

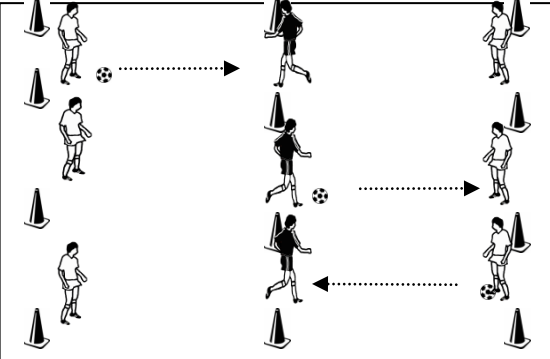
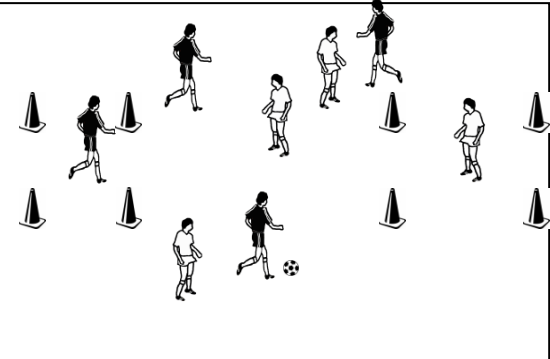
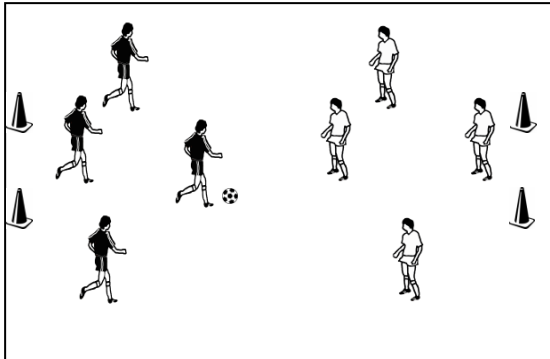
TRAVEL / PREMIER DIVISION

U13/ U14

Youth Development

CHALLENGER - TEAM/PLAYER PROGRESSION Ages - U13/U14	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Open	Open
PASSING WITH INSTEP										
CROSSING										
SHOOTING WITH INSTEP										
SHOOTING ON VOLLEY										
SHOOTING WITH CHIP SHOT										
HEAD AT GOAL (LOW CROSS)										
TRAPPING WITH CHEST										
FIENTING, DRIBBLING										
RUNNING WITH BALL INTO SPACE										
BALL CONTROL										
TACKLING										
1-2 PASSING										
CROSSING (FRONT & BACK POST)										
CORNER KICKS (PRACTICE)										
DEFENDING (LONG FREE KICKS)										
DEFENDING (SHORT FREE KICKS)										
MARKING IN DEFENCE/ MIDFIELD										

U13/U14 WEEK 1

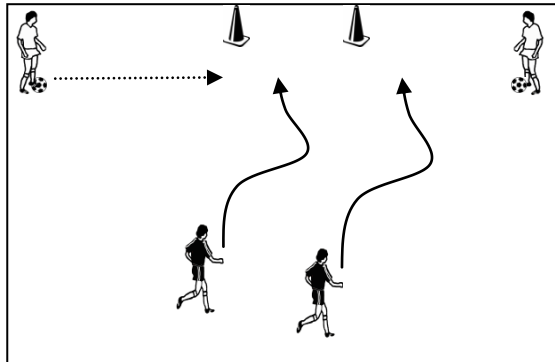
<p>Unopposed</p> <p>Control & Passing</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Passes being with a player on the outside into the middle player. • The middle player must control the ball and turn to pass to the following outside player • Passes can be varied from chipped to driven <p>Coaching Points</p> <ul style="list-style-type: none"> • Early decision of which part of the body to control the ball with • Move to meet the ball with correct body position • Control the ball to provide an angle for the pass • Relax the body when controlling the ball 	<p>Game Related</p> <p>Control & Passing</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • 4v4 • To score points the team must provide a chipped pass into the box area which must be controlled <p>Coaching Points</p> <ul style="list-style-type: none"> • Communication • Quality of first touch • Chipped or driven pass 	<p>Conditioned Game</p> <p>Control & Passing</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Game is played like a regular game only players have a limit of two touches per player <p>Coaching Points</p> <ul style="list-style-type: none"> • First touch into space and out from under feet • First touch away from the defender • Correct decision of body part to control the ball with • Identify options before receiving the ball
--	---	---

U13/U14 WEEK 2

Unopposed

Crossing & Finishing

Organization



Implementation

- Players alternate crosses from each side
- Two attackers make bent runs to attack cross
- Vary angle and distance of crosses

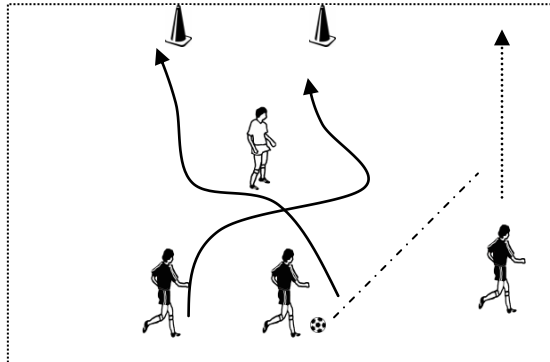
Coaching Points

- Prepare ball 2 yards ahead before crossing
- Rotate hips into cross
- Look up at player making run and then back at ball before crossing.

Game Related

Crossing & Finishing

Organization



Implementation

- In teams of 3 player with the ball passes out wide for player to attack and pass the ball forward
- The ball is then crossed into the box
- Attacking players make cross over runs into the box
- Defender is present and is allowed to challenge the cross when it comes into the area

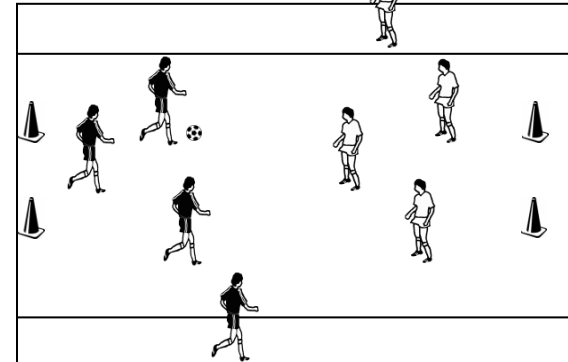
Coaching Points

- Timing of run and cross
- Angle of runs
- Communication
- Vary types of cross, driven, deep, short

Conditioned Game

Crossing & Finishing

Organization



Implementation

- Create a wide field to allow crosses and allow for a lane on either side which only designated player can enter
- Team attacks opposition goal and can only score from a cross
- No goalkeepers
- Both wide players are natural
- (wide players can be taken out and any team in possession can then break into the area)

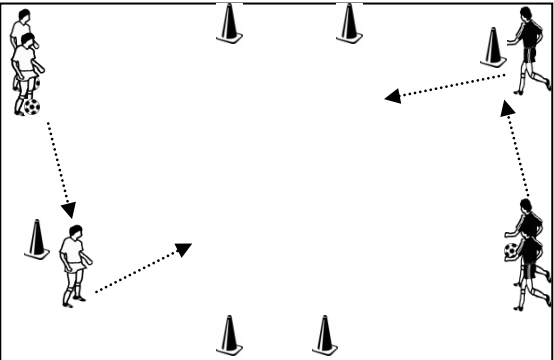
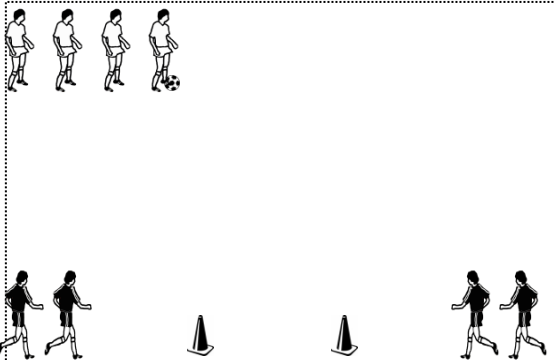
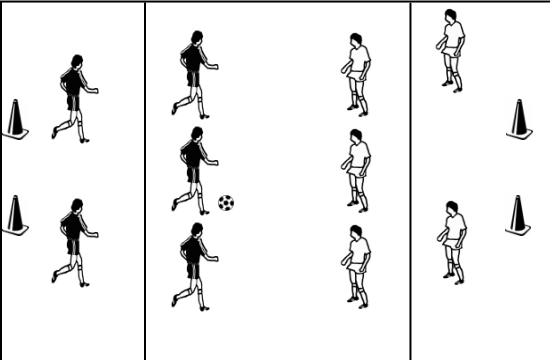
Coaching Points

- Speed of play
- Utilize channels
- Stress quality of crosses

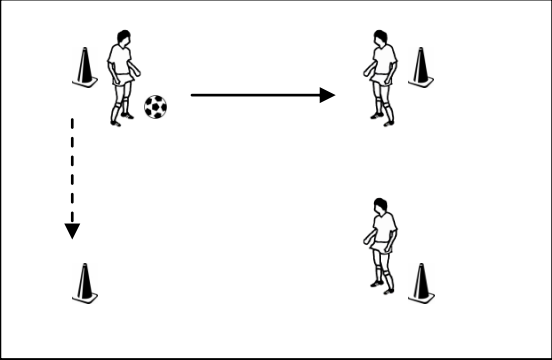
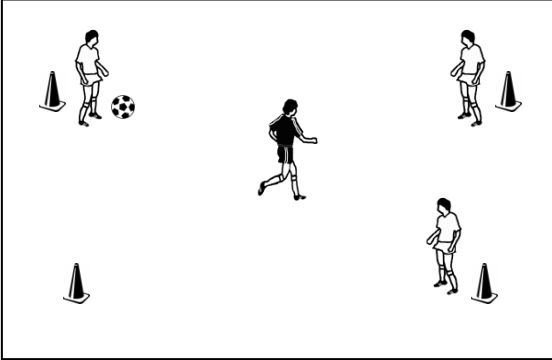
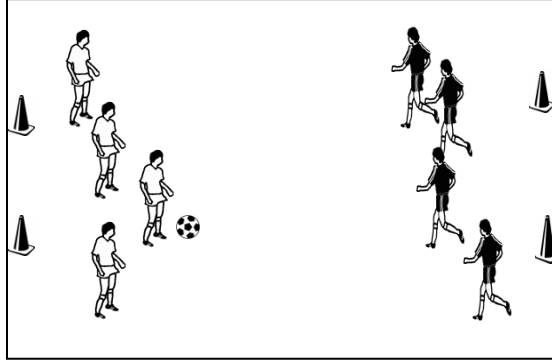
U13/U14 WEEK 3

Unopposed Defending Corners/ Free kicks Organization	Game Related Defending Corners/ Free kicks Organization	Conditioned Game Defending Corners/ Free kicks Organization
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> </div> <p>Implementation</p> <ul style="list-style-type: none"> • Players in white each start with a ball and a number, upon the coaches call they knock the ball into the area • Players in black are to attack the ball when it comes into the area and clear the ball back out to the wide areas <p>Coaching Points</p> <ul style="list-style-type: none"> • Quality of balls into the box • Defending area by attacking ball • Cover for player attacking the ball • Clearing the ball out of danger area 	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px; border-style: dashed;"> </div> <p>Implementation</p> <ul style="list-style-type: none"> • Exercise is same as before only there are attacking players in the box looking to score • Rotate each team of players so they get a chance at each position <p>Coaching Points</p> <ul style="list-style-type: none"> • Quality of balls into the box • Defending area and attacking ball • Awareness of attackers and following their runs • Covering player attacking the ball • Clearing the ball out of danger area • Have attackers move around the box to make it hard to mark 	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> </div> <p>Implementation</p> <ul style="list-style-type: none"> • Both teams have 2 players who must remain in their 18yard box • Other players are allowed to enter the box to help defend <p>Coaching Points</p> <ul style="list-style-type: none"> • Defending area by attacking ball • 2nd Player provides cover • Awareness of players coming into the box • Clearing of ball out of danger area

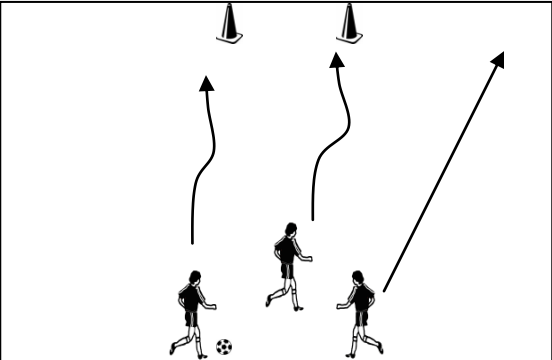
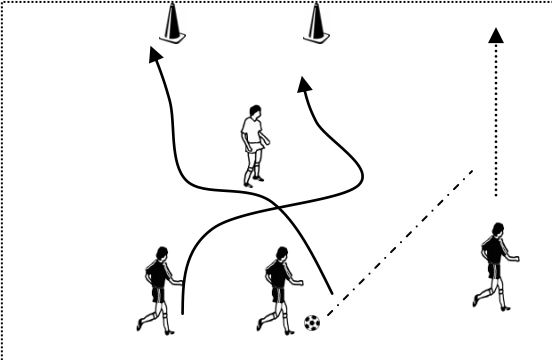
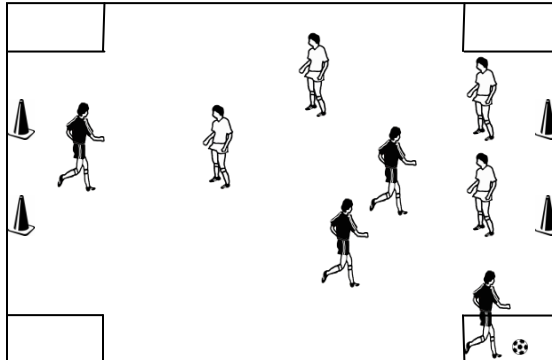
U13/U14 WEEK 4

Unopposed Shooting Organization 	Game Related Shooting Organization 	Conditioned Game Shooting Organization 
<p>Implementation</p> <ul style="list-style-type: none"> • Ball is played to player on cone who lays the ball off for the player to follow up and shoot • Player who shoots then goes to the cone and the person on the cone follows the shoot and joins the other line <p>Coaching Points</p> <ul style="list-style-type: none"> • Good first touch into space to shoot • Timing run to not break stride • Shooting into corners 	<p>Implementation</p> <ul style="list-style-type: none"> • Area of half pitch with attacking team on the halfway line • Attacking team tries to score as many goals as possible • Defenders behind the goals have a number which the coach calls they then move out to defend <p>Coaching Points</p> <ul style="list-style-type: none"> • Running with the ball into space and forcing defender to come to the ball • Staying onside • Creating space when attacking • Shooting when opportunity is right • Aiming for the corners also correct choice of shot 	<p>Implementation</p> <ul style="list-style-type: none"> • Both teams have 2 players in opposition box who must remain in their 18yard box • Other players are allowed to enter to help the attack <p>Coaching Points</p> <ul style="list-style-type: none"> • Creating space in the box • First touch to create space for a shot • Correct choice of shot • Follow up shot

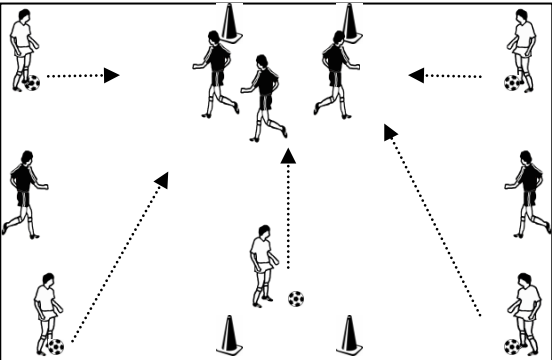
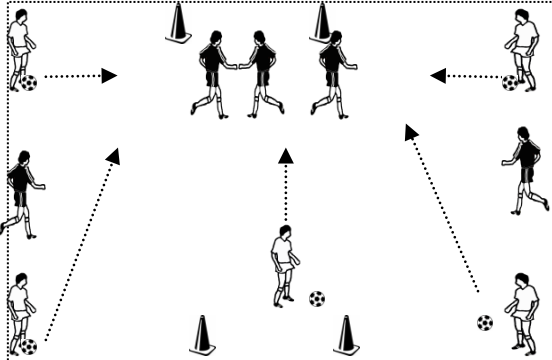
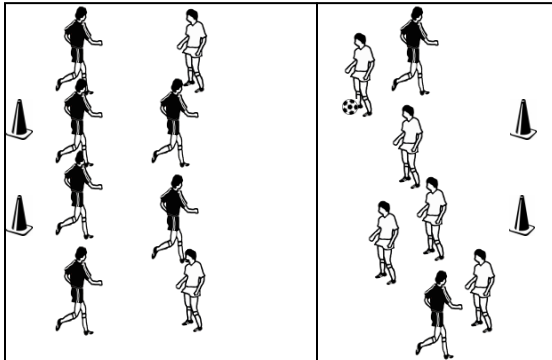
U13/U14 WEEK 5

<p>Unopposed</p> <p>Passing & Moving</p> <p>Organization</p> <div style="border: 1px solid black; padding: 10px; text-align: center;">  </div> <p>Implementation</p> <ul style="list-style-type: none"> • Players can only pass the ball across or down. • Once the players makes the pass they must move to the open cone <p>Coaching Points</p> <ul style="list-style-type: none"> • Stay on your toes and look to receive the ball with your head up. • Take a touch into the area you wish to play the ball • Do not move until you are sure the ball is going to the opposite player • Use both feet 	<p>Game Related</p> <p>Passing & Moving</p> <p>Organization</p> <div style="border: 1px solid black; padding: 10px; text-align: center;">  </div> <p>Implementation</p> <ul style="list-style-type: none"> • There is now a defender who is placed into the box • Defender can be adjusted to allow for ability of group e.g. has to hop, cant tackle <p>Coaching Points</p> <ul style="list-style-type: none"> • Players must now actively be aware of where the defender is and take their first touch away from pressure and toward the pass they want to make • Move the ball quickly 	<p>Conditioned Game</p> <p>Passing & Moving</p> <p>Organization</p> <div style="border: 1px solid black; padding: 10px; text-align: center;">  </div> <p>Implementation</p> <ul style="list-style-type: none"> • Players play a regular game except they can't run with the ball or tackle for the ball. • Teams must intercept the pass to gain possession • Players cannot crowd 1 man and 5 yard space rule is applied. <p>Coaching Points</p> <ul style="list-style-type: none"> • Making runs into space • Keep ball moving • Passing into space for players to run onto
--	---	--

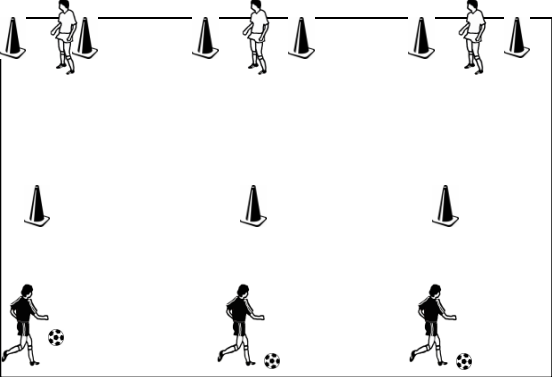
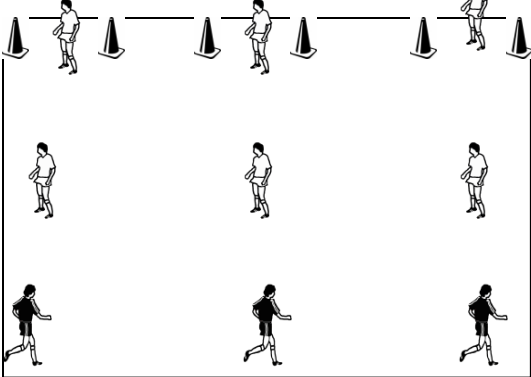
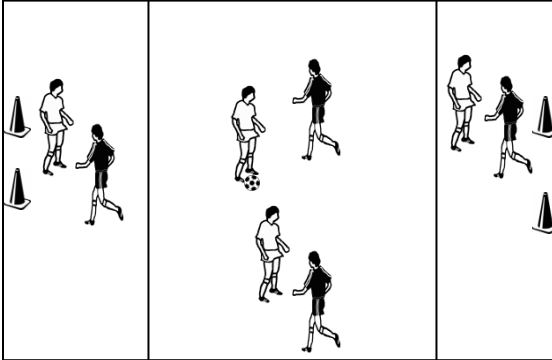
U13/U14 WEEK 6

<p>Unopposed</p> <p>Crossing & Finishing</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players in groups of 3 make short passes then a long pass into the corner • 1 Player makes run into corner to cross • Two attackers make bent runs to attack cross • Vary angle and distance of crosses <p>Coaching Points</p> <ul style="list-style-type: none"> • Prepare ball 2 yards ahead before crossing • Rotate hips into cross • Look up at player making run and then back at ball before crossing. 	<p>Game Related</p> <p>Crossing & Finishing</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • In teams of 3 player with the ball passes out wide for player to attack and pass the ball forward • The ball is then crossed into the box • Attacking players make cross over runs into the box • Defender is present and is allowed to challenge the cross when it comes into the area <p>Coaching Points</p> <ul style="list-style-type: none"> • Timing of run and cross • Angle of runs • Communication • Vary types of cross, driven, deep, short 	<p>Conditioned Game</p> <p>Crossing & Finishing</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players separated into 2 teams • Create a wide field with 4 corner boxes • To attack the ball must be played into corner box for attacking player to move into and cross from • No goalkeepers • Both wide players are natural • Only attacking players allowed in the box <p>Coaching Points</p> <ul style="list-style-type: none"> • Stress quality of crosses • Look up to view where the attackers are • Angle of runs • Communication
--	--	---

U13/U14 WEEK 7

Unopposed Defending Corners/ Free kicks Organization	Game Related Defending Corners/ Free kicks Organization	Conditioned Game Defending Corners/ Free kicks Organization
 <p>Implementation</p> <ul style="list-style-type: none"> • Players in white each start with a ball and a number, upon the coaches call they knock the ball into the area • Players in black are to attack the ball when it comes into the area and clear the ball back out to the wide areas • 2 wide men are in place to receive the ball and carry forward to goals on the half way line <p>Coaching Points</p> <ul style="list-style-type: none"> • Quality of balls into the box • Defending area by attacking ball • Cover for player attacking the ball • Clearing the ball out of danger area 	 <p>Implementation</p> <ul style="list-style-type: none"> • Exercise is same as before only once the ball hits the area it becomes live • Players in white must now try and win the ball back and start an attack on goal • Defenders in area can leave box to help support wide men • Rotate each team of players so they get a chance at each position <p>Coaching Points</p> <ul style="list-style-type: none"> • Quality of balls into the box • Defending area and attacking ball • Awareness of attackers ,following their runs • Covering player attacking the ball • Clearing the ball out of danger area • attackers movement to make it hard to mark 	 <p>Implementation</p> <ul style="list-style-type: none"> • Both teams must only have 2 players in the attacking half • When attacking only 2 additional players can leave their half to support the attack • Emphasis on overloading the defending area <p>Coaching Points</p> <ul style="list-style-type: none"> • Defending area by attacking ball • Covering defending player • Communication • Awareness of runs from attacking players • Passing players over

U13/U14 WEEK 8

<p>Unopposed</p> <p>Finishing: 1v1</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are set behind a cone 30 yards from goal • Players dribble towards cone and accelerate once leaving the cone toward the goal to shoot • Coach can progress practice and only allow 2 touches after the cone <p>Coaching Points</p> <ul style="list-style-type: none"> • Burst of pace at cone • Length of stride • Creation of angle for the shot • Decision of shot 	<p>Game Related</p> <p>Finishing: 1v1</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Same as before only there is a defender in place of the cone • This defender can be passive at first but should turn to put attacker under pressure once the attacker has gone past them • Coach can change placement of defender to allow for skill level in attackers <p>Coaching Points</p> <ul style="list-style-type: none"> • Acceleration past defender • Taking shot at correct time • Composure on goal • Cut across defender to create angle/hold off 	<p>Conditioned Game</p> <p>Finishing: 1v1</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Regular game is played with zoned off area containing 1 attack and 1 defender • Goalkeeper optional <p>Coaching Points</p> <ul style="list-style-type: none"> • Get the ball into the attacker as soon as possible • Attacker should look to create space and angle for the shot • Make correct decision on shot and with composure
---	--	---