

U.S. WOMEN'S NATIONAL TEAMS PROGRAM



Date:	July 11	Team:	U14	Duration of Session:	75 min	Intensity/Load:	Medium
Theme/Goals:	Session 4 - Revisit Combination Play/Finishing						

I. Technical Ladders - Air



Dynamic Warmup

DURATION: 10' FIELD SIZE: 5x5 INTENSITY:

ORGANIZATION & COACHING POINTS:

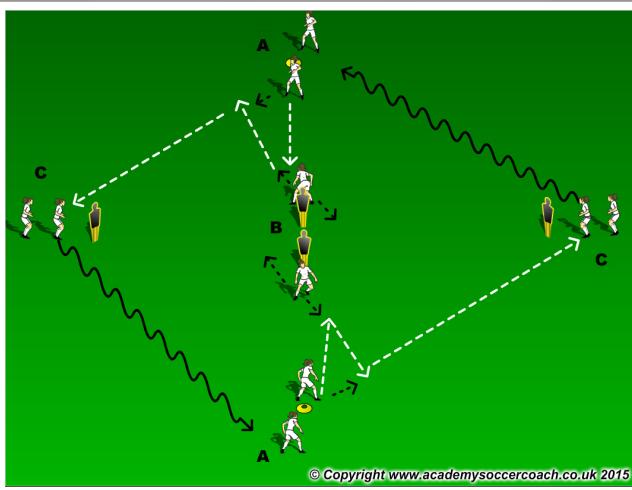
Players partner up - 1 ball

Must execute technical pattern before entering next box, complex all 3 boxes of the same pattern and team earns 1 point

Vary patterns (laces laces - laces laces - catch), (thigh thigh laces - thigh thigh laces - catch) etc....

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

II. Diamond Combination (2 groups)



Phase 1

DURATION: 15' FIELD SIZE: 24 x 24 INTENSITY: Medium

ORGANIZATION & COACHING POINTS:

work for 1' in one direction then 1' in opposite direction 1' rest

Patterns:

to get rotation down: A-B turns to C in front of pole, dribble to opposite A

1. A-B-C - speed dribble to A

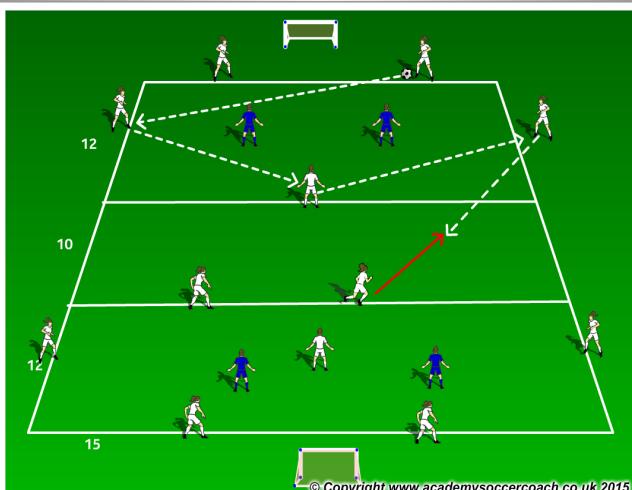
2. (High low pass) A-B-A-C touch behind pole, pass to opposite A

3. (Wall pass) A-B-A-C wall pass with B around pole, pass to opposite A

4. (Overlap) A-B-A-C dribble inside of pole, B overlaps C to B to opposite A

Coaching Points: "taking looks", timing of movement, pace of pass, playing proper foot, change of speed

III. 5v2 to 2 to 5v2 (2 groups)



Phase 2

DURATION: 15' FIELD SIZE: 15 x 34 INTENSITY: Medium

ORGANIZATION & COACHING POINTS:

White team (in top grid) aims to complete a minimum of 3 passes and combine out of the first grid into the middle grid then into the end group for a point.

Two white players on top of bottom grid can be active when top 5v2 is playing and be involved in the combination to penetrate into the opposite grid.

If Blue team wins ball, they can score in small goals.

3' x 2 for training

3' x 2 for competition

Phase 2: add 1 defender in middle grid (2 coaches)

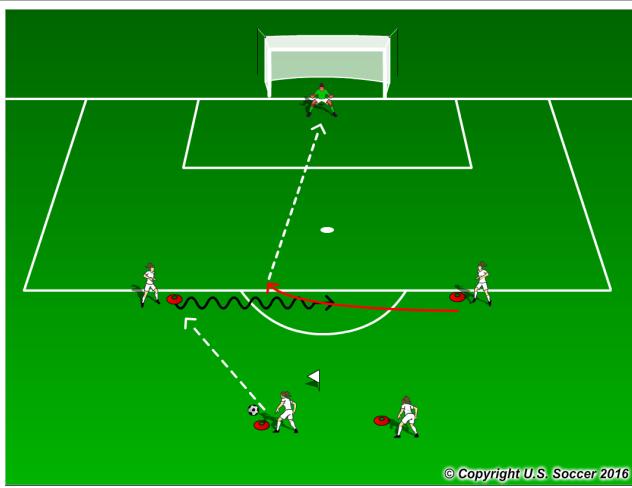
Wall Pass, Overlap, High Low, Take over

Coaching Points: recognize what combination is on, technical execution, draw defenders TEMPO!

IV. Combination Play finishing 1 (2 groups)



V. Combination Play finishing 2 (2 groups)



VI. Combination Play Finishing 3 (2 groups)



Phase 3

DURATION: 5' FIELD SIZE: 45 x 25 INTENSITY: Medium

ORGANIZATION & COACHING POINTS:

Phase 1: Player A plays a high low with Player B, Player B turns to receive a High Low from Player C and finishes. All players follow their pass (except Player C / D who join first line).

Phase 2: Add an overlap; Player A plays a high low with Player B, Player C receives and takes a penetrating touch inside as Player B overlaps to receive and finish. All players follow their pass (except Player C/D who join first line)

Coaching Points: technical execution of the combination, FINISH!

Phase 3

DURATION: 5' FIELD SIZE: 45 x 25 INTENSITY: Medium

ORGANIZATION & COACHING POINTS:

Phase 1: Takeover: Ball is passed into high player who dribbles central for a takeover with opposite high player who finishes. Player who leave the ball on the takeover spins to immediately frame the goal. Can advance to dribbling player keeping the ball and finishing herself. All players follow the next line, and shooter goes to starting line.

Phase 2: Wall pass

- 2 players at the beginning use a wall pass combination around the flag and pass into the high player who dribbles central for the takeover and Finish!

Coaching Points: technical execution of the combination, Framing the goal, proper placement, hips around facing the frame, FINISH!

Phase 4

DURATION: 12' FIELD SIZE: 1/2 field INTENSITY: Medium

ORGANIZATION & COACHING POINTS:

Take over- overlap finishing series, work both left and right side

Player A dribbles to player B who performs take over.

Player B plays to player C

Player C dribbles inside at mannequin and Player B overlaps

Player B crosses ball for Player A

Rotation is

B becomes C, C becomes A and A becomes B

Coaching Points: technical execution of the combination, timing of run in box, find target with service, FINISH!

VII.