



U14 Games

Category: Technical: Attacking skills

Difficulty: Beginner

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

Warm Up (10 mins)

Set Up

20x20 grid

Instructions

All players have a ball and dribble inside the grid under control with proper technique. Go through a series of turns and moves that players work on for 1-2 minutes at a time before moving to the next one.

Turns: pull back, cruyff, outside cut, inside cut, step-over turn
1v1 moves: stop and go, scissors, fake left/fake right, inside-outside



Dribble Knockout (10 mins)

Set Up

20x20 grid

Instructions

All players have a ball and must keep their ball with them under control as they try to knockout other players by poking their ball out of bounds.

As more players get knocked out make the space smaller so it's more difficult.



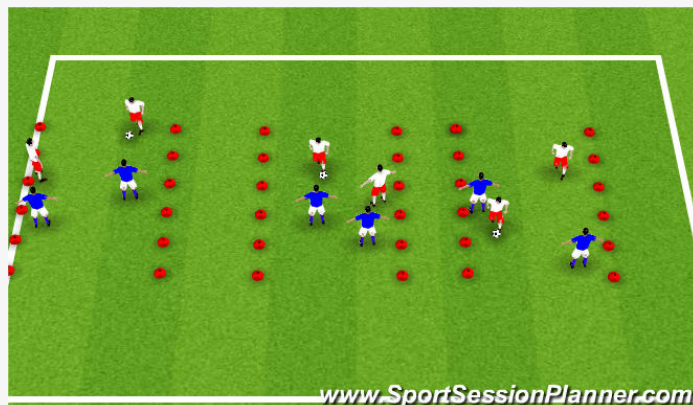
2v2 Tournament (15 mins)

Set Up

3-4 lanes 15 yards long, 10 yards wide

Instructions

Same as 1v1 except it's now 2v2. Play 3 minute games and then switch the teams around.



Power Finesse

Set Up

Two lines at top of the box

Two piles of cones at the edge of the box

Coaches are at the piles on the edge of the box

Instructions

The players at the front of each line take 2-3 touches and then have a shot from distance. After their shot they receive a pass from the coach nearest to them and take a second shot closer to the goal. If you have players taking shots closer than the six yard box place a separate cone towards the top of the box that they need to run around between their first and second shot. This will help so they have space for the second shot and can make the proper approach to the ball.



Soccer Tennis

Set Up

Make fields 12-16 yards long and 8-10 yards wide

Use a line of cones or a bench as a net

Instructions

You can play soccer tennis many different ways. You can play with unlimited touches per side or unlimited bounces. If players are doing well you can start to add limitations like a 3 touch maximum per side, only one bounce allowed, or you cannot touch the ball two times consecutively

Play 3 minute games and have a championship field that players move up when they win and down when they lose. Play 5-8 games to determine your championship game and have the rest of the players come support their teammates.



Shooting Knockout

Set Up

Make a 6x6 box at the top of the penalty area so that a couple yards of the cone box are inside the penalty area

Place a cone 5 yards from the top of the cone box

Instructions

All players have a ball at the single cone. The first person dribbles inside the box and must shoot from inside the box. After they shoot they immediately go in goal to become the goalkeeper. Once the person in front shoots the next person can start to dribble to the box to take their shot.

Rules

1. Players must shoot from inside the cone box- if anywhere outside of the box the shot doesn't count and that player goes into the goal
2. The next player may not go until the person in front shoots
3. If you get scored on you are out- this is the only way to get knocked out of the game and there is no way to get back in until the game has ended
4. Even if you score you still go in goal and can get knocked out



5v5

Set Up

36xwidth of the 18

3 teams of 5

Instructions

5v5 with one team sitting out doing some technical work. The game is played to 2 goals or 3 minutes. If the team scores 2 goals they get to stay on the field until they lose a game. If they get to the 3 minute time limit it's rock, paper, scissors for who stays.

