



Fall Season Training Themes - Week 5

U8s

Technical: Dealing with a ball in the air/bouncing

- Mechanics- How to use chest, thigh, laces, inside of foot to gain control of the ball. Important players become used to or at least somewhat comfortable dealing with a ball coming to them in the air directly or off a bounce.
- Pressure- Initially do not use any pressure, then add minimal pressure once players show competency on the technical side of the topic (for example, just someone making a run at them while dealing with a ball in the air). With balls bouncing in the air, work towards full pressure to help the players learn how to position their body in order to win the ball and hold off a defender.

Motor Movements: How to jump off one foot- while running forwards, sideways and diagonally. Also, how to use the other leg to gain momentum. Finally, how to jump off one foot while standing still.

U9-U10s

Technical: Dealing with a ball in the air/bouncing

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- Pressure- Initially do not use any pressure, then add minimal pressure once players show competency on the technical side of the topic (for example, just someone making a run at them while dealing with a ball in the air). With balls bouncing in the air, work towards full pressure to help the players learn how to position their body in order to win the ball and hold off a defender.

Motor Movements: How to jump off one foot- while running forwards, sideways and diagonally. Also, how to use the other leg to gain momentum. Finally, how to jump off one foot while standing still.

Game Knowledge: What to do when the other team kicks the ball out of bounds because of an injury.



Fall Season Training Themes - Week 5

U11-U12s

Technical: Crossing & Finishing

- Mechanics- Last touch before crossing towards goal, take a peak before you play the ball, what part of the foot to use, where to place the ball based off direction of runs, where to place the plant foot to aid accuracy of cross, how to play the ball on the ground and in the air, different shapes/textures of crosses.
- Change of Speed- Pace of the runs (when to slow up, when to explode), pace of the pass so when to place it vs when to drive it.
- Pressure- Initially no pressure to work on actual proper crossing technique, timing of runs and finishing. Add a recovering defender chasing the crosser and introduce defenders in front of goal, take on a player 1v1 out wide and then deliver the cross.

Tactical Implications: Training the 2, 3, 7 and 11

- Defensive responsibilities and position when the ball is on the opposite side of the field vs when the ball is on your side of the field.
- 7 and 11 coming inside and making diagonal runs to the goal on the ball, 2 and 3 timing of overlapping runs and reading the visual cues of when to go. Placement of crosses based on speed and direction of runs into the box.
- Timing of runs!!! Very important to show players how easy it is to defend against a run made too early.
- Communication between 4 and 5 (who steps

Motor Movements: How to jump off one foot- while running forwards, sideways and diagonally. Also, how to use the other leg to gain momentum. Finally, how to jump off one foot while standing still.

Game Knowledge: Attacking kickoffs

U13-U14s

Technical: Crossing & Finishing

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- Change of Speed- Pace of the runs (when to slow up, when to explode), pace of the pass so when to place it vs when to drive it.
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