

U.S. WOMEN'S NATIONAL TEAMS PROGRAM



Date: July 13	Team: U14	Duration of Session: 75 min	Intensity/Load: Medium Hard
Theme/Goals: Session 7 1v1/ 2v2 Defending			

I. 1 v 1 pressing receiver (3 groups)

© Copyright U.S. Soccer 2015

II. 1v1 Pressuring Receiver/ Recovering (1 group)

© Copyright U.S. Soccer 2016

III. 1v1 Central (1 group)

© Copyright U.S. Soccer 2016

Dynamic Warmup

DURATION: 12'	FIELD SIZE: 8 x 8	INTENSITY: Medium
---------------	-------------------	-------------------

ORGANIZATION & COACHING POINTS:

Balls with coach, coach plays ball into player to start exercise
 Player directly opposite pressures receiver
 Player receiving, passes right, runs left.
 Rotation continues.

Coaching Points: travel as the ball travels (start tall finish small) closing speed, controlled feet to slow down, athletic stance, arrive at an angle to push ball in direction

1' minute work / 1' minute dynamic stretching - switch directions each time

Phase 1

DURATION: 7'	FIELD SIZE: 7 x 20	INTENSITY: Medium Hard
--------------	--------------------	------------------------

ORGANIZATION & COACHING POINTS:

Blue players play two touch back and forth.
 White Defender picks moment to pressure receiver.
 Then game is live.

Phase 1. Blue player tries to beat White player and score in the goal.
 Phase 2. Blue player has to play a 1 touch ball back for a wall pass and DEF has to recover

Coaching Points: Anticipate - travel as the ball travels, closing speed, controlled athletic stance, tackling (block, poke, slide). Cue to press: against sideline, head is down, bad touch, pace of pass

COMPETE!!!

Phase 1

DURATION: 7'	FIELD SIZE: 7 x 20	INTENSITY: Medium Hard
--------------	--------------------	------------------------

ORGANIZATION & COACHING POINTS:

Blue players play two touch back and forth
 White player decides on moment to pressure receiver and the game is live
 Central blue player tries to dribble over end-line for point.

Coaching Points: Anticipate - travel as the ball travels, closing speed, controlled athletic stance, tackling (block, poke, slide). Cue to press: poor touch, head is down, facing backwards, pace of pass

COMPETE!

IV. 1v1 Sideline (1 group)



© Copyright U.S. Soccer 2016

V. 1v1 back to pressure (3 groups)



© Copyright U.S. Soccer 2016

VI. 2v2 and 3v3 with Line of Confrontation (2 groups)



© Copyright U.S. Soccer 2015

VII.

Phase 1

DURATION:	7'	FIELD SIZE:	7 x 20	INTENSITY:	Medium Hard
-----------	----	-------------	--------	------------	-------------

ORGANIZATION & COACHING POINTS:

Blue players play two touch back and forth.
White player decides on moment to pressure receiver and the game is live
Wide blue player tries to dribble over end-line for point.

Coaching Points: Anticipate - travel as the ball travels, closing speed, controlled athletic stance, tackling (block, poke, slide). Cue to press: poor touch, head is down, facing sideline, pace of pass

COMPETE!

Phase 1

DURATION:	7'	FIELD SIZE:	7 x 20	INTENSITY:	Medium Hard
-----------	----	-------------	--------	------------	-------------

ORGANIZATION & COACHING POINTS:

Blue players play two touch back and forth.
White player decides on moment to pressure receiver and the game is live
Central blue player tries to dribble over end-line for point.

Coaching Points: Anticipate - travel as the ball travels, closing speed, controlled athletic stance, tackling (block, poke, slide). Cue to press: poor touch, head is down, facing backwards and takes big touch backwards, pace of pass

COMPETE!

Phase 2

DURATION:	20'	FIELD SIZE:	20 x 40	INTENSITY:	Medium
-----------	-----	-------------	---------	------------	--------

ORGANIZATION & COACHING POINTS:

Play 2v2 and 3v3 to Big goals. Offside
Coach serves ball into Red GK. Vary Service
Blue advances to line of confrontation, connected.

2v2: 3 x 2' coaching, 3 x 2' competing
3v3: 2 x 2' coaching, 2 x 2' competing

Coaching Points: Anticipate - travel as the ball travels, closing speed, controlled athletic stance, tackling (block, poke, slide). Cue to press: poor touch, head is down, facing backwards, pace of pass
Introduce line of confrontation and being connected - pressure/cover and recover

COMPETE!