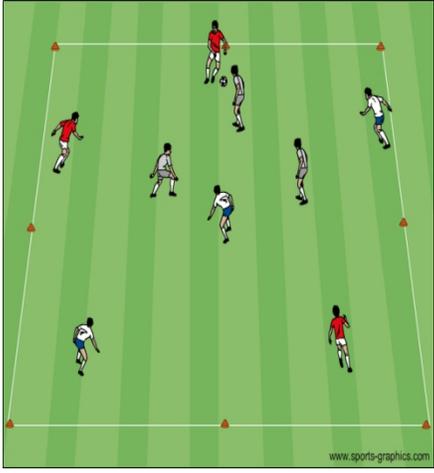
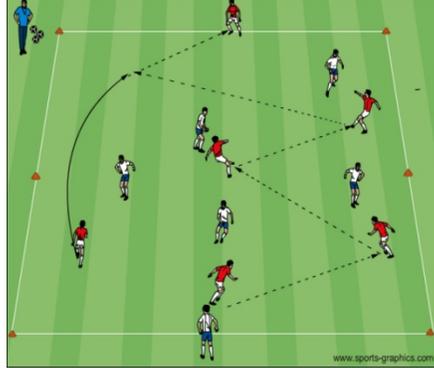
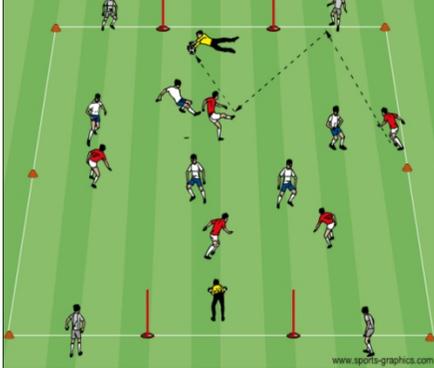


# 14U-18U \*\*\* Week 12

## Topic: Speed of Play

Technical Warm up	Organization	Coaching Pts.
	<p><b>3v3+3 or 4v4+4 Keep-Away:</b>            Nine or twelve players are divided into three teams of three/four (Red, Yellow and Blue). Two of the teams combine for six attackers who attempt to keep possession of the soccer ball from the other team of three defenders. When a team loses possession of the ball, that team becomes the defending team.</p> <p><b>Coach:</b> At first just let them play with minimal coaching. Then:</p> <ul style="list-style-type: none"> <li>➤ Introduce 3 touch play</li> <li>➤ Restrict players from passing ball back to player they received ball from</li> <li>➤ 1 and 2 touch only</li> </ul>	<ul style="list-style-type: none"> <li>• Technique and Quality of pass (accuracy of pass- including particular foot or side of player; weight of pass)</li> <li>• Dealing with touch limitations and speed of thought</li> <li>• Body Position</li> <li>• Prep touch</li> <li>• Supporting runs off the ball</li> <li>• Vision and communication</li> </ul> <p style="text-align: right;"><b>Time 15 minutes</b></p>
<p style="text-align: center;"><b>Small Sided Game</b></p> 	<p><b>5v5+Targets:</b>            Two teams will try to move the ball as quickly as possible to connect passes and connect with the target player to score a point. <b>Coach:</b> Start without a touch restriction then asks the player to play 2 touches.</p>	<ul style="list-style-type: none"> <li>• Body Position when receiving ball</li> <li>• Emphasize quick play - efficiency of touches</li> <li>• Team Shape</li> <li>• Vision and Communication</li> <li>• Support runs off the ball</li> </ul> <p style="text-align: right;"><b>Time 15 minutes</b></p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p> 	<p><b>5v5 with 4 Targets and GK's:</b>            Two groups of 5 players are trying to connect passes, playing as quickly as they can. If the players use the targets and score the goal, it is 2 points. If they do not use the targets, it is 3 points.</p> <p><b>Coach:</b> The team that scores keeps the soccer ball and starts from their own goal. Add touch restriction. Switch targets and field players every so often.</p>	<ul style="list-style-type: none"> <li>• Keep emphasizing quick play</li> <li>• Player with the ball should have options wide and long</li> <li>• Team Shape</li> <li>• Look to play the ball early and long if it is on</li> <li>• Keep ball moving- keep flow moving</li> <li>• Build up a rhythm until you can go forward, then play fast</li> </ul> <p style="text-align: right;"><b>Time 20 minutes</b></p>
<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 keepers 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>	