

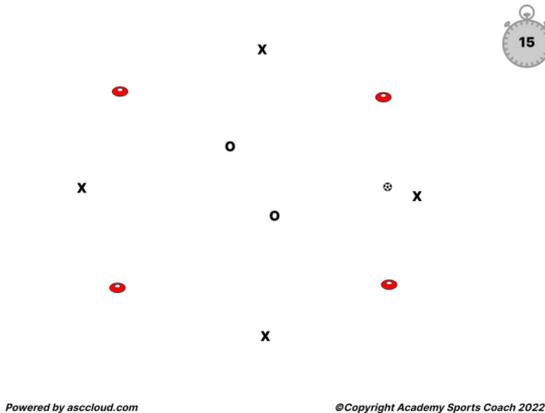
23 February 2022

Coach: Tom Sauder

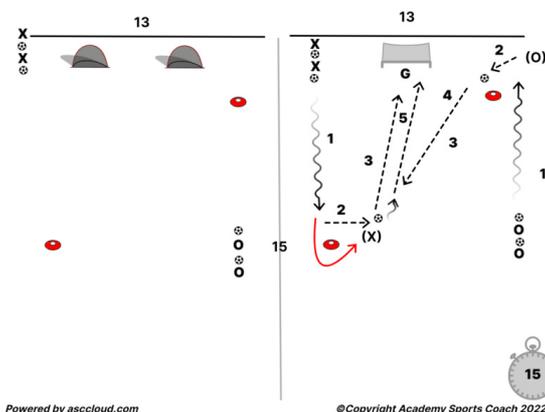
U13s

Theme: Passing, Finishing, Attacking, Awareness

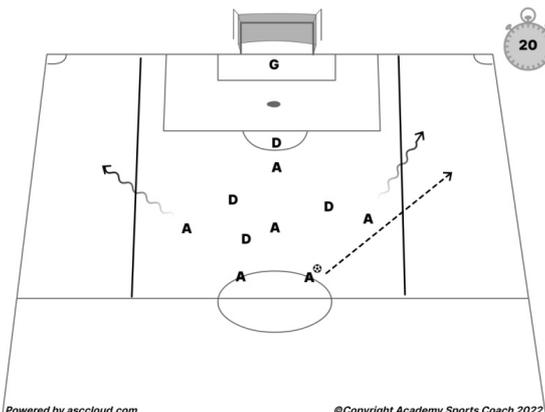
Time: 7:30 - 9:00 pm



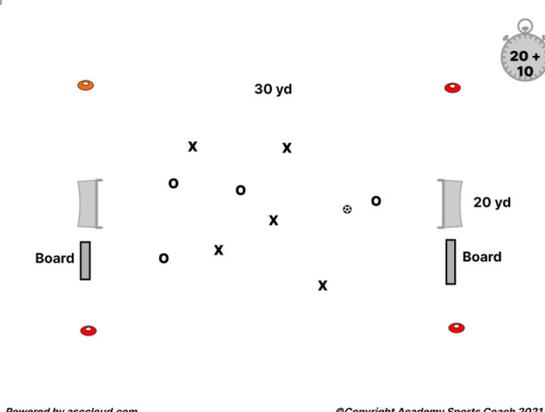
Organization: 6 players in 10×10 yd area,
Description: Technical Skill: Quick Passing in 4v2
 4 players between cones, 2 players in middle. Players on outside have ball and pass to each other through the grid. Defenders try to block or intercept passes. Defender that takes away ball switches with player on outside who played last pass.
Coaching Points:
 Outside players must move along their line to give player with ball a clear passing path, around defenders or between defenders. One or two touch passing. Defenders: One challenges player with ball, second defender supports to block passing lanes.



Organization: Split team into two 13×15 yd areas, large goal, 2 pug nets
Description: Soccer Speed: Finishing 5 - Quick Finishing
 1. X and O dribble towards respective opposite cones
 2. X passes diagonal in front of cone, runs around cone and shoots. O taps ball diagonally.
 3. X shoots and
 4. O passes into run of X
 5. X takes second shot on net
 X goes to back of O, O to back of X
Coaching Points:
 O must time their run to always move and pass ball for X to move after shot. O must look up to see where X is after shot to have target. Shots are with faces to give power. Look at net before shooting



Organization: 30×25 area. Half way line.
Description: Tactical SSG: 6v4 with outside lanes
 Attackers must play ball to a runner into outside lanes before they can score. Defenders must track runners.
Coaching Points:
 Defenders must run inside and goalside of wide attackers. If their attacker doesn't get ball they must shift to support defending the middle. Attackers can reset after passing into outside lane. Defenders win ball, restart at half.



Organization: 30×20 area. Two teams. Awareness pinnies & boards
Description: Awareness SSG: Cognition with coded pinnies
 Each player has a white or red pinny. On each pinny is a shape (circle or diamond), number (1 or 2), letter (A or B). Example pinny is Red/Diamond/A/1. All pinnies have different combinations. By each goal is a board - goal 1: Red/Diamond/1/A, goal 2: White/Circle/2/B
 Start game with red v. white. Red attacks goal with red board, white attacks goal with white board.
Coaching Points: Once teams organize - play proper formation
 After 20 minutes play regular SSG Red v. White