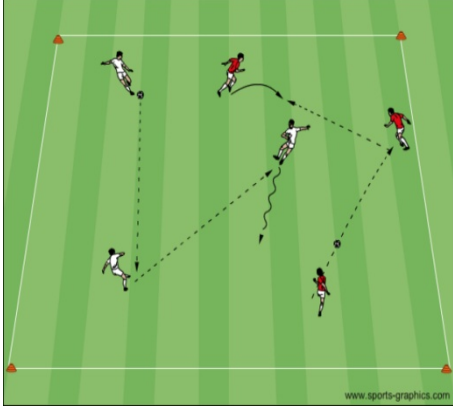
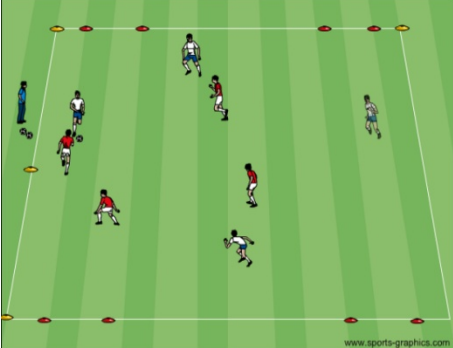
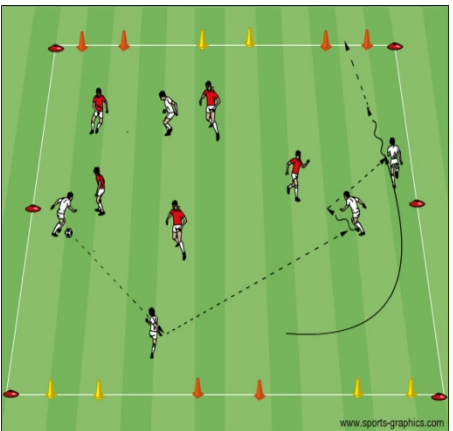




# 14U-18U \*\*\* Week 1

## Topic: Passing and Receiving for Possession

Technical Warm up	Organization	Coaching Pts.
	<p><b>Groups of 3 Passing &amp; Receiving:</b>            12 Players divided into 4 Groups of 3            3 Players pass and move with one soccer ball</p> <ul style="list-style-type: none"> <li>➤ 3 touch: receive, set &amp; pass</li> <li>➤ 2 touch: receive &amp; pass</li> <li>➤ 1 touch: pass</li> </ul> <p>3 seconds maximum in one location. Throughout this exercise all players shall be in constant communication.</p> <p style="text-align: right;"><i>Time 15 minutes</i></p>	<p><b>Passing</b></p> <ul style="list-style-type: none"> <li>• Technique of passing               <ul style="list-style-type: none"> <li>○ locked ankle, toe up</li> <li>○ eyes on ball at instant of contact, follow through to partner</li> <li>○ strike ball solid through the middle, knees bent and balanced</li> </ul> </li> <li>• Passing accuracy and weight of pass</li> </ul> <p><b>Receiving</b></p> <ul style="list-style-type: none"> <li>• Technique of receiving</li> <li>• Keep eyes on ball</li> <li>• Select, present, and relax the controlling surface</li> <li>• Receive sideways on so you have better vision of the field</li> <li>• Receive ball away from pressure and toward supporting options</li> <li>• Importance of first touch to control and prepare the ball</li> <li>• Turn and change direction with one touch</li> </ul>
<p style="text-align: center;"><b>Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	
	<p><b>4v4 to Four Small Goals:</b>            In a 30x35 yd. grid with two small 3 feet cone goals on each of the 35 yard lines, near each corner. Each team defends and attacks two goals. If playing with 4 players, the attacking shape should be a diamond. If attacking with five players, the attacking shape should be a 3-2 or 2-1-2.</p> <p style="text-align: right;"><i>Time 15 minutes</i></p>	<ul style="list-style-type: none"> <li>• Team</li> <li>• Supporting Shape</li> <li>• Possession vs. Penetration</li> <li>• Keep possession-speed of play</li> <li>• Proper angle and timing of support</li> </ul>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	
	<p><b>5v5/6v6 to Six Goal Game:</b>            Players divided in two teams            Play 6v6 with six goals located on end lines; each team attacks &amp; defends three. Teams score points by dribbling or passing through goals.</p> <ul style="list-style-type: none"> <li>➤ Dribble goal located in center = 1 point</li> <li>➤ Pass through either goal near sideline = 1 point</li> <li>➤ Pass through either goal near sideline from change of point of attack = 3 points</li> </ul> <p style="text-align: right;"><i>Time 20 minutes</i></p>	<p><b>Clear Communication</b></p> <ul style="list-style-type: none"> <li>• Demand the ball</li> <li>• To alert teammates of attacking options</li> <li>• To alert teammates of defensive pressure</li> </ul>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>11v11 Scrimmage</b></p>	<p>Play with Goalkeepers. Encourage keeper to communicate with teammates</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session. <b>Time: 5-10 Minutes</b></p>	