



Recreation Coaching Sessions

U13 – U15: Week 4

Dedicated to the Development of Our Youth, Through Soccer
www.millvillesoccer.com



Recreation Coaching Sessions

U13 – U15: Week 4

2v2 Activity with Servers



2v2 Activity with servers

Purpose- To improve dribbling and ability to beat players 1v1

Organization

The game is played in a 20x30 grid

Players play 2v2 with a server at each end. The server plays as a target player and always plays the ball to his/her teammates when they receive the ball

The aim is to score a point by moving the ball up the field and passing the ball to the opposite server.

When a point has been awarded the opposition take the ball and try to score at the opposite end

Progression

Attacking players must play at speed and a time limit is imposed to get the ball to the other side and score a point

Coaching Points

This can be used as functional training where the coach can highlight both attacking positions and defending positions

Coach highlights attacking positions as a pair, give and goes, overlapping and diagonal runs

Coach highlights defending positions, the placements of the first and second defender

Finally spacial awareness, quality first touch and the importance of good passes should be highlighted

Dedicated to the Development of Our Youth, Through Soccer

Visit www.millvillesoccer.com



Recreation Coaching Sessions

U13 – U15: Week 4

2v2 Activity with Servers and Players: Part 2



2v2 Activity with servers and Target players Part two

Purpose- To improve passing and dribbling technique.

Organization

The game is played in a 20x30 grid

Players play 2v2 with a server at each end, plus two target players are added. A point is scored every time the attacking team passes the ball to the opposition server

The attacking team are encouraged to use the target players to help maintain possession and enhance scoring opportunities.

Progression

If the attacking team decide to pass the ball back to their server, their server is allowed to enter the field of play until they lose possession making 3v2 situations

Coaching Points

Highlight both attacking and defending as a pair (see Part one)

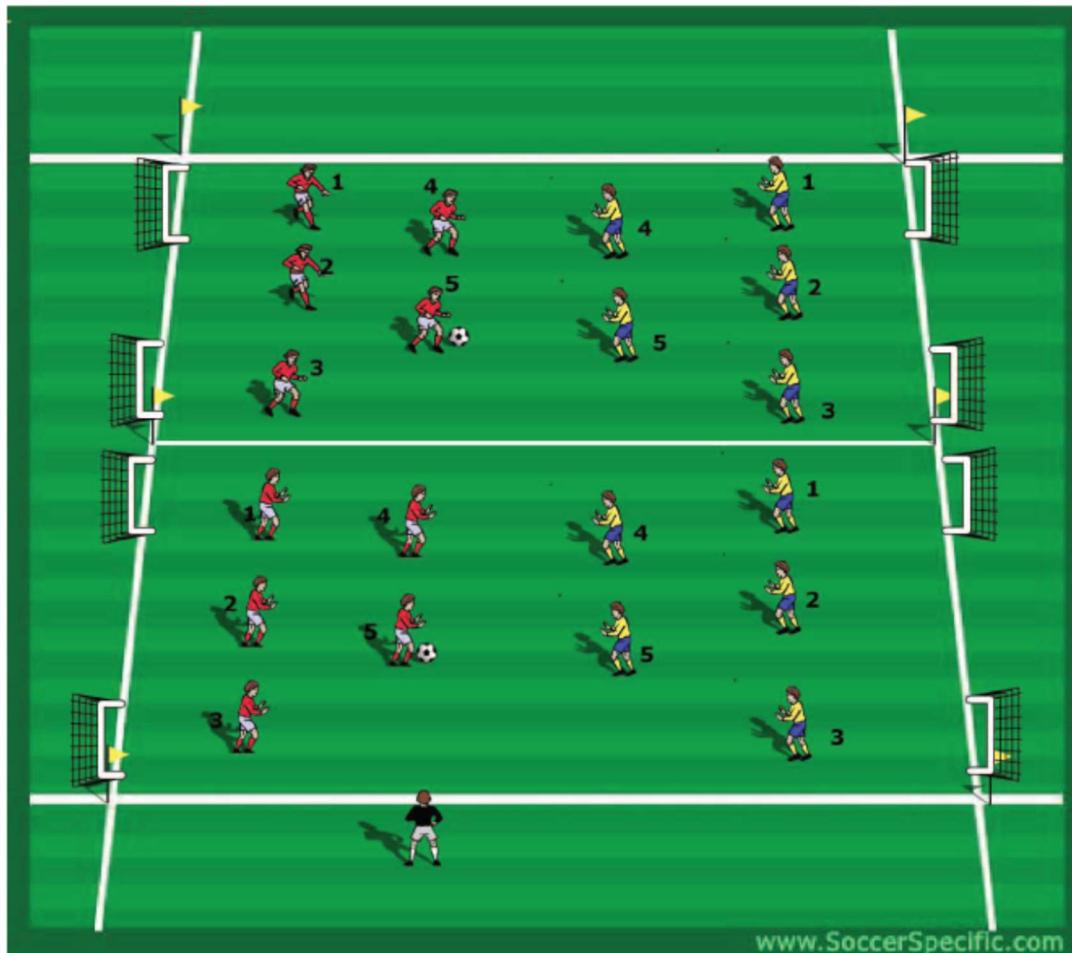
Communication

Play quickly good first touch,movement and passing

Dedicated to the Development of Our Youth, Through Soccer
Visit www.millvillesoccer.com



Recreation Coaching Sessions U13 – U15: Week 4 Small Sided Numbers Game



Small Sided numbers game

Purpose- To improve players technically and tactically.

Organization

Area set up approx 25x25

Group of 20 players split into four teams of five

Four goals are placed on each field

Players are numbered from one to five

When coach calls different numbers players whos numbers are called switch grids, while the game continues.

Progression

Ask players to play one or two touch only

Coaching Points

Coach can work on improving players in the game environment. For example

Players getting in position to support player on the ball

What the player in possession of the ball does and where the player goes after passing the ball

Coach can look at situations such as overlapping runs, diagonal runs, give and goes, encourage players to shoot. Coach can highlight situations that may occur in games.

Dedicated to the Development of Our Youth, Through Soccer
Visit www.millvillesoccer.com



Recreation Coaching Sessions

U13 – U15: Week 4

Conditioned Game 7v7 Plus Goalkeepers



www.SoccerSpecific.com

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.

Dedicated to the Development of Our Youth, Through Soccer
Visit www.millvillesoccer.com