



Recreation Coaching Sessions

U13 – U15: Week 1

Dedicated to the Development of Our Youth, Through Soccer
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3v3 Plus 2 Neutrals



3v3 plus two neutrals

Purpose- A small sided directional passing game to improve possession.

Organization

The game is played in a 20x20 area. The object of the game is to dribble the ball over the end line, under control to score a point.

Progression

Players limited to two touch only

Floater limited to one touch only

Coaching Points

Encourage players to play quickly

Encourage players moving off the ball, to take up good supporting positions.

Ensure quality of pass

Be aware of options available

Good communication

Good decision making

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5v5v5 Game



5v5v5 Game = 10v5

Purpose-To improve possession and movement.

Organization

Size of area depends on ability of players- For technically gifted players make the area smaller, for progressive players make the area bigger.

The game is played with two colors playing against one e.g red and yellow against white (10 v 5)

Everytime the teams make six passes one point is scored

If the red or yellow team loose the ball, they would swap and become the defending team and the defending team would become the attacking team.

Progression

Ask attacking teams to play one or two touch only

Coaching Points

Good first touch out of feet

Good movement off the ball

Quick decision making

Play quickly

Be aware of what is available

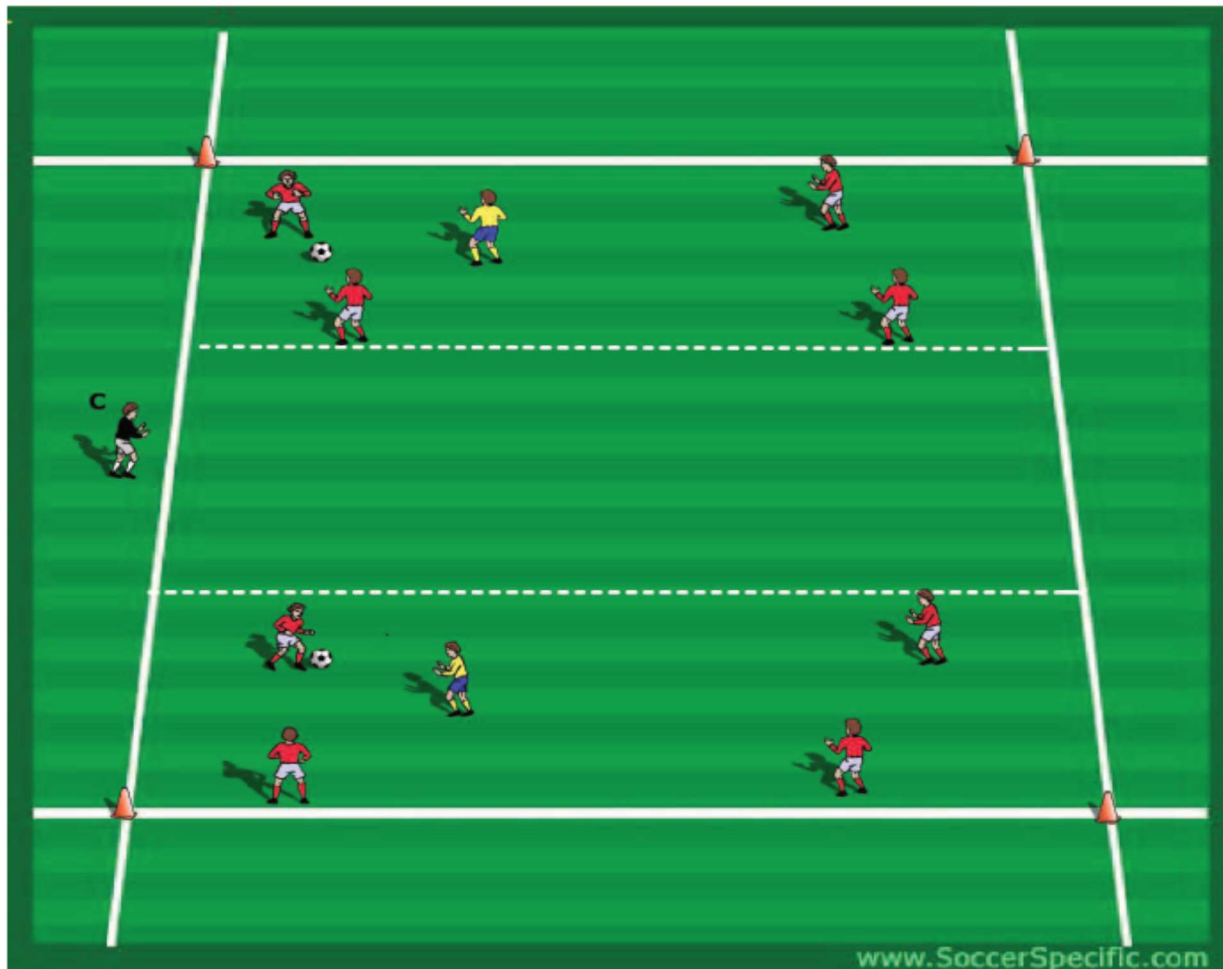
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Three Zone Game



Three Zone Game

Purpose- To improve possession.

Organization

Area 60 x20

4v1 games are played in the two grids

4 players keep possession of the ball. Every time five passes are made a point is awarded.

If players loose possession of the ball they swap with defender in the middle

Progression

4 players keep possession of the ball and when they have made a minimum of three passes they play the ball into the other end zone.

Coaching Points

Ensure players are keeping head up and looking to switch play.

Quick passes

Good first touch

Focus on long passing technique

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7v7 Plus 2



7v7+2 Area 40x20

Purpose- Improve possession and tempo of play

Organization

This is a fast moving possession game with a directional element. Players must keep possession of the ball and play to target player to score a point. When they have hit the target player they must attack the other side and get it to the other target player.

Different elements can be stipulated in the practice to make the players think

Progression

Play one or two touch

You must make a number of passes before playing the ball to a target player

Neutral players must receive the ball before playing to a target player

Coaching Points

Quick decision making

Quick passes

Movement off the ball

Communication

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Conditioned Game 7v7 Plus Goalkeepers



Conditioned Game 7v7 plus goalkeepers.

Play for 20 minutes working on the topic you have worked on at practice.

Concentrate on dribbling, passing, shooting, crossing, defending and award bonus points in the game if they use these skills.

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