

## **EXPLANATION OF THE SESSIONS**

The following training sessions are age appropriate and are consistent with the directives that are given for each age group. You will notice that they move from simple to complex. They also encourage every player to take many touches on the ball. The four pillars of the game are also included (technical, tactical, physical and psychological). It should be noted that these pillars may mean different things depending on the age group (ex: a tactical concern for a 14 year old may be different than for a 7 year old and vice versa).

Any topics that are given in the directives that are not included in the following sessions may be added by you or by the trainers that work with your teams. Additional games and activities are also provided for you. If you wish to use the additional activities, you can create your own sessions as long as they are age appropriate and follow the correct methodology (use the sessions that I have provided as models).

The sessions for the youngest players use the following progression: warm-up, individual, small group, large group, cool-down. The sessions for the older groups (u-14) implement a warm-up, fundamental stage, match related stage, match condition stage and a cool-down. During the warm-up stretching should be included. Stretching may be interspersed throughout the warm-up or at the end of the warm-up. Various stretches are provided for you. The cool-down phase is meant to bring the heart rate down and to allow the lactic acid that has built up in the muscles to be released. For the cool down, you may repeat activities that are similar to the warm-up or do any jogging, skipping, and walking activities that will achieve the desired results. Stretching should also be included in the cool-down phase.

Sessions may be repeated as needed. You should determine which session you will do by observations from the game and what the directives are for the particular age group. You may or may not see lasting results from just one session, so the same topics may need to be repeated.

It should also be noted that “receiving” may be taught in many of the passing sessions. Also, “heading” (should be taught starting at approx. u-11 and even then, you may wish to use soft balls) games are included and may be used to create appropriate sessions.

## U-13 TRAINING

### DRIBBLING SESSION I

#### I. Warm up

- a) All players with a soccer ball in a restricted area. Players should do different escape moves (spin, hesitation, Cruyff, stepover).
- b) Add a few free defenders that provide light pressure until the player with the ball escapes, then the defender goes to a different player.

#### II. Individual to Small Group Activities

- a) "Draw". Players match up 1v1 with one soccer ball per pair. On coaches command the players try to pull the ball back with the sole of their foot. Whichever player gains possession of the soccer ball, tries to keep it by shielding and escaping using the moves they just learned.
- b) "1v1 to a target". Players are in groups of three. Two of the players match up man to man and the third player is a target. The object is for one of the players to gain possession of the soccer ball and pass it to the target player and receive a return pass while the player without the soccer ball tries to regain possession. The players should use the same techniques as above. The target player may move to provide a good passing lane.
- c) "5v5+3". 5v5 matched up man to man in a restricted area. Use three soccer balls. There are also three target players. One team of five tries to keep possession of the soccer ball by dribbling or passing until they can pass to a target player and receive a return pass for a point. Next, take away one soccer ball. Then two.
- d) "6v6+1 to four goals". Have the players match up man to man (except the free player). The teams score by having a player dribble through any one of the four goals.

#### III. Larger Group Activity

- Play 8v8 to two goals with keepers (match up man to man?)
- Encourage dribbling, but let them play

## U-13 TRAINING

### DRIBBLING SESSION II

#### I. Warm up

- All players with a soccer ball in a restricted area. Review moves.  
Emphasis on deception and change of pace.

#### II. Individual to Small Group Activities

- a) "Dribbling Keep Away". 3v3 or 4v4 in a 25x35 grid. Place four target players along the outside of the grid. Players in the middle are matched up man to man and try to keep possession by dribbling using the moves they have learned. They may also pass to their teammates or the target players on the outside.
- b) Same as above, but only two target players (on opposite sides).
- c) Same as above, but now 4v4+1 with no outside target players. The extra player helps whichever team has possession.

#### III. Larger Group Activity

- Play 8v8 to two goals with keepers (match up man to man?)
- Encourage dribbling, but let them play

## U-13 TRAINING

### DRIBBLING SESSION III

#### I. Warm up

- a) All players in a restricted area. Players practice 1v1 penetration moves (lunge, double lunge, scissors, double scissors, Mathews).
- b) Add defenders.

#### II. Individual to Small Group Activities

- a) Two players, one with a soccer ball standing between two cones that are six yards apart. The players stand facing each other. The player with the soccer ball uses the moves he/she just learned to beat his/her opponent to one of the cones (and then continue). The defender may not cross the imaginary line between the cones unless it is to block the attacking player from touching a cone with the soccer ball.
- b) Same as above, but now there is a target player that is five yards behind the defender. The attacking player tries to deceive the defender and pass to the target player when a passing lane is created.
- c) Same as above, but now have the attacking player start ten yards away from the defending player (no target player). The attacking player dribbles at the defender and uses the moves to beat the defender through the cones and explode behind him/her. Continue from that side. Make this competitive.
- d) 5v5 matched up man to man in a 25x45 yard grid. Place a Goalkeeper along each end line. The keeper must defend the entire line. The object is for each team to dribble across the opponents goal line, then turn and attack in the other direction.

#### III. Larger Group Activity

- Play 8v8 to two goals with keepers (match up man to man?)
- Encourage dribbling, but let them play

## **U-13 TRAINING**

### **PASSING SESSION I**

#### **I. Warm up**

- Half of the players with a soccer ball, all in a restricted area.  
Players should pass the soccer ball to players without one and then move off of their pass to receive a new ball. Players should not only consider the quality of their passing but also the timing and type (ex: check towards ball or reversed) of run.

#### **II. Individual to Small Group**

- a) 5v5+1 possession in a 25x40 grid. Twenty passes equals a point. Start with unlimited touches allowed then progress to two touches allowed. You may want to start with more than one soccer ball in play at once but progress to only one.
- b) 5v5+1 to four goals. The object is to pass to a teammate through any one of the four goals. The extra player plays for whichever team has possession of the soccer ball.
- c) 6v6+1 to end zones. In a 30x45 yard grid. The object is to pass the soccer ball to a teammate over the oppositions end line, then turn and attack the opposite line.

#### **III. Larger Group Activity**

- Play 8v8 to two goals with keepers
- Encourage passing, but let them play

## U-13 TRAINING

### PASSING SESSION II

#### I. Warm up

- Half of the players with a soccer ball, all of the players in restricted area. The players should pass and move while concentrating on the quality of their passes, timing of their runs, and receiving (ex: inside of foot, outside of foot, turning). These should be introduced incrementally.

#### II. Individual to Small Group Activities

- a) 5v5+1 possession in a 25x40 yard grid. The extra player plays for the team in possession. Twenty passes equals a point. Start with unlimited touches, then progress to twenty "one touch" passes equals a point, then to two touches allowed. You may start with two or three soccer balls in play but progress to one.
- b) 5v5+1 possession with four targets. The extra player plays for the team in possession. Place four players (targets) on the outside of the grid. Players in the middle must keep possession. Place a two touch limit on each player. They may use the targets to help them keep possession (the targets only have one touch). Twenty passes equals a point.
- c) 6v6+1 possession to end targets. The extra player plays for the team in possession. Place target players at opposite ends of the grid. The players in the middle have two touches. A team gets a point for passing the soccer ball to one target and then to the other (continuous). The targets have one touch.

#### III. Larger Group Activity

- Play 8v8 to two goals with keepers
- Encourage passing, but let them play

## **U-13 TRAINING**

### **PASSING SESSION III**

#### **I. Warm up**

- Half of the players with a soccer ball, all of the players in restricted area. The players should pass and move while reviewing the quality of their passes, timing of their runs, and receiving (ex: inside of foot, outside of foot, turning). These should be introduced incrementally. You may add defenders.

#### **II. Individual to Small Group Activities**

- a) 5v5+1 in a 25x40 yard grid. Twenty passes equals one point. Start with unlimited touches allowed, then two touches, then one touch unless a player is turning with the ball (he may be allowed two touches). You may start with more than one ball, but progress to one.
- b) Same as above, but place eight two yard goals anywhere in the grid. The object is for the teams to score by passing through any of the goals to a teammate. Start by allowing the players to take two touches. Progress to allowing the players to take two touches, but they may only pass through a goal by using a one touch pass.
- c) Same as above, but place only one goal in the center of the grid. The object is to pass the soccer ball through the center goal to a teammate. Start by allowing the players to take two touches. Progress to allowing the players to take two touches but a goal may only be scored by using a one touch pass.
- d) 6v6+1 to end zones. In a 35x50 grid. The extra player plays for whichever team has possession. The object is to pass the soccer ball to a teammate over their end line for a point, turn and attack the other end line. Start by allowing the players to use two touches. Progress to allowing two touches but a goal may only be scored from a one touch pass.

#### **III. Larger Group Activity**

- Play 8v8 to two goals with keepers
- Encourage passing, but let them play

## U-13 TRAINING

### SHOOTING SESSION I

#### I. Warm up

- a) All players dribble in a restricted area.
- b) Players should pop the ball into the air using their laces (no spin)
- c) Same as above, but receive the ball out of the air and explode into space.
- d) In pairs (five yards apart) with one soccer ball. Server tosses the soccer ball and his/her partner volleys it back (laces). Continue and switch.

#### II. Individual to Small Group Activities

- a) Three players using one soccer ball. One player is the keeper in a eight yard goal (cones or flags). The other two players start on opposite sides of the goal (twelve yards away from the goal). Player #1 strikes a moving ball at the goal, follows his/her shot and switches with the keeper. Player #1 prepares to stop the shot from player #2. This game is continuous. If the keeper saves the soccer ball, he/she distributes to the opposite side.
- b) 5v5+2 keepers. In half of the field, place a triangle with eight yard sides in the middle. Create a box around the triangle that field players are not allowed to enter. Each team has a keeper in the triangle. Whichever team has possession tries to shoot through any side of the triangle for a goal. The opposing teams keeper must defend the goal. Coach may use restrictions to create the desired environment (ex: touches, one touch shooting, etc.)
- c) 4v4+4. Create a grid that is 30x40 yards with full size goals at opposite ends. In each corner of the grid, create 6x6 yard squares. Two teams of four play 4v4 to the two goals. Each player from the third team of four starts in one of the squares each. Whichever team is scored on quickly switches with the four players in the squares. Coach may allow the teams to use the players in the squares as targets. Coach may also choose to require this in order for a team to shoot.  
squares.

#### III. Larger Group Activity

- Play 8v8 to two goals with keepers
- Encourage shooting, but let them play

## **U-13 TRAINING**

### **SHOOTING SESSION II**

#### **I. Warm up**

- a) Players in pairs with one soccer ball. Passing and moving.
- b) Players should be sure to prepare the soccer ball in front of them (positive first touch).
- c) Players should strike the soccer ball to each other using their laces.

#### **II. Individual to Small Group Activities**

- a) Five players in a 30x10 yard grid with an eight yard center goal (cones). Two players start fifteen yards away from the goal and the other two players do the same on the opposite side. One keeper in goal. Player #1 passes the ball in front of his/her partner who strikes the ball on goal. If the shot beats the keeper, one of the players on the other side receives the ball and passes it to his/her partner who strikes it on goal. If the keeper makes the save, he/she distributes the ball to the other side. The game is continuous. Switch keepers after a few shots.
- b) Same as above, but move the players further away from goal.
- c) Same as above, but the player who passes it to his/her partner pressurizes (50%) the shooting player (his/her partner).
- d) Play 4v4+1 in a 20x35 yard grid with two goals and keepers. Encourage shooting from all positions on the field. See if players can prepare the ball for each other to shoot. Coach may start by allowing both teams to score on either goal. Then progress to a directional game.

#### **III. Larger Group Activity**

- Play 8v8 to two goals with keepers
- Encourage shooting, but let them play

## U-13 TRAINING

### SHOOTING SESSION III

#### I. Warm up

- a) Players in pairs with one soccer ball. Passing and moving.
- b) Players should be sure to prepare the soccer ball in front of them (positive first touch).
- c) Players should change speed with first touch
- d) Players should quickly change directions twice with inside then outside of foot after receiving the ball.
- e) Players should strike the soccer ball to each other using their laces after changing speed and direction.

#### II. Individual to Small Group activities

- a) Place two goals at opposite ends of a 30x30 yard grid. Keepers in each goal. Create a mid line of cones. Two players start next to each goal. The first keeper starts with the soccer ball. He/she rolls it in front of the first player that is starting next to his/her goal. That player runs onto the ball and strikes it at the opposite goal, but may not cross the mid line. One of the players from the opposite goal may defend, but may not cross the mid line. Continue from the opposite side, switching players.
- b) Same as above, but the players must shoot first time (one touch shot).
- c) Same as above, but remove the mid line restriction.
- d) Same as above, but the keeper delivers a bouncing ball. Play continues until the ball is out of play and there are no restrictions.
- e) Defenders are allowed to join the game earlier.
- f) Same, but progress to 2v2, 3v3, 4v4 (make the grid larger).

#### III. Larger Group Activity

- Play 8v8 to two goals with keepers
- Encourage shooting, but let them play

## U-13 TRAINING HEADING

### I. Warm up

- a) Half of the players with soccer balls. Players move about an area with the soccer balls in their hands. They serve the balls to the players that don't have one who return it to the servers with an appropriate body part (ex: head). Switch.
- b) Same as above, but, servers use their feet and vary the service to the receivers (if this is too difficult, the servers may kick the ball out of their hands to the receivers. Make sure the services are low.)

### II. Individual to Small Group

- a) In threes, ask player A to serve the ball by hand to player B who heads the ball to player C. C plays the ball back to A who repeats by serving to C who heads to B. Repeat, changing the middle player regularly.
- b) In threes, set up in an area with one player in a small goal and a player on either side, approximately five yards away from the GK. The GK serves by hand to either player. The player must then attempt to score by heading the ball past the GK. Rotate from header to GK each time.
- c) In threes, player A who is five yards from player B serves over player B to player C who heads the ball back to player A. Repeat several times then switch positions. Gradually serve the ball higher so the player heading the ball has to jump.
- d) Play 5v5 to two goals in a space 60x40 yards. Place a free crossing channel on either side of ten yards to give additional width. Place a neutral player in the channel who is free to serve balls without any pressure from a defender. Any goals scored from a header equal three points. Change servers.

### III. Larger Group Activity

- Play 8v8 to two goals with keepers
- Encourage heading, but let them play