



Date:	July 12	Team:	U14	Duration of Session:	60 min	Intensity/Load:	Light
Theme/Goals:	Session 6 - Pattern Play						

I. 11 v 0 (2 Groups)

© Copyright www.academicsoccercoach.co.uk 2014

II. 11 v 0 (2 Groups)

© Copyright www.academicsoccercoach.co.uk 2014

4 - 3 - 3 Pattern Play
Pattern #2 CB to CB - probe on dribble - opposite HM - checking WNG - ACM - overlapping OB

III. 11 v 0 (2 Groups)

© Copyright www.academicsoccercoach.co.uk 2014

4 - 3 - 3 Pattern Play
Pattern #3 CB to CB - opposite HM - OB - TARGET - ACM - WNG

IV. 11 v 11 Passive

© Copyright www.academicsoccercoach.co.uk 2014

Phase 1

DURATION: 8 MNTS	FIELD SIZE: 20x40	INTENSITY/LOAD: Medium Hard
------------------	-------------------	-----------------------------

COACHING POINTS:

1 ball in play, 8 extra balls w/ coach
 Ball always played in by coach
 No pressure, possess then when whistle blows team carries out a passing pattern to finish behind opposing end of grid

Coaching Points:
 shape of back 4 when attacking
 1 - 2 touch tempo
 always available to receive
 strong side holding mid fades higher to open up space triangle
 forwards timing of runs, movement off the ball

Phase 2

DURATION: 12 MNTS	FIELD SIZE: 20x40	INTENSITY/LOAD: Medium Light
-------------------	-------------------	------------------------------

COACHING POINTS:

#1 GK starts play to CB and team must build specific pattern.
 #2 Once pattern is known, team possesses ball, coach blows whistle and team must start at the beginning of the pattern and execute

Coaching Points:
 shape of back 4
 movement off ball
 timing of runs
 play the game during pattern play, execute depending on what foot ball is played to and improvise to finish a pattern
 Counter Measures

Phase 2

DURATION: 12 MNTS.	FIELD SIZE: 20x40	INTENSITY/LOAD: Medium Light
--------------------	-------------------	------------------------------

COACHING POINTS:

#1 GK starts play to CB and team must build specific pattern.
 #2 Once pattern is known, team possesses ball, coach blows whistle and team must start at the beginning of the pattern and execute

Coaching Points:
 shape of back 4
 movement off ball
 timing of runs
 play the game during pattern play, execute depending on what foot ball is played to and improvise to finish a pattern
 Counter Measures

Phase 3

DURATION: 20 MNTS.	FIELD SIZE: FULL	INTENSITY/LOAD: Medium Light
--------------------	------------------	------------------------------

COACHING POINTS:

2 goals with keepers, 8 cones
 1 ball in play, 8 balls in each goal, play will restart with keeper playing to back 4

Coaching Points:
 Execute Pattern, Movement off the ball, TEAM SHAPE, 1 and 2 touch tempo
 Finish

Team in possession cycles the ball until the whistle is blown. At whistle, team carries out a passing pattern, ends with final pass and finish behind coned line. Defending team shadow defends.