



Fall Season Training Themes - Week 2

Combination Play

U8s

Technical: Passing with inside of the foot

- Mechanics- Plant foot placement and direction, movement of hip, knee, and ankle of kicking foot, passing ball with the middle of the inside of the foot, follow through to move forward, rid the players of the habit of crossing their kicking leg over their planted foot, approach angle is big (should be straight on).
- Change of Speed- Simply show the type of speed/power needed for a short pass, and for bigger distances/longer passes.
- Direction- Show lateral, diagonal, forward passes. Progress to pass back across body (reverse pass or “against the grain”)
- Pressure- When first teaching technique, avoid pressure so players can understand the mechanics, once they are more comfortable with the mechanics then look to introduce pressure, first on the receiver to teach the importance of placement of pass, then on the passer to simulate real game situations and pressure. Angles of pressure should vary continuously. Use many different activities to work on the same topic, providing players lots of repetition.

Motor Movements: How to change directions and speed quickly

U9-U10s

Technical: Combination Play

- Mechanics- Wall Pass (type of supporting run and angle, change of speed after playing the first pass, where/how/what areas of the field to execute).
- Change of Speed- Teach the approach speed for the player on the ball (1), the player without the ball (2), and the speed needed by player (1) to get in space behind the defender.
- Direction- Support and passes should be at an angle.
- Pressure- Use passive defenders at first, but continue on to make it functional and have pressure from different angles in different areas of the field.

Motor Movements: How to change directions and speed quickly

Game Knowledge: Attacking Throw-ins



Fall Season Training Themes - Week 2

Combination Play

U11-U12s

Technical: Combination Play

- Mechanics- Wall Pass (type of supporting run and angle, change of speed after playing the first pass, where/how/what areas of the field to execute), Overlap (where/how/what areas of the field).
- Change of Speed- Teach the approach speed for the player on the ball (1), the player without the ball (2), and the speed needed by player (1) to get in space behind the defender.
- Direction- Support and passes should be at an angle.
- Pressure- Use passive defenders at first, but continue on to make it functional and have pressure from different angles in different areas of the field. Not just one defender, add a recovering player as well or a second line (backs, mids, forwards) so the players have to deal with other obstacles.

Tactical Implications: Training the 9 specifically, how to combine with 8, 10, 7 & 11 to create scoring opportunities such as quick shots and playing penetrating passes to get in space behind the back line. Timing of pass and run has to be a major focus during this topic.

Motor Movements: How to explode into open space after playing the ball

Game Knowledge: Attacking Throw-ins

U13-U14s

Technical: Combination Play

- Mechanics- Wall Pass (type of supporting run and angle, change of speed after playing the first pass, where/how/what areas of the field to execute), Overlap (where/how/what areas of the field), Up-Back-Through (teach the L run and the 7 run and where/how/what areas of the field to execute).
- Change of Speed- Teach the approach speed for the player on the ball (1), the player without the ball (2), and the speed needed by player (1) to get in space behind the defender.
- Direction- Support and passes should be at an angle.
- Pressure- Use passive defenders at first, but continue on to make it functional and have pressure from different angles in different areas of the field. Not just one defender, add a recovering player as well or a second line (backs, mids, forwards) so the players have to deal with other obstacles.

Tactical Implications: Training the 9 specifically, how to combine with 8, 10, 7 & 11 to create scoring opportunities such as quick shots and playing penetrating passes to get in space behind the back line. Timing of pass and run has to be a major focus during this topic.

Motor Movements: How to explode into open space after playing the ball

Game Knowledge: Attacking Throw-ins

Game Management: How to defend and attack when down a goal with 10 mins left to play