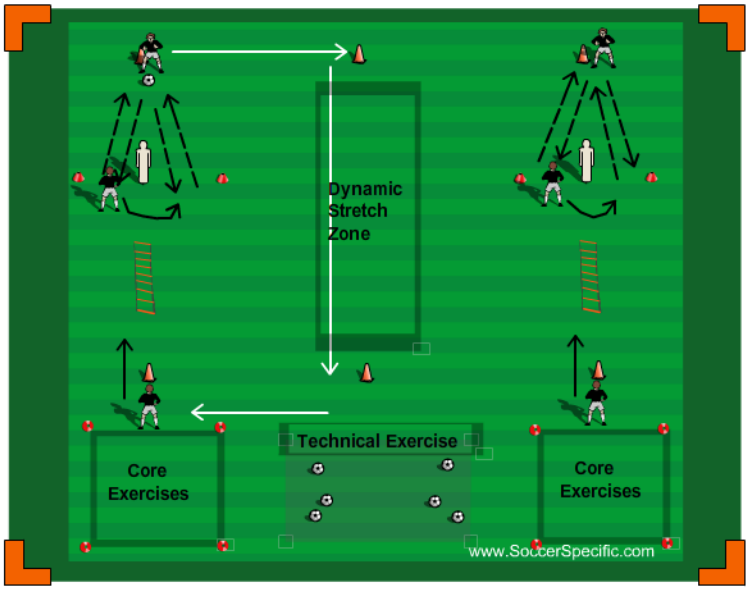
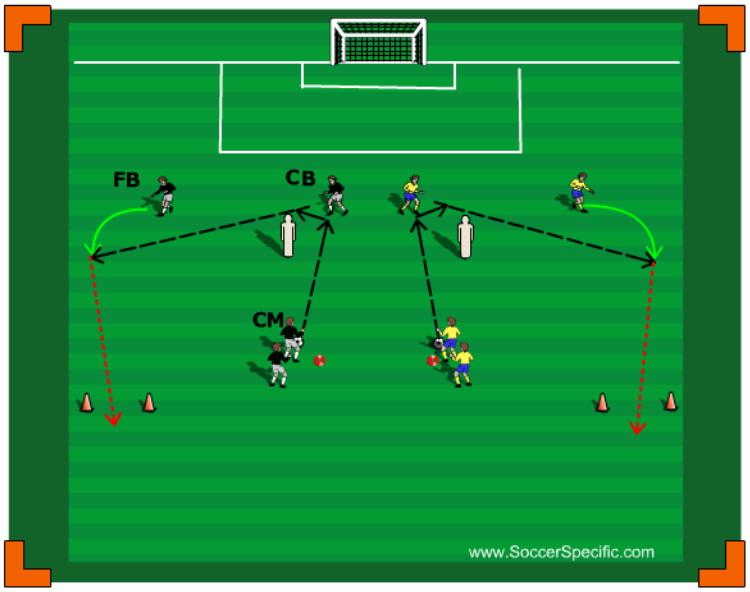
SoccerSpecific.com Session Plan: U13-U14 playing out from the bac k



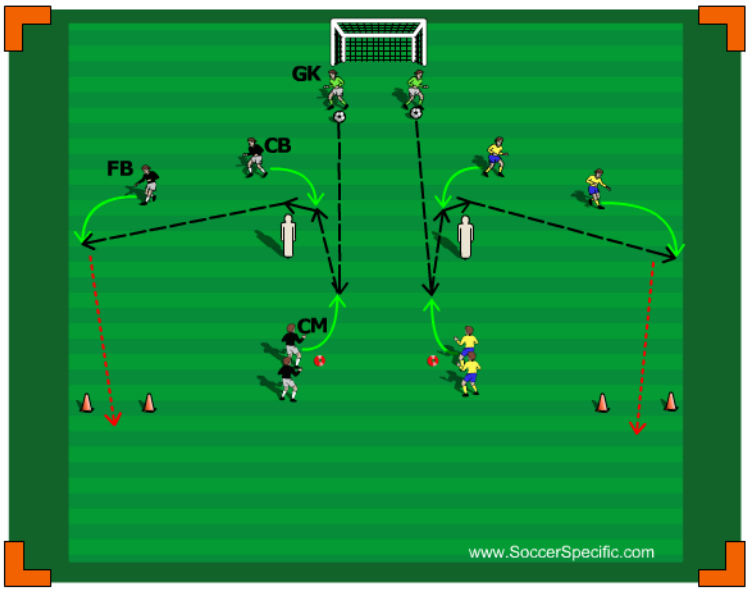
ACTIVITY #1

Set up: Designed for 8 - 20 Players. This is a rotational SAQ activity.
Core exercise box is 5x5yards, Starting cone 3 yard away from that. Ladder/Hurdles/Sticks 5 yards straight out infront of the starting cone. Mannequin 5 yards from the SAQ activity. 1 cones 3 yards to the left and 1 cone 3 yards to the right of the mannequin. Server cone 10 yards out from the mannequin.
Instructions: Core excersises=10 Push ups, 20 Sit ups, 10 Burpees. Technical Exercise=10 headers, 20 Juggles etc.
The technical activities affect how many core excersises the player does, e.g 20 juggles is the target, if the player only reaches 15, they now have to do and extra 5 core excerses. After Core Exercises, the player performs SAQ and sprints out to the mannequin. Receives the ball and passes back to the server. Check to the right of the mannequin and repeat. After the second pass you become the next server. The server goes through the dynamic stretch zone back to the start.
Coaching Points: Quality of Pass and First touch - Focus/Intensity



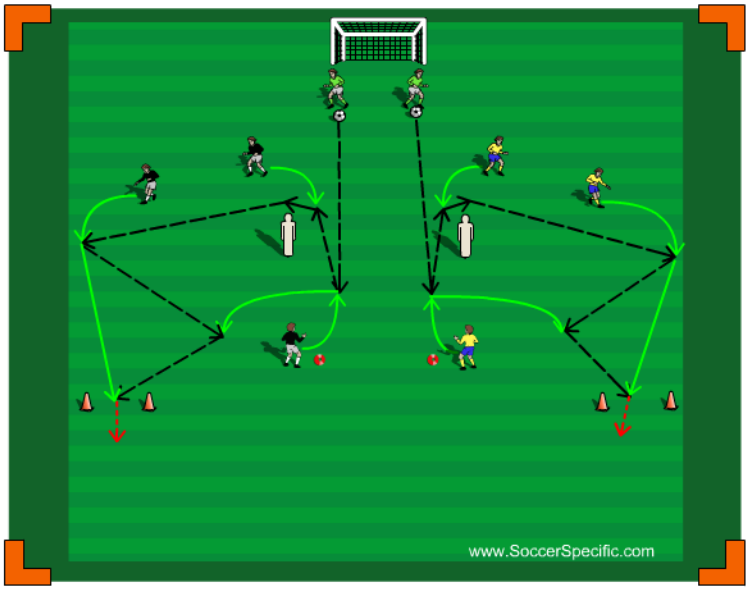
ACTIVITY #2

Set up: As shown
Instructions: 3 player shadow play race. CM passes to CB. CB takes a touch towards his FB. As the ball is travelling the full back gets wider and higher. CB passes to FB who dribbles through the gate. The other team do the same thing at the same time on the other half winner gets through the gate first
Coaching Points: Speed/accuracy pass. Body shape. timing / direction of runs



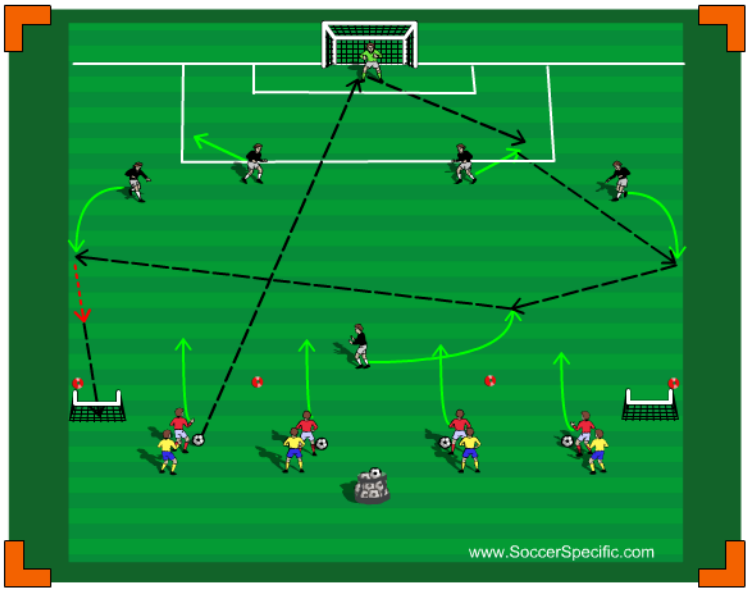
ACTIVITY #3

Set up: As shown, if you only have 1 goalkeeper the coach can become the other server
Instructions: Goalkeeper Starts with the ball, CM makes movement to receive. CM passes to CB. CB takes a touch towards his FB. As the ball is travelling the full back gets wider and higher. CB passes to FB who dribbles through the gate. The other team do the same thing at the same time on the other half winner gets through the gate first
Coaching Points: Speed/accuracy pass. Body shape. timing / direction of runs



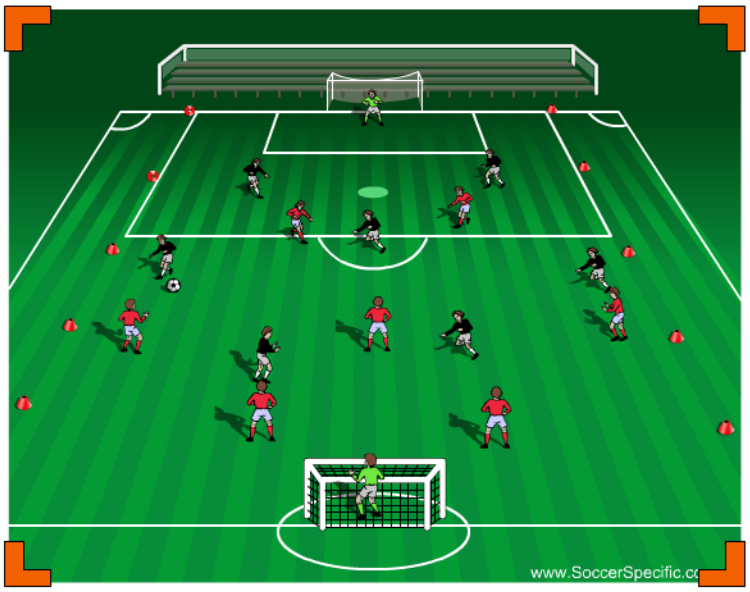
ACTIVITY #4

Set up: As shown
Instructions: Goalkeeper Starts with the ball, CM makes movement to receive. CM passes to CB. CB takes a touch towards his FB. As the ball is travelling the full back gets wider and higher. CB passes to FB who Passes to the CM who has checked into the space created . Give and go. FB dribbles through gate. The other team do the same thing at the same time on the other half winner gets through the gate first
Coaching Points: Speed/accuracy pass. Body shape. timing / direction of runs



ACTIVITY #5

Set up: Type Setup Here...
Instructions: 6v4 , The attacking team all have a ball and can pass to any of the back 4 or goalkeeper. Then all 4 have to try to stop them getting out.
Coaching Points: CB must get wide FB must get High CM has to find gaps of space in between defenders



ACTIVITY #6

Set up: As Shown
Half Field 8v8 game.
Instructions:
Coaching Points: Encourage the specific themes of todays session