

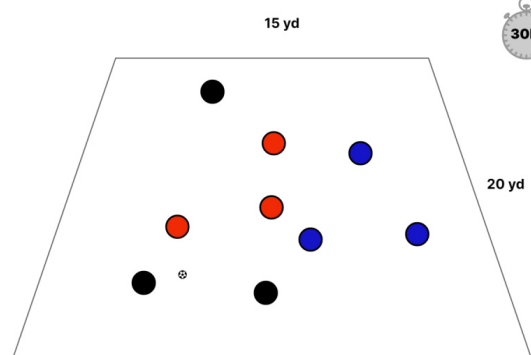
11 January 2023

Coach: Tom Sauder

U14s

Theme: Perception, Ball Control, Conditioning, Awareness

Time: 6:00 - 8:00 pm



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Organization: Three teams of 3 in 20x15 yd area

Description: Soccer Speed: Perception

Two different colour teams of 3 play a possession game against the third defending team. When the defending team wins control of the ball, the team in possession that lost control now defends, and the team that won the ball now plays possession with the third team.

Coaching Points:

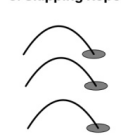
Encourage players to communicate to know which two teams are in possession and which team defends. Get teams to execute their new roles faster and faster. Encourage quick ball movement, two touch max. Emphasize the usual off ball movement and passes into space.

Conditioning Circuit

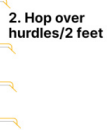
1. Sets of 10 Burpees



5. Skipping Rope



3. Cutting in and out of cones



Organization: 2 Groups

Description: Conditioning Circuit

Two groups. Group 1 does circuit for 5 minutes while group 2 skips rope. Switch after 5 minutes. Two sets each group

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1. Pass to self moving around gym



2. Wall Passes

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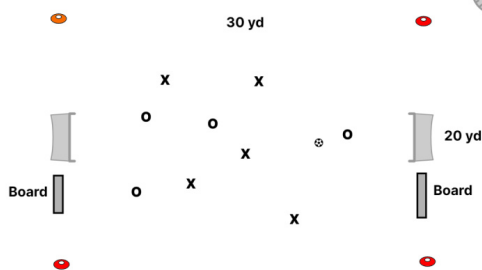
Organization: Gym Walls, each player with ball

Description: Ball Control one/two touch

1. Players pass to themselves off gym walls while moving around gym. After one lap reverse direction.
2. Distance of 3 m from wall. Player starts with ball between cones and passes low against wall. After pass player shuffles back 4 yds to receive ball. First touch is forward so that second touch is a pass from between cones. If a player completes 20 consecutive passes properly they move to one touch passing. One touch means shuffle back after pass and then attack ball to pass between cones.

Coaching Points:

1. Maintain distance to wall. Control pace and angle of pass to do that. Do not wait for ball or let ball run away from player.
2. Control weight of pass and synchronize movement. Short passes on ground are with instep of foot.



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Organization: 30x20 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.

Call out any variable. E.G. Call "numbers" and all the 1s play v 2s attacking board on their pinny. On every call new teams form and play together. After 20 minutes play regular SSG Red v. White