
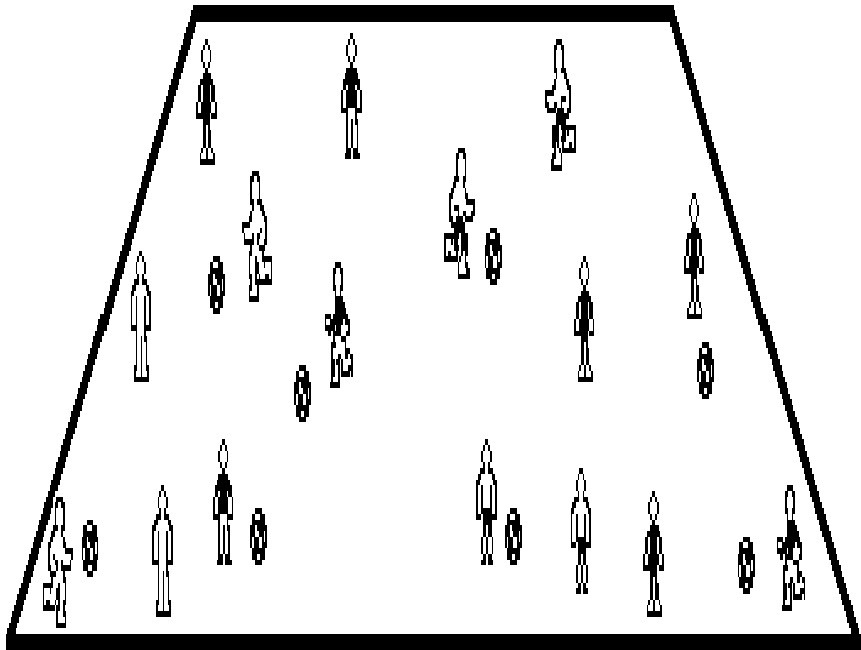


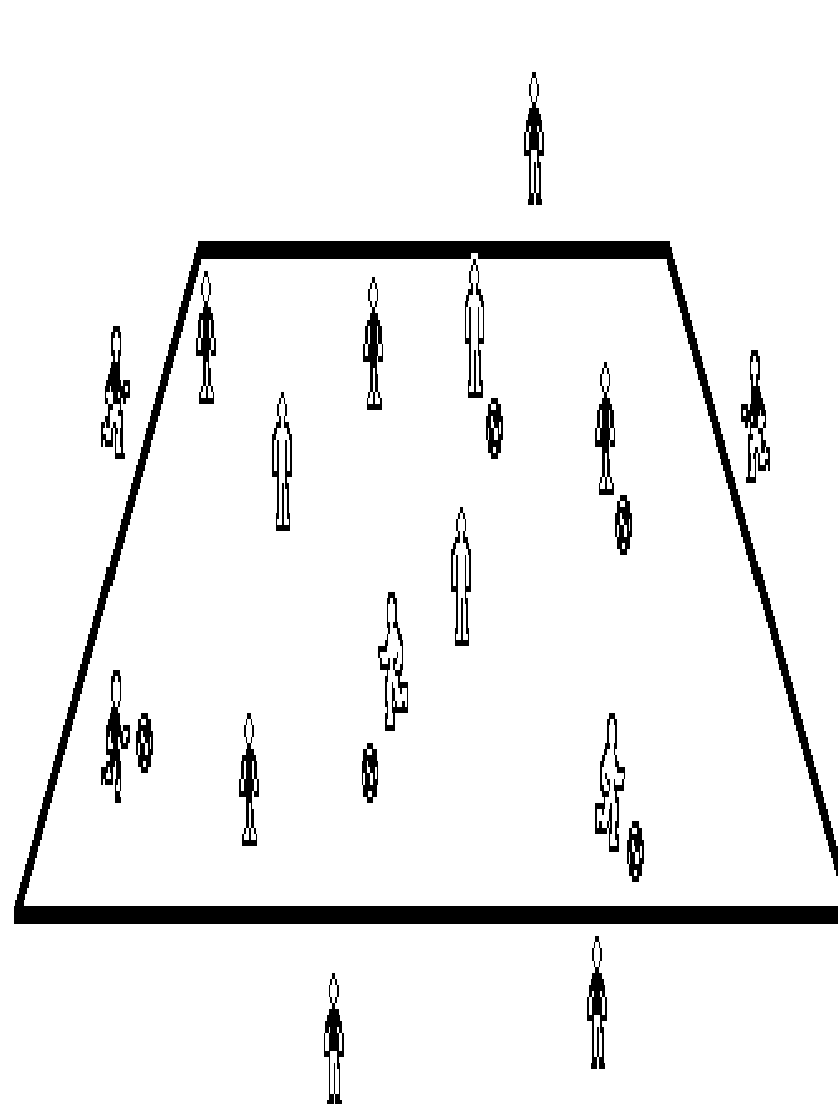
Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 Warm-up</p> <p>Some ball juggling in groups of 4-5, and soccerastics and dynamic movements--</p>			
<p>2 Team Tag</p> <p>In an area 40x20, 4 teams of 4-5 players each. Each team in a different color vest and has possession of 2-3 balls.</p>	<p>Game starts with each team passing around their 2-3 balls. (Variation: for inexperienced players, game can be played by tossing the balls, then try passing it with the feet). At some point coach calls out a color and that team is "it". The "it" team players attempt to "tag" a player from one of the 3 other teams. The "tagger" must be in possession of a ball; the "tag-ee" must not be in possession of a ball. If a player is "tagged", that color is "it" now and the game continues. (Variation: players can intercept a pass, but NO tackling)</p>		<p>What strategies can your team come up with to tag your opponents? To avoid being tagged?</p> <p>If you have a ball, what can you do to help a teammate that is being chased?</p> <p>Once you have passed your ball and "saved" a teammate what should you do? How?</p>

3 Team Knockout

3 teams of 5-6. 40x45, Each team is in a different color. 2 teams start inside the field of play and keep-a-way with 4-5 balls from a third team-- "knockout team" that start the game from the outside. The game is timed.

A. Coach yells "go"--time starts, the "knockout team" has to "knock" all the balls out of the area as quickly as they can while the other 2 teams keep the balls in play as long as they can--time stops when all the balls are "knocked out". A new team becomes the "knockout team". Each team gets a turn as the "knockout team". The team that takes the less time to knock all the balls out of the area is the winner.

B. Same set up as "A" but now the "knockout team" must get possession of all the balls as quickly as they can and play them to where the "coach-target" is placed. Balls that reach the coach's area are considered "captured" and cannot be put back into play. Use throw-ins when balls are played out of the area. Once all the balls are "captured" time is stopped. A new team becomes the "knockout team". Coach may have to move around if players "station" themselves in front.



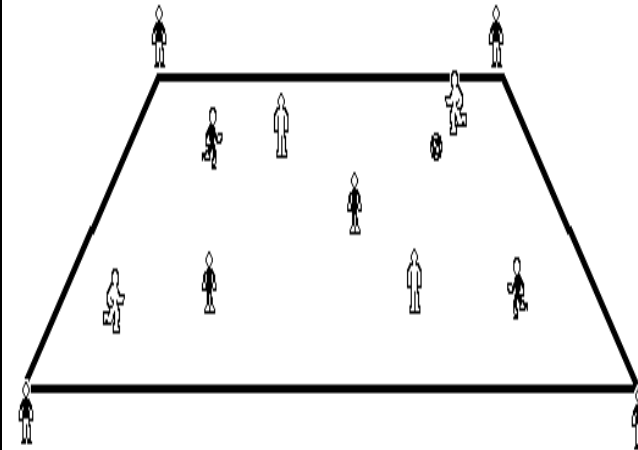
You notice that one of your teammates who has a ball is shielding it from an opponent on the "knockout team", what can you do to help them? How?

While it does prevent the "knockout team" from getting the balls to the coach by having some of the players positioned in front of the coach, how many other players are there left to play keep-a-way against the "knockout team"? What other ways can you think of to involve all your players in the keep-a-way?

4 Four Corners Target Game

3 teams of 4 40x45 (left over players are neutral and play for the team in possession) one ball.

2 teams start in the middle, the other team has one player stationed in each corner- (target). The 2 teams score by passing it into one of the corner players. The corner player plays it back to the same team that played it to them. However that team cannot score into that corner again until they score in the 3 remaining corners first. Game continues for a set period. Team ahead at the end of the time period stays in, the corner team comes in the other goes to the corners.



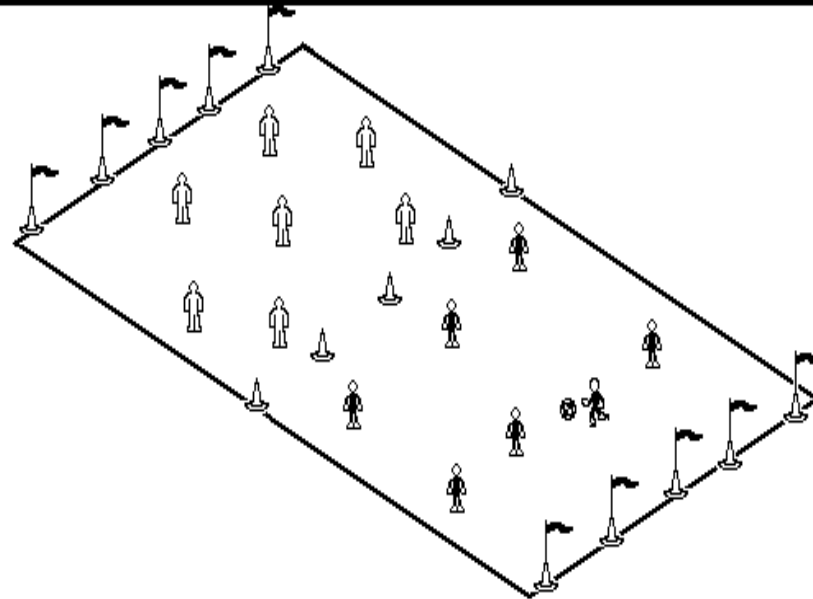
How can you position yourself so you can see as many "targets" and the ball at the same time? Show me.

What happens if you wait too long to play it to a corner player?

5 Conditioned Games

1. Counter-Attack Game: 2 teams of 7 play on a 60x44-50 with a midline and 4-5 traffic cones spaced-out on each end line. To score hit a cone. For it to count every player from the team in possession must be in the opponent's half (across the midline). Once this condition is met, and if going forward is not an option, or if a goal scoring opportunity is not "on", then and only then can the ball be played back into your own half.

2. Same as "1" but now with regular goals and GKs--GK also must come into the opponent's half.



If you have the ball near the goal, and no opponent is pressuring you, what is a better option, dribbling it forward more or shooting it? Why?

If your team has more players near the goal than your opponent, should you look to play it forward to one of them? Or keep passing it around?

Author: Rick Meana



National Youth License

Lesson Plan



Topic: Possession to Penetrate

Age: U14

<p>6 Game</p>			
<p>Play 8v8 (7 + GK) on an 80x44-50--one team plays a 2-3-2, the opponent plays 3-1-2-1.</p>	<p>Free Play all FIFA rules--as well as offside.</p>		<p>If the opponent is pressing you and disrupting your "buildup", what can you do to get past them?</p> <p>If the other team suddenly drops back when your team recovers the ball, what can you do to get past them?</p>
<p>Cool down</p>	<p>"Soccer Horse Shoes" in groups of 4, stretch and drink plenty of fluids</p>		

Rick Meana, NJYS Director of Coaching