

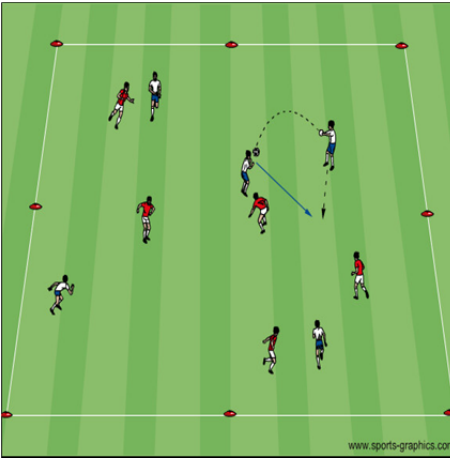




Competitive Activities for U14 Players

(12, 13 and Some 14 Year Olds)

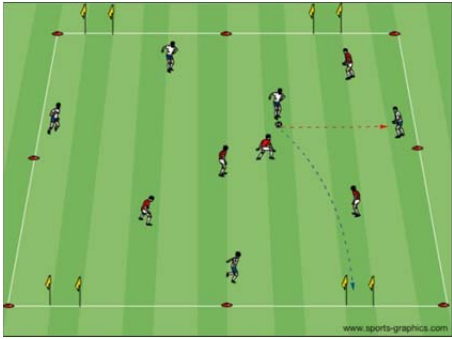
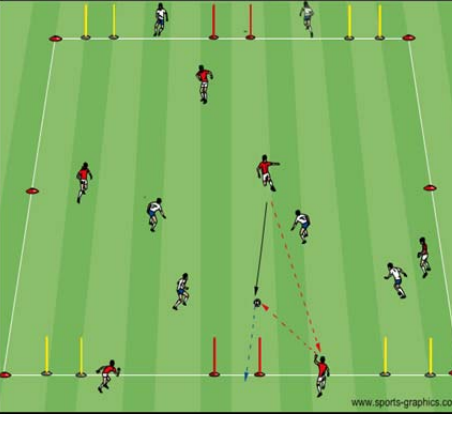
3v3 with 2+2	Activity Description	Coaching Objective
 <p>Or</p> 	<ul style="list-style-type: none"> • Coach sets up a 35x25 yard grid. • 1 team of 3 red players v 1 team of three white players in the grid. • The red team will have 2 target players on opposite sides of each other and 2 yellow targets on opposite sides on the outside of the field. • The target players can move freely along their sidelines. • Red team tries to keep possession of the soccer ball and find red targets on the outside. Yellow team attempts to do the same. • To score points, a team must play the soccer ball to one of their targets and get it back. First team to 10 points wins. 	<ul style="list-style-type: none"> • Receiving the ball with hips open to new directions • Recognizing visual cues of target players (lateral movement, head up, eye contact) • Play in the direction you are facing <p>Variation: 1 player plays the soccer ball into a target and a different player has to receive it.</p>

Throw-Head-Catch	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 35x45 yard grid. • 2 teams of 5-8 players per team. • Each team defends an end line and tries to score across the opposite end line. • The team in possession of the soccer ball plays by throwing the ball to their team mates. Their team mates can catch it, for possession only, or head back to a team mate for a point. • The player with the soccer ball in his hands cannot move more than a couple of momentum steps. • The opposing team tries to intercept a pass and attack in the opposite direction. • Either team who can head the soccer ball across the opposition's end line is awarded 5 points. 	<ul style="list-style-type: none"> • Heading technique (eyes open, body shape, using the forehead, chin tucked tight) • Heading while under pressure • Heading for attack <p>*Variation: Game can be played to regulation sized goals for scoring also.</p>





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5v5 or 6v6 to 4 Goals	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 40-45 x 55-60 yard grid with 2 goals at each end line. • Coach divides the players into 2 teams of 5 or 6 players. • 6 players attack the big goal. • Each team defends 2 goals and tries to score on the 2 goals on the opposite end line. 	<ul style="list-style-type: none"> • Closest defending player to the ball must apply immediate pressure on the soccer ball. • Next closest defenders must support their pressuring team mate • Try to block penetrating passes
4v4 with 2+2 to 6 Goals	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 35 long x 60 wide grid with 3 goals at each end. • 2 teams of 4 in the grid. Each team has 2 additional target players by the attacking goals. The targets to move laterally to support any of the goals. • teams can score in any of the 3 goals they are attacking by playing the soccer ball through a goal. • If a team can play the soccer ball into either target then receive it back to score, the goal is worth 3. • Game last for 7 minutes or 10 points; whichever happens first. 	<ul style="list-style-type: none"> • Speed of play • Combination play in the attacking third of the field • Recognizing the opportunity to play a penetrating pass

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4v4 + 1 to Goal and Counters (Goalie in Goal)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 44 wide x 60 long grid with a big goal at one end and 2 small goals near the flank on the other end line. • 1 Goalie remains in the big goal and has to protect the goal. He plays with the team defending the big goal. • 4 players attack the big goal and 4 players attacking the 2 small goals. 1 neutral player plays with the team attacking the big goal. • If the team attacking the big goal scores, they keep attacking the same direction. • If the team attacking the 2 small goals scores on either goal, they restart with possession and, now attack the big goal. They also gain the advantage of the neutral player as long as they do not concede a goal. 	<ul style="list-style-type: none"> • Create attacking and counter attacking shape • Maintaining possession in the attacking half of the field • Recognizing when to high pressure defense immediately upon lose of possession
	<ul style="list-style-type: none"> • Coach sets up a 60 wide x 70 long grid with a big goal at one end and 3 small goals on the opposite end line. • 1 Goalie remains in the big goal and has to protect the goal. He has 5 defenders in front of him. • 6 players attack the big goal. • The 6 attackers must score 1 goal before the defensive team scores 4 goals in the counter goals. • The top of the penalty box represents the offside line for the team attacking the big goal. 	<ul style="list-style-type: none"> • Trying to penetrate the defense with a dribble, pass or shot in order to score • Patient attacking to create 1, quality, goal scoring opportunity • Attacking players transitioning to immediate defensive roles to keep the attack alive



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Heading to Goal (services from the flank)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 50 x 50 yard field with a big goal at each end. • Coach divides the players into teams of 5 + Goalie. • 4 neutral players play in the flank and help the team in possession of the soccer ball. • Each team will play a 2 defender and 3 attacker formation. • Keepers and defenders are trying to play the ball to the flank players. Flank players cannot be defended in the flank • Services from the flank to the attackers are mixed but the intent is to deliver the soccer ball below head height so the attackers do not have to jump to contact the ball. • Attacking team is trying to score on the opposition's goal from the flank service. • Goals created from the flank are worth more points as are goals scored from head balls. 	<ul style="list-style-type: none"> • Attackers creating space away from defenders. • Make eye contact early to serve the ball on the run • Attackers should get across the defenders • Goalies have a short flank option and a long
<p>7v7 + 3 to 2 Big Goals</p>	<p>Activity Description (Defensive Team shape)</p> <ul style="list-style-type: none"> • Coach sets up a 50 x 65 yard field with a big goal at each end. • Coach divides the players into teams of 6 + Goalie. • 3 neutral players help the team in possession. • Each team must defend 1 goal and try to score in the other. • The defending team must pressure the soccer ball and create a supporting shape behind the ball. 	<p>Coaching Objective</p> <ul style="list-style-type: none"> • Defensive team must immediately pressure the soccer ball and provide cover • How quickly can the remainder of the defending team provide balance goal side of the soccer ball?



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8v8 + 2 to 2 Big Goals (7 + GK vs 7 + GK)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a 65 x 75 yard field with a big goal at each end. • Coach divides the players into teams of 7 + Goalie. • 2 neutral players play as field players and help the team in possession of the soccer ball. • Each team must defend 1 goal and try to score in the other. • The team in possession of the soccer ball can use the neutral players to give them more players to attack the defense. 	<ul style="list-style-type: none"> • unbalancing the defense through creative play • Decision making of when to play direct and when to possess for other options ...Or... • Maintaining compactness in your defense

8v8 to 2 Big Goals (Up to 11v11)	Activity Description	Coaching Objective
	<ul style="list-style-type: none"> • Coach sets up a field; full width and about 2/3 length (longer with more players) with a big goal at each end. • Coach makes 2 teams of 8-11 players. • Each team must defend 1 goal and try to score in the other. • Play the game! 	<ul style="list-style-type: none"> • Both offensive and defensive decision that only a game can provide.