



Recreation Coaching Sessions

U13 – U15: Week 5

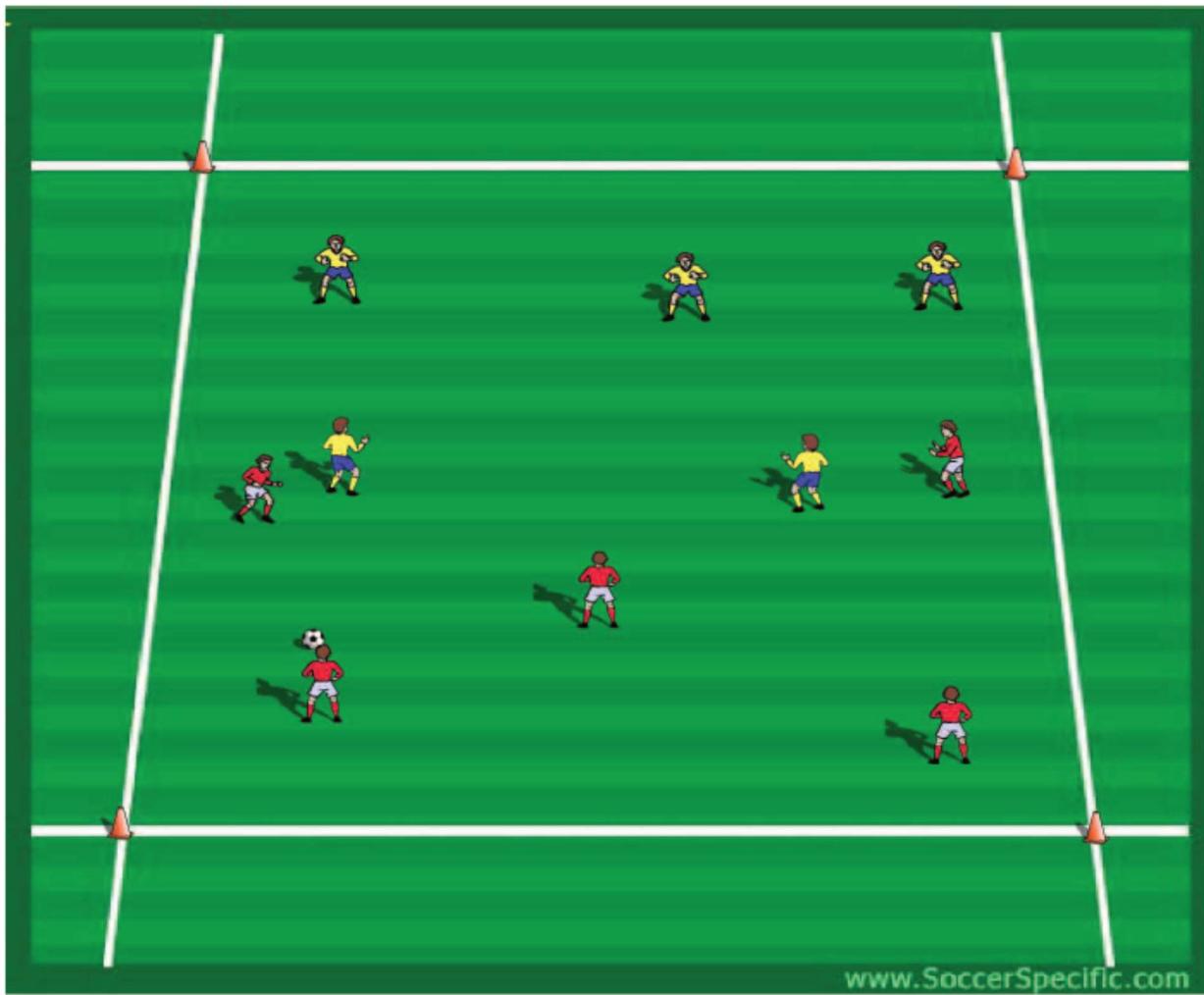
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Attacking 1: Handball



Attacking 1 Handball

Purpose- To create movement off the ball, offering good supportive positions.

Organization

Two equal teams play using half field. The object is to get the ball beyond the opponents end line. The ball is passed from hand to hand, however players are not permitted to run when they have possession of the ball. Each time a player receives a pass their teammates should move into a supporting position, which enables the team to move forward. The defending team are allowed to intercept a pass, however they are not allowed to take the ball away from a stationary player.

Progression

To score an additional point a player may head the ball to a teammate.

Coaching Points

Create triangles of possession between players to move the ball forwards.
Move forward into a good supporting position as soon as you have thrown the ball.

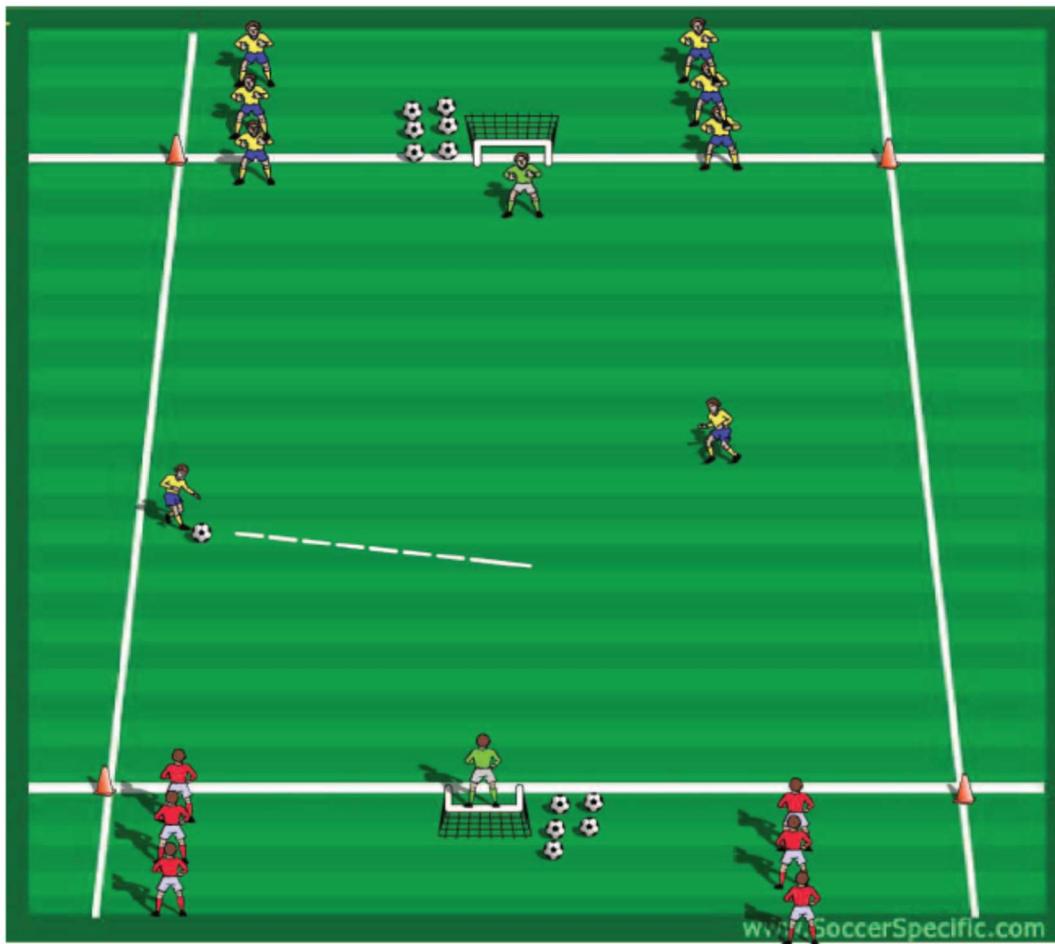
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Attacking 2: Crossing & Finishing



Attacking 2 Crossing & Finishing

Purpose- To improve crossing and finishing.

Organization

Set a goal up at each end of a 25x 30 yard grid, with a keeper in each goal. Lines are formed on either side of both goals. The keeper rolls the ball in front of the first attacker, who dribbles down the wing. As the keeper rolls the ball, the second attacker from the other side of the goal takes off down the field. The first attacker crosses the ball backwards to the second attacker for a shot on goal. Alternate the attacks from each end of the field.

Progression

Execute the drill the same way as before, but the two attackers play a give and go before running down the field and crossing.

Add a third attacker who can either shoot or put in rebounds.

Coaching Points

Pull the ball backwards for the second attacker.

Time your run, so you are meeting the ball at speed.

The ball should be struck with low to moderate power, focus on framing the goal and hitting the target before increasing the power.

Experiment with both instep and side foot shots.

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Attacking 3: Four v Two Attack



Attacking 3 Four v Two Attack

Purpose- To improve attacking to goal in a numbers up situation.

Organization

Four attackers play against two defenders on a 25x30 yard grid. There is one full size goal at one end of the grid with a goalkeeper. The four attackers begin at their own end line and attempt to combine to create a shooting opportunity. The defenders must clear the ball over their opponents end line to score.

Progression

Add one additional attacker and defender.

Restrict the number of touches that the attackers can have.

Add two counter attack goals on either side of the field, 25 yards out for the defenders to score in.

Coaching Points

The four attackers must provide width so that the defenders can be pulled away from the middle of the field.

Make quick passes from wide players to middle player to exploit holes in the defense.

Trail the ball backwards to a free player when the path ahead is blocked by a defender and the sideline.

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Attacking 4: Two Goal Attack



Attacking 4 Two goal Attack

Purpose- Improve attacking to goal in a small sided game.

Organization

Set up a playing field with two goals at each end and each goal with a keeper. Two teams play against each other and are allowed to score in both goals that they are attacking. Players are encouraged to shoot at either goal as soon as they have an opening.

Progression

Award a bonus goal if the shot is scored by a players weaker foot.

Award a bonus goal if team scores follow a switch of fields.

Coaching Points

Switch the point of attack to set up teammates in front of open goals.

Trust your weaker foot, if the shot is on your weaker foot, encourage players to take the shot and not take the extra touch to use their stronger foot.

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Conditioned Game 7v7 Plus Goalkeepers



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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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