


TOPIC: U14 + Changing the point of attack

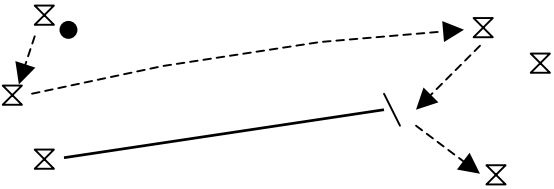
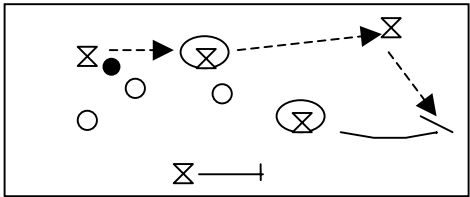
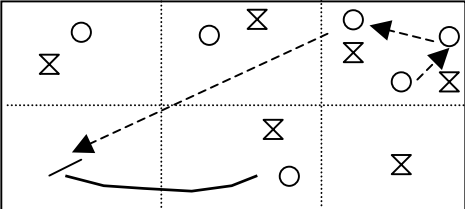
Coach Name: Ian Barker

Key:

Running without the ball 

Running with the ball 

Pass 

<p><u>UNRESTRICTED SPACE</u> Distance increases with ability</p> 	<p><u>ORGANIZATION</u></p> <ul style="list-style-type: none"> • 2 groups of 3 • 1 group knocks several passes before switching to other group • Player from original group follows pass for one touch lay off 	<p><u>KEY COACHING POINTS</u></p> <ul style="list-style-type: none"> • Short passing prepares for longer pass • Long service should be driven • Receiver must move into line of flight of ball
<p><u>RESTRICTED SPACE</u> (25x35)</p> 	<ul style="list-style-type: none"> • 3 v 3 (+2) • Possession activity • Point for getting it to an (X) who from a one touch maintains possession 	<ul style="list-style-type: none"> • Move ball quickly • Decisions in advance of reception • Identify (X) players • Movement off the ball to receive one touch pass
<p><u>ONE GOAL WITH COUNTER</u> (60x40)</p> 	<ul style="list-style-type: none"> • 6 v 6 → 8 v 8 • Point for completion of 3-5 passes in one area 	<ul style="list-style-type: none"> • Support close to ball, must offer good angles • Support away from ball, must identify available space • Identify the best options to change the point of attack
<p><u>GAME-TWO GOALS</u></p> <ul style="list-style-type: none"> • Field length top of 18 to top of 18 • Full width • Divide space into 6 equal rectangles 	<ul style="list-style-type: none"> • 8 v 8 +GKs • 3-5 passes must be completed in one area before going to goal 	<ul style="list-style-type: none"> • Draw opponents to an area • Look to change point of attack quickly and expansively • Identify when time and space is created to go to goal

Cool down: Captain led ¾ to ½ to ¼ speed jog and movement, paired stretching