

U.S. WOMEN'S NATIONAL TEAMS PROGRAM



Date: July 10, 2016	Team: U14	Duration of Session: 75 min	Intensity/Load: Medium
Theme/Goals:		Session 2 Recap 1 v 1 / Numbers up Attacking	

I. Dribbling (4 groups)

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II. 1 v 1 or 2 v 1 (3 groups)

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III. 3 v 3 or 4 v 3 (2 groups)

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IV. 7 v 7 + 2 (2 groups)

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Dynamic Warmup

DURATION: 12'	FIELD SIZE: 10 x 15	INTENSITY/LOAD: Medium Light
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COACHING POINTS:

Change of direction dribbling with timing and coordination components.

Phase 1: Dribble, One COD, Two COD, Spin Out
 *Include penetration moves (ie: scissors) as well as possession moves (ie: changing feet, spinning out). Introduce different surfaces of foot and require tempo change (Change of speed, change of direction).

Phase 2: Add passive defender in the middle to encourage decision making

Coaching Points: Using all surfaces both feet (inside, outside, sole, heel). Creative, dynamic and deceptive, tight controlled touches, **BALANCE/COORDINATION**

Phase 1

DURATION: 20'	FIELD SIZE: 15x 20	INTENSITY/LOAD: Medium Light
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COACHING POINTS:

Combine 2 of previous fields to create field. 2' x 4 for each phase (switch attacking and defending team each time) **VARY ENTRY POINTS**

Phase 1: 1v1 to two goals.
 Phase 2: 1v1 with option to keep possession (spinning out) and create 2 v 1. Attacking group gets 10 balls. Competition between groups to have highest score.
 ** Must dribble penetrate into "finishing zone" prior to scoring on either goal

Coaching Points: Using all surfaces both feet (inside, outside, sole, heel). Creative, dynamic and deceptive, recognize when to penetrate vs when to keep possession, tight controlled touches.

Phase 2

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

Combine 1.5 of previous fields to create field. 2' x 4 for each phase (switch attacking and defending team each time) **VARY ENTRY SIDE**

Phase 1: Attacking group gets 10 balls. Competition between groups to have highest score.
 Phase 2: Option to spin out and add 4th attacker to keep possession and recreate numbers up situation.
 ** Must dribble penetrate into "finishing zone" prior to scoring on either goal

Coaching Points: Using all surfaces both feet (inside, outside, sole, heel). Creative, dynamic and deceptive, recognize when to penetrate vs when to keep possession, when to go 1 v 1 or combine to attack, tight controlled touches.

Phase 3

DURATION: 15'	FIELD SIZE: 50 x 60	INTENSITY/LOAD: Medium Hard
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COACHING POINTS:

2 dribble penetration goals.
 Goal=2 pts
 Dribble=1pt

Coaching Points: Using all surfaces (inside, outside, sole, heel). Using both feet. Being creative. Dexterity, coordination, and balance of the player. Taking looks.
 When to penetrate vs when to keep possession, tight controlled touches with all surfaces and both feet, deception, shielding the ball, ball mastery.

Remove dribble penetration goals and end with open play last 5 minutes