



Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1 General Warm-up			
	Any activity involving running and striking the ball with the laces and instep.		At the basic level, this practice should provide lots of “varied” technical repetition for crossing and finishing. Coaches should not over-analyze every detail; pick and choose your times to interject and take your time!
2 Technical Functional Training			
<p><u>Organization</u></p> <p>2 midfielders with soccer balls 25-35 yards from goal</p> <p>2 wide players on each flank</p> <p>3 “pairs” of attackers outside of the penalty area</p> <p>2 goalkeepers</p>	<p style="text-align: center;">GK</p> <p style="text-align: center;">XX / XX / XX</p> <p style="text-align: center;">XX</p> <p style="text-align: center;">XX</p> <p style="text-align: center;">.....</p> <p style="text-align: center;">XX</p>	<ul style="list-style-type: none"> ● Basic technical issues for the wide players should include ball preparation, getting the hips around the ball, ball contact point, body balance (opposite arm), etc. ● Basic technical points for the strikers should include steering versus hammering, timing of runs, organizing and adjusting the feet (balance), taking risks with non-dominant surfaces, being as efficient as possible with touches. Let them complete the strike, regardless of touch quality. 	
3 Flank Game			



Numbers 9 v 9 / 10 v 10

- Field size: 75 yds (44 + channel) x half field. For U-14's, this "may" be too much width???
- Offside applies inside penalty area
- Use corner flags at half (common goal)
- Players are arranged as shown below
- Only add the second central pair if the space is not too cluttered. Start with 1v1 in the center.

- Develop some basic ideas on how the wide players (perhaps in combination with a central player or a striker) might combine to get the flank players into crossing positions.
- Early vision from flank players.
- Strikers should not run offside.
- Periodically vary the crossing positions and expected serves. These can include crosses from outside the box, crosses from the end line, balls dropped to the supporting fullback (use 2nd flank player); and then we have options for bending balls, driven balls across the face of the goal, balls cut back to the penalty spot, balls flighted to the far post, balls driven in the air to the near post, etc.
- You can also design ways to involve both strikers by playing to the far post first, or by playing an early ball to the 2nd striker to find her teammate.
- The three pairs of strikers should rotate to provide for alternating finishing from left and right flanks.
- Develop the shape and, particularly, the timing of runs into the box.



4 Flank Game					
	Periodically rotate the players between roles.			GK X X X O O O X O (X O) X O O X O O O GK	
5					
	<ul style="list-style-type: none"> ● Outside defender responsible for wide players (initially); outside players responsible for each other (progression) ● Goals can be scored at any time within open play ● Central MF players should stay central ● No-one is limited to playing in the channel (it is a guide, only) ● Wide defenders should support the wide players ● *Wide players can attack the goal any way the game presents* 			<ul style="list-style-type: none"> ● Develop functional ideas to maintain team shape and balance. ● Encourage players to control the rhythm of play by circulating the ball through the defenders and midfielder(s) ● Encourage the wide players to read the game and attack the goal as opportunities arise; they should not be limited to only crossing the ball at his stage. ● Encourage early and often vision of options 	

COOL-DOWN