



Week 1: Read Pressure to Combine/Play Beyond

U13+ Microcycle 4

Technical Principle: Through Passing

Read Pressure to Combine/Play Beyond



Microcycle 4 | Week 1 | Session 1

Week Objectives:

- Teach players to advance the ball past the last line of defenders towards the opponent's goal.
- Instruct players on the basics of Through Passing

Tactical Principle: Read Pressure to Combine or Play Beyond

- If there is pressure on the ball & no numerical advantage, play long
- If there is no pressure on the ball, try to play between or behind lines
- If there is pressure on the ball, but a numerical advantage, combine to play out short

Counter Principle: Get Compact

- Protect the center of the field
- Once bypassed, players work to recover behind the ball and in a horizontally compact shape

Technical Principle: Through Passing

- Proper angle and weight of pass to lead teammate into space
- Use body shape to deceive defense into thinking you are passing elsewhere

Thru Passing: Partner Thru Passing Pattern

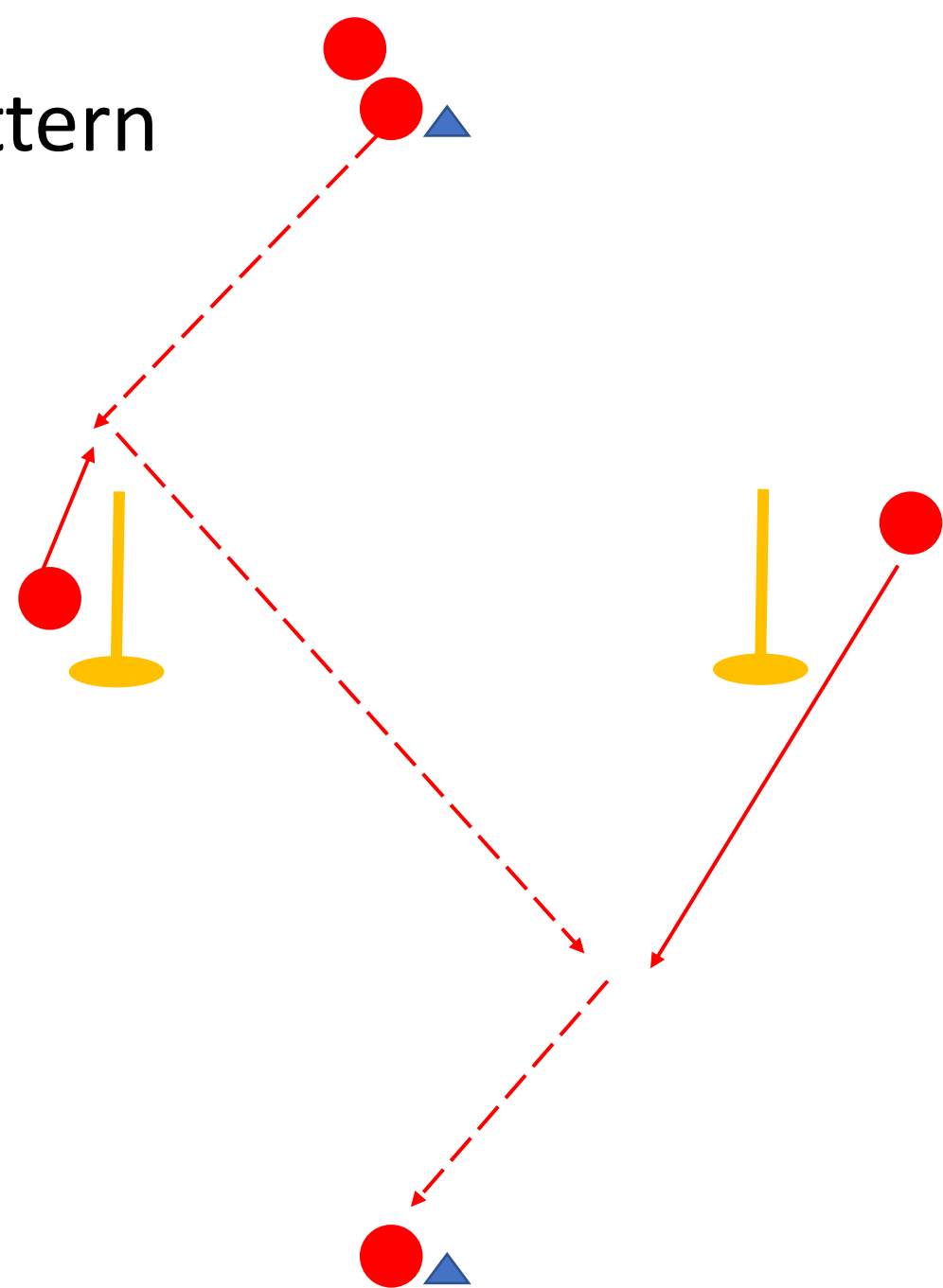
Time	15
Sets & Set Length	3X4 min (1 min rest)
Teams or Grid Numbers	5-7 players per station
Number of Grids	1-3
Dimensions	30x12 yards

Rules:

- Players pass in the pattern & follow their pass (player making final pass stays "in," until they receive thru pass)
- Poles are used as the offside line
- Before receiving, players check away from the pole/cone
- Add choices: turn & thru (shown), up-back-thru, 1-2 to break line, etc.

Technical Principle: Through Passing

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3 Zone Line Break Game

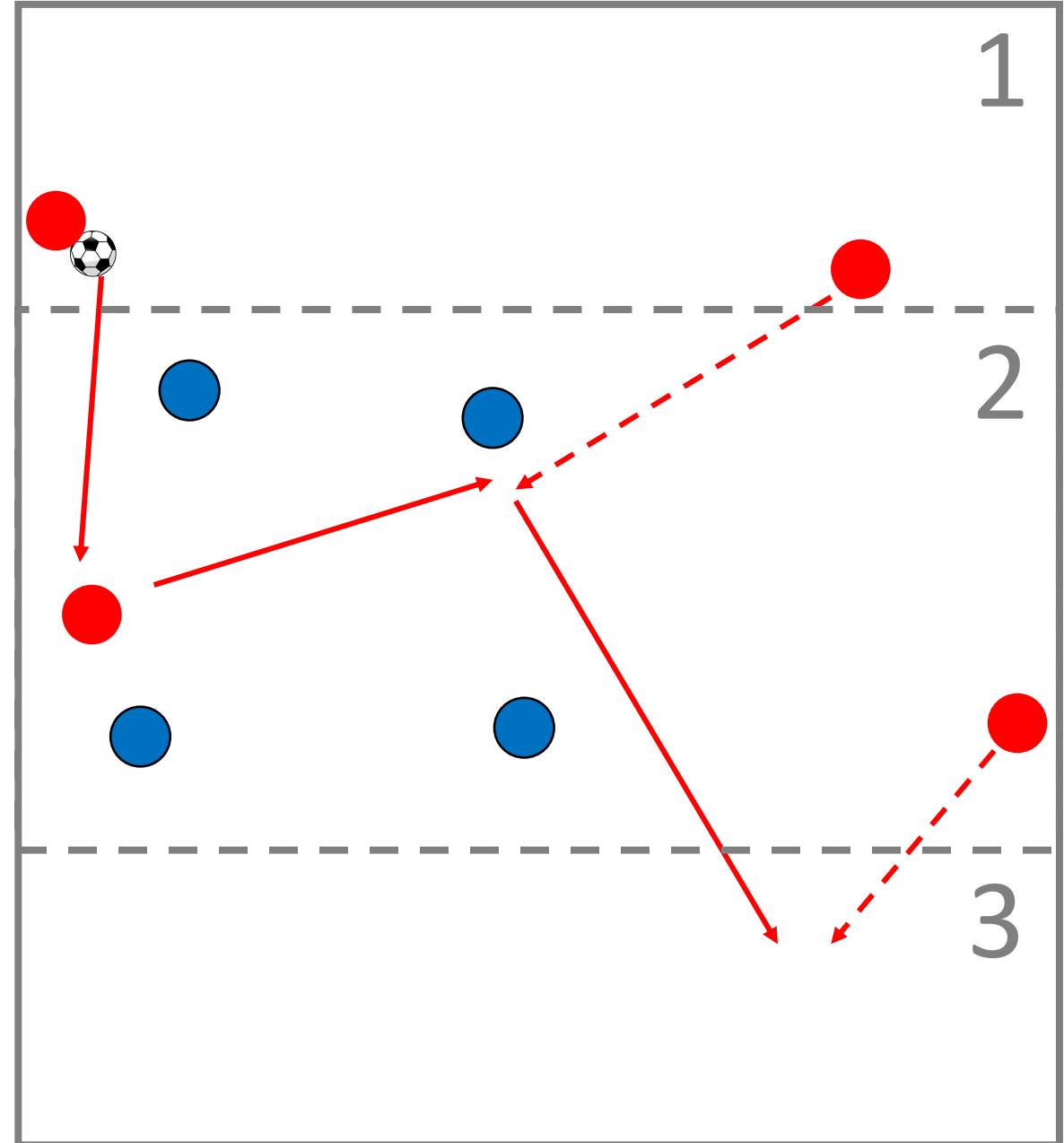
Time	25
Sets & Set Length	6 x 3 minutes
Teams or Grid Numbers	3v3+2
Number of Grids	1
Dimensions	30x15 yards (3 10x15 zones)

Rules:

- Red possesses ball in zones 1 & 2, attempting to break into zone 3 to simulate thru pass behind defensive line
- No player can enter zone 3 until ball is played (offside)
- Once red progresses to zone 3, they use zone 2 & 3 to combine and play back into zone 3

Tactical Principle: Read Pressure to Combine or Play Beyond

- If there is pressure on the ball & no numerical advantage, play long
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- If there is pressure on the ball, but a numerical advantage, combine to play out short



Final Game



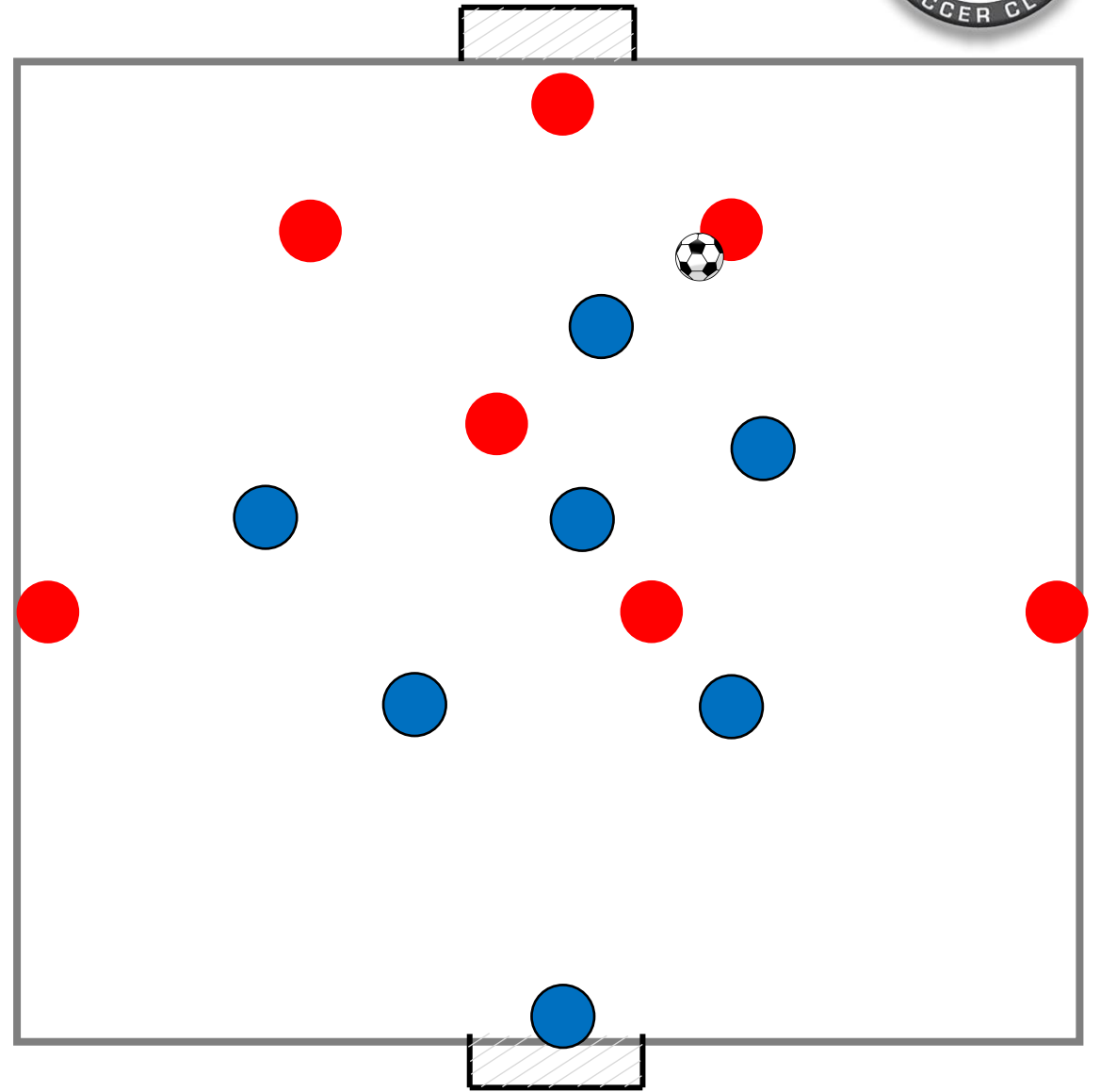
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal =2pts, 1 touch goal =2pts*

Coaching Points/Observation Questions:

- Observe: Are players able to correctly decide whether to play forward or combine, based on the pressure?



Read Pressure to Combine/Play Beyond



Microcycle 4 | Week 1 | Session 2

Week Objectives:

- Teach players to advance the ball past the last line of defenders towards the opponent's goal.
- Instruct players on the basics of Through Passing

Tactical Principle: Read Pressure to Combine or Play Beyond

- If there is pressure on the ball & no numerical advantage, play long
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Counter Principle: Get Compact

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Technical Principle: Through Passing

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Thru Passing: Partner Thru Passing Pattern

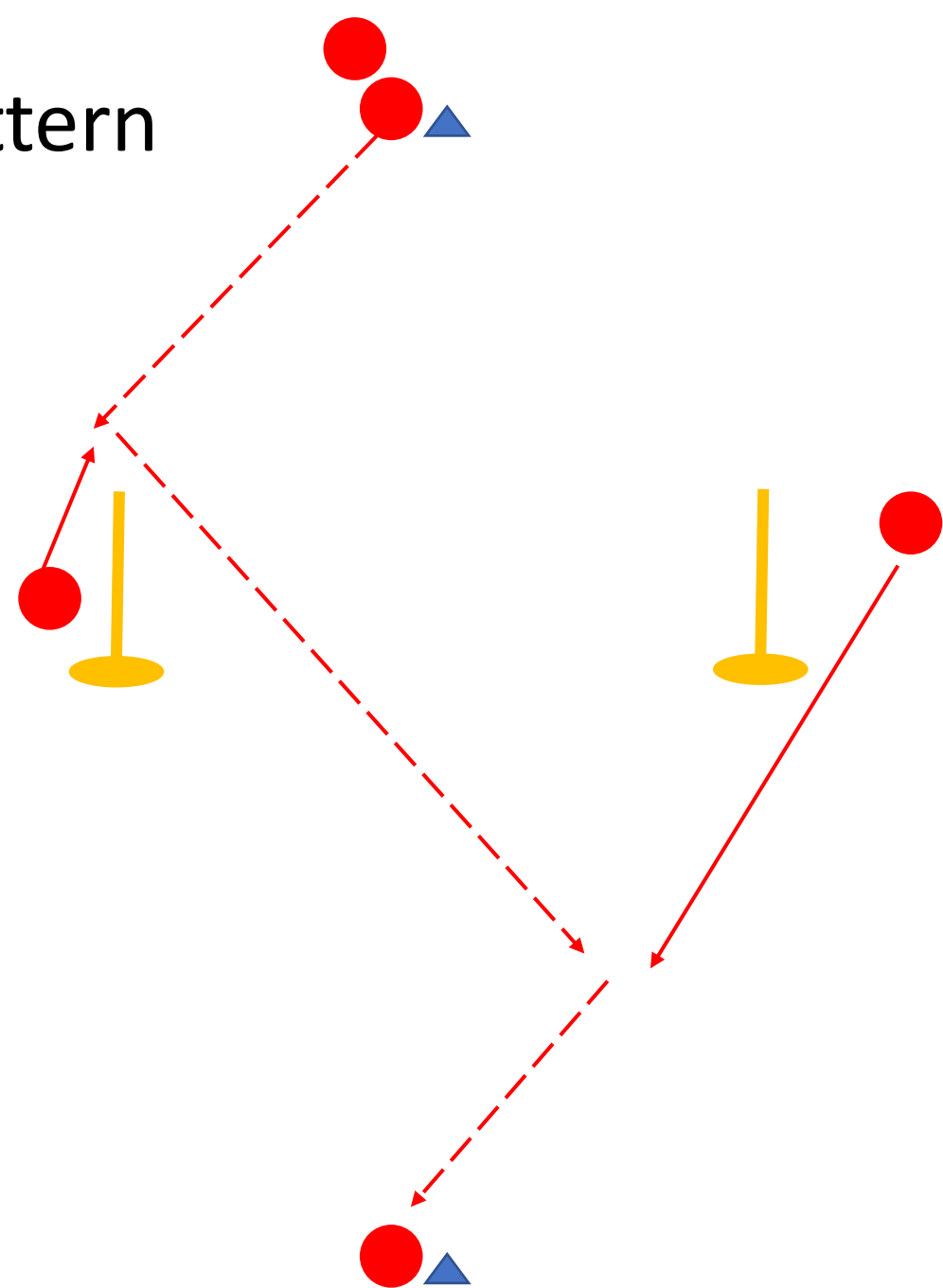
Time	15
Sets & Set Length	3X4 min (1 min rest)
Teams or Grid Numbers	5-7 players per station
Number of Grids	1-3
Dimensions	30x12 yards

Rules:

- Players pass in the pattern & follow their pass (player making final pass stays "in," until they receive thru pass)
- Poles are used as the offside line
- Before receiving, players check away from the pole/cone
- Add choices: turn & thru (shown), up-back-thru, 1-2 to break line, etc.

Technical Principle: Through Passing

- Proper angle and weight of pass to lead teammate into space
- Use body shape to deceive defense into thinking you are passing elsewhere



4v4+3 Rondo



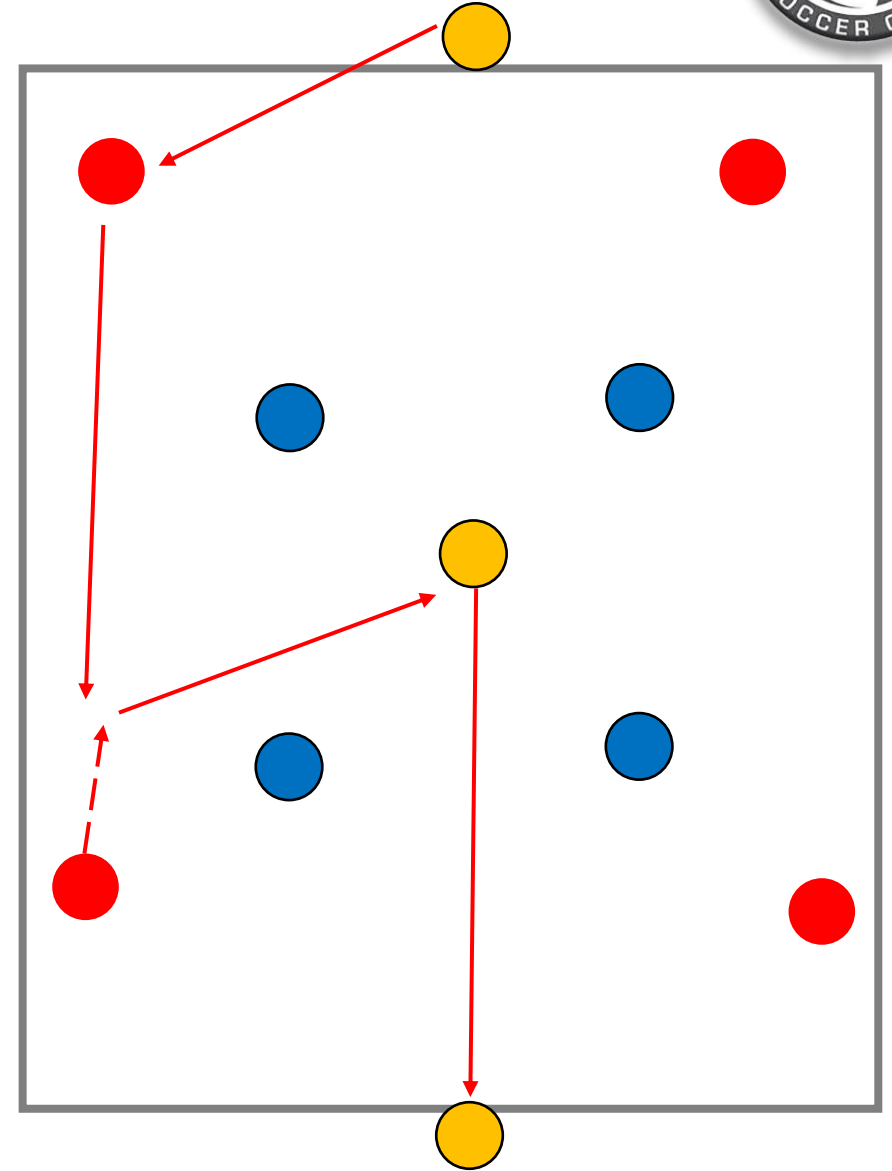
Time	15
Sets & Set Length	3x4 min
Teams or Grid Numbers	4v4+3
Number of Grids	
Dimensions	24x18 yards

Rules:

- Team with the ball attempt to pass & move with neutrals to keep possession for as long as possible
- 1 neutral on each end line, 1 free to move in the middle
- Ball is live on turnovers, other team attempts to keep possession
- Scoring: 10 passes OR pass from on end to other

Tactical Principle: Read Pressure to Combine or Play Beyond

- If there is pressure on the ball & no numerical advantage, play long
- If there is no pressure on the ball, try to play between or behind lines
- If there is pressure on the ball, but a numerical advantage, combine to play out short



Final Game



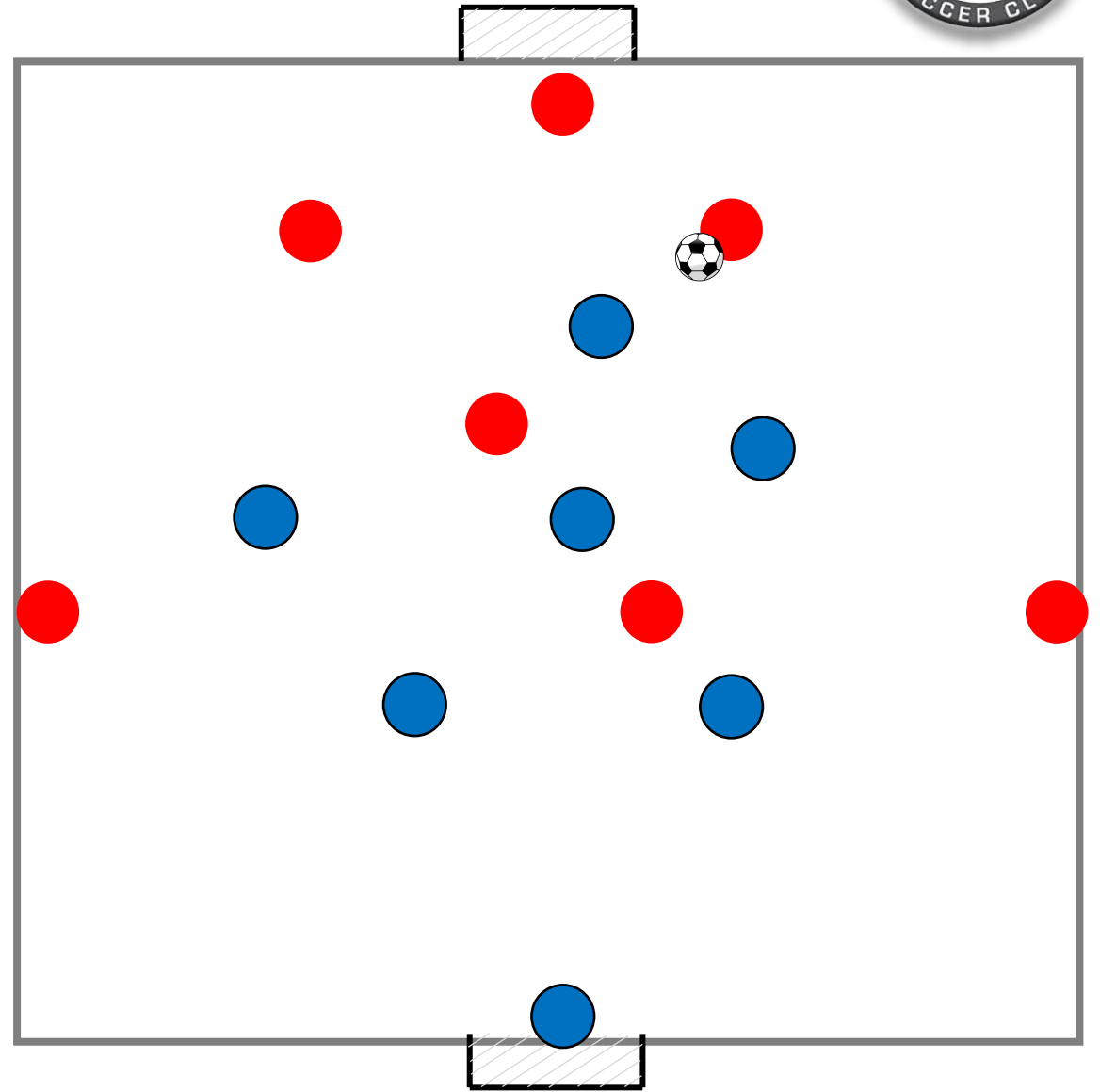
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal =2pts, 1 touch goal =2pts*

Coaching Points/Observation Questions:

- Observe: Are players able to correctly decide whether to play forward or combine, based on the pressure?





Week 2: Organize into a Compact Shape

U13+ Microcycle 4

Technical Principle: Turning

Get Compact

Microcycle 3 | Week 2 | Session 1



Week Objectives:

- Teach players how to compress the playing area when the opposition has the ball by being narrow and vertically compact
- Instruct players on the basics of turning

Tactical Principle: Get Compact

- Protect the center of the field
- Once bypassed, players work to recover behind the ball and in a horizontally compact shape

Counter Principle: Accelerate the Play

- Receive the ball with a body shape to face forward and drive at the back line
- Make forward runs behind opponent back line to play through or create more space between lines
- Recognize numbers even or numbers up situation to play forward quickly

Technical Principle: Turning

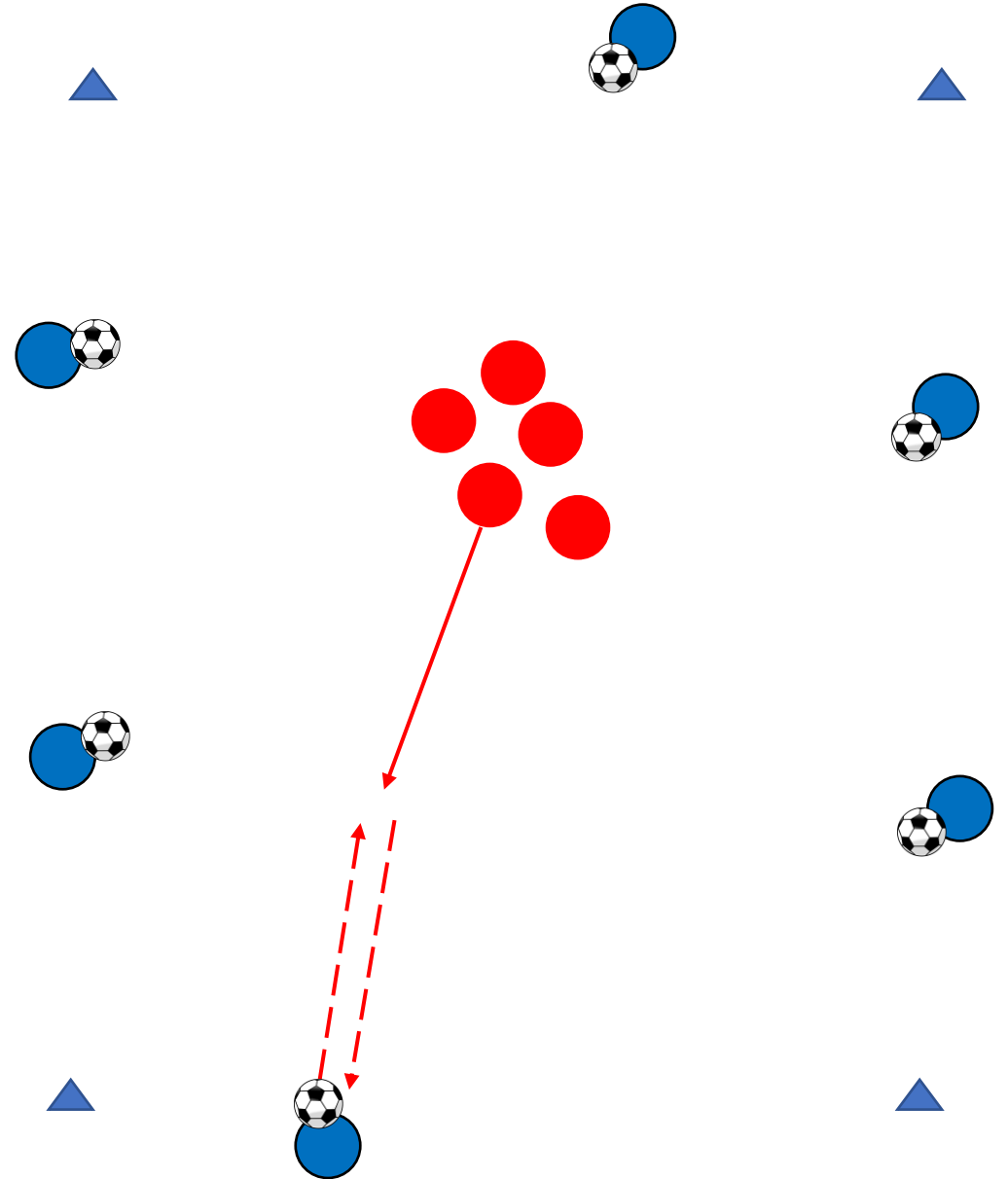
- Familiarize yourself with one or two key turns to do in a game setting
- Turn sharply - go 180 degrees in the opposite direction

Turning: Windows

Time	15
Sets & Set Length	15X45sec(15 sec rest)
Teams or Grid Numbers	8-20 players per station
Number of Grids	1
Dimensions	20x20 to 40x40 (based on #s)

Rules:

- Red players check to receive & play back to blue players
- Red players move randomly to different blue players to complete as many actions possible within timeframe
- Progressions: 1 touch, 2 touch, open up & turn to play back, receive out of the air, etc.



3 Zone Line Break Game

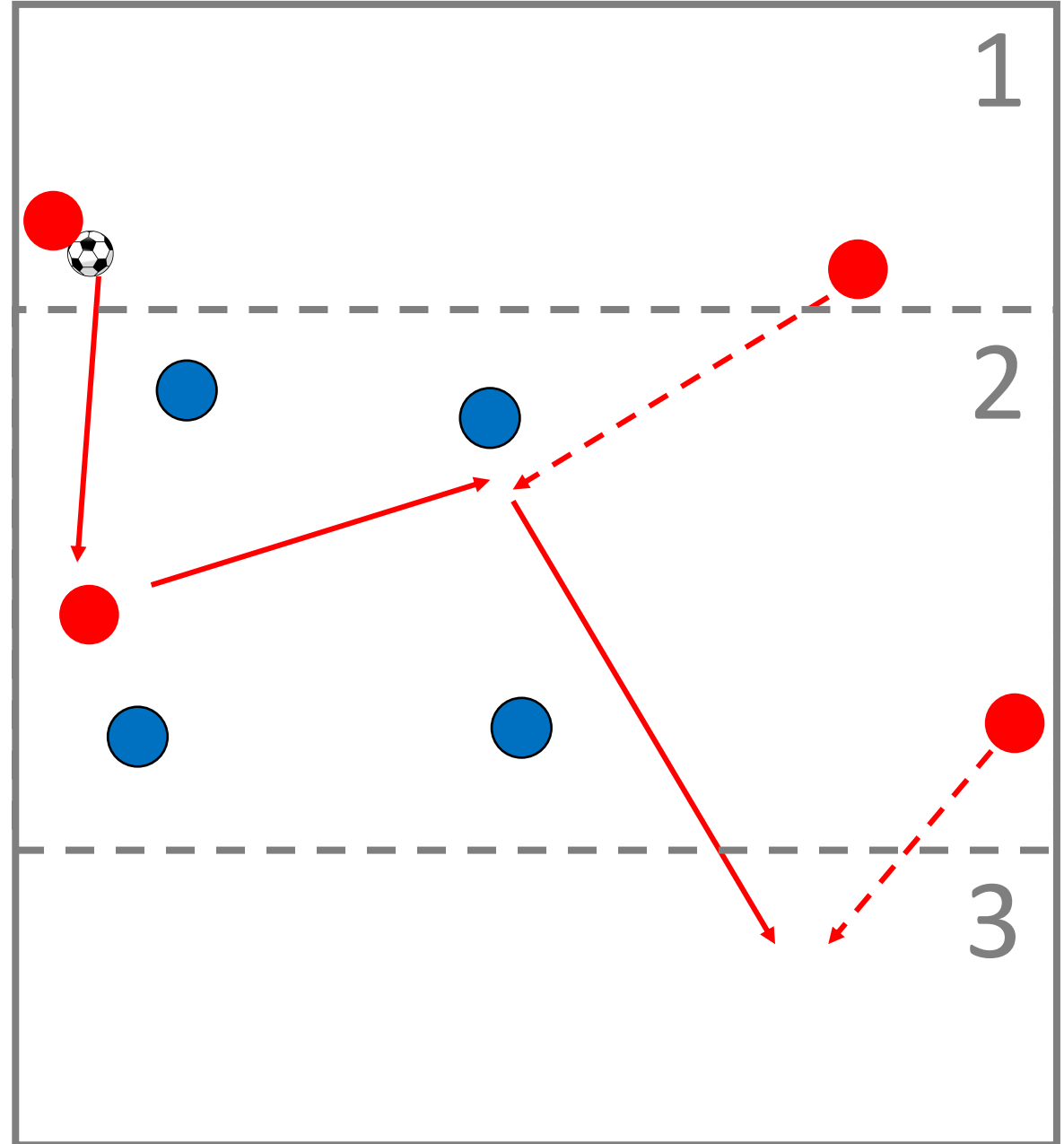
Time	25
Sets & Set Length	6 x 3 minutes
Teams or Grid Numbers	3v3+2
Number of Grids	1
Dimensions	30x15 yards (3 10x15 zones)

Rules:

- Red possesses ball in zones 1 & 2, attempting to break into zone 3 to simulate thru pass behind defensive line
- No player can enter zone 3 until ball is played (offside)
- Once red progresses to zone 3, they use zone 2 & 3 to combine and play back into zone 1

Tactical Principle: Break Last Line with the Pass or Dribble

- Create a straight passing line with a diagonal run or a diagonal passing lane with a straight run
- Use a deceptive pass to break opposition lines
- Play through a different gap than the run



Final Game



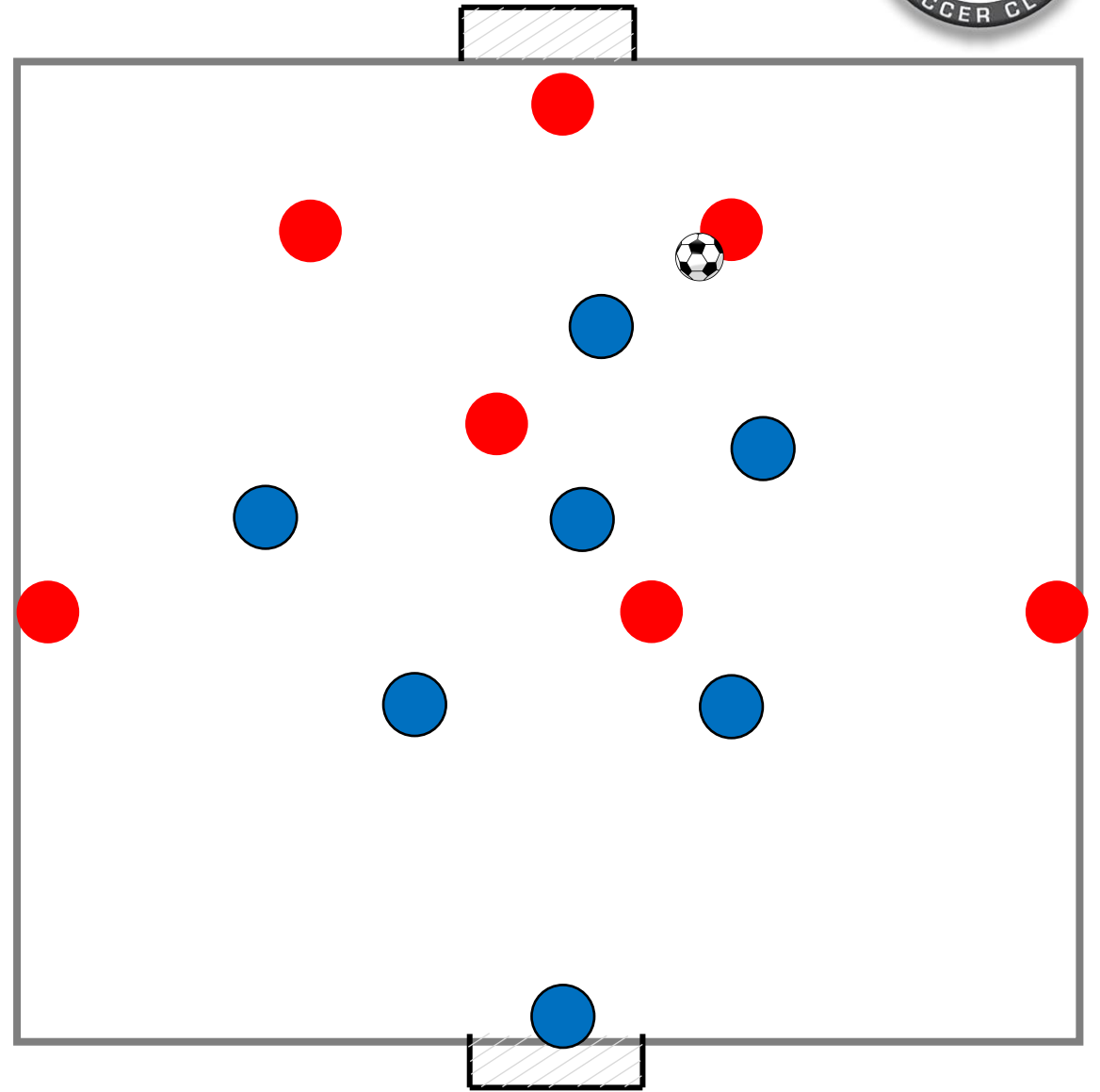
Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	All Players
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal = 2pts, 1 touch goal = 2pts*

Coaching Points/Observation Questions:

- Observe: Look at the shape of the team in the defense – are they able to get compact to prevent the attacking team the ability to progress through the middle?



Get Compact

Microcycle 3 | Week 2 | Session 2



Week Objectives:

- Teach players how to compress the playing area when the opposition has the ball by being narrow and vertically compact
- Instruct players on the basics of the turning

Tactical Principle: Get Compact

- Protect the center of the field
- Once bypassed, players work to recover behind the ball and in a horizontally compact shape

Counter Principle: Accelerate the Play

- Receive the ball with a body shape to face forward and drive at the back line
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Technical Principle: Turning

- Familiarize yourself with one or two key turns to do in a game setting
- Turn sharply - go 180 degrees in the opposite direction

Hourglass: Turning



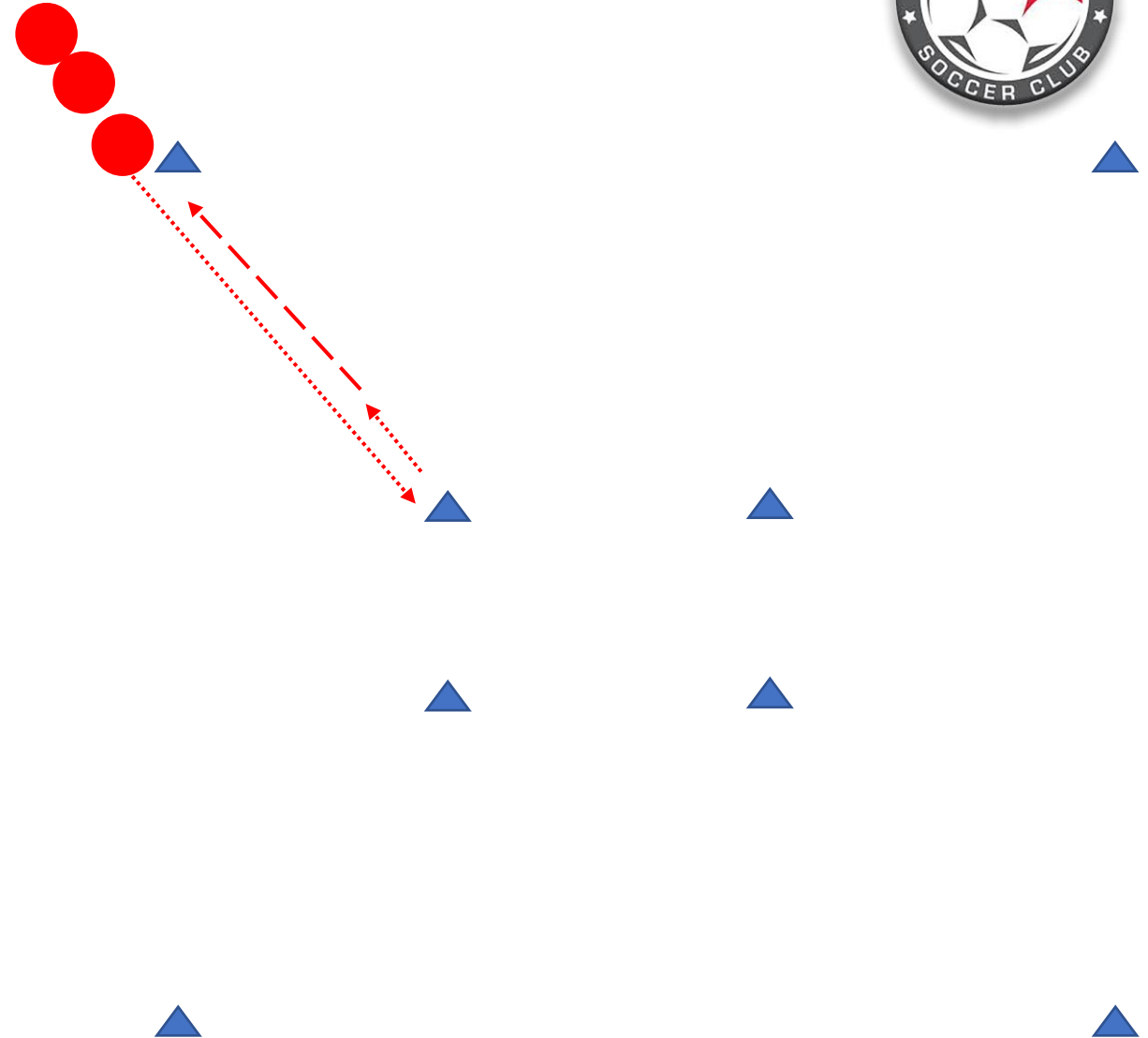
Time	20
Sets & Set Length	5x2 min (1 min rest)
Teams or Grid Numbers	3-5 players per station
Number of Grids	1
Dimensions	12-yard stations

Rules:

- 3-5 players per station – player 1 dribbles to other cone, turns, and passes back to player 2
- *Progressions: unlimited, inside cut, outside cut, stepover*

Coaching Points

- Make your turn in 1 sharp touch if possible
- Accelerate away from the turn
- *Advanced: add deception (fake shot or pass) to create space for yourself*



Ajax Transition Game



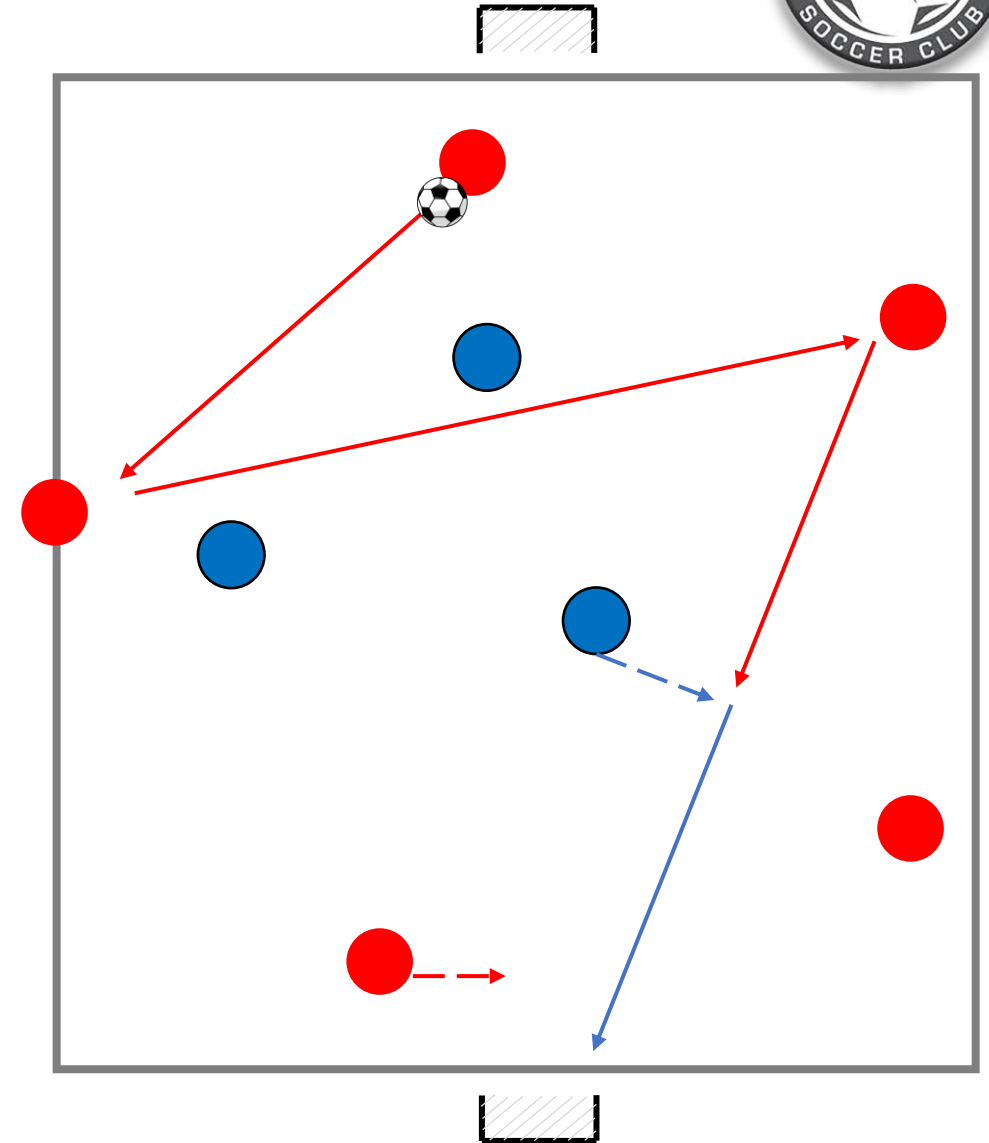
Time	15
Sets & Set Length	3x4 min
Teams or Grid Numbers	5v3
Number of Grids	1-2
Dimensions	25x15 yards

Rules:

- Group of 5 (red) attempts to keep possession for 5+ straight passes
- Group of 3 (blue) attempts to win the ball and score in either of the mini goals

Tactical Principle: Get Compact

- Protect the center of the field
- Once bypassed, players work to recover behind the ball and in a horizontally compact shape



Final Game



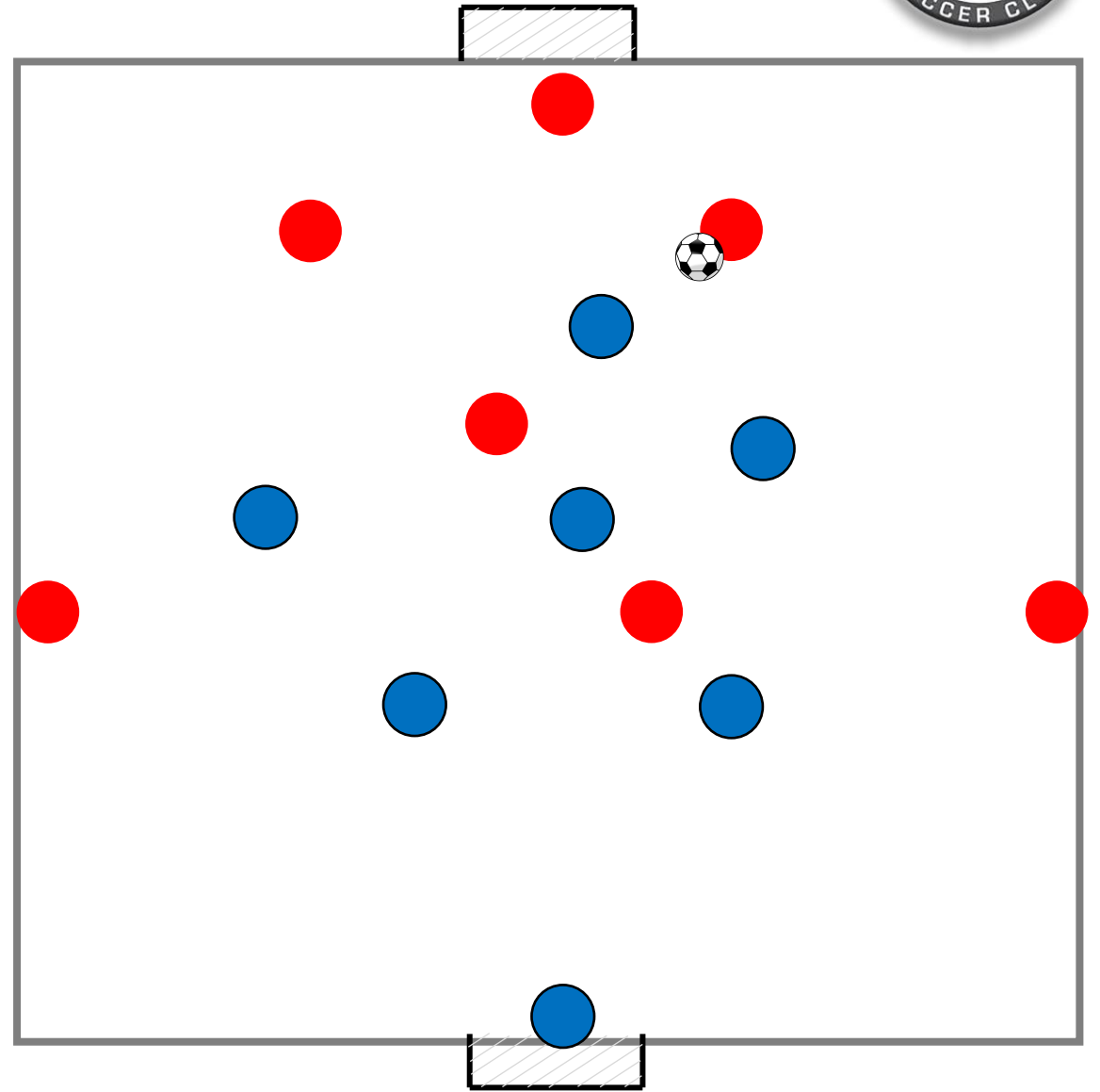
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Week 3: Read Pressure to Combine/Play Beyond

U13+ Microcycle 3

Technical Principle: Turning

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Microcycle 4 | Week 3 | Session 1

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- Teach players to advance the ball past the last line of defenders towards the opponent's goal.
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Tactical Principle: Read Pressure to Combine or Play Beyond

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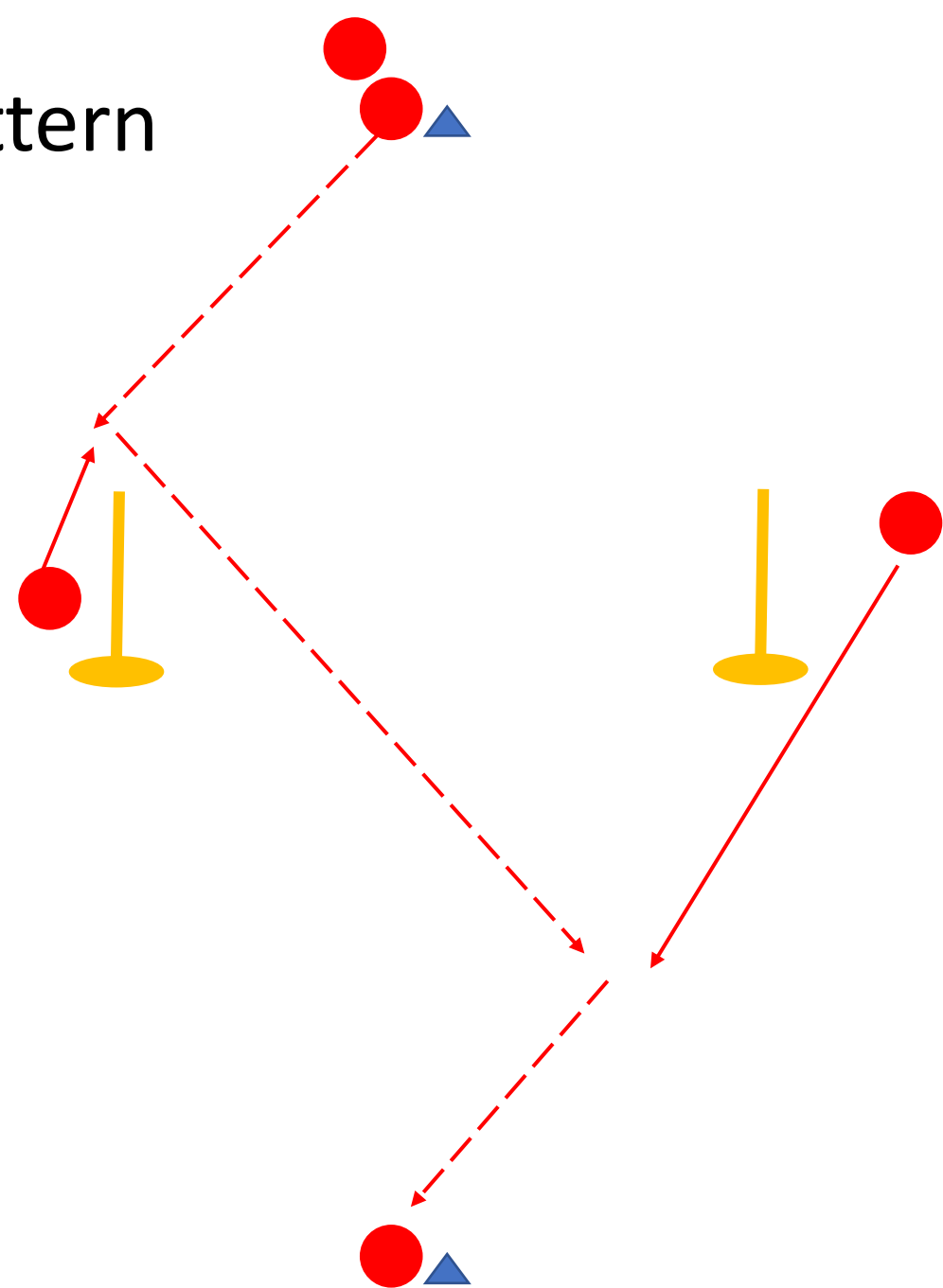
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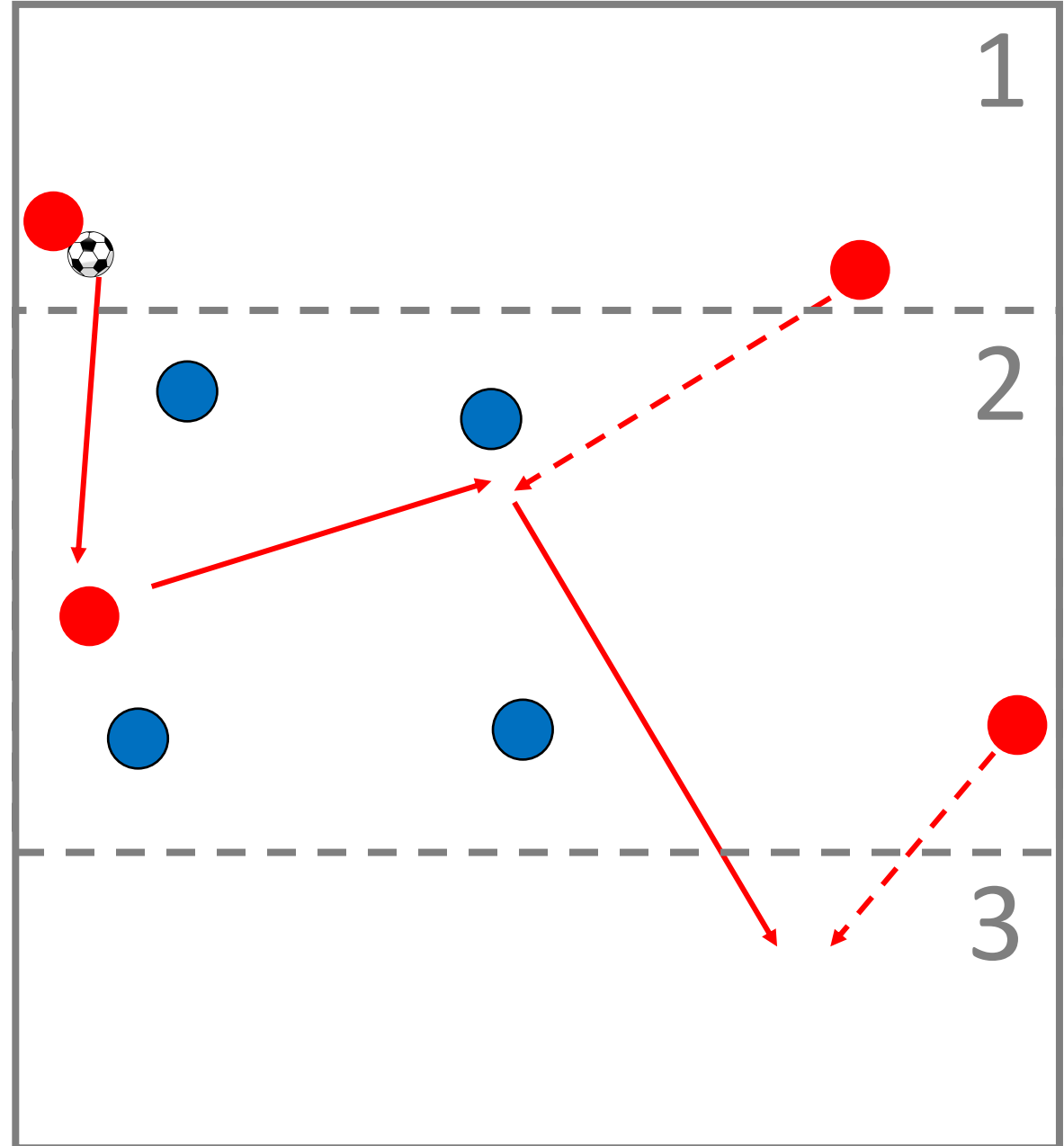
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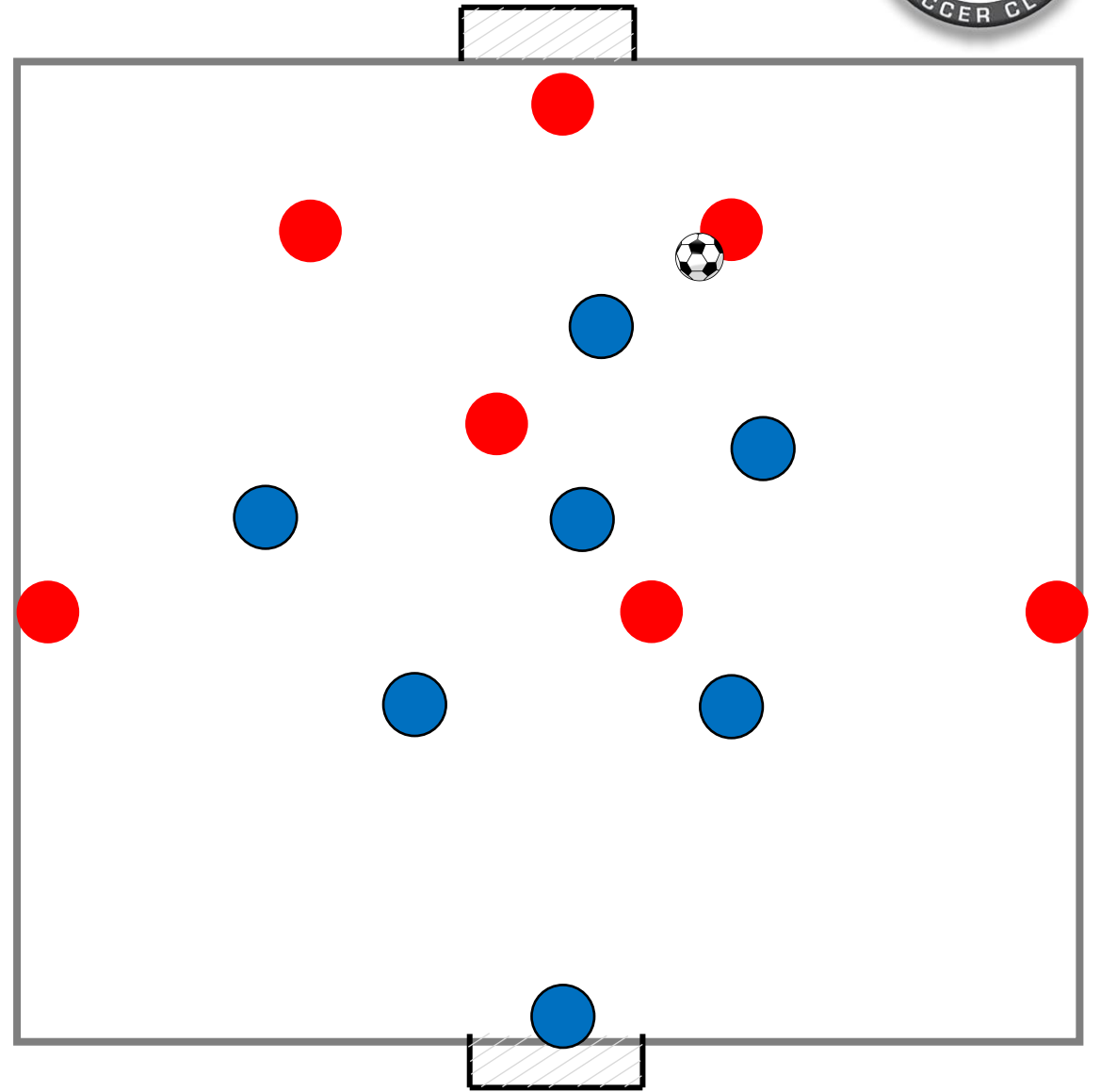
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Read Pressure to Combine/Play Beyond



Microcycle 4 | Week 3 | Session 2

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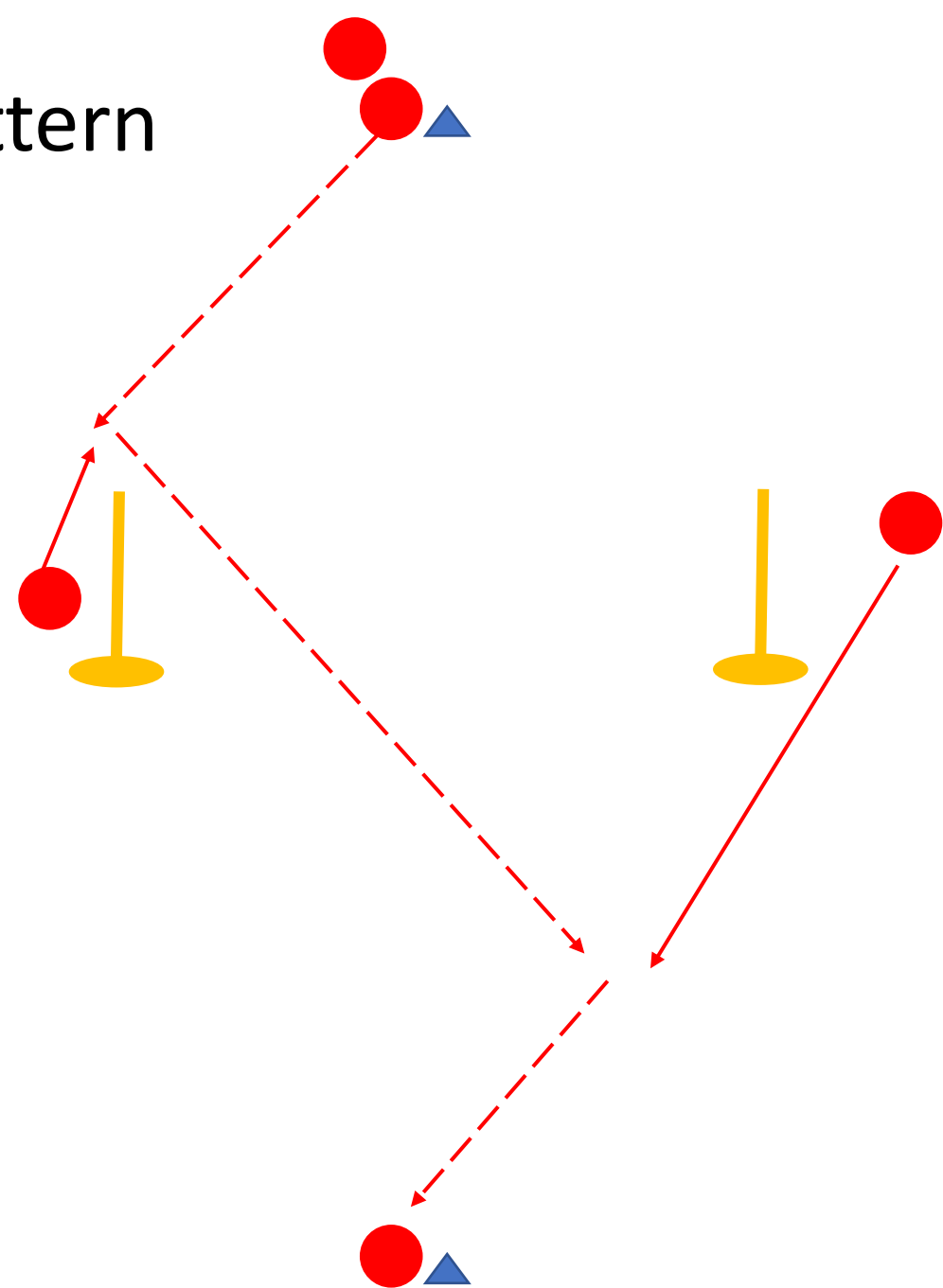
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4v4+3 Rondo



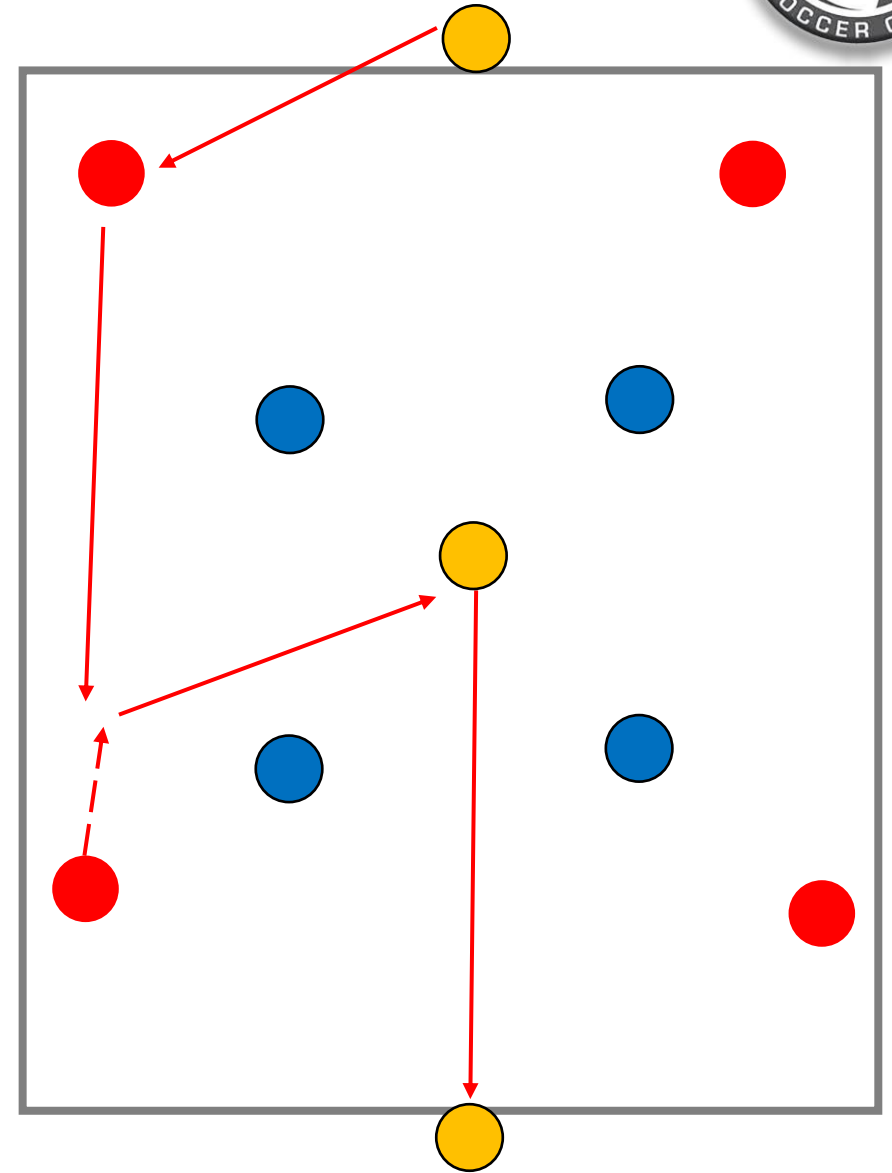
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