



U14 Pre-Tryout Session

Category: Technical: Shooting
Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

Passing

Set Up

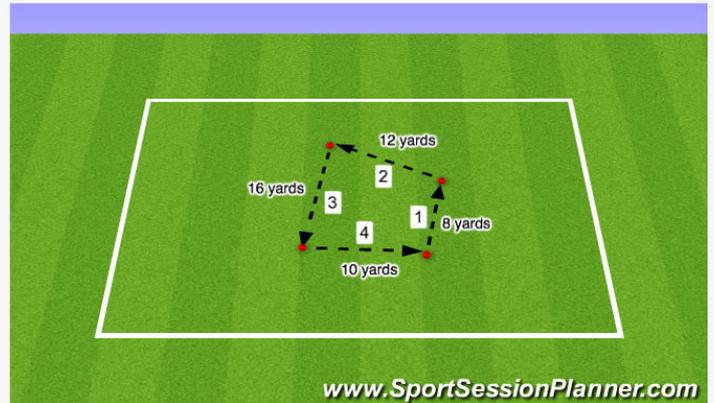
See diagram above

Instructions

Players pass and follow their pass in numerical order. Players should take at least 2 touches to receive and pass.

Coaching Points:

1. Passing technique- inside the foot, ankle locked, toe up
2. First touch in the direction of the next pass, using the front foot.
3. Can the ball stay moving the whole time from receiving the ball to passing even if it take 3 touches
4. Pick your head up to see your teammate before passing
5. Can we get the pass moving in the proper direction in this case, the pass should be targetted toward the players: Right foot
6. Checking away from the ball and back to the ball when
7. Taking look where we will pass next before receiving the pass



Finishing Activity

Set Up

6X6 Square that is split in half horizontally by the top of the penalty area and centered between the goal.

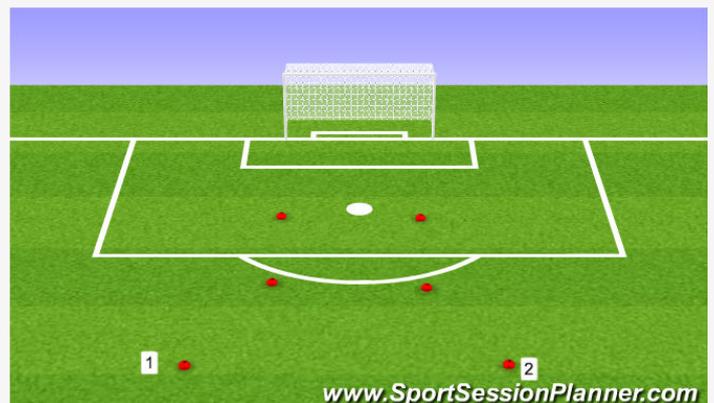
Starting cone is 5 yards from square and a slight angle.

Instructions

Players dribble into the square and take a shot. They then collect the ball and the next player does not go until they are out of the goal. Once they collect the ball they go back to the line. In the above diagram all shots start with players on cone 1 so that shots are all RIGHT FOOTED. After 6-7 minutes players should switch to cone 2 so they are now shooting all LEFT FOOTED.

Coaching Points

1. Proper touch to set up the shot inside the box
2. Proper shooting technique with toe down, ankle locked, and making contact with the laces
3. Power and accuracy in the shot
4. Using the same technique for the opposite foot



1v1

Set Up

2 Bownets 25 yards apart with width of 20 yards

Cone 5 yards off the post for players to start so they aren't standing right next to the goal.

Instructions

Ball starts by the defender passing the ball across the field to the attacking player. It is a 1v1 until someone scores or the ball goes out. Players DO NOT switch lines until half way through the station when the coach tells the attacking players and defending players to switch.

Coaching Points:

1. Positive first touch to attack on the dribble
 2. Proper dribbling technique using laces, inside, or outside the foot technique
 3. Using a change of direction and a change of pace to get by the defender
 4. Using a fake or move to get around the defender
- Are we able to demonstrate proper defending principles, take time and space away.

If we win the ball as a defender, can we now become the counter-attacking person. And score into the other goal.

