



# Recreation Coaching Sessions

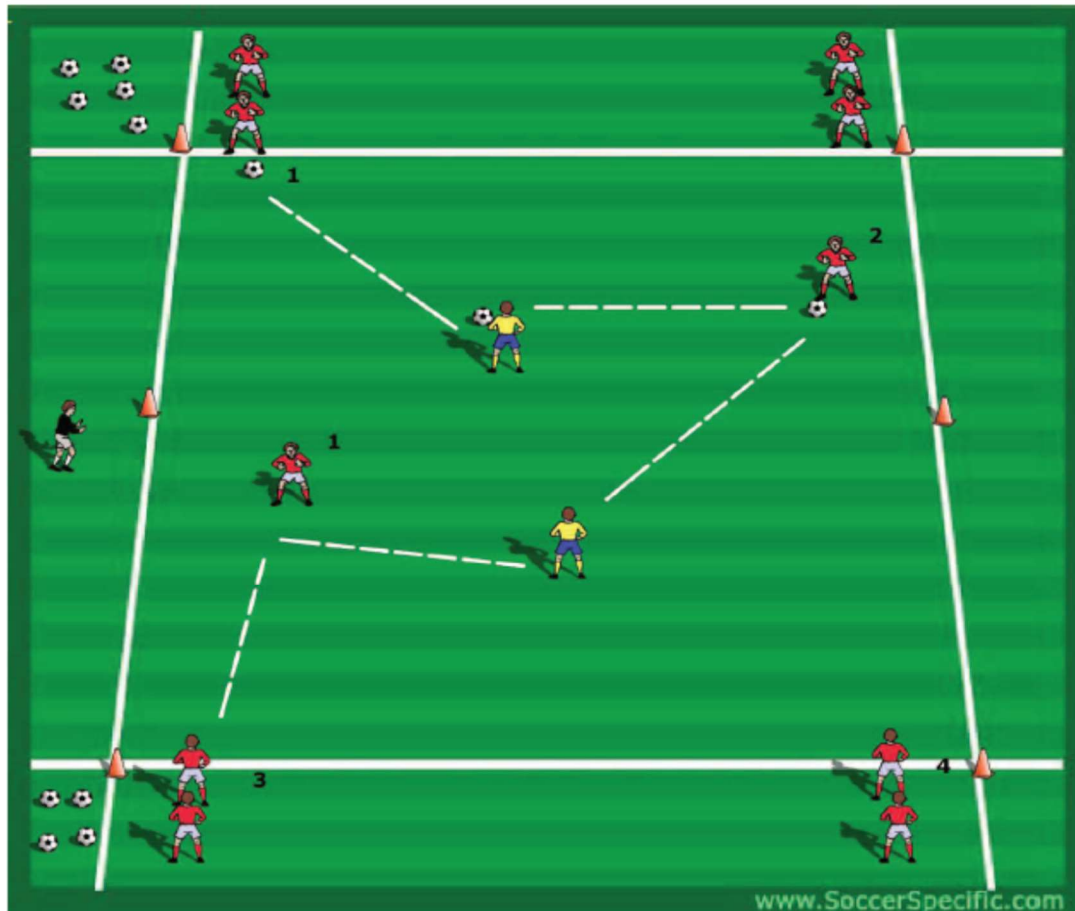
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**U13 – U15: Week 2**

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## Recreation Coaching Sessions U13 – U15: Week 2 **Passing Patterns: Cominations 1**



### Passing Patterns Combinations 1

#### Purpose

To improve passing and movement off the ball.

#### Organization

Players are placed in a grid 50x 25 as shown above.

Player one begins by passing the ball to the neutral yellow player

The neutral then plays the ball to player 2

Player 2 then passes the ball to the far neutral player.

The far neutral player then plays the ball to number 1 who has continued his/her run

Player number 1 then passes the ball to player number 3 and the sequence begins again.

For the sequence to work in the opposite direction the yellow neutral players must turn and face the other direction

#### Progression

Play balls from both ends. For this to work well the players in the middle must begin by facing the ball they are about to receive. As soon as they have played their combination they must turn and face the other direction to receive the ball from the opposite side

#### Coaching Points.

Ball must be played with good pace and direction

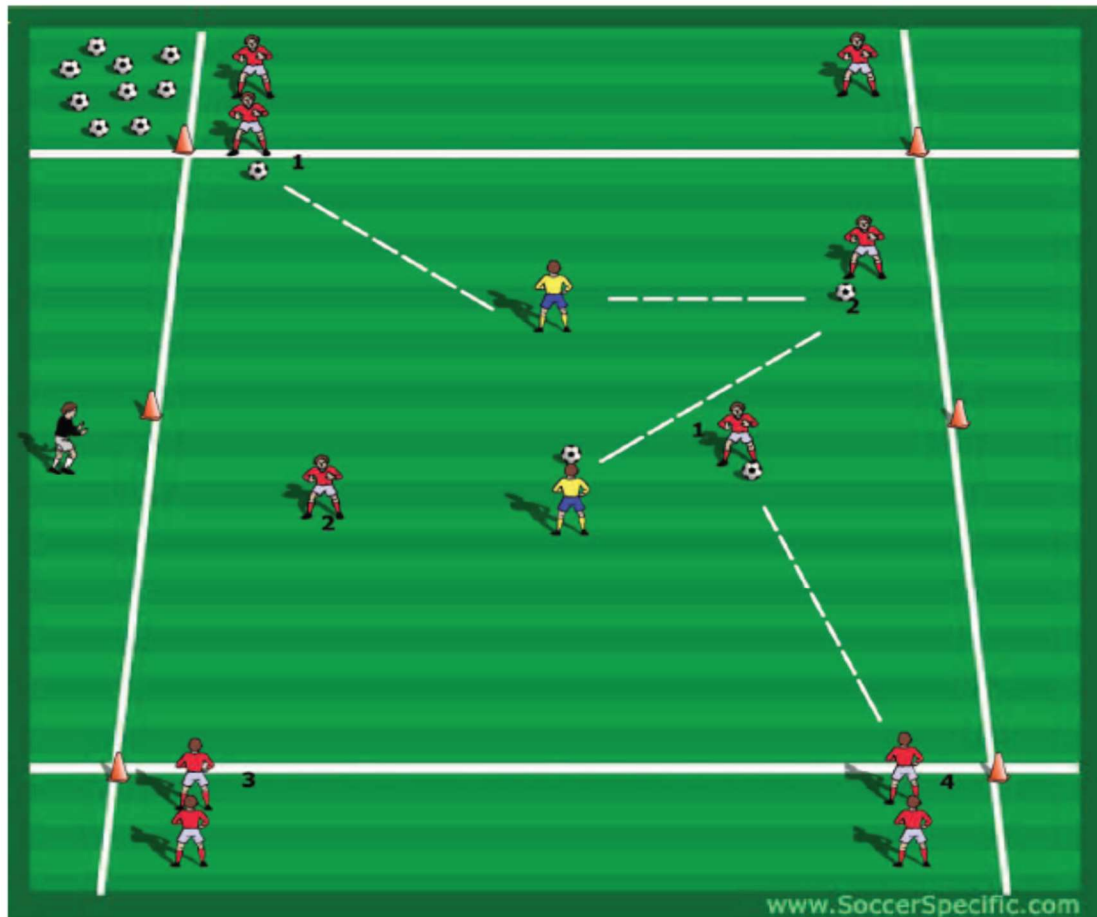
Time your runs so you burst on to the ball

Good communication

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## Recreation Coaching Sessions U13 – U15: Week 2 **Passing Patterns: Cominations 2**



### Passing Patterns Combinations 2

Purpose- To improve passing and movement off the ball.

#### Organization

Players are placed in a grid 50x 25 as shown above.

Player one begins by passing the ball to the first yellow player

The yellow player then plays the ball to player 2

Player 2 then passes the ball to the far yellow player.

When player 2 passes the ball to the far player , players 1 &2 run past the first yellow player and in front of the second yellow player then cross making diagonal runs.

The second yellow player then distributes the ball to either player 1 or 2 who then play the ball to players 3 or 4.

The players in yellow then turn to face the play and the sequence begins in the opposite direction.

#### Progression

Ask players to play 2 touch only.

#### Coaching Points

Balls must be played with good pace and direction

Time your runs so you burst on to the ball quickly

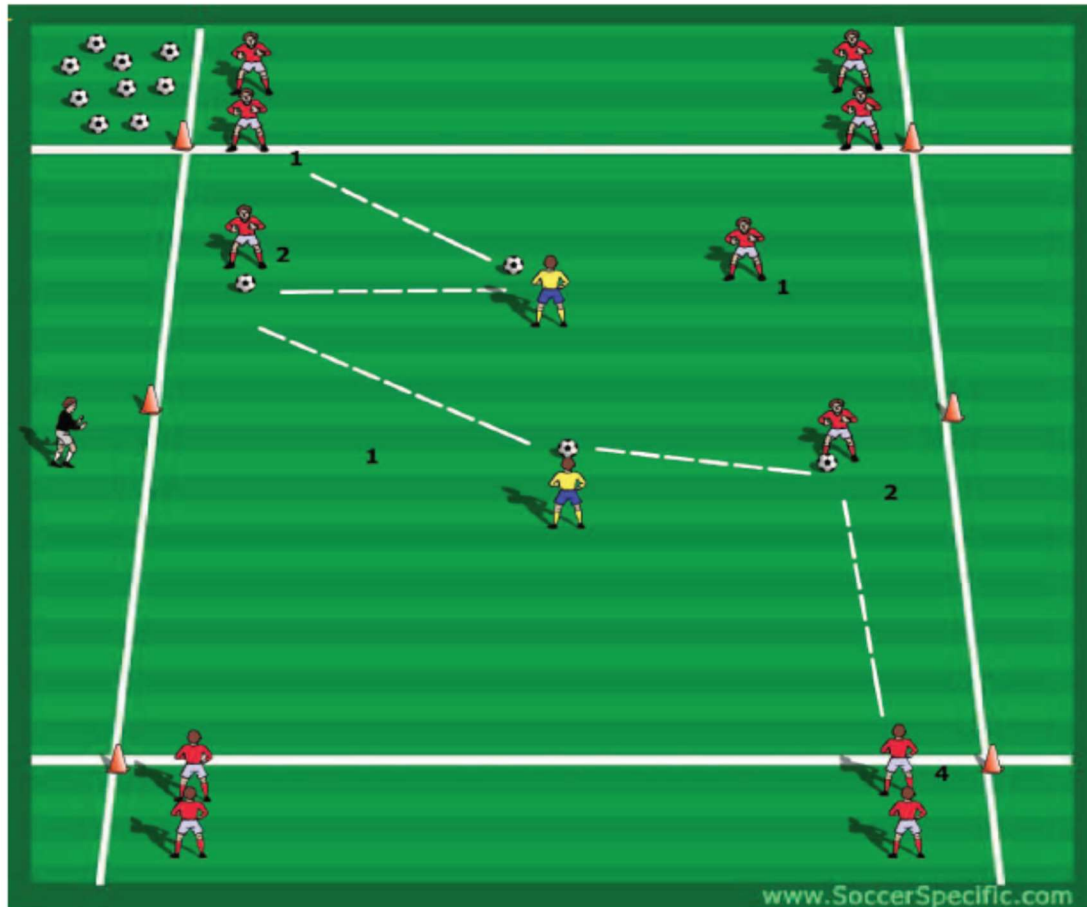
Make good diagonal runs as if you were trying to confuse defenders

Good communication

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## Recreation Coaching Sessions U13 – U15: Week 2 **Passing Patterns: Combinations 3**



### Passing Patterns Combinations 3

Purpose- To improve passing and movement off the ball.

#### Organization

Players are placed in a grid 50x 25 as shown above.

Player one begins by passing the ball to the first yellow player

The yellow player then plays the ball to player 2 who makes a diagonal run in front of the first yellow player and receives the ball as shown in the picture. Player 1 also makes a diagonal run in front of the first yellow player so he/she also ends up on the other side.

Player 2 then plays the ball to the second yellow player. Player 1 & 2 run past the first yellow player and then in front of the second yellow player cross again making a second diagonal run. The second yellow player then decides to play the ball to either player 1 or 2 who in turn play the ball to either player 3 or 4.

The players in yellow then turn to face the play and the sequence begins again in the opposite direction.

#### Progression

Ask players to play one or two touch only.

#### Coaching Points

Balls must be played with good pace and direction

Time your runs so you burst onto the ball quickly

Make good diagonal runs to confuse the defenders

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## Recreation Coaching Sessions U13 – U15: Week 2

### Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.

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