



U14 8.1

Category: Technical: Turning
Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

Double Diamonds (20 mins)

Set Up

See Diagram

Instructions

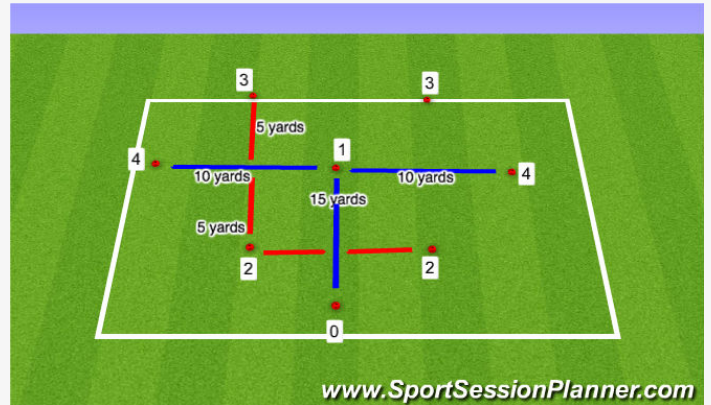
Two players start at cone 1. One player on each cone 2, 3 and 4. The rest in a line at 0. The passing goes 0 to 1, 1 to 2, 2 to 3, 3 to 4 all on one side. Player on cone 1 can choose which side to go to for the first ball, but from then on it alternates. Players need to know which direction they should be going and for the first sequence they are passing the way they face. Players follow their pass. Once we get the hang of it we can move through the line faster.

Coaching Points

1. Passing technique
2. Receiving technique- taking the touch the direction we want to go. This is especially key for players at cone 1 since they will be "declaring" a side with their first touch.
3. Communicating
4. Accuracy of passes to the next player

Progression

1. Two touch- receive and pass
2. Change of sequence to 1 half-turn and pass to 3, 3 passes to 2, and 2 passes to 1
- a half turn is when the player at cone 1 starts opened up so they can see cone 3 and cone 0. Ball is received on their back foot so they can turn quickly.
3. Change of sequence to 1 turns with an inside turn and passes to 3, 3 passes to 2, 2 passes 4 and they have a give and go(2 to 4, 4 to 2, 2 back to 4)
4. Give and go at every cone playing the way you face- 0 to 1 to 0 to 1, 1 to 2 to 1 to 2, 2 to 3 to 2 to 3, 3 to 4 to 3 to 4.



Passing Gates (20 mins)

Set Up

40X25 space with 8-10 2 yard gates

Instructions

Similar to 1v1 gates now it is a possession game where teams get a point by completing a pass through a gate. When the opposing team wins the ball they are trying to score through a gate. A team wins by getting 10 points total.

Coaching Points

1. Passing technique
2. Receiving technique
3. Not forcing the ball through a gate, keeping possession and getting a point when the opportunity is there
4. Movement by players without the ball to get into space(not the space right next to the player with the ball)



No Mans Land (40 mins)

Set Up

Field size for approximately 6v6 or 7v7, maybe 45x35

Make a box about 15x10 in the middle of the field

Instructions

It's 6v6 to goal (if you do not have two goals play to endzones, endlines, or cone goals). Players may not enter OR pass on the ground through the middle area. Players can play a flighted ball overtop of the middle area. If the ball lands in the middle area it's the other team's ball. Ideal formation is a 3-2-1. Play 2, 5 minute games.

Coaching points

1. Passing technique
2. Receiving technique
3. Movement of players to be options so we can move the ball forward without going through the square. See if players figure out they need to get very wide and always be at a good angle for the ball to get to them.

Progression

1. Now players can pass through the middle area but still cannot enter the area. Now we can start to find some longer passes on the ground through the grid. Play 2, 5 minute games
2. One player from each team can be in the middle but they must stay in that area the whole time. play 2, 5 minute games
 - now we can try to combine through the middle
 - we want the player in the middle to play quickly
3. No restriction, play 2, 5 minute games

Regression

1. Make the center area smaller if players are not finding success combining around it

