

Name: Chris Little

North Carolina Youth Soccer Association Topic: U14+ Create & Exploit Width



FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
FUNDAMENTAL – WARM UP	"TRIOS" P1-passes through gate to P2, then runs to another gate to be target for P3 P2-passes to P3 and makes run to support the pass from P3 to P1 P3-receives pass from P2 and must dribble through	Roles continually change – as seek empty gates Weight/Quality of pass Movement – Timing/Angle of runs
	a gate and pass to P1 through a gate *Make one more gate than groups of players *Put a time limit to get through as many gates as possible	Visual cues – passer raises head
MATCH RFI ATFD ACTIVITY	PATTERN PASSING Have patterns going from both sides of field Vary Serving angles early – late (cones) All players rotate through all roles Progression After pass to wide player – central player = overlap	HEAD UP – PICK SERVICE SECOND SIX YARD BOX! TECHNICAL EXECUTION 1.Early Cross – bending ball 2.Front Post – low driven 3.Back Post – lofted cross (bending) TIMING
		TIMING
MATCH CONDITIONED CAME	QUICK BREAKS & CROSSES GAME Play begins in middle of field. Ball must be played into FWD – then to WIDE player = 2v2 in box + 1 midfield can enter attacking zone from middle + 1 weakside wide player Progressions Minimum number of passes before play to FWD	SELECTION OF CROSS SPEED OF PLAY IN FINAL 1/3
MATCH CONDITIONED GAME	11 v 11 Game First team to 3 goals wins. Any goal that comes from wide service = 2 goals	ENCOURAGE OVERLAPPING & SUPPORT CREATIVITY
COOL DOWN		



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