

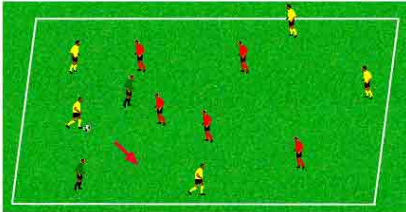



## Indiana Youth Soccer Association Lesson Plans

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Age Group: U-14 - TRAVEL

Topic: PASSING FOR POSSESSION

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p><b>Warm-Up PASSING AND RECEIVING WITH MOBILITY</b></p>	<p>ALL THE PLAYERS IN A CONFINED AREA CIRCLE OR GRID, HALF WITH AND HALF WITHOUT THE BALL. PLAYERS WITH THE BALL DRIBBLE UNDER CONTROL AND PASS TO THE PLAYERS WITHOUT THE BALL. ALL THE PLAYERS ARE CONSTANLY MOVING AT DIFFERENT ANGLES AND DIFFERENT PACE .</p>		<p>1. VISION 2.FIRST TOUCH 3. TIMING 4.BODY POSITION 5.COMMUVICATION</p>
<p>2</p> <p><b>Match Related - TECHNICAL</b></p>	<p>4 V 2 BASIC POSSESSION IN A 30 – 20 GRID WITH SOME RESTRICTIONS. TWO TOUCH POSSESSION , OFFENSE CAN NOT PLAY THE BALL TO THE SAME PLAYER CONSECUTIVELLY.</p>		<p>1. HEAD –UP 2. SPEED OF PLAY 3 .CHANGING DIRECTION 4. MOVEMENT 5. BALL CONTROL</p>
<p>3</p> <p><b>Mat ch Related PROGRESSION</b></p>	<p>CONTINUE POSSESSION 5 V 5 PLUS 2 NEUTRAL PLAYERS WHO PLAY WITH THE TEAM WHICH HAS THE BALL. OFFENSE HAS 2 TOUCH IN A 35 – 25 YD. GRID .</p>		<p>1. MOVEMENT 2. SUPPORT 3.QUALTI OF THE FIRST TOUCH 4. GOOD PACE</p>
<p>4</p> <p><b>Match Related TACTICAL - TECHNICAL PROGRESSION</b></p>	<p>5 V 5 V 5 THREE TEAMS , THREE DIFFERENT COLORS PLAY POSSESSION GAME ON HALF FIELD. IT IS RALLY 10 V 5 TWO TOUCH ON OFFENSE. SEVEN COSECUTIVE PASSES EQALS 1 GOAL .</p>		<p>1 CONCENTRATION – FOCUS 2. VISION 3. PLAYING OUT OF PRESSURE 4. TALKING</p>
<p>5</p>			

**Match Condition**  
**THE GAME**

PLAY 8 V 8 PLUS ONE NEUTRAL PLAYER WHO ALWAYS PLAYS WITH ATTACKING TEAM. ADD 2 TARGET PLAYERS AT EACH END LINE. CONNECT WITH A TARGET PLAYER SWITCH AND BECOME A TARGET. ADD KEEPERS, NOW TARGET PLAYERS ARE FIELD PLAYERS. PLAY FULL FIELD. IF YOU HAVE 22 PLAYERS PLAY 11 V 11.



1. BALL CONTROL
2. COMBINATION PLAY
3. CREATIVITY
4. RISK TAKING
4. CONFIDENCE IN TAKING PLAYERS ON 1 V 1
4. TRANZITION
5. TEAMWORK
6. WORKETHIC