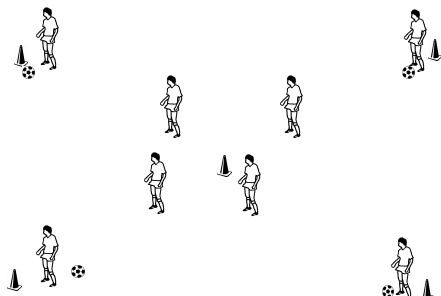
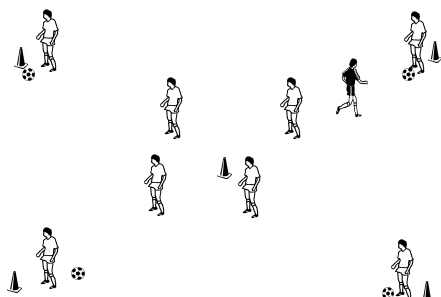
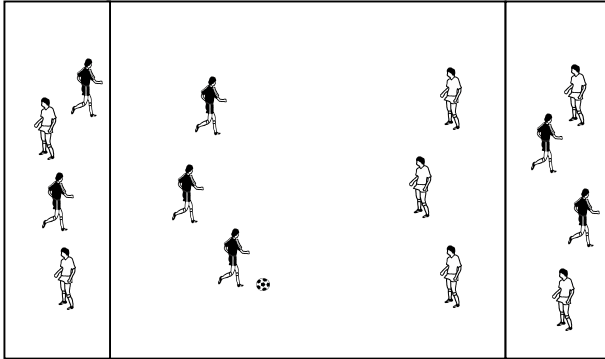




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|----------------|---------------------------------|
| Club: | Weyburn Soccer Association |
| Session: | 1 |
| Team: | U14 |
| Session Topic: | Passing – Passing and Receiving |

| Stage of Session | Information | Time |
|--------------------------------|---|-------------|
| Warm Up | | 5 Minutes |
| Stage 1: Unopposed | | 7 Min Break |
| Field Demo |  <p>Implementation – Players are split into 2 groups with 1 group inside small grid withing the box. Other group on the outside of box with a ball. Players on the inside must move around the box and towards a player with the ball, receive a pass and return the pass back. Switch outside and inside players around after a few minutes.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Players must pass using the inside of the feet. Try using both feet. ASK FOR THE BALL! LOUD! • Avoid queuing for a pass by constantly moving and looking for a free feeder • Good weight of pass and control | |
| Stage 2: Opposed | | 7 Minutes |
| Field Demo |  <p>Implementation – 1 Defender is now in place to put pressure on the players in the middle. Defender can be coach at first and then keep changing defender as one of the players. Number of defenders is changed upon coach's request. Keep switching again.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Re-enforce points from stage 1 • Players must look and listen for defender • Run towards feeder when no defender present • Good first touch out of feet • CALLING FOR THE BALL! LOUD! | |
| Stage 3: Fun Game/Game Related | | 10 Minutes |
| Field Demo |  <p>Implementation – Players set into 2 teams. There are 3 zones with specific number of players in each zone. Each team has to work the ball from 1 end zone to another to successfully score a point. To increase difficulty a set number of passes per zone can be introduced but not likely needed at this age. When successfully done one way, turn and do the other.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Players keep moving off the ball into space • Make sure they do not all chase the ball • Keeping possession is important • Work ball away from pressure/defenders • Be aware of surroundings by having head up | |
| Game Time | | |