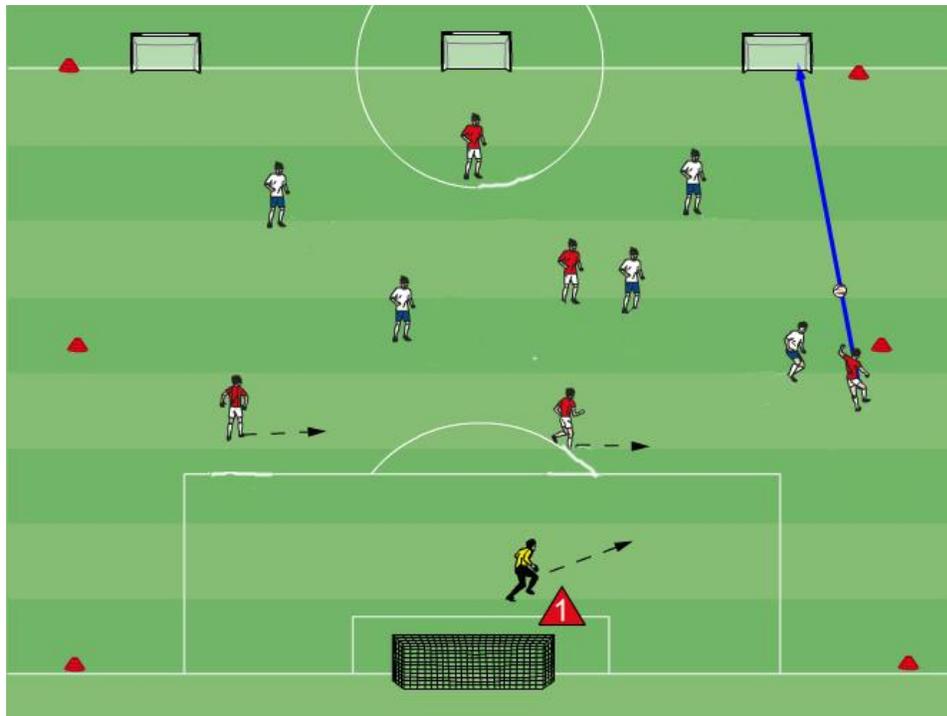


U13/U14/U15 Objectives

Players at this age range should be learning the following skills: chipping to pass; bending passes; crossing to the far post & top of the penalty area; half volley & volley shooting; heading to pass; diving headers; flick headers; receiving with outside of the instep; outside of foot shot; receiving bouncing & air balls with the head; dummy the ball; shoulder charge; introduce chipping to shoot. For goalkeepers far post play; medium & high diving; deflecting over the crossbar & around the posts; boxing & catching crosses; half-volley (drop kick); kick saves; long over arm throws; saving penalty kicks

Games/Activities

3 Goal Build Up



3 Goal Build Up

This exercise will develop how the outside defenders pass the ball to penetrate in the flank areas. The area of the field is the defensive half with the overall purpose of improving how the outside defenders help in the build up process. The team in red (defending large goal) attempts to score on three goals located around midfield. Make the outside goals worth more than the central goal. The team in white is attacking the large goal.

Coaching Points:

- Passing distance, accuracy, and weight
- Receiving the ball to play forward quickly
- Principles of play: Penetration, width, support, and mobility

7v7 (Defending the Central Channel in your own half)



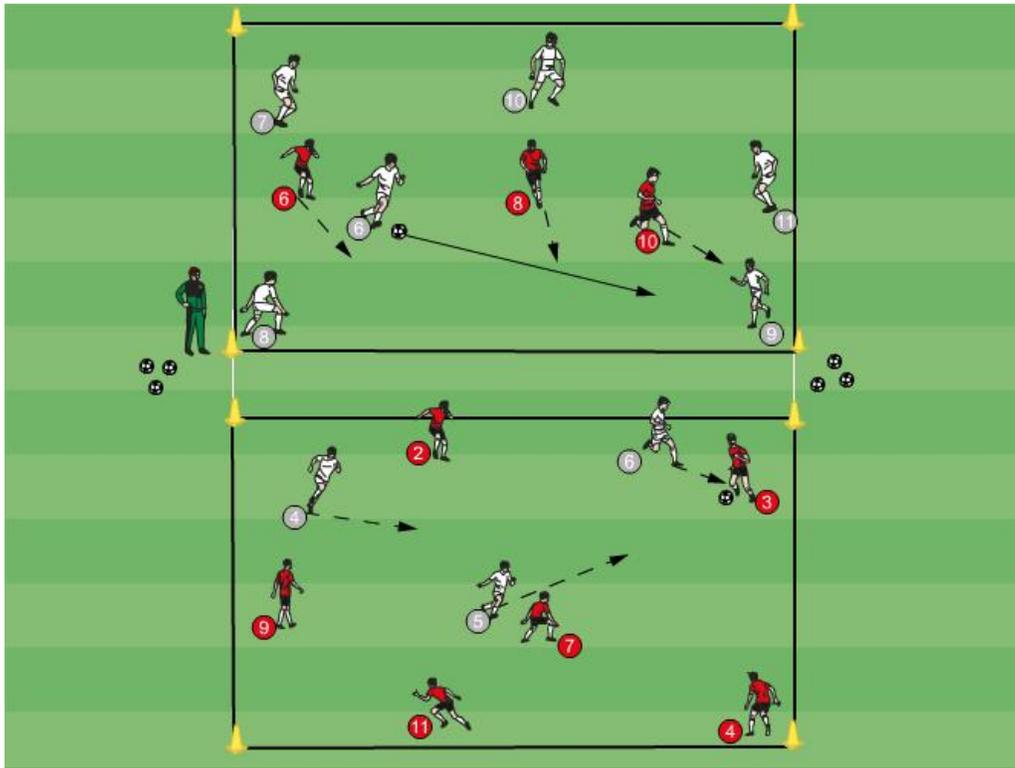
7v7 (Defending the Central Channel in your own half)

A 7v7 game environment in which the focus will be on defending the central channel in the final 3rd of the field. The objective is to improve individual and group defending in the central channel in order to prevent goal-scoring opportunities.

Coaching Points:

- Teach game cues to determine when the central defender should press and when to drop. Including coordination with the other 2 backs
- Teach and guide effective individual defending to prevent a turn by the opposition and/or to prevent a penetrating pass, dribble or shot
- Incorporate the GK into the decisions and defending actions of the backs
- Integrate the concepts of recovery runs and starting positions into the transition moments of the game
- Integrate the central midfielders into the defending decisions in order to maintain compactness and minimize service to the opposing forwards
- Integrate the tactical use of off-sides in order to maintain a compact vertical shape

Box Pressing (4v4 to 6v3)



Box Pressing (4v4 to 6v3)

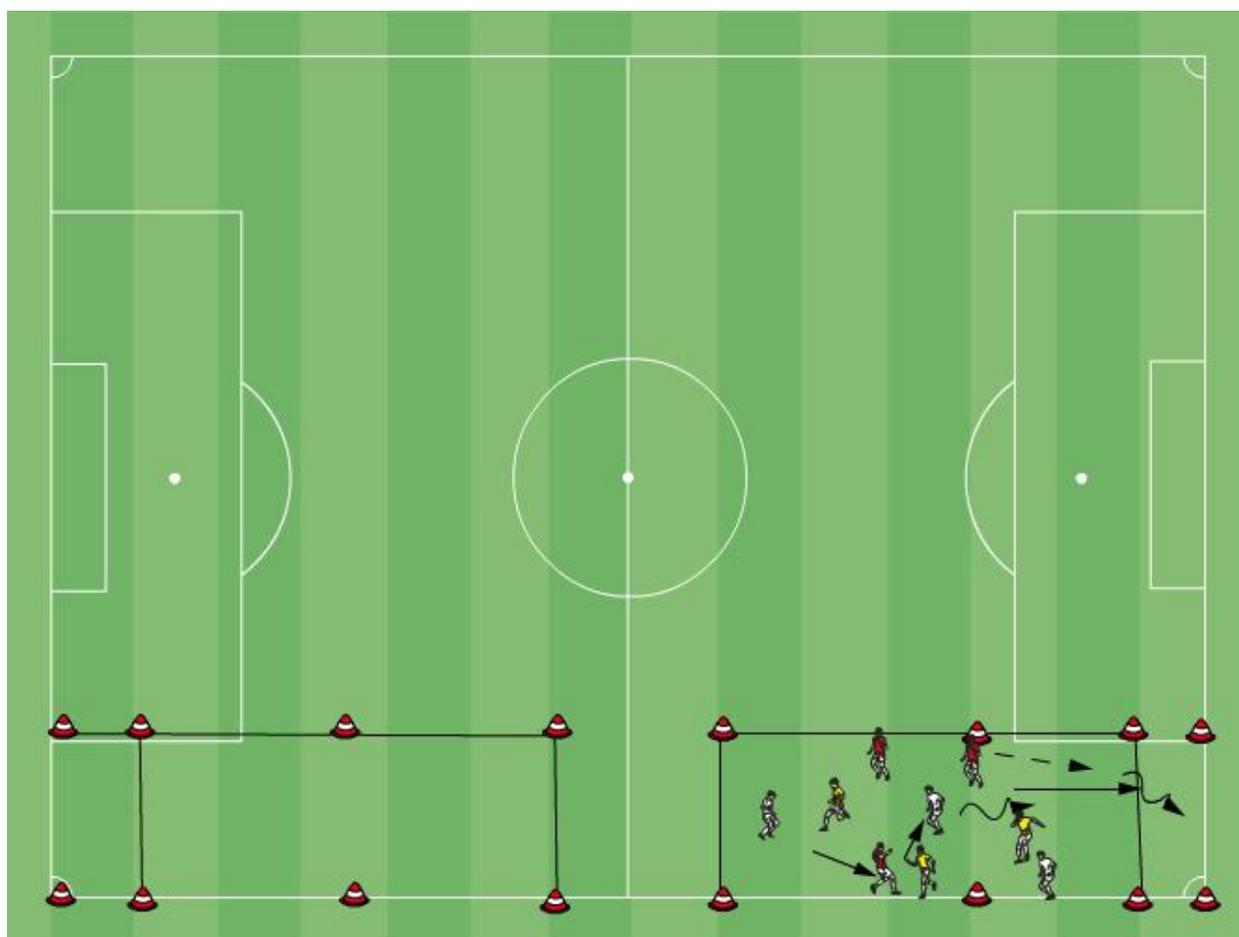
The objective is to teach and reinforce the principle of immediate pressure on the ball carrier, to teach and reinforce the defending principles of cover and support based on the physical cues provided by the 1st defender and opponents, to create an environment that encourages regaining possession through ambitious starting positions and high mobility, and to create a physical environment that demands an intense work load managed through timed intervals.

A dynamic exercise that is a competition between 2 groups of players. Divide the training group into 2 sets of players. Each group should be defined and organized into their functional roles. Example: Grid A: Six v. Three (#6, 8, and 10) v (7, 9, 11, 6, 8, 10). The focus is on pressing to regain possession. In the "Grid A" example above, the 3 central midfielders are awarded a point for each time they win possession of the ball and dribble it across the grid boundary. The opposing team of 6 then retrieves the ball and serves back into play. Grid Size- 20 x 30 (Adjust relative to age, fitness level and technical level of the team). Rotate the players back and forth across the two grids. This rotation will result in alternating roles between attacking (possession) and defending (pressing).

Coaching Points:

- Recognize and teach the critical cues that determine the decision for the 1st defender to press the ball carrier. Define the angle and speed of approach.
- Recognize, teach and reinforce the covering position (angle and distance) of the 2nd defender. Each moment will vary depending upon the cues for that moment.
- Reinforce compactness of the defending unit by observing and defining the positioning and movement of the 3rd defender in each group.

Positional Game with Direction and Decision Making



Positional Game with Direction and Decision Making

The objective of this exercise is to teach breaking the pressure, keeping the ball, and, if possible play forward to create chances / score a goal.

6v3 (three colors) / 5v4: keeping possession of the ball while under pressure and trying to play de ball forward to create chances. Extra: quick transition from attacking to defending. The attacking team (6 or 5 players) tries to score by receiving and controlling a pass in the end zone or by dribbling over the first line of the end zone. When the defensive team (three or four players) regains the ball they try to score by dribbling over the line on the opposite side. The attacking team plays in the direction of the zone.

Coaching Points:

- choosing position - creating space / ball handling under pressure / passing in right direction / weight of pass / decision making / dribble with ball

Transition – Defending



Transition - Defending

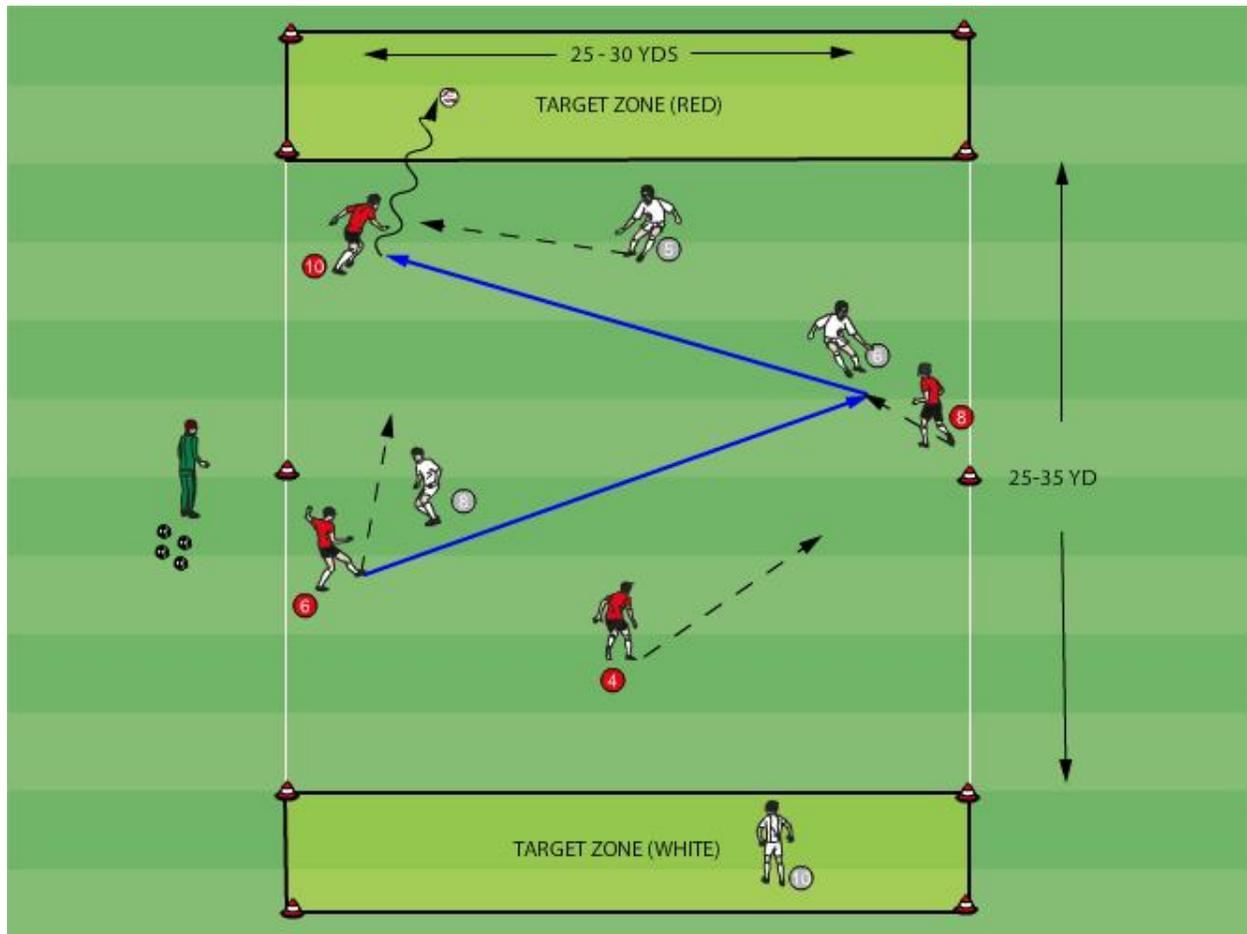
The objective is to improve transition from attacking to defending and the verbal and visual communication in the application of the defensive principles of play for individual, group and lines of the game.

2 Large goals, Field 60 by 44 yards (length and width this may vary pending upon the number of players per team and fitness component desired outcome) 4 teams of 4 (or 5, or 6), teams can be functionally organized (i.e. #2, #3, #4, #5 or #5, #3, #6, #11 or #4, #5, #6, #8), four color of bibs. Team A attacks team B, when team A scores, takes a shot or loses the ball team C initiates an attack from the attacking half where team A tried to score, team A must then defend their goal vs. team C, team B steps off the field and prepares to attack team D, team C upon loss of possession defends vs. team D.

Coaching Points:

- Transition in the verbal and visual communication of the application of the defensive principles of play to individual, group and lines of the game.
- Role and functions of the goal keeper.
- Application of technique in defending principles.
- Off side tactics.
- Recovery and tracking runs to develop a line of defensive confrontation

Transition to Defend (4v3+1 Target Zones)



Transition to Defend (4v3+1 to Target Zones)

The objective is to reinforce defending principles for a functional group- the central channel players #4, 5, 6 and 8. Challenge the #4, 6 and 8 to transition from attacking into effective defending roles and positions. Define the defending roles of the #6 and #8 in the central channel. Reinforce and strengthen the communication and defending cooperation between the 4 or 5 and the two central midfielders in front of them (#6, #8).

This is a small-sided competition focused on transition to defend an opponent's penetration into an end zone. The team of 4 attempts to dribble or pass the ball into their attacking target zone. The team of 3 attempts to dribble or pass the ball into their attacking target zone (including their target player).

Coaching Points:

- Challenge the #4, 6 and 8 to transition from attacking into effective defending roles and positions.
- Define the defending roles of the #4, #6 and #8 in the central channel.
- Reinforce and strengthen the communication and defending cooperation between the 4 or 5 and the two central midfielders in front of them (#6, #8).

Defending the Counter Attack in the Defensive Half of the Field



Defending the Counter Attack in the Defensive Half of the Field

Develop the communication and relationship the #1/#2/#3/#4/#5/#6 in defending vs. numerical superiority in the counter attack in the defensive half of the field, to delay and force the opposition into areas where the defending team can create even numbers or numerical superiority and define where and when to regain possession. Transition into defending and into attack.

Create a field for 10 (4-2-3-1) vs. 9 (1-4-2-#10-#9) that is 80 by 75 yards, team defending the counter attack defends large goal and attacks 3 small goals, team counterattacking attacks the large goal, defends 3 small goals and sets a line of defensive confrontation at the half way line or if needed behind the half way line on their defensive half to create space for developing the counter attack, offside law in effect on the large half of the field, balls located around the field for transition to counter on restarts. Team of 9 attack 3 small goals, team of 10 upon regaining possession attempt counter attack with everyone who is effective to create this demand, team of 9 can defend in their attacking half if this demand is solved defending team can only defend with #1/#2/#3/#4/#5 (6v5, 7v5, 8v5), add the defensive role and function of the #6 (7v6, 8v6). This exercise can also be expanded to add the roles and functions of the #7 & #11.

Coaching Points:

- Application of the defending principles of play to individual, group, lines of the game and team defending the counter attack.
- Verbal and visual communication
- Recovery and tracking runs
- Defining a line of defensive confrontation
- Offside tactics
- Position specific roles and functions
- Transition from attack to defending and defending to attack.
- Application of technique

Counter Attacking Numerical Superiority in the Attacking Half of the Field



Counter Attacking Numerical Superiority in the Attacking Half of the Field

Develop the roles/functions of the #9, 10, 7 and 11 in advance of the ball as support players to initiate the counter attack. Develop the roles/functions of the players transitioning to support both on and off the ball to create numerical superiority and create and finish goal scoring opportunities.

Rotate players in groups of 2 - defend 3v2, attack 3v2, defend 3v2, attack 3v2 then rest, goals/shots saved begin with distribution from the GK, 3 attacking players have the option upon loss of possession to press the defending team to regain possession in attacking half and counter, if defending 2 players and GK break this pressure (at offside line) they attack the opposite end of the field where if that defensive team wins the entry ball they cannot be defended, offside law in effect from goal line to (40 yard off side line on each end). Demonstrate organizing the players in their positional roles to assist them in gaining a greater understanding of their positional team mates (6-8, 7-10, 11-9, 8-10)

Coaching Points:

- Apply principles of attack in individual and group counter attacking.
- Transition from defense to attack to develop the counter attack.
- Tactical application of technique
- Verbal/visual communication
- Role/function of supporting player in advance of the ball
- Role/function of GK in transition to develop the counter

9v9 Game (1-4-3-1) v (1-3-2-3)



9v9 Game (1-4-3-1) v (1-3-2-3)

In a game environment, challenge four backs to defend zonally in their own half of the field. Coordinate the movement and positions of the #1, 2, 3, 4 and 5 in order to effectively defend the spaces in and around the penalty area. Coordinate the movement and positions of the 2, 3, 4, 5, 6 and 8 in order to effectively eliminate penetration by the opponent in front of the penalty area and to regain possession.

The game is organized into 2 teams, each structured with a different system in order to challenge one team to defend zonally while reinforcing the specific positional roles in their system. Target team plays a 1-4-3-1 formation. Defending team plays 1-3-2-3 formation.

Coaching Points:

- Observe and guide the GK (#1) to re-position according to key game cues; pressure on the ball, location of the ball and potential cues for ball service.
- Observe and guide the four backs to collectively shift laterally and vertically in order to remain compact as a group.
- Observe and guide the four backs and the GK to step the off-side line forward or drop the line toward the goal in response to the tactical cues of the moment
- Observe and guide individual players with regard to technical functions. (Tackling, Interceptions, preparing the ball, clearances, and distribution)