

U13 Girls Session 28th Sept 5:30 -7pm

Category: Tactical: Switching play
Difficulty: Academy Sessions

Am-Club: Kickers FC
Gordon Ferguson, Blaine, United States of America

Description

Focusing on switching play through the middle of the field. Body shape scanning before receiving and speed of play should be the main focus.

warm up (15 mins)

Instructions:

30x30 grid ball mastery

Coaching Points/Questions:

Depends on players but only 5-7 balls on 15 players.

- Change direction
- Change speed
- Close control in traffic.



main activity (20 mins)

Organization:

2x25x25yards with 2x10yards channels depending on age and numbers. 3v3 in idle zones 2 target players play for both teams

Instructions:

Reds look to move ball from one target player to next for 1 point and play back for 3 if blues win the ball they look to do the same.

Coaching Points/Questions:

Quality of passing, speed of play, width and depth, movement to receive and support, body shape.

How does speed of play affect our chances of switching the field?

Regressions/Progressions:

Limit touches in middle areas, plays can move from different middle zones.



conditioned game (25 mins)

Organization:

Both team 2-3-1 field split as shown 7v7 field layout channels as shown

Instructions:

Both teams look to move ball from one channel to next for points shown above. 5 points = goal can score on goal normally but incentives to play from one side to other in different ways

Coaching Points/Questions:

quality of passing, movement to receive and support, scanning field, 1st touch ball control, body shape.

How can we support players in wide areas?

Why do we look to switch play?

Regressions/Progressions:

Time limit, must play into 2 zones before scoring.

