



SESSION TOPIC: **Passing & Support** U14/U15
 COACH: **Jan Smisek** AGE GROUP: **U14/U15**



	DIAGRAMS	ACTIVITY & ORGANIZATION	KEY COACHING POINTS
W A R M U P		<ul style="list-style-type: none"> ♦ Give two players a pinnie, to hold in their hands, these players are "it" ♦ Give two players a ball each to hold in their hands - possession means they are "safe" from being tagged ♦ When you say "go", the players who are it can tag any of the players who don't have a ball, tagged players become it and are given the bib until they tag someone else. ♦ Players with the ball must try to toss the ball to a player who is about to be tagged, if that player catches the ball before getting tagged, they are safe and now help teammates. 	<ul style="list-style-type: none"> ✓ Vision and awareness ✓ Movement ✓ Stop to stretch on occasion ✓ Variation: add another "it" and person with a ball ✓ Variation: put the ball on the ground and pass it instead of throwing
P H A S E 1		<ul style="list-style-type: none"> ♦ Use 1/2 field grid and all players ♦ Four cone goals, 5 yards wide, placed in from the corners of the grid ♦ Players can score by dribbling through the goals from either side and maintain possession ♦ Restart play from out of bounds with a kick-in. ♦ Variations: score by passing through the goal to a teammate who successfully controls the ball 	<ul style="list-style-type: none"> ✓ Quality of pass ✓ Timing, angle, and distance of support ✓ Body shape-open to field ✓ Switching play ✓ Vision and awareness ✓ Decision-making
P H A S E 2		<ul style="list-style-type: none"> ♦ Use 1/2 field grid and all players ♦ Four goals, two regular with GK's and two small cone goals 5 yards wide on endlines ♦ Each team defends and attacks two goals ♦ Players can score by shooting on GK or by passing ball on ground through cones ♦ Restart with goalkicks from ends, throw-ins from sides 	<ul style="list-style-type: none"> ✓ Quality of pass ✓ Timing, angle, and distance of support ✓ Body shape-open to field ✓ Switching play ✓ Vision and awareness ✓ Decision-making
T H E G A M E		<ul style="list-style-type: none"> ♦ Scrimmage if time permits 	<ul style="list-style-type: none"> ✓ All of the above
C O O L D O W N		<ul style="list-style-type: none"> ♦ stretching and ball gymnastics 	<ul style="list-style-type: none"> ✓ injury prevention, rejuvenation, fun