
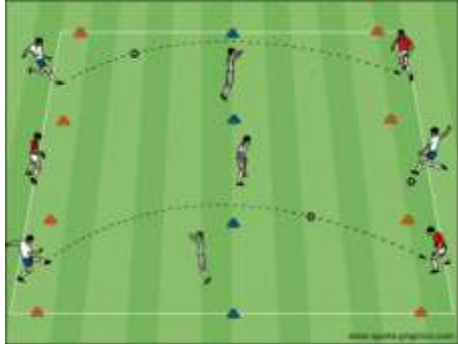





Holden Youth Soccer --- U14 --- Week Three

Topic: Striking Lofted and Driven Balls (Long Balls)

Objective: To introduce the players to the technique of striking lofted and driven long balls

Technical Warm up	Organization	Coaching Pts.
	<p>High & Long: 2 players are at opposite ends behind a goal in a 10x20 yard grid, and try to score points by striking the soccer ball through the two goals without the soccer ball bouncing and/or rolling before crossing the goals. A player scores 3 points for every lofted/driven ball he/she strikes successfully. Receiving players can catch the ball.</p> <p>Version 2: The player taps the ball forward to strike it long</p> <p>Version 3: Use the other foot</p>	<ul style="list-style-type: none"> • Body position and balance • Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot • Non-kicking foot directed at target • Lean the body back when striking the ball • Strike the lower part of the ball and follow through towards target landing on shooting foot <p style="text-align: right;">Time: 15 minutes</p>
<p>Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p>Over the Middle: 2 players at the ends of a 15x30 yard grid are trying to hit soccer balls over the player in the middle. When the player in the middle intercepts or catches the soccer ball, he/she will change positions with the last player who struck the ball.</p> <p>Version 2: The middle player serves the ball to the kicking player</p>	<ul style="list-style-type: none"> • Technique of striking a ball served to you • Hitting the ball with the inside of the foot to curve it • Hitting the ball straight <p style="text-align: right;">Time: 15 minutes</p>
<p>Exp. Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<p>3v3 +Gk's or Targets - Go Long: In a 20x40 yard grid with targets, two teams are trying to score by striking long balls to their goalkeeper or target. If the goalkeeper or target catches the ball without bouncing before entering his/her zone, the attacking team scores a point.</p>	<ul style="list-style-type: none"> • Technique of striking a long ball • When <ul style="list-style-type: none"> ○ When you have no pressure ○ On the run ○ To get behind defenders <p style="text-align: right;">Time: 20 minutes</p>



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Game	Organization	Coaching Pts.
6v6 to 8v8 Scrimmage	If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.	• All of the above <i>Time: 30 minutes</i>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	