



# 13 to 14 Year Olds



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The International Coaches Association

# Ages 13 to 14yrs

## Practice One

### Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

## Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

## Dribbling - Fast Footwork 1



### Fast Footwork - Rolling the Ball

The entire group works in an area approximately 15 x 15 yards. Each player has a ball. Demonstrate and teach the following skills.

**Inside Roll** -- Roll the ball across your body from outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.

**Outside Roll** -- Roll the ball across your body from inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.

Area 15 x 15 yards, entire group, one ball each

## Dribbling - Fast Footwork 2



### Fast Footwork – Side to Side

The entire group works in an area approximately 15 x 15 yards. Each player has a ball. Demonstrate and teach the following skills.

**Side to Side Push-Pull** -- Tap ball back and forth with inside of feet, push ball forward with one foot and pull it back the sole of the opposite foot.

**Side to Side Step-On** -- Roll ball to outside with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.

Area 15 x 15 yards, entire group, one ball each



# Ages 13 to 14yrs

## Dribbling - Fast Footwork 3



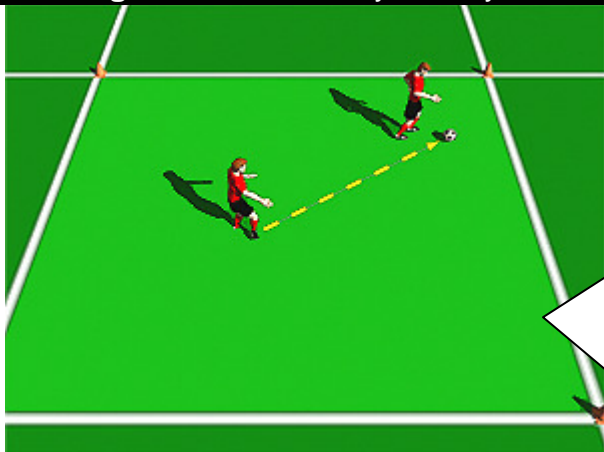
### Fast Footwork – Quick Thinking

Divide your group into three's. Each player has a ball. Demonstrate and teach the following quick foot skills.

Three balls are positioned in a triangle. Each ball is assigned a number, 1, 2 or 3. One player jogs in the center of the 3 balls. A partner randomly calls out a number and as quick as possible the player has to tap the ball with the sole of the foot. Players are not allowed to cross legs. A point is awarded for each correct try. This exercise should be performed with a quick tempo.

Area 15 x 15 yards, entire group, one ball each

## Passing 1 - Introductory Activity



### Follow the Pass

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass."

Two players are positioned in a grid 10 yards x 10 yards. One player acts as a server, the other as the receiver. The server passes the ball into different areas of the grid for the receiver to chase, turn, and pass back to the server. Work at a high intensity. Turn as economically as possible when controlling the ball.

Area 10 x 10 yards, 4 cones, 1 ball per pair

## Passing 2 - Introductory Activity



### Passing and Support

This practice is designed to improve short range passing with an emphasis on quality movement off the ball.

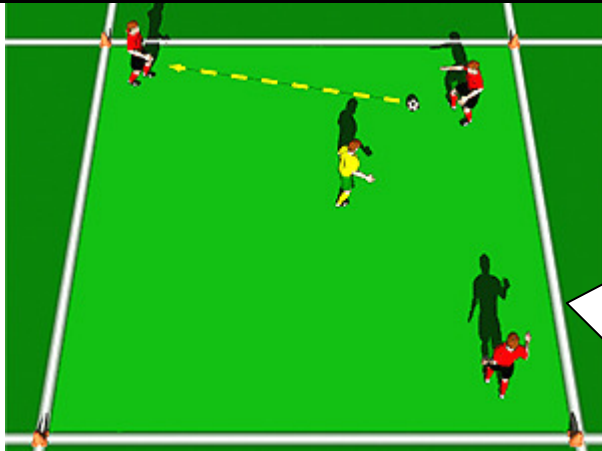
Four players are positioned on the outside lines of a grid 10 yards by 10 yards. Players pass the ball around the outside of the grid. After passing the ball the player should offer a good supporting angle. Players should be constantly moving their feet and asking for the ball.

Care should be taken on the quality of the speed of the pass and the pass should be accurate to the player's feet.

Area 10 x 10 yards, 4 cones, 1 ball

# Ages 13 to 14yrs

## Passing 4 - Fundamental Activity



Area 10 x 10 yards, 4 cones, 1 ball

### 3 v 1 Passing

Three players are positioned within a grid 10 yards by 10 yards. The three players must try and keep possession from the defender. The three players in possession may move anywhere within the grid. The defender's goal is to dispose the players in possession. The two supporting players must always work to offer good support. Players in possession are awarded one goal for 10 consecutive passes. Rotate working defender with resting defender frequently to ensure high pressure. Rotate players so each player performs the role of the defender.

## Passing 5 - Game Related Activity

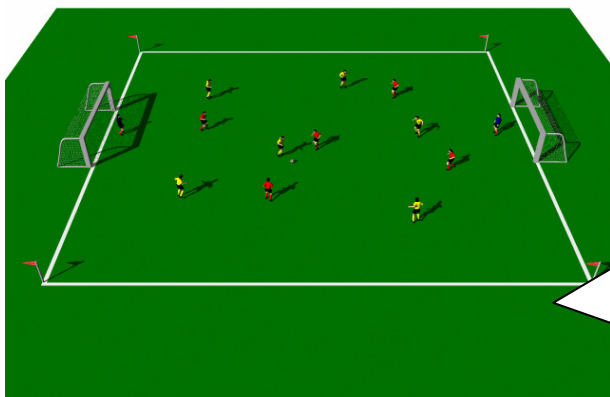


Area 30 x 30 yards, 4 cones, 1 ball

### Build the Numbers

Start the practice with one entire group within a grid 30 yards by 30 yards. The second group stands at the side of the grid and has one of their players in the grid as a defender. Assign number to each player on the defending group. Play the entire group versus one defender within the grid. Players inside attempt to keep possession of the ball. When coach calls a number, that player sprints into grid and defends. For example, with groups of 8 players, the drill can create 8 v 1, 8 v 2, 8 v 4 etc. Change roles of teams. Start practice with free play then develop by conditioning the drill to "two" and "one" touch passing.

## Game Conditioned Activity



Area 20 x 30 yards, cones, supply of balls, colored vests

### Small Sided Game (no goalkeepers)

Finish with a small sided game 6 v 6, 7 v 7 etc.

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

## Conclude Practice

# Ages 13 to 14yrs

## Practice Two

### Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

## Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

## Shooting & Finishing 1 - Introductory Activity



Area 40 x 30 yards, 8 cones, 1 ball per player

### Turn and Shoot

Divide players into two small groups. Groups are positioned on each side of the penalty area and attack opposite goals. A receiver is positioned at a cone placed 5 yards from the second cone. The remaining players are placed at a cone with a ball each. First player in line passes the ball to the receiver. The receiver must turn as efficiently as possible, quickly attack the penalty area and finish with a shot on goal. The second player moves to the cone and becomes the next receiver. After shot is taken the player must collect their ball, jog back to their group and join the end of the line. Coach should keep track of goals scored and make a competition amongst players or groups.

## Shooting & Finishing 2 - Fundamental Activity



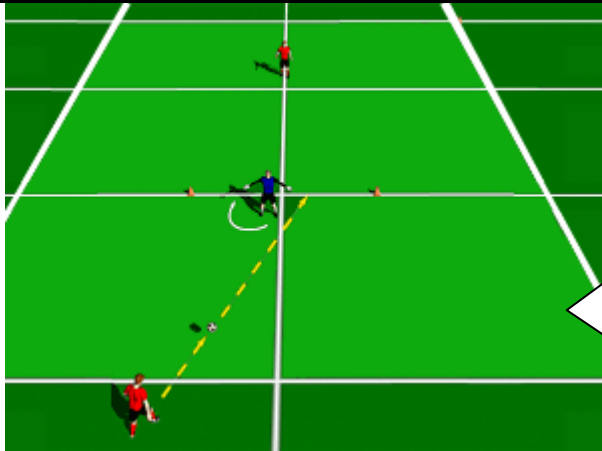
Penalty area, 6 cones, 1 ball per player

### Long and Short Range Shooting

This practice is designed to improve the player's technical ability in a variety of long and close range shooting techniques. A group of players are placed at the edge of the penalty area. Two servers are positioned each side of the goal. One server passes the ball to the edge of the box for the shooter to hit first time. Immediately after shooting the ball, the second server delivers a short-range pass for the shooter to strike at goal. After taking both shots, the shooter returns to their starting position and joins the end of the line. Coach should keep track of goals scored and make a competition amongst the shooters.

# Ages 13 to 14yrs

## Shooting & Finishing 3 - Fundamental Activity



### Shooting Both Sides

This practice is designed to improve the player's technical ability using the "Low driven shot".

Three players are positioned in a grid 20 yards x 20 yards, using one ball. One player is placed each side of the goal and the third acts as a goalkeeper. The goalkeeper starts the practice by rolling the ball to one of the players. The player tries to score past the goalkeeper. The ball must travel between the cones and below head-height of the goalkeeper to count.

Area 20 x 20 yards, 6 cones, 1 ball

## Shooting & Finishing 4 - Game Related Activity

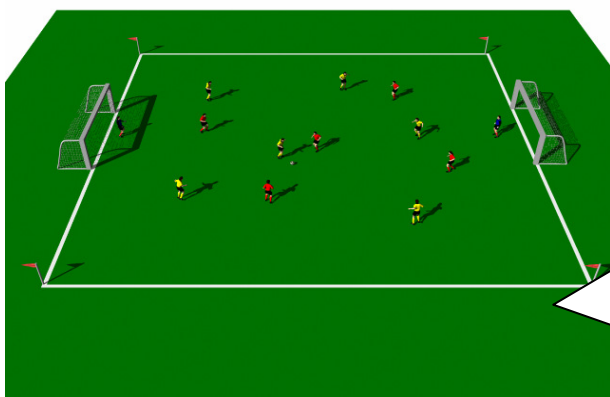


### Shooting 1 v1

Divide your players into two teams. Goals are made approximately 15 yards apart. Players in each team are designated a number 1 through 4 etc. The practice starts when the coach serves a ball into the playing area and calls out a number. The player who's number is called come onto the field and challenges for possession. The object is for the player who wins the ball to try and score as quickly as possible. The defender must try to stop him. Should the defender win the ball, the roles are then reversed. Coach should keep track of goals scored and make a competition amongst the teams.

Area 20 x 15 yards, 8 cones, 1 ball per player

## Game Conditioned Activity



### Small Sided Game (no goalkeepers)

Finish with a small sided game 6 v 6, 7 v 7 etc.

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

## Conclude Practice

# Ages 13 to 14yrs

## Practice Three

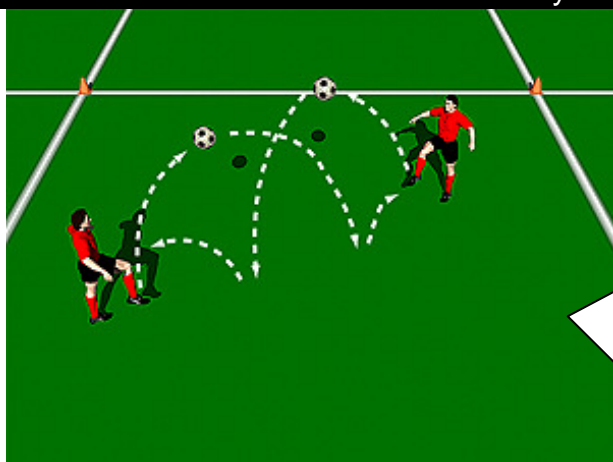
### Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

## Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

## Ball Control 1 - Fundamental Activity

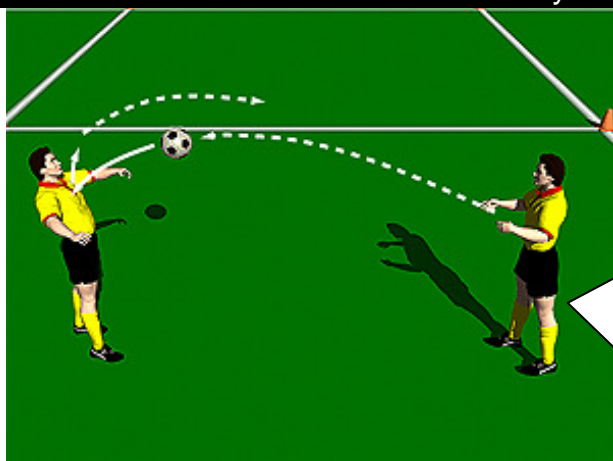


### Ball Exchange Juggle One Bounce

Players juggle the ball and in a synchronize fashion exchange balls while moving around the grid. Players should take 3 to 4 touches before releasing the ball. The ball is played up into the air and is allowed to "bounce once" before the partner controls the ball. Players should vary serve in all direction to make the exercise for challenging. Focus should be on "quick feet" and being light on their toes. Player should try and maintain eye contact and communicate with each other.

Area 10 x 10 yards, 2 players, 2 balls

## Ball Control 2 - Fundamental Activity



### Head - Chest - Return

Divide the entire group into pairs. One ball for each player. Players work in an area approximately 10 yards x 10 yards.

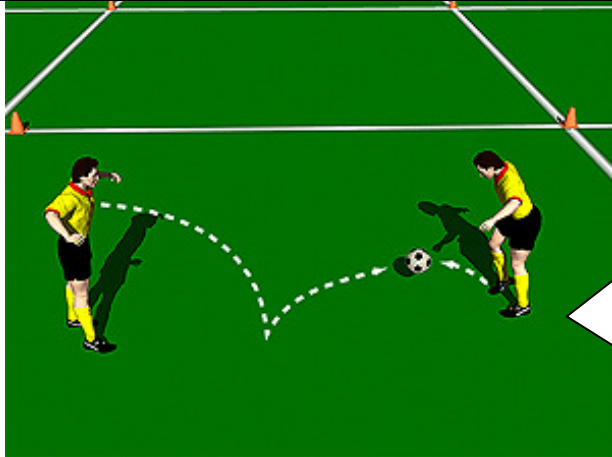
One player throws an underhanded serve to their partners chest. The receiving player must redirect the ball up into the air and head the ball back to their partner. Players should try and maintain eye contact and communicate with each other.

Area 10 x 10 yards, 4 cones, 1 ball



# Ages 13 to 14yrs

## Ball Control 3 - Fundamental Activity



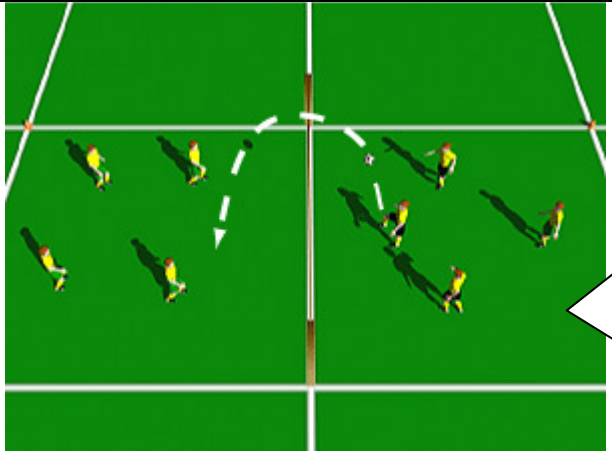
### Chest Control and Volley

One player throws an underhanded serve to their partner's chest. The receiving player must redirect the ball off their chest and back to the receiver.

The receiver then volleys a return pass to their partner. Players should be constantly moving around the grid into new positions. The partners switch roles and continue this sequence throughout the exercise. Player should try and maintain eye contact and communicate with each other. Switch roles every 10 attempts.

Area 10 x 15 yards, 4 cones, supply of balls

## Ball Control 4 - Game Related Activity

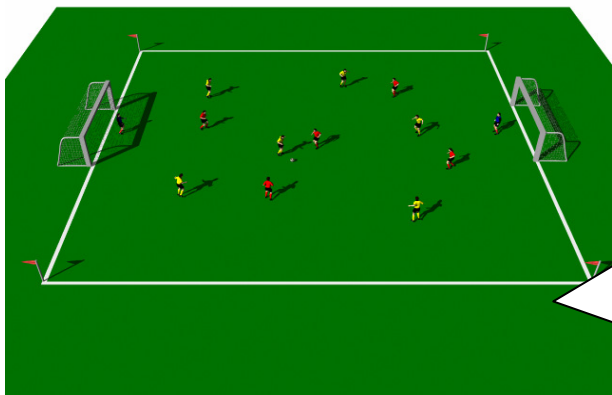


### Soccer Tennis

Split the group into two teams one on each side of the bar. The bar serves as a net. The coach serves the ball over the bar. The two teams control and rally the ball for points. Use the rules of the actual game and modify them for the particular age and skill level of your group.

Area 10 x 20 yards, 4 cones, 1 ball, bar or rope.

## Game Conditioned Activity



### Small Sided Game (no goalkeepers)

Finish with a small sided game 6 v 6, 7 v 7 etc.

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

## Conclude Practice



# Ages 13 to 14yrs

## Practice Four

### Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

## Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

## Shooting & Finishing 1 - Introductory Activity



### Cannon Ball

Players are divided equally into two groups. One group is positioned behind the goal to recover missed shots. The second group are split equally and positioned at two cones placed at the edge of the penalty area. The coach serves the ball from the side of the goal. Serve the ball on the ground and between the two cones placed approx 10 yards from the goal line. The ball must be struck after it passes through the cones. Any ball struck before passing through the cones does not count. The group works as a team to see how many goals they can score in three minutes.

Penalty area, 4 cones, 1 ball per player

## Shooting & Finishing 2 - Fundamental Activity



### Give, Go and Shoot

The first player in line passes the ball to the coach for a return pass. The coach returns the pass "one touch" for the shooter to hit first time. Immediately after shooting the ball the shooter must look to follow through for any rebounds from the goalkeeper. The shooter then joins the group at the end of the line.

Coach should keep track of goals scored and make a competition amongst the shooters.

Penalty area, 4 cones, 1 ball per player

# Ages 13 to 14yrs

## Shooting & Finishing 3 - Fundamental Activity



### Dribble and Shoot

This practice is designed to improve each players shooting technique with an emphasis on dribbling to create a shot.

A small group of players are placed at the edge of the penalty area. The first player in line dribbles through the cones and takes a shot on goal. Immediately after shooting the ball the player must look to follow through for any rebounds from the goalkeeper. The shooter then rejoins the group at the end of the line. Players should aim their shots between the flag and the post.

Penalty area, 6 cones, 2 flag poles, 1 ball per player

## Shooting & Finishing 4 - Game Related Activity

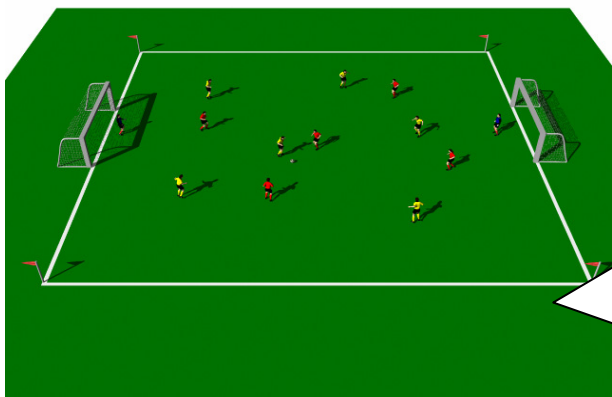


### Control and Shoot

This practice is designed to improve each players shooting technique with an emphasis on controlling the ball to create a shot. A small group of players are placed at the edge of the penalty area. The first player in line moves towards the coach. The coach throws up a ball and the player has to control the ball quickly and take a shot at goal. Immediately after shooting the ball the player must look to follow through for any rebounds from the goalkeeper. The shooter then rejoins the group at the end of the line.

Penalty area, 6 cones, 2 flag poles, 1 ball per player

## Game Conditioned Activity



### Small Sided Game (no goalkeepers)

Finish with a small sided game 6 v 6, 7 v 7 etc.

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

Area 20 x 30 yards, cones, supply of balls, colored vests

## Conclude Practice

# Ages 13 to 14yrs

## Practice Five

### Equipment Check List:

Soccer Balls, Cones, Pinnies, First Aid Kit, Ball Inflator, Charged Cell Phone, Emergency Contact Numbers, Water, Clipboard, Whistle.

## Warm-Up & Stretch

Refer to the “**Warm Up**” section of your manual for a variety of fun warm up activities for your group. Use a combination of exercises “with” and “without” the ball. Relate the warm up to the skill of the day. Be creative, energetic, and make the warm-up a fun start to the day.

## Dribbling 1 - Changing Direction



### Changing Direction

The entire group works in an area approximately 15 x 15 yards. Each player has a ball. Demonstrate and teach the following skills.

**Pull a Vee** -- Push the ball forward and pull it back the sole of the foot while turning and then take the ball with the inside of the same foot.

**Pull & Take with Outside of Foot** -- Push the ball forward and pull the ball back with the sole then push the ball diagonally forward with the outside of the foot.

Area 15 x 15 yards, 4 cones, 1 ball per player

## Dribbling 2 - Changing Direction



### The Scissors

The entire group works in an area approximately 15 x 15 yards. Each player has a ball. Demonstrate and teach the following skills.

**The Scissors** -- Starting with the ball to one side, step over or in front of ball so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and then stop ball with the sole of the first foot.

Area 15 x 15 yards, entire group, one ball each



# Ages 13 to 14yrs

## Dribbling 3 - Changing Direction



### Fast Footwork – The 360

The entire group works in an area approximately 15 x 15 yards. Each player has a ball. Demonstrate and teach the following skill.

**The 360** -- Push ball forward, stop it with the sole of one foot while stepping past it, turn and drag ball back with sole of other foot, continue turning all the way around and take the ball with the inside of the first foot.

Area 15 x 15 yards, 4 cones, 1 ball per player

## Heading 1 - Fundamental Activity



### Heading Reaction Game

This practice is structured to improve the technical ability of "Heading" with an emphasis on "quick reaction". A group of players are positioned in a circle around the coach, using one ball. The coach serves a straight throw to the players in random order. As the coach serves the ball he shouts one of two commands "HEAD" or "CATCH". If the coach shouts, "HEAD" - the player must do the opposite and catch the ball. If the coach shouts "CATCH" - the player must do the opposite and head the ball. The player receives a goal for every successfully performed header or catch.

Entire group, 1 ball

## Heading 2 - Fundamental Activity



### Heading Pressure Training

This practice is structured to improve the technical ability of "heading the ball on the run" with an emphasis on "accuracy". Two players are positioned in a grid 10 yards x 20 yards. Two servers with a ball stand at each side of the grid. Each server alternates serving a high looped throw for the receiver to head back to the server. Ensure that the servers do not serve the ball too far, so that the player in the center does not need to come to meet the ball.

2 players, 1 ball, cones

# Ages 13 to 14yrs

## Heading 3 - Game Related Activity



2 teams, cones, 2 balls.

### Heading Race

A group of players with a ball each are placed at opposite goals. Two goalkeepers are positioned in goal. Identify groups using colored bibs. A cone is placed in the middle of the goals. On the coaches' command, the first player from each group runs around the cone and has to score as quickly as possible with a header. The second player in their group serves the ball. Headers should be outside the 6 yard box. The first player to score wins a point for their team. After heading the ball, players join the end of their group. The practice is then repeated by the next players in line.

## Heading 4 - Game Related Activity

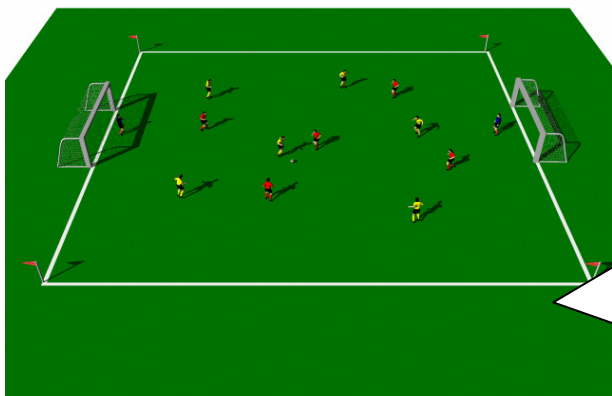


2 players, 1 ball, 1 cone

### World Cup Heading Game

Players are divided equally into two groups. One group is positioned behind the goal to recover missed headers. The second group are split equally and positioned at two cones placed at the edge of the penalty area. Two servers, positioned each side of the goal, serve the ball in the air and between the two cones placed approximately 12 yards from the goal line. Each server alternates serving. Players heading must receive a throw from the server diagonally opposite. The ball must be struck after it passes through the cones. After the three-minute period, all goals are totaled and groups alternate.

## Game Conditioned Activity



Area 20 x 30 yards, cones, supply of balls, colored vests

### Small Sided Game (no goalkeepers)

Finish with a small sided game 6 v 6, 7 v 7 etc.

The practice should be concluded with a small-sided game reinforcing the coaching points from your session.

- Game 20 minutes in duration.
- At the end of your session, review all coaching points made during the session.

## Conclude Practice