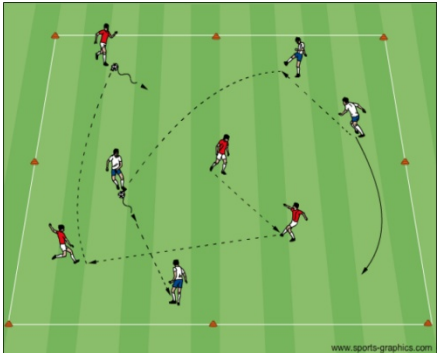
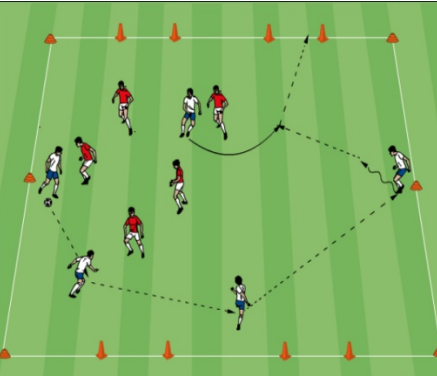
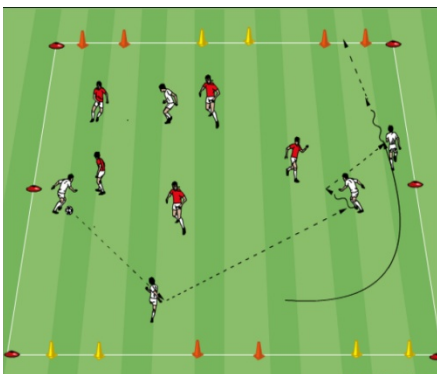




14U-18U *** Week 13

Topic: Switching the Point of Attack

<p>Technical Warm up</p> 	<p>Organization</p> <p>In 4's Pass and Move: Split players into groups of 4 (color-coded). Each group has a ball, inter-passing within their group. All groups are in the same grid playing through each other. (30x40 yard grid).</p> <p>Coach: have the players do the following</p> <ul style="list-style-type: none"> • Pass using three touches only • Striking short, short and long passes • Striking short and long passes 	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Technique of passing and receiving <ul style="list-style-type: none"> ○ Passing with all surfaces ○ First touch ○ Getting in line with the ball • Quick and proper angle of support • Communication – Verbal Cues <p>Time: 15 minutes</p>
<p>Small Sided Game</p> 	<p>Organization</p> <p>5v5 to 4 Goals: Two teams trying to score in their opponents goals. If the players manage to score by switching the point of attack, the goal is worth 5 points. The playing area is a 40x50 yard grid.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Play in the direction you are facing • Play short 1 touch passes to draw the defense in, then switch the point of attack • After switch is made, move to support the new point of attack • Some attacking players give depth away from the ball – ready to receive the switch • Angles and distances of support <p>Time: 15 minutes</p>
<p>Exp. Small Sided Game</p> 	<p>Organization</p> <p>6v6 to Six Goals In a 50 x 60 yard grid, players are divided into two teams. Play with six goals located on end lines (50 yard lines). Each team attacks & defends three goals. Teams score points by dribbling or passing through goals. A goal scored in the central goal is worth 1 point and goals scored in the side goals are worth 5 points after switching the point of attack.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Play in the direction you are facing • After switch is made, move to support the new point of attack • Be patient, draw the defense in, then switch the point of attack • Look to play the ball to space in front of the other outside player so he can penetrate with the dribble if possible <p>Time: 20 minutes</p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>11v11 Scrimmage</p>	<p>Play with Goalkeepers. Encourage keepers to communicate with teammates.</p>	<ul style="list-style-type: none"> • All of the above <p>Time: 30 minutes</p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	