



Recreation Coaching Sessions

U13 – U15: Week 3

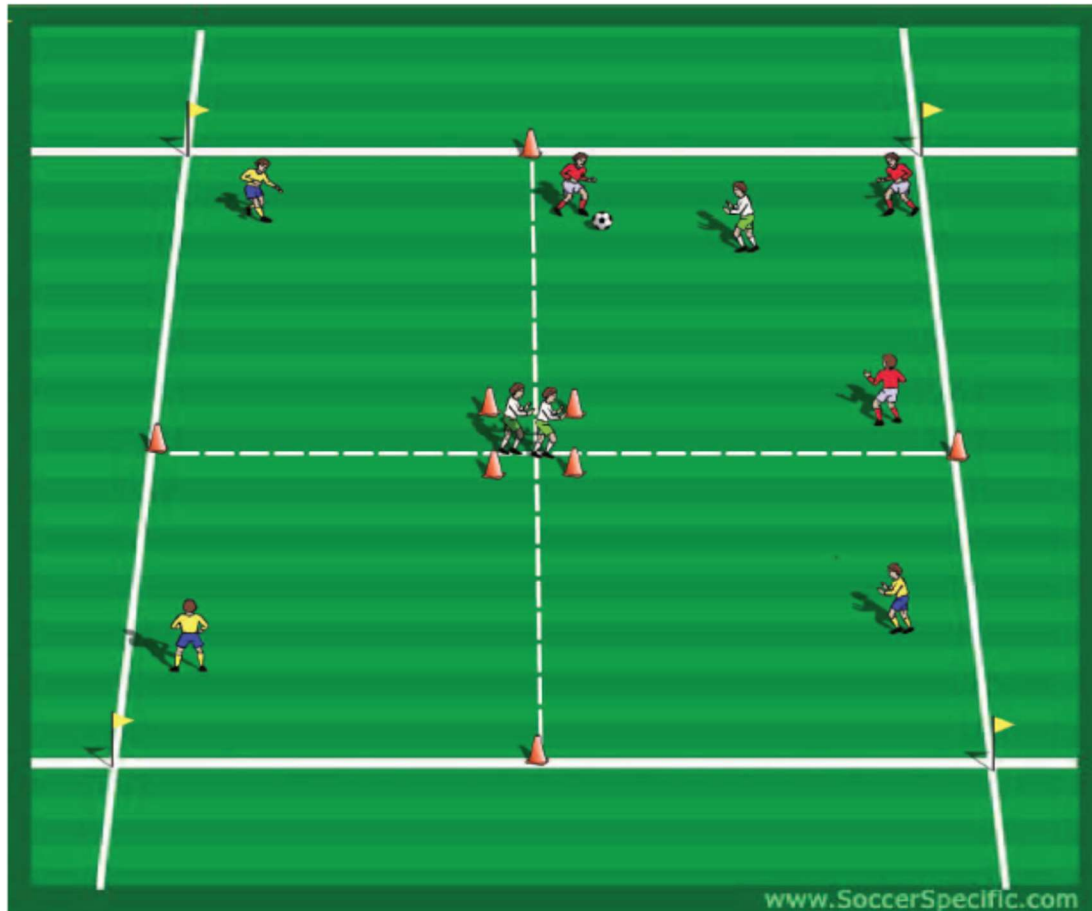
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Hornets Game



Hornets Game

Purpose- To improve close control, first touch and ensure good passing technique.

Organization

Grid is 20x20 area divided into 4 10x10 squares and is aimed at developing passing, supporting awareness and improving close control.

The objective for the team in possession is to make 3 passes in a square before passing to a supporting player in another square.

The defending team are positioned in the middle with one player allowed to go and win the ball. If he/she wins the ball the defending team swap with the team who lost possession.

Defending team always stay in the middle and change with each other when ball is played into another square.

Once three passes are made and a ball is played into another square his teammates immediately move to support him/her in the square.

Progression

Players now need to make six passes before passing to another square.

Can you play one or two touch only.

Coaching Points

Awareness and decision making

Accuracy of pass

Take good angles of support, making it difficult for defenders.

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Recreation Coaching Sessions U13 – U15: Week 3 **Small Sided Possession Game**



Small Sided Possession Game- 3v3 with four target players

Purpose- To improve teams ability of keeping possession

Organization

Area 40x20

Four target players are placed around the perimeter. The game is played with the restriction once you have passed the ball to a teammate you cannot receive the ball back until it has been passed to another teammate. Five passes make one point

Progression

Once a ball is passed to a perimeter player the person in the field becomes a perimeter player and the perimeter player joins the game

Encourage quick play by asking players to play one or two touch only

Coaching Points

Communication

Use all space on the field

Keep head up

Move to get open

Take advantage of the perimeter players

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Three Zone Game Possession with Direction



Three Zone game Possession with Direction

Purpose- To improve passing technique and movement off the

Organization

To show players the importance of possession in a competitive game.

The game is played in an area 50x40

To begin the game is played under normal rules but the players are instructed that they must stay in their zones and cannot move out of them.

The game is 7v7 with a neutral player allowed to go and play in any grid for the team in possession

Progression

The player in possession of the ball can now pass the ball into the next grid and are allowed to

follow their pass and move into the next grid, making a numbers up situation

Players are now allowed to pass into the far grid and miss out the middle grid.

Coaching Points

Communication

Movement off the ball into space to support the player and receive the ball

Give and goes

Shielding

Setting up passes in the final third for goal scoring opportunities

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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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