






# Holden Youth Soccer --- U14 --- Week Eight

**Topic: Penetration by Dribbling, Passing and/or Shooting**  
**Objective: To improve help players recognize when to penetrate by dribbling, passing and/or shooting**

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>1v1 to Two Small Goals :</u></b>            In a grid 10x15 yards with small goals on the end lines. A player passes the ball diagonally across the grid to his opponent who then attacks the small goal. Passing through the goal is 1 point and dribbling through the goal is 3 points. Each player keeps track of their score.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Use all surfaces of the foot               <ul style="list-style-type: none"> <li>○ Inside/outside</li> <li>○ Sole</li> <li>○ Laces</li> </ul> </li> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and speed, explode into space if defender does not commit</li> <li>• Decide to pass or dribble to score depending of the defenders pressure</li> </ul> <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p><b>Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b><u>3v2 Game:</u></b>            In a 25x30 yard grid two teams are trying to score. The team of two is trying to penetrate quickly by passing through the goals as soon as the can get possession in any of the two cone goals defended by the team of three. The team of three is trying to penetrate the team of two by dribbling and passing.</p>	<ul style="list-style-type: none"> <li>• Reinforce passing and receiving technique</li> <li>• Use support players to making attacking decisions:               <ul style="list-style-type: none"> <li>○ When to dribble</li> <li>○ When to pass                   <ul style="list-style-type: none"> <li>▪ To connect</li> <li>▪ To combine</li> </ul> </li> </ul> </li> <li>• Encourage players to be creative</li> <li>• Work together to score</li> <li>• Verbal &amp; visual communication</li> </ul> <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p><b>Exp. Small Sided Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
	<p><b><u>4v4 or 5v5 with 4 Targets and GK's:</u></b>            Two groups of 4 players are trying to score goals after receiving a ball from the target players.  <b>Coach:</b> start the game by the players connecting with the targets to score. After a while allow the players to make the decision to use them or not.            Switch targets and field players every so often.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> <li>• Shooting technique</li> <li>• Visual cues should determine how to penetrate</li> <li>• Encourage finding the goal as quickly as possible</li> <li>• Stress that first look is always to penetrate</li> </ul> <p style="text-align: right;">Time; 20 minutes</p>
<p><b>Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>6v6 to 8v8 Scrimmage</b></p>	<p>Play a game with Goalkeepers.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><i>Time: 30 minutes</i></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session. <b>Time: 5-10 Minutes</b></p>	