

U11 - U14: PLAYING OUT OF PRESSURE

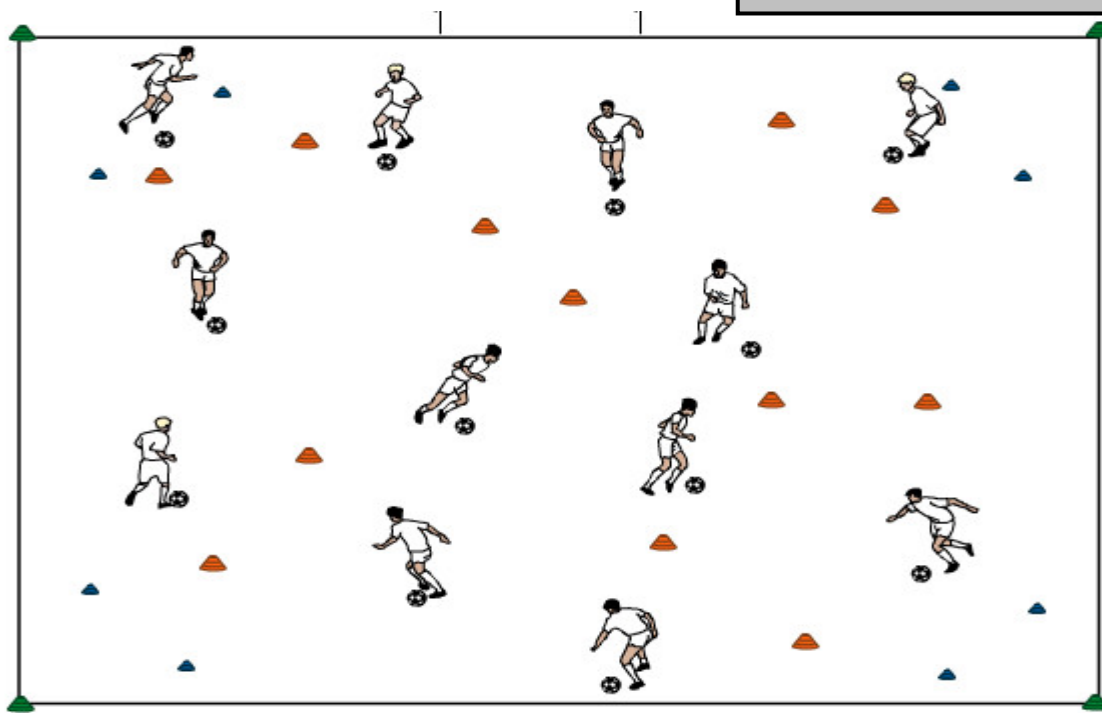


Warm up:

- Each player with a ball moves and turns with outside foot or variations
- Each player moves through and back through cones with various types of turns
- Each player makes figure 8 around paired cones and goes on

Coaching Points:

1. balance (arms out, feet wide as needed)
2. foot surface
3. vision
4. when to speed up and when to slow down



Phase 1:

- Same as above except that 2-3 players do not have balls and try to get them from others; objective is to score when they get a ball
- The players dispossessed try to get another
- Or play this 1v1 with all players

Coaching Points:

1. shielding positions (above)
2. vision

Phase 2:

- Play 3v3 +1 (4v4+2) with 4(5) goals in play
- Team keeps possession as long as possible while trying to get ball through goals (go to 4 v 4)

Coaching Points:

1. hold to open for a pass
2. when and where to risk pass
3. opening up as a support player

Phase 3:

- Play 6(8) v 6(8) to goals (60(70) x 35) with all inbound balls served by the GK on the ground
- Go to regular scrimmage.

Coaching Points:

1. as above