



Date: July 9	Team: U14	Duration of Session: 60 min	Intensity/Load: Light
Theme/Goals: Session 1 Revisit Individual Behaviors, Passing/Receiving)			

I. Diamond Passing Pattern (3 groups)

II. Diamond Possession 4v2 (4 groups)

III. Ball Mastery (1 group)

IV. 8 v 8 + 8 Possession (1 group)

Dynamic Warmup

DURATION: 12'	FIELD SIZE: 16x24	INTENSITY/LOAD: Light
COACHING POINTS:		
3 groups. Players perform the following passing patterns. Work both left and right side.		
A-B-C-D dribble back (2 x 1:30)		
A-B-C-B-C (wall pass)-D dribble back (2x 1:30)		
A-B-A-C-B-D dribble back (2x 1:30)		
Coaching Points: taking looks, opposite movement, timing of movement, playing front foot, quality of pass, establishing tempo		
Attitude to training		

Phase 1

DURATION: 20'	FIELD SIZE: 16x24	INTENSITY/LOAD: Light
COACHING POINTS:		
4 groups of 8 players. Players score a point by getting it to the top of the diamond.		
3 x 1'30' practice, 3 x 1'30' P1, 3 x 1'30' P2		
Progression 1) Blue players not allowed to come off the line in the middle.		
Progression 2) Blue players can go anywhere		
Coaching Points: Taking looks, opposite movement, timing of movement, quality of pass, changing tempo, beat line with pass P2 or P3, deceptive and creative, support (wide, wide, top)		
Attitude to training		

Phase 2

DURATION: 3'	FIELD SIZE: 20 x 20	INTENSITY/LOAD: Medium Light
COACHING POINTS:		
4 5 x 5 yard boxes		
2 players in each box		
5 minutes of coerver work, 4 coevers - 45 seconds work / 30 seconds dribble to next box/ rest - stretch		
Coervers:		
#1 inside taps, right foot inside out, left foot inside out, both feet inside out		
#2 toe taps, right foot push pull, left foot push pull, both feet push pull		
#3 pull push push both feet, quick U, U with a chop		
#4 triangle both directions, triangle with a chop		

Phase 2

DURATION: 9'	FIELD SIZE: 45 x 55	INTENSITY/LOAD: Medium Light
COACHING POINTS:		
3 teams of 8 players		
4' game - 1 minute rest		
Players look to keep possession using bumper players on outside.		
Coaching Points: Taking looks, opposite movement, quality of pass, change tempo, beat line with pass, sophistication (sole of foot, no look) deception & creativity!		
Attitude to training		