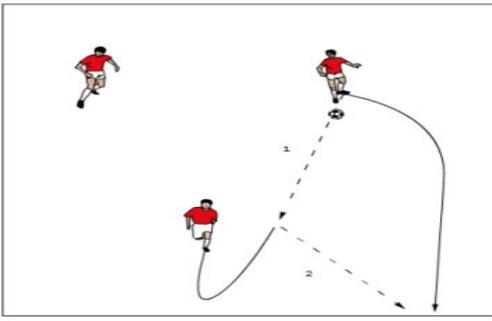
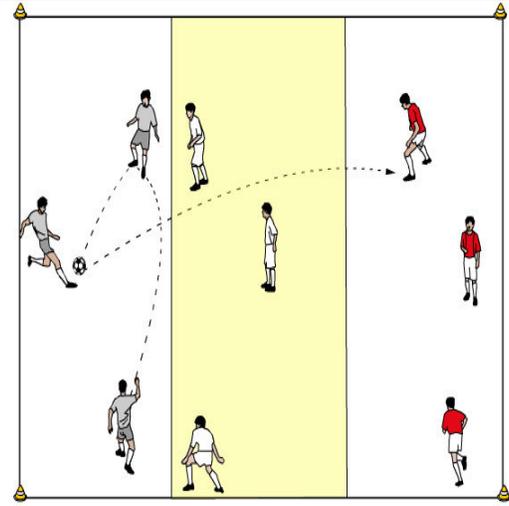


Coaches Connection Lesson Plan

Topic: midfield attack

Age: U14

Author: Sam Snow

Activity	Description	Diagram	Coaching Points
<p>1 Warm-Up</p> <p>In one half of the field all groups of players warm-up. Goalkeepers should warm-up separately.</p>	<p>Field players in groups of three in the shape a triangle. The high player makes a checking run and then plays a wall pass with the overlapping player. The third player stays for support. Turn around and execute again with the support player now as the high player.</p>		<p>What are the visual cues to make pass 1?</p> <ul style="list-style-type: none"> Plant foot is set Hips rotate <p>Where should pass 2 go?</p> <ul style="list-style-type: none"> Diagonally forward about 1 yard ahead of runner
<p>2 End Zone</p> <p>Play 4v4 in a 40 x 20 to a 60 x 40 yard grid, dependent upon the age group. Using disc cones mark off an end zone at each end of the grid. The zone can be 2-5 yards in width. Use a smaller zone for more proficient players.</p>	<p>Score by making a pass into the end zone. After a point is scored the opposing team collects the ball and attacks the opposite end zone. Variation: score only counts if a receiver collects the ball successfully in the end zone from an off-the-ball run.</p>		<p>Can we get a player high to make a checking run?</p> <ul style="list-style-type: none"> Triangular positioning <p>When should the run to get open begin?</p> <ul style="list-style-type: none"> As the teammate in possession gets into a good passing lane. <p>Where to place the forward pass?</p> <ul style="list-style-type: none"> To the forward's foot furthest from the opponent.
<p>3 Middle Team</p> <p>Set up a grid with three zones marked off with disc cones. Use tall cones or corner flags to designate the corner boundaries of the grid. The grid must be rectangular in shape. The dimensions should be adjusted appropriately for the age group, but end line to end line should be at the maximum distance they can play a pass.</p>	<p>One end zone team plays possession passes in order to create the chance for a penetration pass to the other end zone team. The middle zone team tries to intercept passes. If they do they switch with the team from whom they gained possession. Initially end zone teams may pass on the ground or in the air. Once the skills and timing of passing are good then restrict them to passes below knee height.</p>		<p>How must you position yourselves to use possession passes to create the chance for penetration passes?</p> <ul style="list-style-type: none"> Triangle shape <p>Why do you want to make a penetration pass on the ground instead of in the air?</p> <ul style="list-style-type: none"> A pass on the ground is easier for the receiver to control.

Coaches Connection Lesson Plan

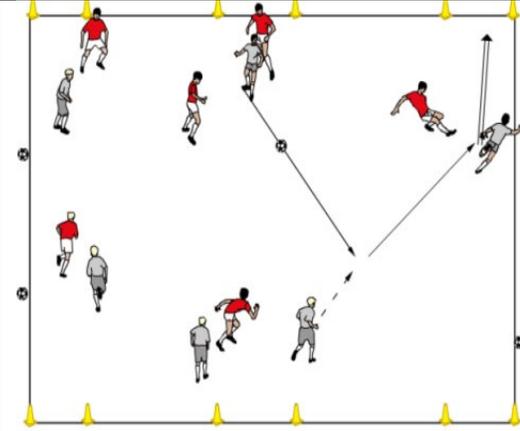
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4 Six Goal Game
 Use the same grid as for the Middle Team activity. Remove the middle zone and use those cones to make three small goals on each touchline.

Play 4v4 up to 6v6. Use possession passing to set up the chance to penetrate for a shot on goal at one of the three goals. If a goal is blocked then keep possession. The ball and players must move to create a passing lane to penetrate towards goal. Play for a set time or until a set number of goals.



When should you pass square or backwards?

- When the opponents block a goal or passing lane.

How do you know the chance to penetrate is on?

- There's a gap between opponents or their group shape is flat.

5 8 vs. 8 Match
 Use an 80 x 55 yard grid with regulation goals at each end. Mark the corners with corner flag posts.

Play for a set amount of time. Enforce the Laws of the Game. Have a few spare balls to the outside of each goal.



Make few if any coaching comments now. Let them lay and observe their attacking decisions. Praise their efforts at recognizing to play possession or penetration.

Cool-Down

Rehydrate, light movement, static stretching, water.

