

Session : OYSS U13 Boys House Team Session

Description : OYSS U13 Boys House Team Session

Notes :

1 - Passing in Pairs

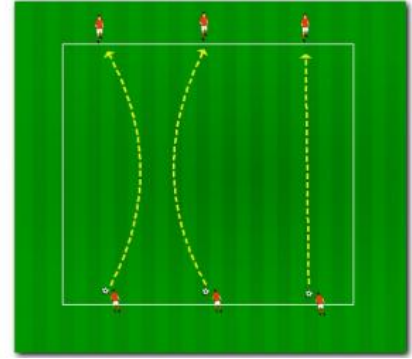
Duration:

Explanation

* one-touch to control the ball out in front of the passing foot * focus on a quality strike when driving or chipping the ball back to your partner * distance will vary between ages and skill level

Coaching Points

* concentrate on the placement of the plantfoot * keep the head down with the eyes on the ball * concentrate on which part of the ball you will strike and which part of the foot you will use to make the pass * concentrate on the feeling of the ball when it strikes the foot



2 - Six vs Two Possession

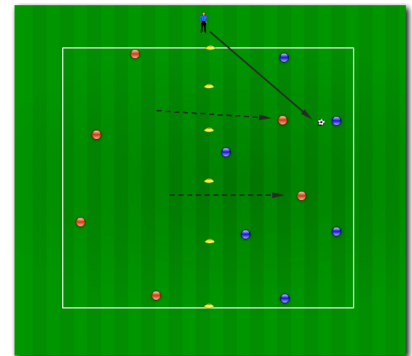
Duration:

Explanation

* initiate drill with service from the coach outside the area
* defensive pressure is applied as soon as the team receiving the ball has taken their first touch
* passing and movement off the ball to achieve target for team in possession of the ball
* high level of intensity and work from the two defenders attempting to regain the ball

Coaching Points

* quality first touch
* communication
* width and depth



3 - 3v3 Small Sided Game

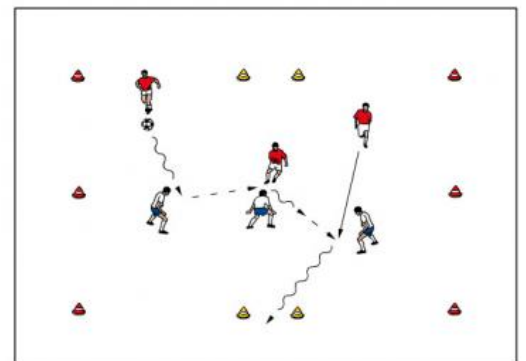
Duration:

Explanation

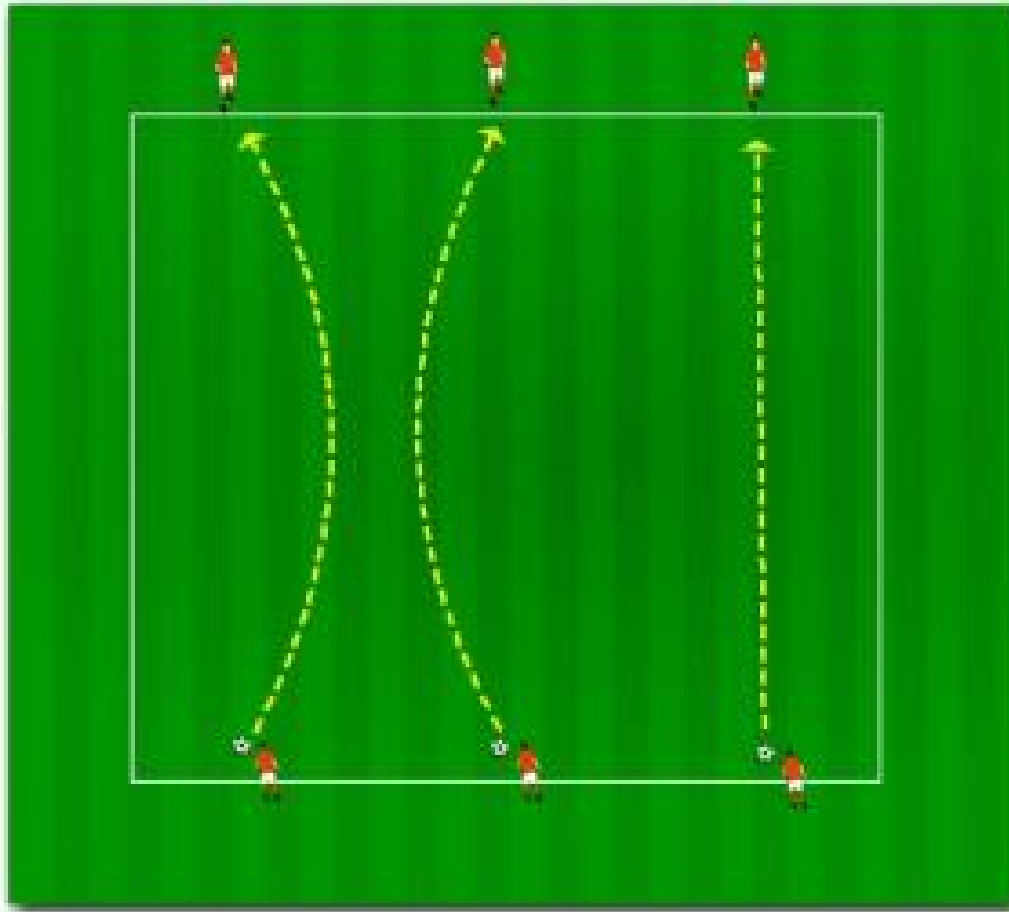
* Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
* Players play 3v3 with no goalkeeper
* Normal SSG rules

Coaching Points

* Reinforce dribbling skills
* Coach players to protect the ball



Activity : Passing in Pairs



Objectives

* Increased repetition ball striking between partners * concentrate on ball striking technique, accuracy and control * variation in service: driven pass, chipped pass

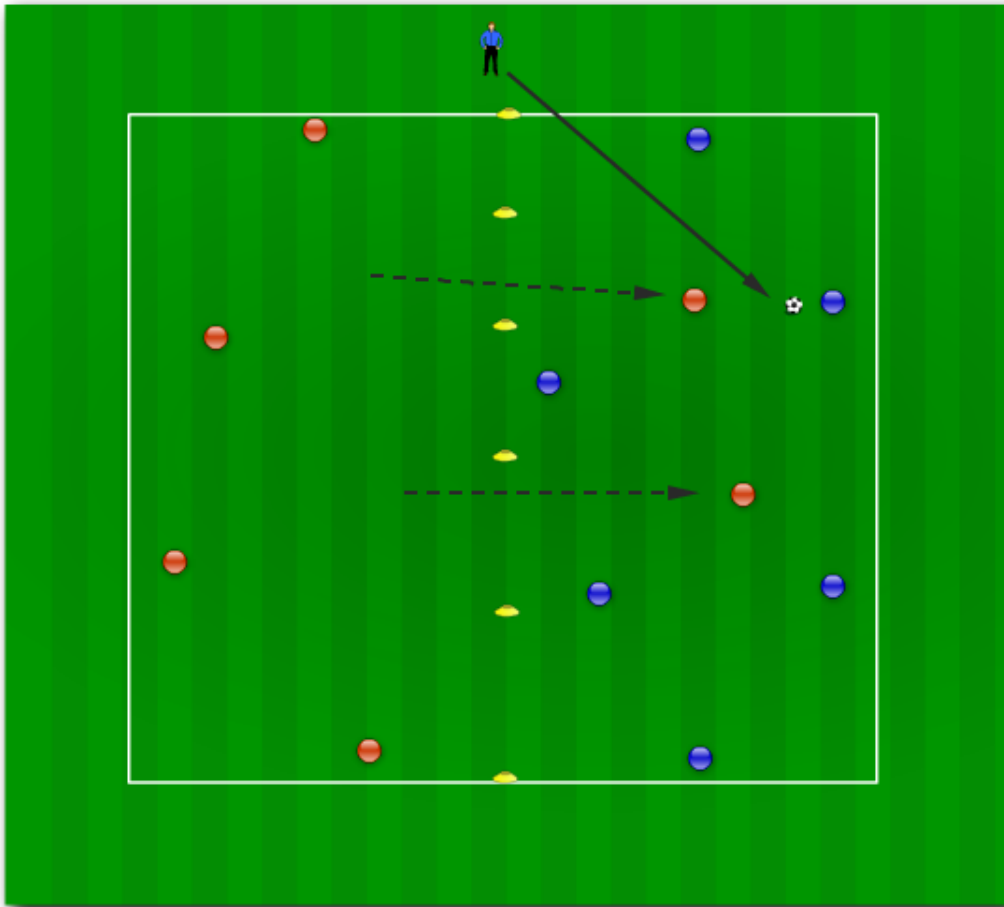
Explanation

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Coaching Points

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Activity : Six vs Two Possesion



Objectives

- * two teams with six players in each grid
- * each team must pass the ball 4 times without allowing the defenders to win the ball and then play across into the opponents side of the area to score one point
- * defensive pressure comes in pairs

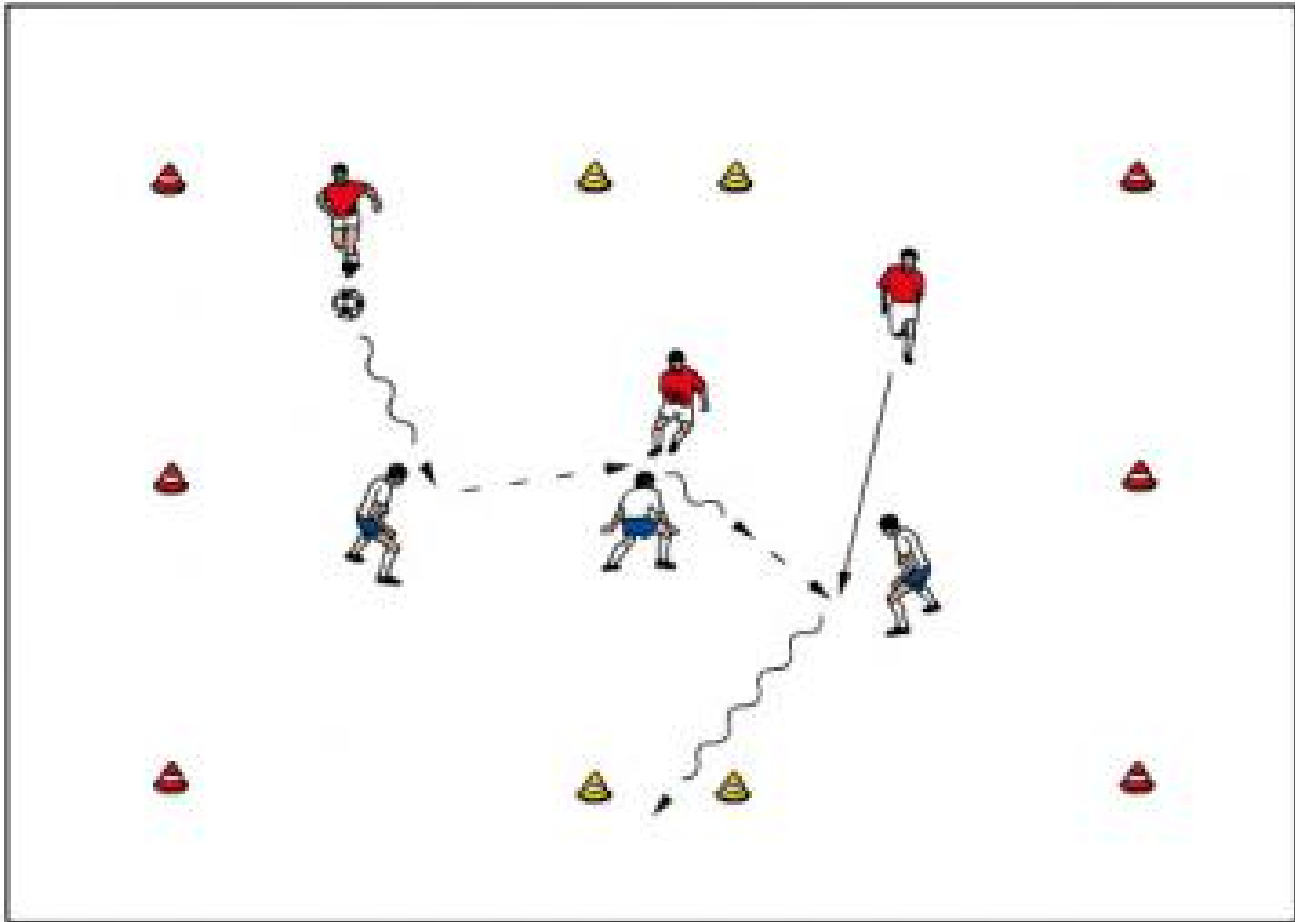
Explanation

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Activity : 3v3 Small Sided Game



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