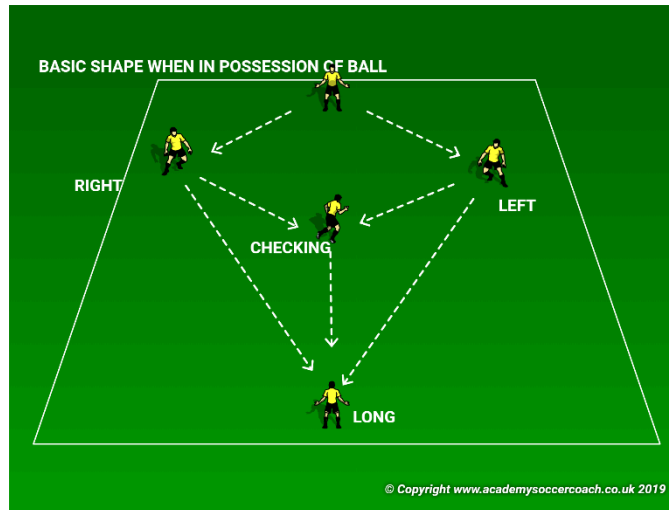


RBFC U14 TRAINING TOPICS

1. POSSESSION 1
2. ZONAL DEFENDING
3. SYSTEM OF PLAY/FORMATION 1
4. SITUATIONAL TACTICS
5. SET PIECES
6. BACK FOUR DEFENDING
7. SWITCHING THE FIELD
8. POSSESSION 2
9. SYSTEM OF PLAY/FORMATION 2
10. PLAYING OUT OF THE BACK
11. FINISHING 1
12. PRESSING
13. FINDING TARGET FORWARD
14. MOVEMENT OFF THE BALL/CREATING SPACE
15. COMBINATION PLAY
16. SPEED OF PLAY
17. HEADING DEFENSE/OFFENSE
18. FINAL THIRD ATTACKING
19. FITNESS WITH A BALL
20. CREATING SPACE
21. TRANSITION
22. ATTACKING OUT OF THE BACK
23. FINISHING 2
24. WIDE PLAY - ATTACKING



RBFC U14 – SESSION 1 POSSESSION

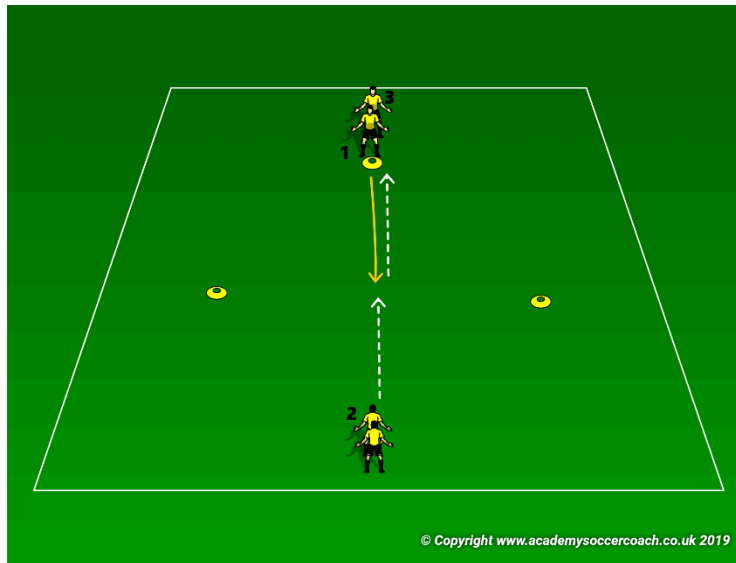


KITE SHAPE WHEN IN POSSESSION OF BALL. PLAYER ON THE BALL MUST HAVE SUPPORT RIGHT, LEFT, CHECKING, AND LONG.

10 MINS

20 MINS

DYNAMIC WARM-UP



Exercise 1 - Check and receive - #1 checks towards middle of yellow cones and receives ball side on. Passes ball back to starting line and returns to back of line. #2 then does same movement. Have player check shoulder and push off teammate before checking to the ball.
Progression 1 - #1 checks to middle then opens up to one of the outside cones - receives pass and passes back to starting line.
Progression 2 - same as progression #1 but add in a double pass to starting line after receiving first pass
Progression 3 - #1 checks to middle, #1 bounces ball back to #2 and spins off around either outside cone. #2 passes ball to #3 who plays a double pass with #1. Start over from there.
Coaching points: Weight the pass, check with a purpose, timing on when to check, read verbal/non-verbal cues from passer, speed of play.

25 MINS



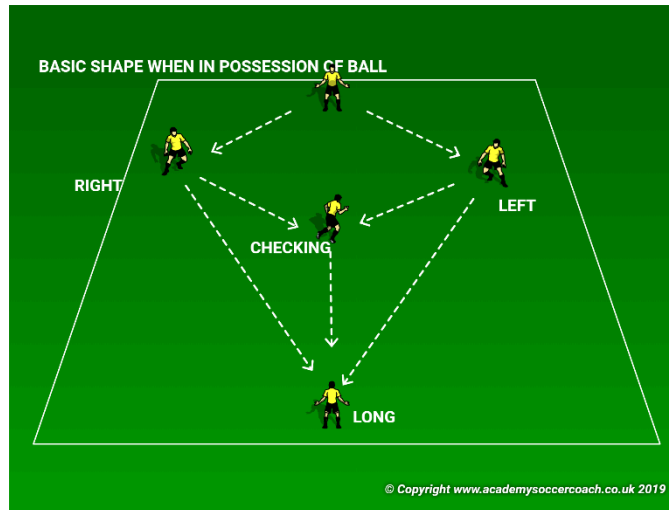
Exercise 2 - Basic Possession game - 5v5 + 5. Neutral team on outside (only has 2 touches). Both teams in the middle can use outside neutral players. First team to get 10 passes scores a point. Coach passes ball into the grid if it goes out of bounds.
Coaching Points: Kite shape (support of ball right, left, center, stretching) See shape diagram. Communication, movement on and off the ball, combination play.

30 MINS **SCRIMMAGE**

5 MINS **COOL DOWN**



RBFC U14 – SESSION 2 POSSESSION

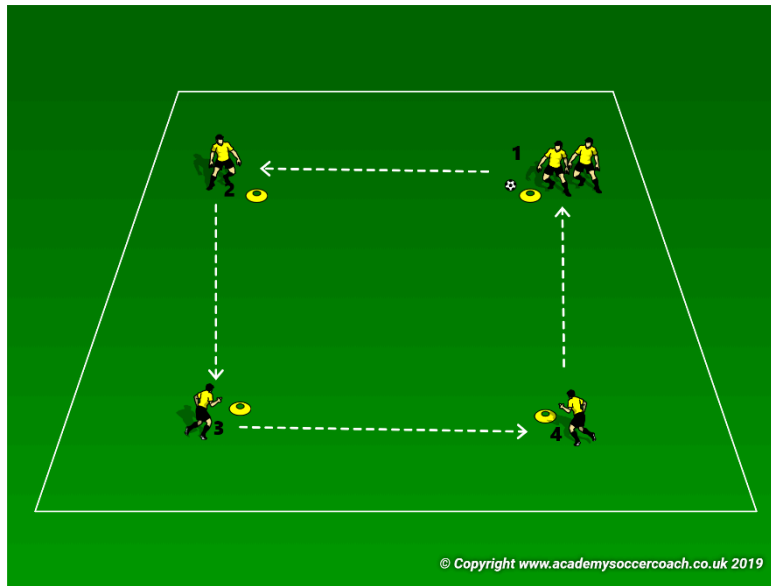


KITE SHAPE WHEN IN POSSESSION OF BALL. PLAYER ON THE BALL MUST HAVE SUPPORT RIGHT, LEFT, CHECKING, AND LONG.

10 MINS

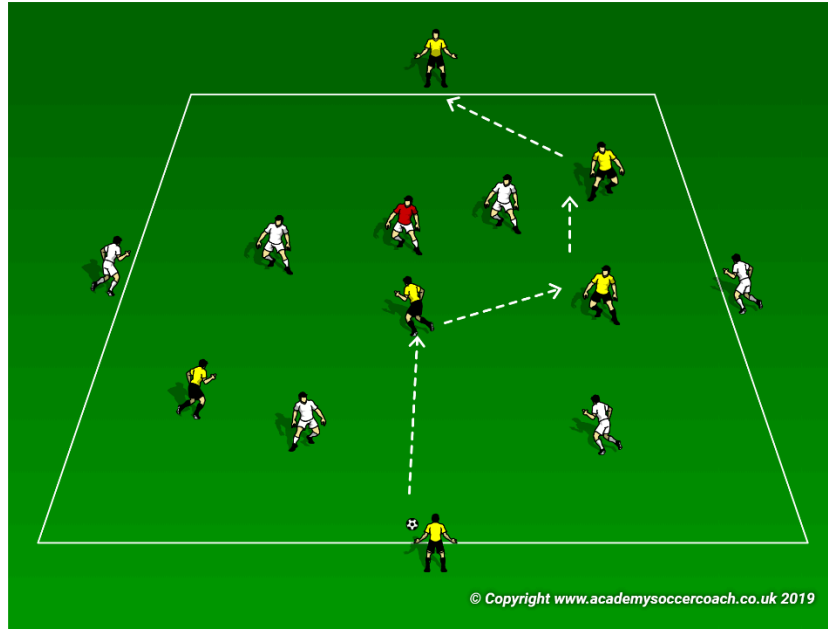
20 MINS

DYNAMIC WARM-UP



Exercise 1-Pass and follow - #1 passes to #2, #2 to #3 and so on. Ball starts with the group of 2. Receiving player starts on cone and opens up away from cone to receive pass.
Progression 1: #2 plays a wall pass around cone with #1 after receiving pass.
Progression 2: #2 passes ball back to #1 who plays diagonal pass to #3. #3 touches ball into path of #2 who plays diagonal to #4. Sequence continues around the square.
Progression 3: Combine progression #1 & #2 - Opposite corners would be wall pass, other corners would be diagonal pass.
Coaching Points: Pace on the pass, opening up from cone, don't run into space before the pass is played, speed of play.

25 MINS



Exercise 2 - Possession/Switch the field - 5 v 5 + neutral with targets on outside. Score a point by being able to transition ball from one target to the other. Opposing team is going in other direction.
Coaching points - Kite shape, movement off the ball, play the way you are facing, speed of play, transition from offense to defense, switching the field.

30 MINS **SCRIMMAGE**

5 MINS **COOL DOWN**

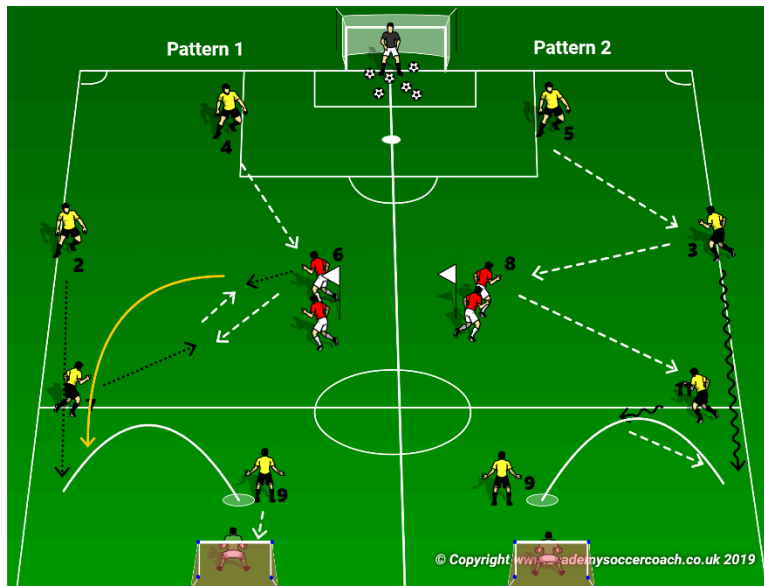


RBFC U14 – SESSION 3 - PLAYING OUT OF THE BACK

10 MINS

20 MINS

DYNAMIC WARM-UP

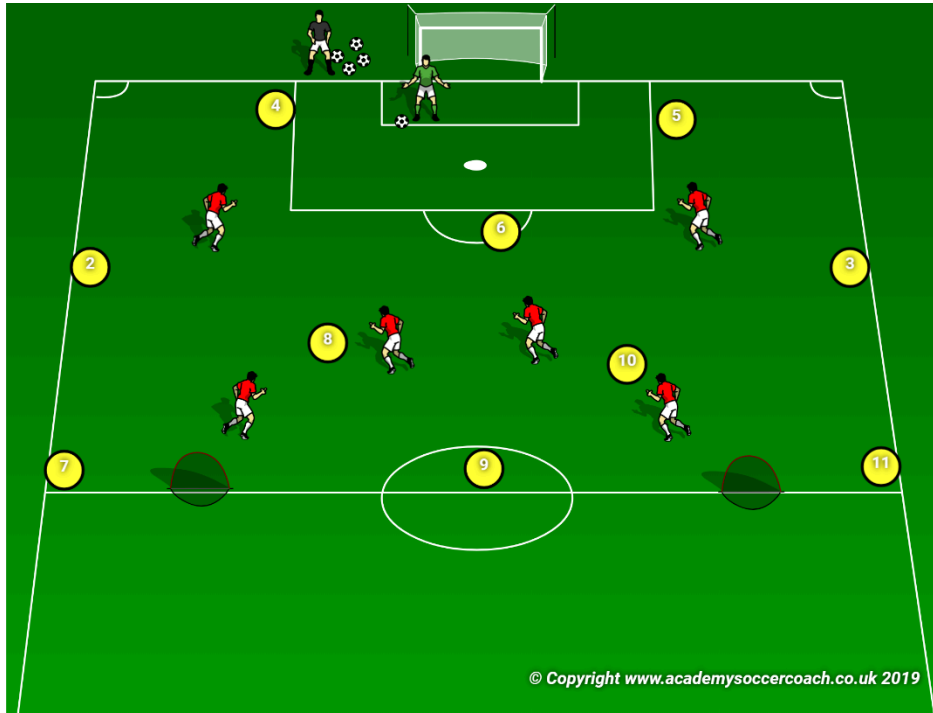


Exercise 1a - Split fields into two halves. Same pattern will be going on simultaneously on each half of field. Run two pattern 1's at the same time, then progress to two pattern 2's. Each player returns to their same starting position each time - no rotation.
 Pattern 1 - 4 passes to 6, 6 passes to checking 7, 7 bounces ball back to 6, 6 plays 2 down the line, 2 crosses to 9, 9 shoots on goal.
 Pattern 2 - 5 passes to 3, 3 passes to 8, 8 passes to 11 who dribbles inside as 3 overlaps, 11 passes ball to 3, 3 crosses to 9, 9 shoots on goal.



Exercise 1b - 6/8 are now working together as two center mids. Have two additional center mids ready to rotate in.
 Pattern 1 - 6 gets out of space and 8 comes into vacated space. 4 plays 8, 8 plays 4, 4 plays into 2, 7 checks inside to receive ball from 2, 7 turns and plays 2 down the line, 2 crosses to 9, 9 shoots on goal.
 Next two midfielders would then do same movement on the other half of field.
 Pattern 2 - 8 drops to top of box, 6 makes run diagonally forward, 5 plays 6, 6 plays 3, 3 plays 9, 9 plays 11, 11 plays wall pass with 9, 11 crosses to 9, 9 shoots on goal.
 Coaching points - verbal/non-verbal communication, pace on the pass, timing of runs, one or two touch?

25 MINS



Exercise 2 - Objective of the game is for yellow team keep possession from goal kick and score in pug goals. Red team can score in big goal. All restarts begin with a goal kick. Essentially 11 versus 6. You can remove your #10 if you do not have 17 total players.

Coaching points - 4/5 open up to edge of box to create space. 2/3 stay high and wide, 6 looks to receive ball and play forward if possible. GK - play either 4/5, play either 2/3, play 6, play 8 who rotates in, if nothing on push 4/5 back into regular starting position. Decision making on which option is open. Providing support to player with ball. Playing back to GK if nothing is open. Combination play to score.

30 MINS **SCRIMMAGE**

5 MINS **COOL DOWN**

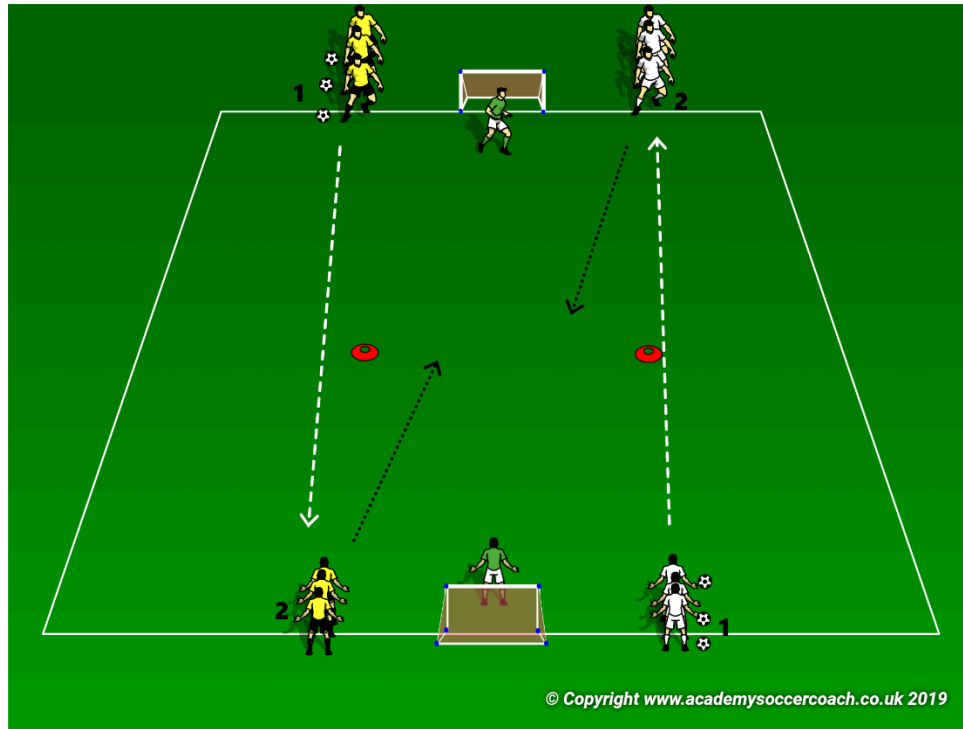


RBFC U14 – SESSION 4 – FINISHING/ATTACKING CORNERS

10 MINS

DYNAMIC WARM-UP

30 MINS FINISHING



Exercise 1 - Finishing - Line one passes ball to line 2, 2 takes a few touches and chips ball into GK's hands. Line 1 and 2 switch lines. Play first team to 10.

Progression 1 - Same exercise however players are now trying to score - First team to 10 goals again.

Progression 2 - Same exercise however 2 has to make a move around the red cone.

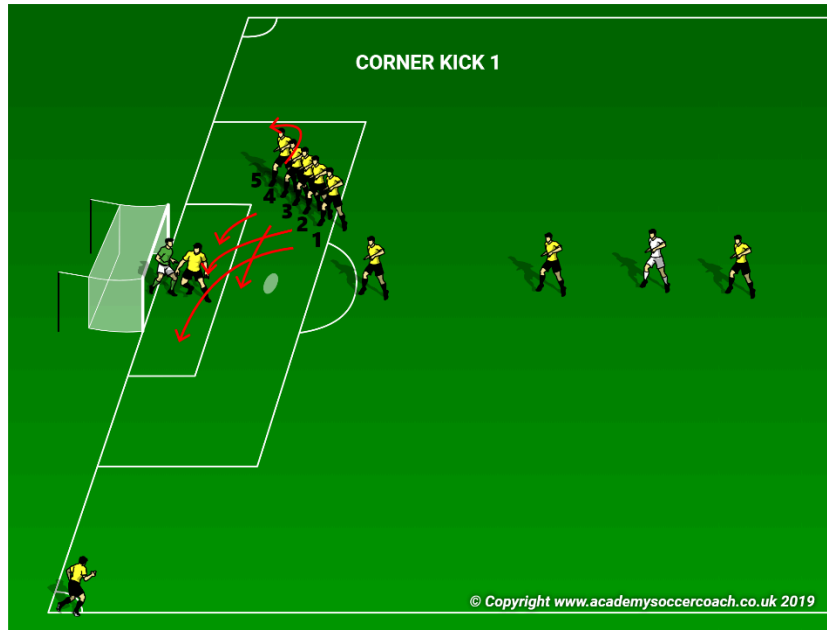
Progression 3 - 1 passes to 2, 2 passes back to 1 who lays ball off for a first time shot. Shot has to be from behind cone.

Progression 4 - Line 2 starts at corner of grid. Player 2 checks out wide to receive a long diagonal pass from 1, 1 runs around far away cone and receives a cross on the ground from 2. Players have to shoot first time.

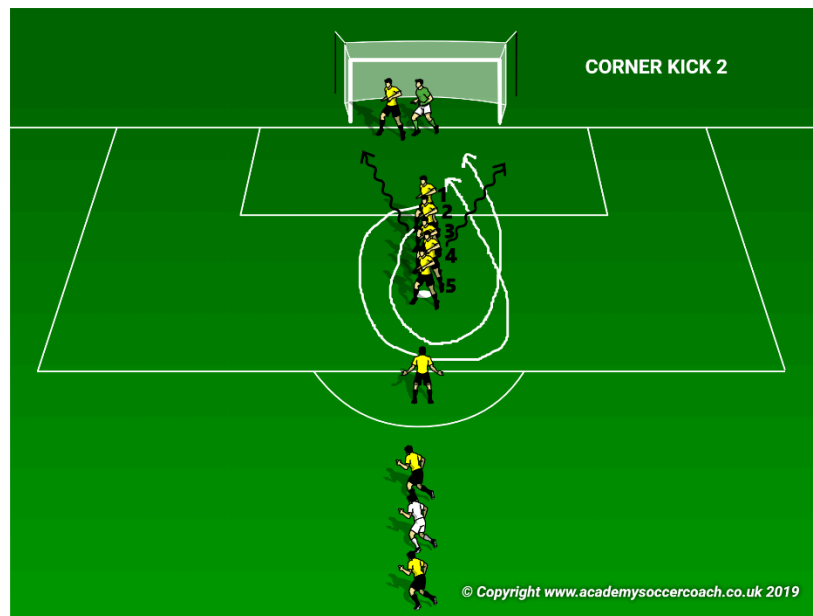
Coaching Points - Angle of approach to the ball, follow through, laces/side of foot, pace on the pass, speed of play.

20 MINS SCRIMMAGE

15 MINS CORNERS

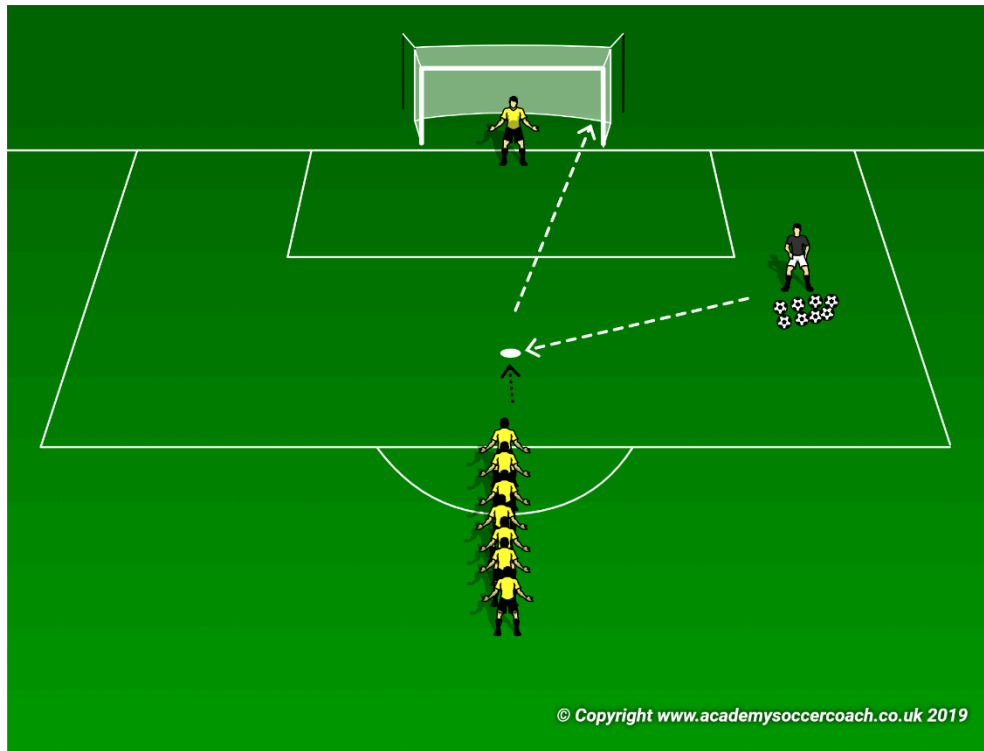


Corner Kick 1 - Crosser raises hand for players to start runs, 1 attacks front post, 2 attacks top of 6 yard box, 3 attacks below PK spot, 4 attacks back post, 5 picks up garbage (any balls that are over hit).
Coaching Points. Quality service, timing of runs (don't get there too early/late), defenders front and back on opposing forward. Dominant players in the air make runs 2 and 3.



Corner Kick 2 - Five players line up in straight line close to the PK spot, dominant players in the air are 1/2, when crosser raises their hands, 1/2 spin off around the other three players and attack the top of six/back post area. Runners 3/4/5 do not move until 1/2 are around the back of them, 3 then attacks front post, 4 attacks back post, 5 attacks PK spot. Always have a player on the GK.
Coaching Points - Timing of runs/service, Quality service aiming for runs 1/2, attack the ball, defenders play front and back if opponents leave a player forward.

10 MINUTES LIGHTNING



Lightning - Coach passes the ball to first player in line. If player scores they go to the back of the line, if they miss they become GK, if you get scored on twice in a row you are out. When out you can return to the game if you can catch a ball that goes over the top of the goal. Last player remaining wins. If running out of time you can play shorter passes with less time in between passes.

5 MINS COOL DOWN

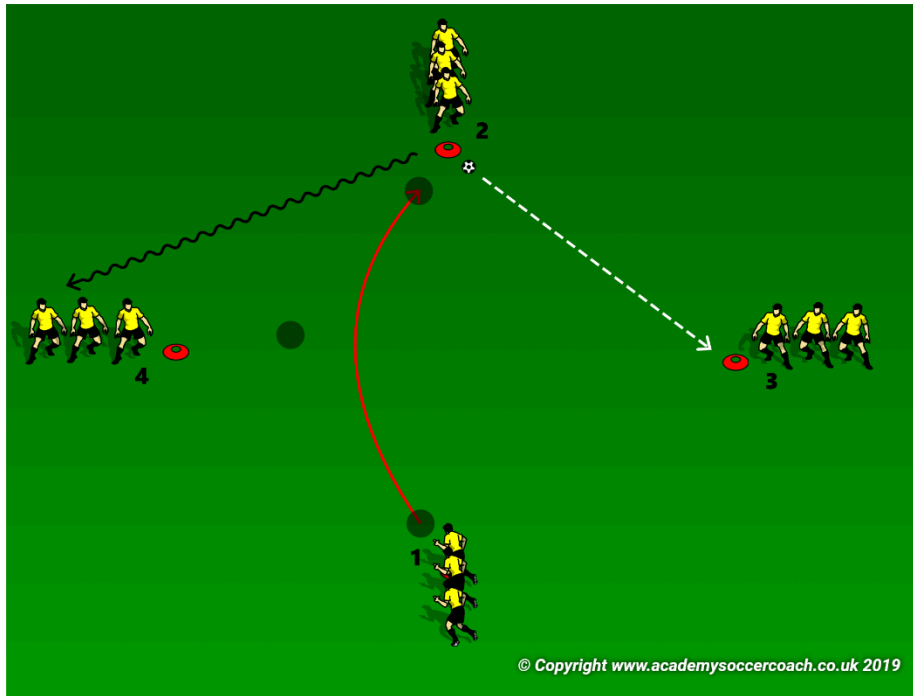


RBFC U14 – SESSION 5 – DEFENSE

10 MINS

DYNAMIC WARM-UP

20 MINS



Exercise 1 - Pressure game - Player 1 puts pressure on the ball at player 2's feet. Important - Player 2 does not pass the ball until player 1 has good pressure on the ball and has feet set. Defender is not trying to win the ball. Player 2 passes to the left and moves to the right. Player 4 now puts pressure on the ball, player 3 passes to the left and moves to the right - player 2 would now become the pressuring player. - this continues throughout the exercise.

Progression 1 - Player now passes right and moves left

Progression 2 - Pressuring player can force ball in any direction, player with the ball passes to where the ball is being forced and moves in the other direction.

Coaching Points - Angle run early, "I've got ball", long strides to short choppy steps, side on body position, eye on the ball, can we get immediate pressure as player is receiving ball.

25 MINS



30 MINS SCRIMMAGE

5 MINS COOL DOWN

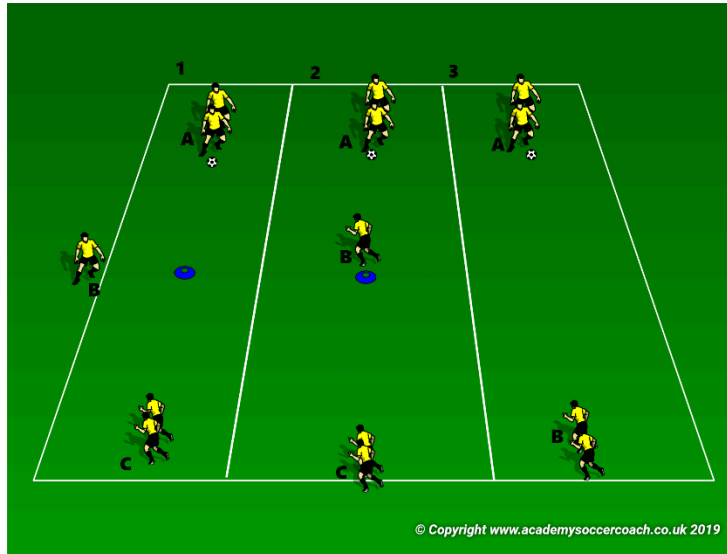


RBFC U14 – SESSION 6 – COMBINATION PLAY

10 MINS

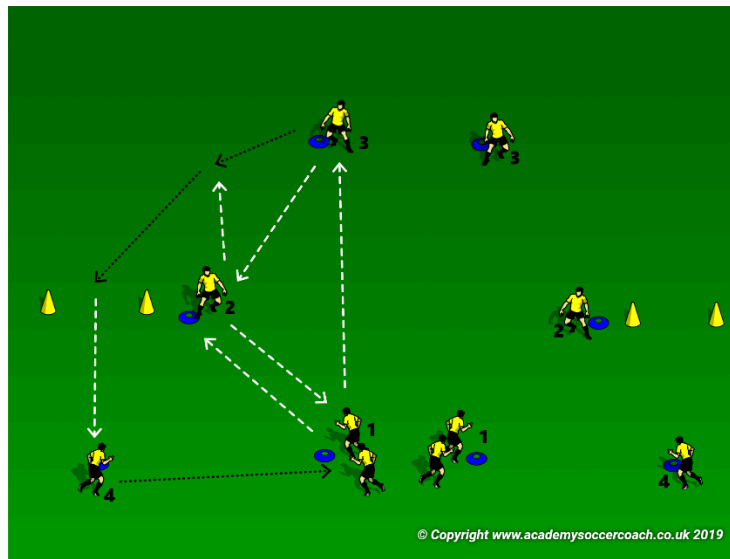
15 MINS

DYNAMIC WARM-UP



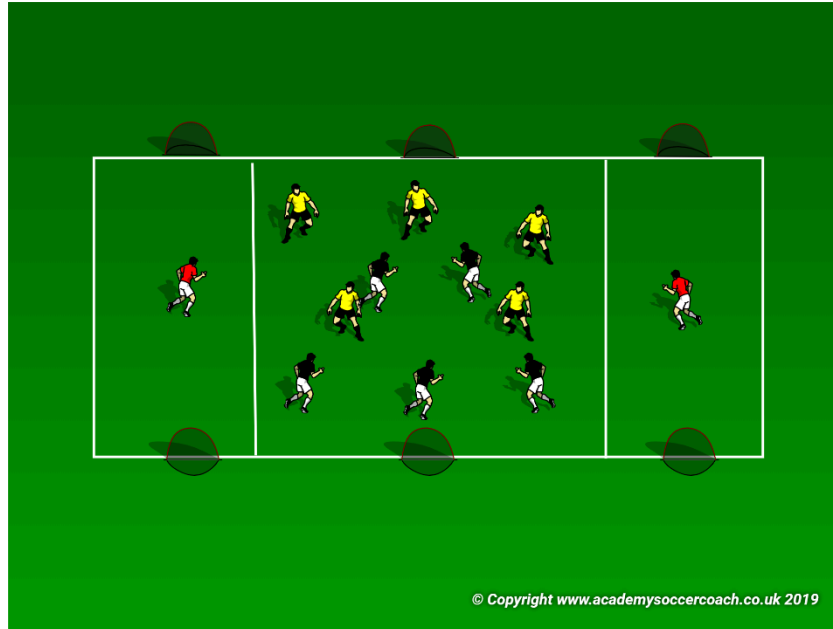
Exercise 1 - Simple combination play
 Progression 1 - Wall Pass - A dribbles towards cone and passes to B, B passes back to A who then passes to C. C completes same movement going the other direction. Switch the B player every 30 seconds.
 Progression 2 - Overlap - A passes to B, B dribbles inside of cone, A runs behind B and receives pass from B, B passes to C. Switch B every 30 seconds
 Progression 3 - Takeover - A dribbles towards B, B takes ball from A at midpoint of grid. Players switch lines.
 Coaching Points - Wall Pass - A has to dribble at cone (defender), weight of pass, communication, change of pace.
 Overlap - Weight of pass, B has to dribble inside to open space for A, A communicates to B (Hold, Hold, Pass).
 Takeover - Ball is on inside foot, player's have to communicate, change of pace when player takes ball over.

15 MINS



Exercise 2 Combination Play - 1 passes to 2, 2 passes back to 1, 1 passes to 3, 3 passes to 2, 2 passes ball into space for 3 to receive, 3 dribbles through gates and passes to 4, 4 dribbles to back of line 1. Rotation - 1 moves to 3, 3 moves to 2, 2 moves to 4, 4 moves to 1. Same pattern is going on at the same time on the other side. Team gets a point every time they dribble through the yellow cones. Turn game into competition.
 Progression 1 - 1 does take over with 2, 2 passes to 3 and uses same sequence as before
 Coaching Points - Weight of pass, speed of play, quick transition to next position, verbal/non-verbal communication.

25 MINS



Exercise 2 - Combination play - 5v5 plus 2 - players can score in any of the opponents three goals, neutral players stay in wide zones, either team can use neutrals. players can enter all three zones, cannot defend the neutral player, 1 point for regular goal, 2 points if you can score after combining with neutral.
Coaching Points - Switch of field, combination play with neutral, unbalancing defensive team, speed of play, make defenders commit before combining, movement off the ball.

20 MINS **SCRIMMAGE**

5 MINS **COOL DOWN**

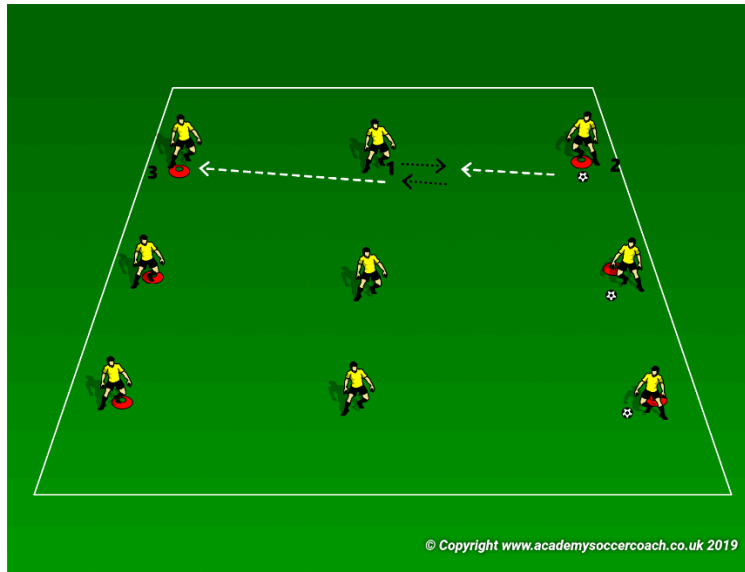


RBFC U14 – SESSION 7 – SWITCHING FIELD

10 MINS

DYNAMIC WARM-UP

15 MINS

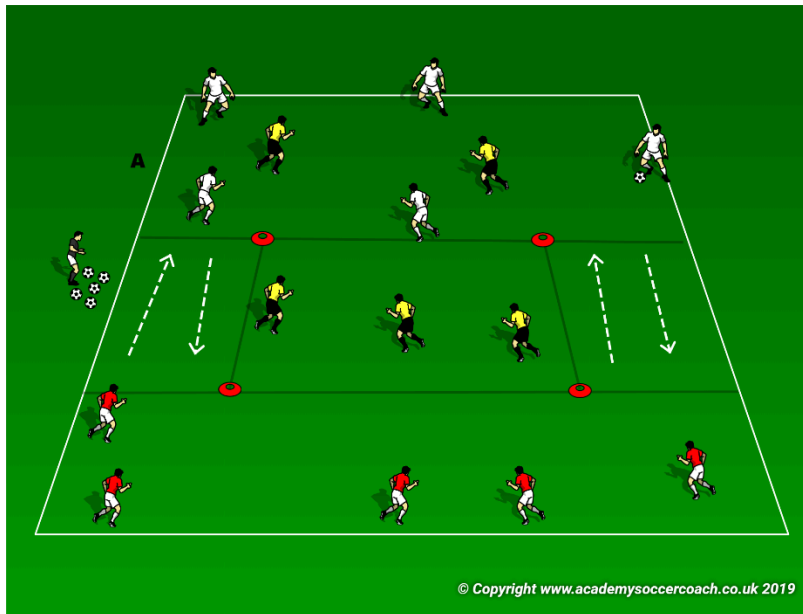


Exercise 1 - Technical exercise (switching the field) - Player 1 checks to player 2 and receives pass, player 1 turns and passes to player 3. Player 1 then checks away from ball again and checks back to player 3. Repeat sequence. Outside players should tell checking player to "turn". Switch after 45 seconds.

Coaching Points - receive ball side on, communication verbal/non-verbal, check with a purpose, weight of pass.

Progression 1 - turn with inside of foot, Progression 2 - turn with outside of foot, Progression 3 - receive ball in front and turn with sole of foot.

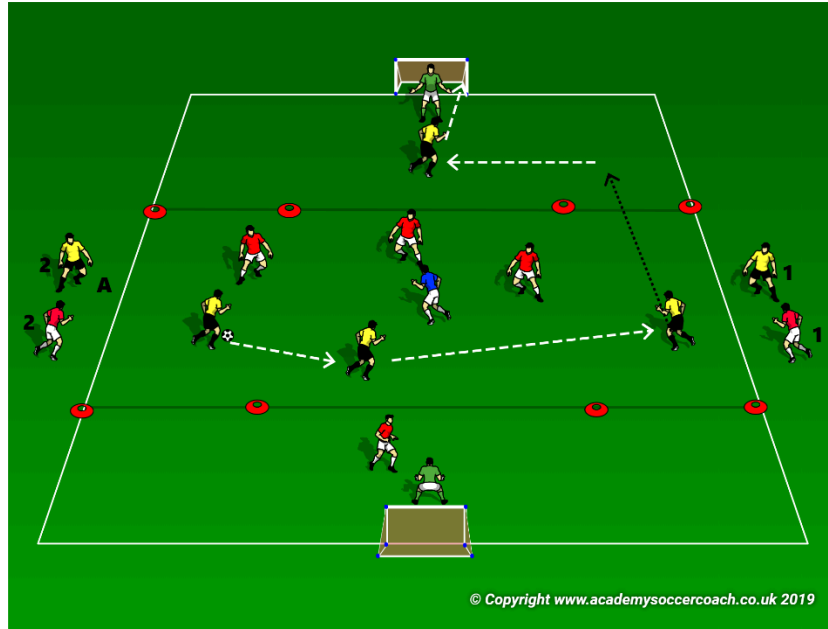
20 MINS



Exercise 2 - 5v5v5 switch/transition game - Players play 5v2 in grid A. Once white team gets 5 passes in a row they can pass the ball down one of the outside channels to get a point. If white scores then two new yellows would come out of middle zone to defend red. If yellow wins the ball back or it goes out of bounds then white would become the defensive team and send two players over to defend red. Defensive team cannot defend in the channels.

Coaching Points - do not force switch, decision making on the ball, transition from offense to defense, speed of play.

20 MINS



Exercise 3 - Switch field/Crossing game - 3v3 plus a neutral in the middle. Players possess ball in middle zone A until they find an opportunity to dribble through gates (red cones). Once they dribble through they can cross to target player. Crossing player is replaced by teammate 1 or 2. Crosser goes to the back of line 1/2. Switch forward after a couple of minutes. Coaching points - Switch ball quickly, find extra player, attack with a purpose, play out of pressure.

20 MINS SCRIMMAGE

5 MINS COOL DOWN