

# **WSA U14 Coaches Meeting**

# Training Goals

- 1. Dribbling with speed and control**
- 2. Passing technique and ball movement**
- 3. Receiving technique and first touch**
- 4. Shooting technique**
- 5. Heading technique**
6. Receiving a ball out of the air
7. Recognizing space and shape
8. 1v1, 2v1, 2v2, 3v2, 3v3 attacking and defending principles
9. Possession/positional roles and responsibilities
10. Framing the goal for crosses
11. Pattern play/ attacking build up
12. Transition moments



## u14 Passing and Combination Play

**Category:** Technical: Passing & Receiving  
**Difficulty:** Beginner

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

### Description

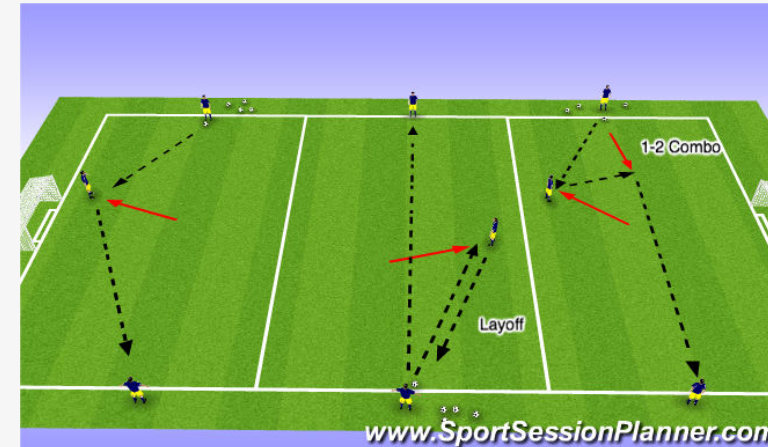
#### Technical - Receiving (15 mins)

**Organization** - Players work in groups of 3. 2 players work on the outside & the other in the middle. Player in the middle looks to receive the ball from one of the players on the outside and play to the other. They must play to the middle player each time. Teams win by getting all their balls across then back to the start all by playing through the central player.

- Body Shape to receive- Hips opened up so middle player can see both players
- Controlling foot
- Checking to the ball
- Awareness - Taking a look over their shoulder before receiving the ball

#### Progression

1. Can the central player play first time
2. Play in to central player, central player drops the ball back and a long ball on the ground is played to the other side.
2. Combine with a 1-2 combination. Players 1 and 2 should naturally switch positions each time they complete the combination.



#### Receiving to play a target (15 mins)

**Organization** - Game is to transfer the footballs from one target player to the other as quickly as possible. Rotate defending player after two minutes. 3 points for finding the target and 1 additional point for each pass made in the middle.

- Open body to receive - Should always look for three options. Target, supporting midfielder, back
- Distance apart and angle for two middle players. Reading each others movement to be an option
- Can the two middle players use combinations previously worked on to find the target.



#### 3v3 w/ Bumpers (20 mins)

##### Set Up

15x15 grid

2v2 in the grid with one neutral on each side

##### Instructions

This is a possession game. To start, no touch restrictions and 4 consecutive passes is a point. Every 1-2 minutes switch out the players in the middle.

##### Coaching Points

1. Always Moving



# Technical:Tactical

- 1 game per week approximately 1hr 10 min
- Two training sessions per week approximately 3 hours
- 70-80% should be technically focused
- 1hr 45min - 2 hours should be technically focused out of the 2.5 hours of training each week

# Practice Cancelations

- If you are canceling a practice for any reason please let myself and Charlie know

# Game Day

- If you have two or more coaches on the sideline please have one coach closer to the bench or sitting on the bench.
  - Great time to give some constructive feedback or reinforcement when players come off the field. \*hand written notes
  - Keep the players off the field engaged
- Act professionally no matter how the ref, opposing coach or parents are acting.
  - You may be the most consistent adult for a player.
- If our parents are out of line it is up to you as the coach to approach them and get them under control.
  - Parents yelling affects everyone else not just their own player. Cheering is not prescriptive
- You are not judged on winning, does not mean we are not competitive

# Training Tips/Tricks

- Lay out whole session at the beginning of practice
  - maybe using different thirds or maybe that's just picking up a few cones to make the space bigger
- Your own technique doesn't need to be perfect but let one of your players be an example if demonstrating the correct technique
- Use guided questions
  - can be for something you would have liked to see(i.e. if everyone is around the ball where is the space)
  - can be something that was done well(i.e. why did you decide to dribble towards a different goal)
- Each player can take what you say and change it into something you did not intend even though it's still within the words you instructed

# Resources

- United Soccer Coaches- <https://unitedsoccercoaches.org>
- Mass Youth Soccer- [http://www.mayouthsoccer.org/coaches/session\\_plans/](http://www.mayouthsoccer.org/coaches/session_plans/)
- [soccerdrive.com](http://soccerdrive.com)
- Kahoot
- GoArmy Edge
- teamsnap
- 717-283-5612