

# U.S. WOMEN'S NATIONAL TEAMS PROGRAM



Date: 7/14/2016	Team: U14 GNT	Duration of Session: 60	Intensity/Load: Light
Theme/Goals: Revisited Combination Patterns, Diamond Work, & Finishing			

### I. Combination Patterns

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### Phase 1

DURATION: 15'	FIELD SIZE: 5x15	INTENSITY: Light
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**ORGANIZATION & COACHING POINTS:**

Always start with two passes - Player A to B to A prior to starting each combination below.  
Repeat on Opposite side in Opposite Direction

Phase 1: High Low High (A-B-A-C); (C-D-C-A)  
Phase 2: Wall Pass (A-B-A-B-C); (C-D-C-D-A)  
Phase 3: Player B dribbles inside and A overlaps (A-B dribble A-C)  
Player D dribbles inside and C overlaps (C-D dribble C-A)

**Coaching Points:**  
Technical execution, ball control in contained space, finding proper foot, proper movement, coordination/balance

### II. Diamond Possession 4v2 (3 groups)

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### Phase 2

DURATION: 15'	FIELD SIZE: 16x24	INTENSITY: Light
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**ORGANIZATION & 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

### III. Finishing

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### Phase 3

DURATION: 20'	FIELD SIZE:	INTENSITY: Light
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**ORGANIZATION & COACHING POINTS:**

Power Finishing Exercise set up as shown.

- 1) Dribble, Wall pass and power shot
- 2) Pass to target who turns and finishes through gate 1
- 3) Dribble and power shot through gate 2 (left side)
- 4) Technical finish off 1 touch inside 18

Rotation:- 1-2-3-4-1

**Coaching points:-** Mentality to score- attitude, Technique to finish (plan foot, approach, point of contact on ball), reading the goalkeeper (wheres the space?), intensity to train.

**IV:**