CYSA U14-U16 PRACTICE PLAN

WEEK: 1 **FOCUS: DRIBBLING/PASSING / MOVING TO OPEN SPACE**

OBJECTIVE: TO IMPROVE TEAM'S ABILITY TO PASS, KEEPING POSSESSION OF BALL

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 **TECHNICAL WARM-UP**	**FOUR CORNERS PASSING GAME:** Area: Create four grids that are about 5x5 yard grids and set them about 40X40 yards apart on all sides. Split the group into two teams and put one team in an alternate color. Instruct the teams to pass among their team to keep possession while attempting to score a point by passing the ball to a teammate that is inside one of the smaller grids. The teams can score in any of the corners, however, they cannot score in the same corner twice in a row.		• Focus on the weight and accuracy of the passing • Make sure players without the ball are supporting the player with the ball at all times • Make sure the timing of the runs and timing of the pass are in sync. • Make sure players change the point of attack and are not forcing passes into congested areas
STAGE 2 **SMALL SIDED ACTIVITY**	**SPLIT THE DEFENDERS:** Area: Make a grid approximately 18x18 yards. Split team into three teams of two players per grid. Build multiple grids for additional games. 1. 2 teams work together on the outside of the grid while the 2 defenders work on the inside of the grid. 2. The four players on the outside keep possession and keep the ball from the defending team in the grid. 3. The outside team scores a point when the ball is passed between two defenders (SPLIT) and is received by their teammate across the grid.		• Make sure the attacking players are moving for their partners and opening up in space. • Make sure balls are passed with good pace and on target • Encourage players to communicate verbally and with their body and hands.
STAGE 3 **EXPANDED SMALL SIDED ACTIVITY**	**3V2 FLYING CHANGES:** Area: Set up two goals facing each other about 35-40yrs apart with a keeper in each goal. Split players into two even teams Blue and Red & start on either side. 1. 3 Blue players step out with a ball and become attackers. 2 Red players step out and defend. 2. If the attacking team (blue) scores, they are distributed a new ball and attack the other goal. The defenders (red) step off, get back in their teams line, and two new defenders (red) would step on. If the attackers (blue) do not score, they step off, and the 2 defenders (red) become attackers, an additional player (red) is added on the attack. 2 new defenders (blue) step out. The game is a very fast paced/dynamic game.		• Changes in the direction and speed of play • Appropriate use of 1st touch • Appropriate use of short or long passing • Quick transition • Good passing/shooting decisions • Proper offensive and defensive shape • Paying attention/following the game
GAME	**GAME TO 2 GOALS**	Divide the team, each with goalkeepers. Play until one team scores 2 goals.	

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WEEK: 2 **FOCUS: DRIBBLING/PASSING / RETAINING POSSESSION**

OBJECTIVE: TO IMPROVE TEAM'S ABILITY TO PASS, KEEPING POSSESSION OF BALL

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 **TECHNICAL WARM-UP**	**2V2+CORNERS - PASSING & POSSESSION:** Area: 20X20 grid. The size can vary depending on age and skill level of your team. 1. Players play 2v2 in the middle of the grid and attempt to play one of their outlet players on their team. 2. Once a pass is made to the outside player the players switch, so the outside players dribbles or passes in to their teammate and plays 2v2. The player passing to the outside player takes his spot and becomes the target player at his cone. 3. If the defensive team wins the ball they become the attackers and attempt to keep possession as described above.	 2v2+4 Passing, Possession, Combination	• Players should play with speed and constantly moving to open up and give options to the player with the ball. • Make sure supporting players give the ball handler good supporting angles and is getting into undefended space in order to receive the pass. • Passes should be made to keep possession and players should keep scanning the field in attempt to find the most space and least amount of pressure.
STAGE 2 **SMALL SIDED ACTIVITY**	**3V3V3:** Area: 20x20 grid. Create 3 teams of 3. One team Yellow, Red and White. 1. Instruct the Yellow team to be defense first. The other two groups, Red and White, are responsible for keeping possession among the 2 groups. 2. If the defending team (Yellow) wins the ball, the team who made the mistake automatically becomes defense. **Example:** Say Red has a bad first touch into the defender (Yellow), then the Red Group would become defense and the Yellow and White groups would then keep possession from the Red group. Any ball played out of the grid is considered loss of possession by that group, and that group should become defense.	 3v3+3 1204	• Good First Touch • Good Passes to Feet • Proper runs/angle of support • Facing the field
STAGE 3 **EXPANDED SMALL SIDED ACTIVITY**	**4V4 ZONE GAME:** Area: 24 x 15 yards, and split it into three 8 x 15 zones (increase size of area if more players are involved or low skill level). 1. Divide the players into three teams of 4. Place each group of four players in each zone. 2. The 4 players in the middle zone are split into 2 teams of 2, one pair will be tasked to close down in the right hand zone and the other pair in the left hand zone. 3. Start in one zone, focusing on keeping possession, looking for the first good opportunity to pass the ball into the feet of a player in the left hand zone, while being closed down by the pair from the middle zone. 4. Players in the middle zone try to intercept the ball.	 4v4 Zone Game 1220	• Coaches may want to keep the defenders in one team the midfielders in another and attackers in the other as this helps the group work together as a unit. • Communicate with each other i.e. tell each other if there is a "Man on" or if they have got "Time". • Encourage good movement off the ball it is very important the players in the end zone that aren't waiting to receive the ball put themselves into good areas to make it easy for the players who are trying to make the pass.
GAME	**GAME TO 2 GOALS**	Divide players into 2 teams. Focus on strong passes and support	

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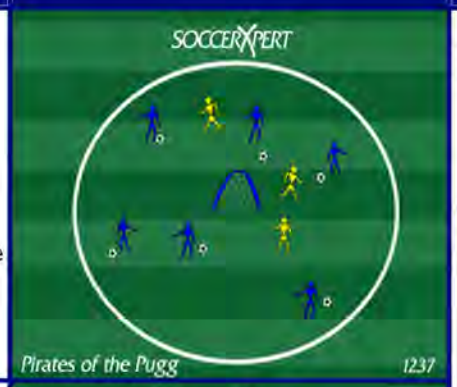
WEEK: 3 **FOCUS:** ATTACKING WHILE DRIBBLING

OBJECTIVE: TO IMPROVE TEAM'S ABILITY TO ATTACK, WHILE RETAINING THE BALL

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 TECHNICAL WARM-UP	**PIRATES OF THE PUG:** Area: Build a circle approximately the size of the center circle with a Pugg Goal in the middle of the circle. The actual size of the circle will vary depending on the age and skill level of the players. 1. With all players in the playing area, dedicate 9 players with the ball, and 3 players without a ball will be the "Pirates". 2. "Pirates" without the ball to defend the players with the balls. Once the Pirate wins the ball, they attempt to score on the Pugg Goal in the middle of the circle. If the Pirate scores the goal, that player too becomes a Pirate. Play continues until the last player with the ball wins.		Attacking: • Keep the ball close with head up so the players are aware of defenders and safety areas (space). If the ball is lost, recover quickly and fight to win it back. Defending: • Transition quickly from defense to offensive and stay focused once the ball is won, and find the target.
STAGE 2 SMALL SIDED ACTIVITY	**1V1 COMPETITION:** 1. Split the team into 2 groups with each group wearing alternate jerseys with a keeper in the goal. Place a cone about 25 years from the goal. 2. 1 team defends by the goal, and the other team attacks by starting at the cone 25 yards from goal. 3. Switch sides of defenders and attackers, after each attacker has gone 3 times each.		Offensive: • Attack defender with speed, quick explosion to get away, try to get behind the defender, and shoot at any half-chance. Defensive: • Close down quickly, force the attacker to the weak side, break down, and close the attacker down. • Remember Fast, Slow, Outside, Low. Fast - approach the attacker with speed. Slow - when the defender gets close to the attacker, the defender must slow their run and start stepping back with the attacker. • Outside - force the attacker to the outside. Low - low center of gravity and get player low.
STAGE 3 EXPANDED SMALL SIDED ACTIVITY	**4X3 - ATTACK VS DEFENSE:** Area: 30 X 30 grid with one side playing to goal. Coach assigns 3 defenders who wear an alternate jersey. The attackers begin with the ball. A keeper should be defending the goal. 1. Instruct the players to exploit their numerical advantage and finish with a shot on goal. 2. Attackers should move the ball looking for the open player and holes in the defense. 3. Defenders should attempt to break-down the attack and will gain experience in how to cover a one-down situation. 4. Defensive players should complete a pass to the coach to end the attack. 5. The coach should then give the ball back to the attackers to build the attack again.		
GAME	**GAME TO 2 GOALS**	Divide players into 2 teams. Focus on strong passes and support	

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WEEK: 4 **FOCUS: CROSSING AND FINISHING**

OBJECTIVE: TO IMPROVE TEAM'S ABILITY TO SCORE GOALS BY CROSSING THE BALL

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 TECHNICAL WARM-UP	**PARTNERED PASSING - PASS AND MOVE:** Area: In half field have the players passing and moving, striking long passes, begin with: - Driven ball on the ground - Driven ball in the air - Flighted or lofted ball - Introduce bending ball		· Proper technique using inside of their foot (toe up, heel down, ankle locked, knees bent, head over the ball). · Proper technique when passing/ shooting using the laces (toe down throughout, ankle locked, knees bent, head over the ball). · Proper heading technique- eyes open, mouth, closed, tuck chin in, use upper part of forehead, use neck and arched back for power. · Attackers must look to see where the defender and 2nd attackers are (check shoulders before ball is received). · Communication by the attackers and the passers is essential
STAGE 2 SMALL SIDED ACTIVITY	**PENALTY AREA FINISHING GAME:** Area: Inside the penalty area, play 2v1 with the remaining players around the outside of the penalty area, each with a ball. 1. The two attackers must look to receive a pass from an outside player and then can attack the goal either by combining together or going directly to goal. 2. Once the ball is out of play, attackers must look to get another ball. 3. If two balls are played in at the same time, both balls are kicked out of play.		· Techniques mentioned in exercise 1. · Timing and pace of check runs for the striker to receive the ball. · Striker must hold the ball up under pressure and look to turn when free. Receiving the ball with the outside of the foot, strong shielding base, knees bent, keeping body between ball and defender. · Eye contact must be made between the passer and the striker before pass is played.
STAGE 3 EXPANDED SMALL SIDED ACTIVITY	**CHANNEL PLAY:** Area: In a 60x55 yard space (half field length, full field width) 1. Play 8v8 with one neutral player in each of the two wide channels. 2. Players in the channels have two touches and move freely within the channel. 3. Crossing the ball is encouraged, but playing short is allowed. 4. Rotate the channel players every 3-4 minutes. Version 2: Players may pressure the players in the wide channels. Version 3: All players may move freely in the wide channels and the two neutral players are now placed on either of the two teams.		
GAME	**SCRIMMAGE**	Divide the team, each with goalkeepers. Encourage communication between teammates	

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WEEK: 5 **FOCUS: CHANGING THE POINT OF ATTACK**

OBJECTIVE: TO IMPROVE TEAM'S ABILITY TO ATTACK, WHILE RETAINING THE BALL

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 TECHNICAL WARM-UP	**TEAMS OF 4 - PASS AND MOVE:** Area: 30x40 yard grid 1. Split players into groups of 4 (colorcoded). 2. Each group has a ball, interpassing within their group. 3. All groups are in the same grid playing through each other. Coach: have the players do the following • Pass using three touches only • Striking short, short and long passes • Striking short and long passes		• Inside players receiving ball across body to see all options, if possible. • Get players to open up hips to field (left and right) to be able to find target player on the opposite side as quickly as possible. • Communication – Always be giving your teammates information ("Man on, time, turn"). • Simplicity, play the way you are facing. • Visual cues of target players (head up, eye contact, lateral movement) and inside players (head up, eye contact, movement into space, movement of body).
STAGE 2 SMALL SIDED ACTIVITY	**5V5 TO 4 GOALS:** Area: 40-45 yd x 55-60 yd grid set up in the midfield area of the field 1. 5 Red and 5 Yellow players. 2. Place two 5 yard goals on the far left and far right of either end line. 3. Red is going in one direction and attacking two goals and Yellow is going in the opposite direction, attacking the other two goals. 4. If the players manage to score by switching the point of attack, the goal is worth 5 points.		• Play quick 1-2 touch passes to draw defenders in. • Be sure players are in good supporting positions behind (left and/or right), next too (left and/or right) and/or in front (left and/or right) of the ball as it is being possessed. • Visual cue: Attacking team has possessed the ball for enough time to attract many playersfrom the defending team toward the ball, leaving the weak side open. • Weak side player who is looking to get the ball on the switch, gets wide (near touchline) as the ball is being moved centrally, then begins to 'attack' or move into the open space in front of them on the weak side, calling for the ball verbally and visually, by their movement forward.
STAGE 3 EXPANDED SMALL SIDED ACTIVITY	**6V6 TO SIX GOALS:** Area: 50 x 60 yard grid 1. Players are divided into two teams. Play with six goals located on end lines (50 yard lines). 2. Each team attacks & defends three goals. 3. Teams score points by dribbling or passing through goals. 4. A goal scored in the central goal is worth 1 point and goals scored in the side goals are worth 5 points after switching the point of attack.		• Play in the direction you are facing • After switch is made, move to support the new point of attack • Be patient, draw the defense in, then switch the point of attack • Look to play the ball to space in front of the other outside player so he can penetrate with the dribble if possible
GAME	**SCRIMMAGE**	Divide players into 2 teams. Reinforce positive decision making oportinities (patience, angles, timing of switch)	

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WEEK: 6 **FOCUS: SPEED OF PLAY**

OBJECTIVE: TO IMPROVE TEAM'S ABILITY TO INCREASE THEIR SPEED TO MOVE THE BALL

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 **TECHNICAL WARM-UP**	**3V3 OR 4V4 KEEP-AWAY:** 1. Nine or twelve players are divided into three teams of three/four: (Red, Yellow and Blue). 2. Two of the teams combine for six attackers who attempt to keep possession of the soccer ball from the other team of three defenders. 3. When a team loses possession of the ball, that team becomes the defending team. **Coach:** At first just let them play with minimal coaching. Then: - Introduce 3 touch play - Restrict players from passing ball back from the player they received ball from - 1 and 2 touch only		• Technique and Quality of pass (accuracy of pass- including particular foot or side of player; weight of pass) • Dealing with touch limitations and speed of thought • Body Position • Prep touch • Supporting runs off the ball • Vision and communication
STAGE 2 **SMALL SIDED ACTIVITY**	**5V5 WITH TARGETS:** 1. Two groups of 5 players will try to move the ball as quickly as possible to connect passes and connect with the target player to score a point. 2. Have 1 player on each side of the field as the targets. **Coach:** Start without a touch restriction then asks the player to play 2 touches, then pass.		• Body Position when receiving ball • Emphasize quick play - efficiency of touches • Team Shape • Vision and Communication • Support runs off the ball
STAGE 3 **EXPANDED SMALL SIDED ACTIVITY**	**5V5 WITH TARGETS AND GOALKEEPERS:** 1. Two groups of 5 players are trying to connect passes, playing as quickly as they can. 2. Have 2 players on each side of the field, on both sides of goals, as targets. 3. If the players use the targets and score the goal, it is 2 points. If they do not use the targets, it is 3 points. **Coach:** The team that scores keeps the soccer ball and starts from their own goal. Add touch restriction. Switch targets and field players every sooften.		• Keep emphasizing quick play • Player with the ball should have options wide and long • Team Shape • Look to play the ball early and long if it is on • Keep ball moving- keep flow moving • Build up a rhythm until you can go forward, then play fast
GAME	**SCRIMMAGE**	Divide players into 2 teams. Encourage players to communicate with teammates	

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WEEK: 7 **FOCUS: DEFENDING - PRESSURE AND COVER**

OBJECTIVE: TO IMPROVE PLAYER'S ABILITY TO DEFEND AND PRESSURE ATTACKERS

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 **TECHNICAL WARM-UP**	**PARTNERS WITH A BALL:** Players pass to member of other color and move... - To receive return pass - After 5-8 yard pass: press sideways on & send opponent opposite direction of his first touch - After 5-8 yard pass: press sideways on & try to gain possession of ball with block tackle, poke tackle, body or shoulder - Slose down - Slow down - Get down - Stay down		PRESSING DEFENDER • Speed of approach-Approach fast...arrive slow • Angle of approach-We want to direct the player one way on the field, take away option of advancing forward • Body shape-knees bent, on balls of feet, one foot slightly angled i n front of other foot • Decision to delay and/or to win possession of the ball COVERING DEFENDER • 2nd defenders must recognize their responsibilities to cover the 1st defender as the ball is traveling to opponent (1st attacker) • Be positioned so that if the 1st defender gets beat with the dribble, you can become the 1st defender immediately • Cover dangerous space between 1st defender and you; cannot allow a penetrating pass to split you and the 1st defender! • Stay connected to 1st defender • Communication with 1st defender
STAGE 2 **SMALL SIDED ACTIVITY**	**2V2 WITH SMALL GOALS:** 1. Each field shall have 10 players; 2v2 on the field and 3 players waiting for next duel. 2. After 2v2 a player goes back to original starting position and other player starts on opposite side. This allows players to have many different partners throughout. Play with off-sides rule		
STAGE 3 **EXPANDED SMALL SIDED ACTIVITY**	**4V4 TO FOUR GOALS:** 1. The midfield line is the restraining line (offside line). Each team attempts to score in one of the 2 goals opposite them. 2. Work with one of the teams to help them maintain the flat shape of the defending action. Play with off-sides rule		VISUAL CUUES TO REGAIN BALL • Type of first touch from opponent - Heavy touch, step in and win it - Close touch, respect play - Pop up, step in and win it • Read the first touch and decide quickly
GAME	**SCRIMMAGE**	Divide players into 2 teams. Encourage him/her to communicate with teammates	

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WEEK: 8 **FOCUS: DEFENDING AS A TEAM**

OBJECTIVE: TO IMPROVE TEAM'S ABILITY TO DEFEND AND CLOSE DOWN ATTACKERS

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 TECHNICAL WARM-UP	**5V5:** 1. 5 players pass to each other consecutively maintaining possession. 2. 5 defending players apply pressure to dispossess opponents. - Defender shall press sideways on & try to gain possession of ball with block tackle, poke tackle, body or shoulder. - Close down, slow down, get down, stay down 3. Defender wins possession, finds a teammate and then group of 5 maintain possession. 4. Players should give good support angles to each other.		PRESSING DEFENDER • Speed of approach - Approach fast... arrive slow • Angle of approach - We want to direct the player one way on the field, take away option of advancing forward • Body shape-knees bent, on balls of your feet, one foot slightly angled in front of other foot • Decision to delay and/or to win possession of the ball
STAGE 2 SMALL SIDED ACTIVITY	**5V5 WITH SMALL GOALS:** Area: About 40x30 yards 1. Use a line of confrontation for players to get behind the ball, organized and compact. 2. Stay connected! Upon winning ball look to penetrate quickly. Maintain possession with good supporting angles. Team Alignments: White: 2-1-2 and Red: 3-2 - Play with Off-side's and line of Confrontation		COVERING DEFENDER • 2nd defender must recognize their responsibilities to cover the 1st defender as the ball is traveling to opponent (1st attacker) • Be positioned so that if the 1st defender gets beat with the dribble, you can become the 1st defender immediately • Cover dangerous space between 1st defender and you; cannot allow a penetrating pass to split you and the 1st defender! • Stay connected to 1st defender • Communication with 1st defender Communication • Short & concise • Energetic • Commanding • Empowering
STAGE 3 EXPANDED SMALL SIDED ACTIVITY	**6V6 TO FOUR GOALS WITH GOALKEEPERS** Area: Half field 1. Play 6v6 with a midfield restraining line (offside line). 2. Each team attempts to score in one of the 2 goals opposite them. 3. Work with teams maintain a good defensive shape and get behind the ball. 4. Teach the line of confrontation. Upon dispossession, transition quickly to attack. Look to penetrate first with good support high. Provide width simultaneously with good supporting angles. 5. Play with Off-side's on half a field		VISUAL CUES TO REGAIN BALL • Type of first touch from opponent - Heavy touch, step in and win it - Close touch, respect play - Pop up, step in and win it • Read the first touch and decide quickly
GAME	**SCRIMMAGE**	Divide players into 2 teams. Encourage players to communicate with teammates	