

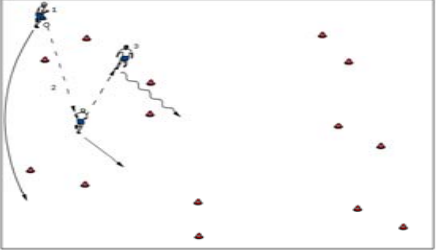
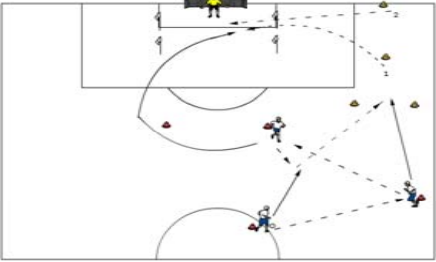
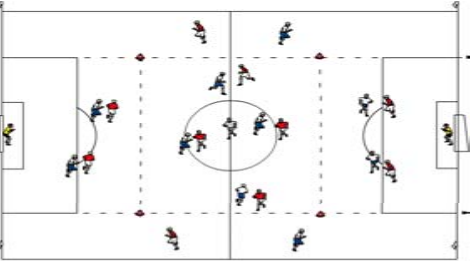



Name: Chris Little

North Carolina Youth Soccer Association

Topic: U14+ Create & Exploit Width



<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION “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 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</p>	<p>KEY COACHING POINTS Roles continually change – as seek empty gates Weight/Quality of pass Movement – Timing/Angle of runs Visual cues – passer raises head</p>
<p>MATCH RFI ATFD ACTIVITY</p> 	<p>PATTERN PASSING Have patterns going from both sides of field Vary Serving angles early – late (cones) All players rotate through all roles <u>Progression</u> After pass to wide player – central player = overlap</p>	<p>HEAD UP – PICK SERVICE SECOND SIX YARD BOX! <u>TECHNICAL EXECUTION</u> 1.Early Cross – bending ball 2.Front Post – low driven 3.Back Post – lofted cross (bending) TIMING</p>
<p>MATCH RELATED ACTIVITY</p> 	<p>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 <u>Progressions</u> Minimum number of passes before play to FWD</p>	<p>SELECTION OF CROSS SPEED OF PLAY IN FINAL 1/3</p>
<p>MATCH CONDITIONED GAME</p> 	<p>11 v 11 Game First team to 3 goals wins. Any goal that comes from wide service = 2 goals</p>	<p>ENCOURAGE OVERLAPPING & SUPPORT CREATIVITY</p>
<p>COOL DOWN</p>		



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