

Coach: Stephen Bird

U14 + Crossing and Finishing

Using the width of the field



A Lifetime of Soccer



Warm-Up

Work: 10 Mins

Both sides go at the same time. Players are setup with two lines (organize two groups) facing each other and two wide players (about 20 yards apart). Play starts by playing it in to the player straight ahead of them, and then plays it back to player who passed first. Player then plays a 20-yard pass out wide. Wide player dribbles back to the start. (Y shape passing exercise). Players follow their pass to keep sequence going.

Add in dynamic stretches.

Organization: Long pass can be shorter or longer depending on the ability of your players.



Technical

Work: 12-15 Mins

Pattern Play.

Play starts in the midfield area and plays it into the ST's feet who then lays it back to MF. MF plays it out wide (in front of the winger) to cross the ball in the box. ST times his/her run in the box. After completed, other side goes next.

Progression-

Change the pattern around.

Add in a time limit for the pattern to be complete.

Organization: This can be small or big depending on your field space.



Scrimmage

Work: 15-20 Mins

Players are split into two teams. The field has two wide areas, which are occupied by a player from each team. The team in possession can use the wide players. Wide players at the start of the game can't be tackled but have a time limit to get rid of the ball (Coach sets this). No one else can go in the wide area.

Introduce 1v1 battles on the wide areas, and only one player from the team in possession can join them to create a 2v1 situation.

Organization: Grid size – Wide areas 8x40 and field area 30x40 (depending on # of players & space)

Key Coaching Points:

- 1) Playing in the middle to exploit the space wide?
- 2) Quality of pass into the wide areas. Does it go to feet or into space?
- 3) Quality of cross into the box. What type of cross is needed?