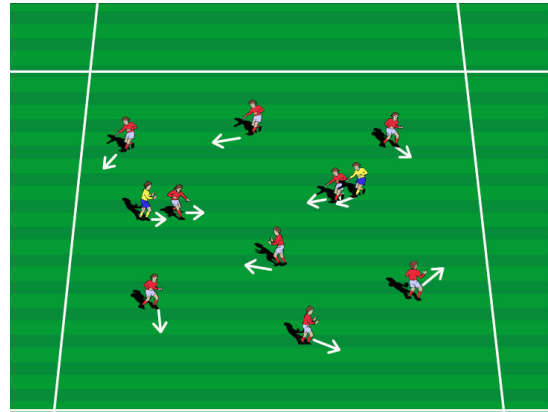
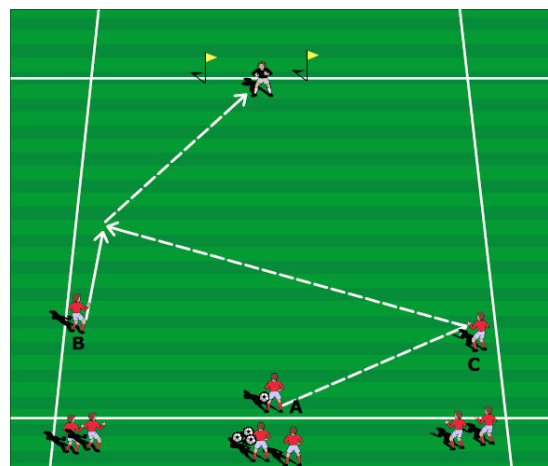


| | | | |
|------------------------------|--|---------------------------|--|
| Age Group | U10-U14 | Warm Up | Freeze tag |
| Technical Objectives | Passing/receiving for a shot on goal | Technique Training | 3v0 for a shot on goal |
| Individual Objectives | Support | Situational Play | 3v1 for a shot on goal 3v2+1 for a shot on goal |
| Tactical Objectives | Support | | |
| Groups Objectives | To advance the ball for a shot on goal | Theme Game | 4v3+1 |

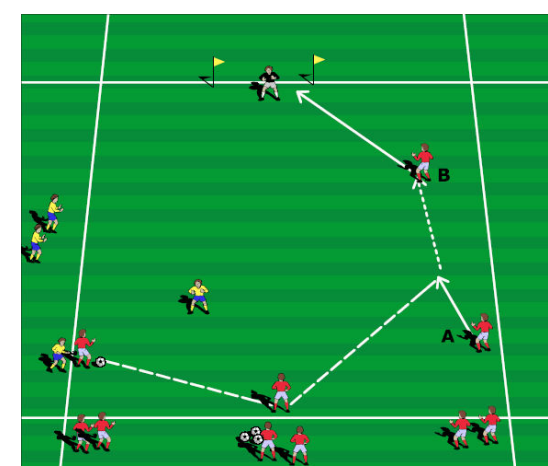
| | | |
|---|------------------------|-------------------|
| Warm up | | |
| Freeze Tag | | |
| Duration 15m | Area Size 25x25 | Players 14 |
| Organization All red players move freely inside a grid. Two players yellow) of different color try to tag the players in red. If a player is tagged ,he/she cannot move. How long will it take before for a tag team to tag all the players in the grid? rotate teams. | | |
| VARIATION Tagged players can be Freed is on of the other free players crawls underneath their legs | | |



| | | |
|---|------------------------|---------------------------|
| Technique Training | | |
| 3v0 for a shot on goal | | |
| Duration 15m | Area Size 25x30 | Players Group of 3 |
| Organization Divide players in 3 groups Player A starts play by passing the ball to player B or C. B or C receive the ball with the opposite foot and pass it diagonally to the opposite player for a shot on goal | | |
| Coaching Points 1. Quality of passes 2. Receive ball with their body open 3. Angle of support , first touch to set up second 4. Quality finish | | |



| | | |
|---|------------------------|-------------------------|
| Situational Play | | |
| 3v1 for a shot on goal | | |
| Duration 10-15m | Area Size 25x30 | Players groups 3 |
| Organization Player A starts play by passing the ball to player B or C. B or C receive the ball with the opposite foot and pass it diagonally to the opposite player for a shot on goal | | |
| Coaching Points 1)Quality of passes 2)Receive ball with their body open 3)Angle of support , first touch to set up second | | |



Progression

3v2+1 for a shot on goal

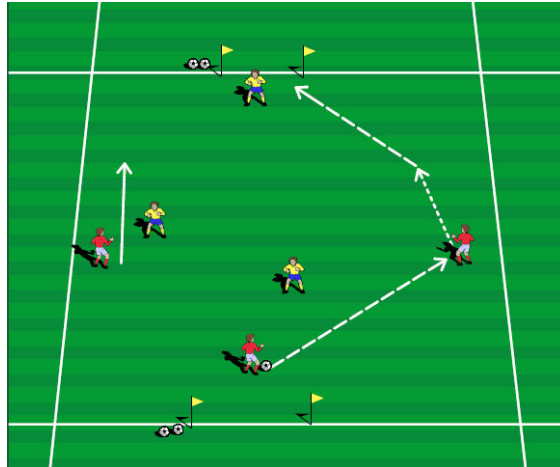
Duration 15m **Area Size** 25x30 **Players** 6

Organization

2 Teams of 3 players take turns on attacking and defending. When a team attacks the defending team will have one player in goal and two players actively defending. Who can score more goals in 15 minutes?

Coaching Points

1. Quality of passes
2. Receive the ball with their body open
3. Angle of support
4. Accuracy before power



Final Game

4v3+1 on two goals

Duration 20 **Area Size** 40x35 **Players** 14

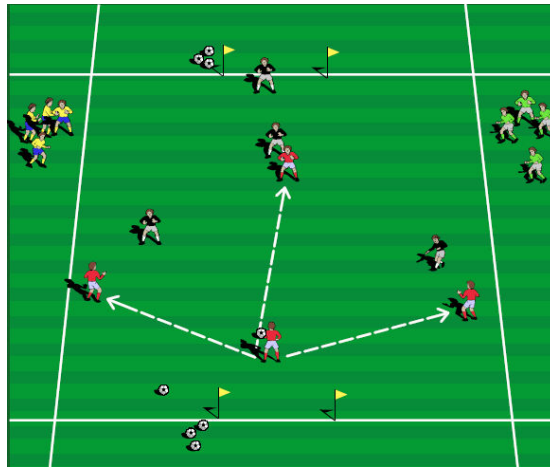
Organization

The attacking team attacks with 4 players while the defending team defends with 3 and a keeper. After the attacking team loses possession, they become the defending team, and one player becomes a keeper.

PROGRESSION: 4v4 with no keepers
Switch players

Coaching Points

1. Quality safe passes
2. Keep diamond shape
3. Players to try combination play to create 2v1



Coaching Notes