



Recreation Coaching Sessions

U13 – U15: Week 6

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



Recreation Coaching Sessions

U13 – U15: Week 6

Conditioned Games 1: Counter Attack



www.SoccerSpecific.com

Conditioned Games 1 Counter Attack

Purpose- Small sided activity to improve counter attacking soccer.

Organization

Divide the group into teams and play in one half of a field, one team attacking the main goal and one attacking two small goals, set up 10 yards inside the half way line. The team defending the main goal must dribble the ball through either of the two small goals to score a point. Change ends after 5 minutes.

Progression

Once one of the players dribble through either of the small goals, their team immediately changes direction and now attacks the main goal.

Coaching Points

Always be looking to create a shooting opportunity while you are dribbling towards the main goal. Look to take advantage of players being out of position following a turnover of possession. As soon as you have dribbled through a small goal, look up and accelerate into the space.

Dedicated to the Development of Our Youth, Through Soccer

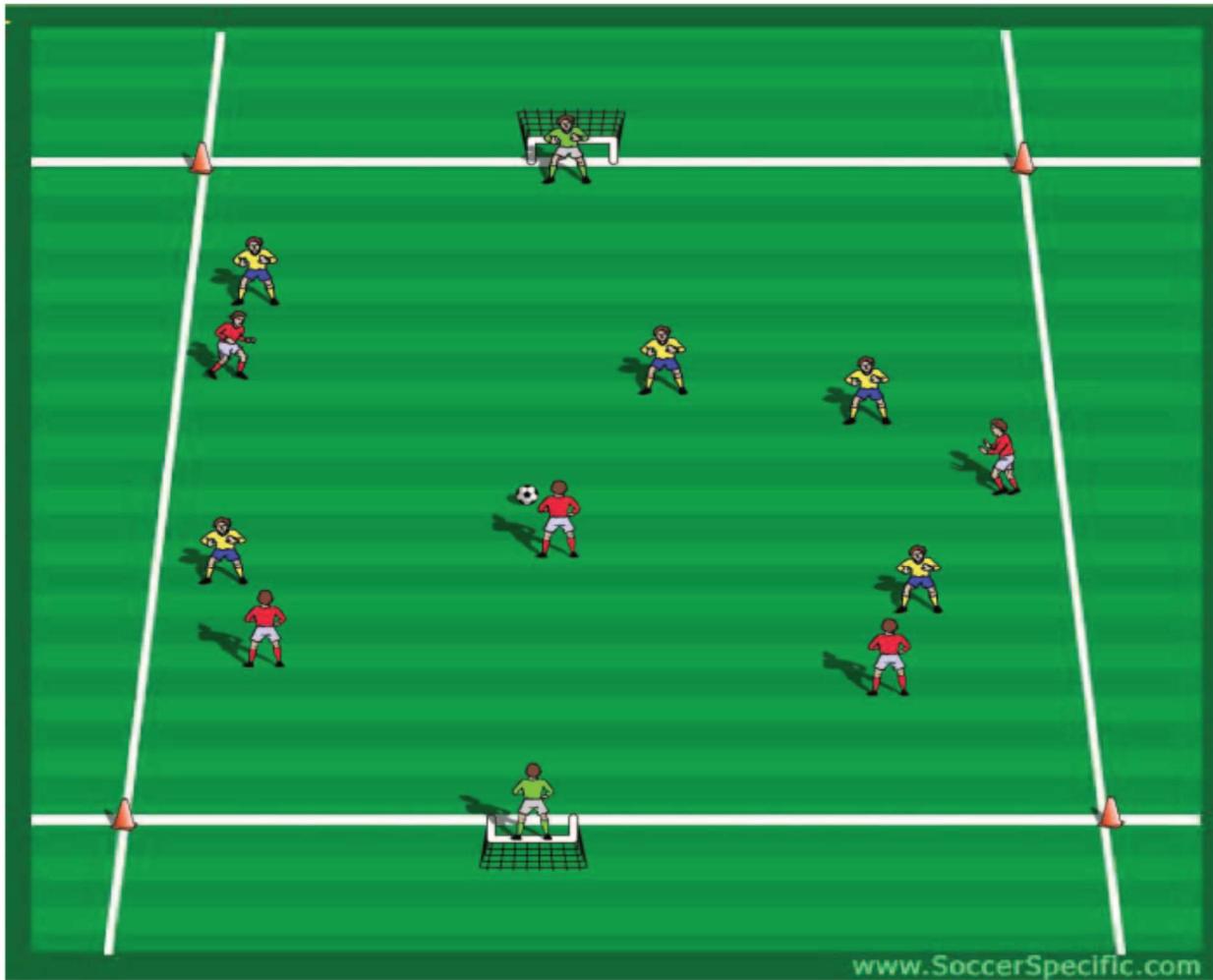
Visit www.millvillesoccer.com



Recreation Coaching Sessions

U13 – U15: Week 6

Conditioned Games 2: Shooting Attack



Conditioned Game 2 Shooting Game

Purpose- To improve goal scoring.

Organization

Set up a small sided game on a 30x40 yard grid between two equal teams with goalkeepers. The teams play normally until you place a restriction on the game, which determines when and how they are allowed to shoot at goal.

Progression

Player may only score from a back pass.

Players may only score after a give and go.

Players may only score after a take over.

Players must shoot within 10 seconds of possession.

Coaching Points

Communicate with your teammates so they know how to combine with you to create an opening. If you are close to goal concentrate on accuracy rather than power.

Dedicated to the Development of Our Youth, Through Soccer

Visit www.millvillesoccer.com



Recreation Coaching Sessions

U13 – U15: Week 6

Conditioned Games 3: Combinations



www.SoccerSpecific.com

Conditioned Games 3 Combinations

Purpose- To improve various combinations in games.

Organization

Set up a small sided game on a 30x40 yard grid between two equal teams with no goalkeepers. The teams then play normally until you place a restriction on which combinations they must play before they are allowed to shoot at goal.

Progression

After a give and go around a defender.
After a double pass with another player
After an Overlapping run
After five consecutive passes

Coaching Points

As soon as you win possession, move the ball quickly to prevent defenders retreating into covering positions.

Communicate as a team.

Use quick short passes to break down the last line of defense.

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



Recreation Coaching Sessions

U13 – U15: Week 6

Conditioned Games 4: Crosses and Finishing



www.SoccerSpecific.com

Conditioned Game 4 Crosses and Finishing

Purpose- To improve crossing and finishing.

Organization

Divide the group into two equal teams, with one neutral player positioned in a 5 yard channel outside of each of the side lines. When a neutral winger receives the ball they may not be challenged and may dribble into a position to cross the ball to the team who passed to them. The attacking players making attacking runs towards the front, middle and back to goal.

Progression

The wingers must first combine with a field player before crossing.

The neutral wingers are limited to 3 seconds of possession before an opponent is allowed to enter the channel and challenge them.

Coaching Points

Bend your run towards the goal so that you are attacking the path of the ball as it comes towards you.

Communicate with your teammates if you are positioned well for a header on goal.

Time your run and your jump to take the ball at the highest point.

Dedicated to the Development of Our Youth, Through Soccer

Visit www.millvillesoccer.com



Recreation Coaching Sessions

U13 – U15: Week 6

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.

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