

# U.S. WOMEN'S NATIONAL TEAMS PROGRAM



Date: July 11	Team: U14	Duration of Session: 75 min	Intensity/Load: Medium
Theme/Goals: 5 - Recap of Combination Play (Wall Pass, Overlap, High-Low-High)			

**I. Technical Ladder - Ground (3 groups)**

**II. Unopposed Combination Play (3 groups)**

**III. 3v3+4 End Zone game (3 groups)**

**IV. 9v9+8**

**Dynamic Warmup**

DURATION: 15'	FIELD SIZE: 5x15	INTENSITY/LOAD: Medium Light
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**COACHING POINTS:**

Must execute technical pattern with specific touch restriction and use of proper foot. Earn a point once it is completed with final player.

Vary patterns (2 touch & Play Front foot, Wall Pass, High Low High)

Coaching Points: technical execution, ball control in contained space, finding proper foot, coordination/balance, both feet, compete!

**Phase 1**

DURATION: 12'	FIELD SIZE: 15x45	INTENSITY/LOAD: Medium Light
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**COACHING POINTS:**

Players go through the third and perform the following combinations. Whichever player at the end is given the ball, they must first play across to teammate who then plays a ball in and joins.

- 1) Wall Pass 1:30 (Dribble at the defender, disguise, quality of pass, support, change of speed.
- 2) Overlap 1:30 ('Hold' Dribble at defender at angle, engage defender, inside overlap vs. outside overlap, penetrative pass
- 3) High Low High 1:30 (Shape, Diagonal passing, Aggressive support underneath, Quality of pass)
- 5) Choice 1:30

**Phase 2**

DURATION: 20'	FIELD SIZE: 20x30	INTENSITY/LOAD: Medium Hard
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**COACHING POINTS:**

4x1:30'- 1v1 game, 4x1:30- Combo play game, 4x 1:30- final pass  
 What are the combinations and how and where can we get behind the line?  
 Progression 1 Only score by dribbling 1v1 into end zone  
 Progression 2 Only score by combining to get into end zone  
 Progression 3 Final pass only

Coaching Points:  
 1v1 (Change of speed, change of direction, creativity, unpredictability)  
 Sole of foot to slow tempo of game down  
 Combination Play (WP, OV, HLH, TO) where on the field

**Phase 3**

DURATION: 20'	FIELD SIZE: 50x60	INTENSITY/LOAD: Medium Hard
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**COACHING POINTS:**

9v9+8 (2-1-3-1)  
 Game set up as shown with a 7 yard flank channel on each side.  
 2 Neutrals in Wide Channel (1 each side)  
 2 Neutrals inside the game  
 Endline Neutrals must be 4 yards away from goal  
 Play 8v8+8 (Wide bumpers have unlimited touch in offensive half, 2 touch in defensive half, End-line bumpers have 1 touch)  
 Cant score without a combination  
 Coaching Points:  
 Combination Play (WP, OV, HLH, TO), where on the field.

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