

# U.S. WOMEN'S NATIONAL TEAMS PROGRAM



Date: July 14	Team: U14	Duration of Session: 75 min	Intensity/Load: Medium
Theme/Goals: Session 8 Line of confrontation			

**I. 1 v 1**

**II. 2 v 2 / 3 v 3**

**III. 11 v 11 Shadow Play / Live**

**IV:**

## Dynamic Warmup

DURATION: 15	FIELD SIZE: 7 x 10	INTENSITY: Medium Light
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### ORGANIZATION & COACHING POINTS:

Ball starts from coach whenever play is dead.  
 Player A scores a point by completing a pass to Player B  
 Player A scores three points by dribbling over half way line  
 Defender scores a point by denying penetration, winning ball and playing back to player A  
 2 minutes - 1 minute dynamic x 4. Switch defending and attacking team each time  
 Progression: Coach can become a second attacker to provide a wall pass for a 2v1.  
 Player A scores 2 points if it is completed and can penetrate

Coaching Points: closing speed, angle of approach, "start tall finish small", cues to press block or poke tackle execution  
 Cues: bad 1st touch, dribble backwards, balls in the air, attackers head goes down, player A dribbles towards side line = lock her in

## Phase 1

DURATION: 25	FIELD SIZE: 20 x 40	INTENSITY: Medium
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### ORGANIZATION & COACHING POINTS:

Play 2v2 and 3v3 to Big goals. Offsides  
 Coach serves ball into Red GK.  
 Blue advances to line of confrontation, connected.  
 2v2: 2 x 10 balls (1 defending turn for each team) coaching, 2 x 10 balls competing  
 3v3: 2 x 10 balls (1 defending turn for each team) coaching, 2 x 10 balls 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!

## Phase 2

DURATION: 25	FIELD SIZE: full	INTENSITY: Medium
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### ORGANIZATION & COACHING POINTS:

Cones to mark lines of confrontation (100, 70) and poles on outside of field  
 Attacking team moves the ball on coaches signal and defensive team must adjust defensive shape based on ball movement/location.  
 5' x 2 for each team on defense. 4' x 2 live 11 v 11 game situation  
 Phase 1: 100 LOC Phase 2: 70 LOC Phase 3: High Pressure (no line) Phase 4: Live 11 v 11 w/ scenario 1 team up a goal and 1 team down a goal

1. 100 LOC 2. 70 LOC 3. Vertical Middle

Coaching Points:  
 Shape of front 3 at line of confrontation - weak side defenders, balance to the "vertical middle"; Relationship between #9 and #10 when ball travels between center-backs; Distance between front 3 and back 4 - 40/45 yards max ;GK staying connected to back line  
 \*Cues" on when to press and as a unit