

# SEACOAST



# COMMUNITY PARTNERSHIPS

## U13-U15 AGE GROUPS



LESSON PLANS



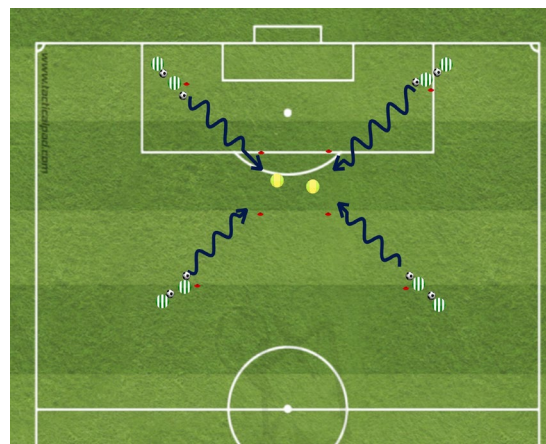
## U13/U15 | WEEK 1 | Dribbling



Refer to dynamic warmup/fast feet hand out.

### WARM UP

**DYNAMIC IN ORDER TO  
RAISE PLAYERS HEART RATE**



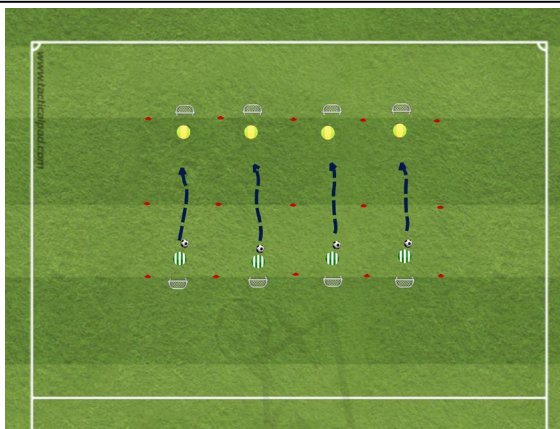
-Attackers must keep close ball control.  
Realize where the space to exploit.

### Dribbling

#### Setup

Two defenders start inside red square (5x5).

On coaches command the four players on the outside dribble towards square and try and get through it without defender winning their ball. If defender wins ball they switch with attacker.



### 1 v 1 Dribbling to pug

#### Setup

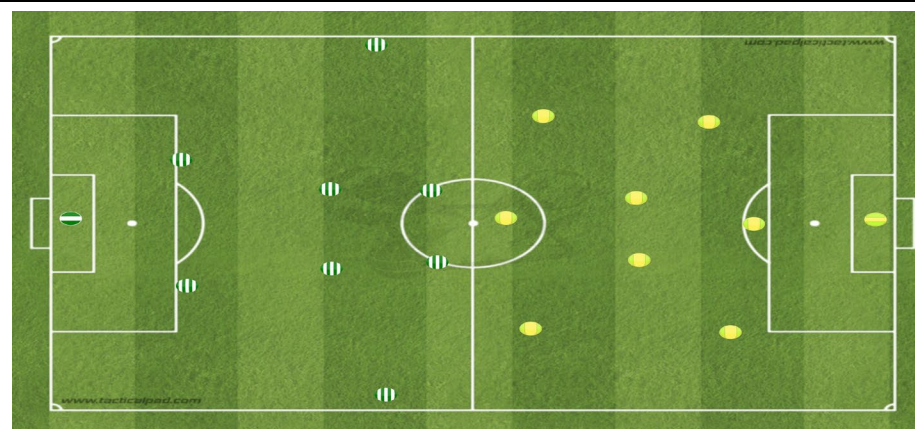
You can set up as many mini channels as you like, it all depends on the amount of players you have.

Players will play 1 v 1 against opponent for 1:10 seconds.

Once game is done the player with the most points moves up to the next field and the losing player moves down.

-Encourage players to keep the ball as close to them as they can.

-Players must keep their heads up so they know where the space to exploit is.



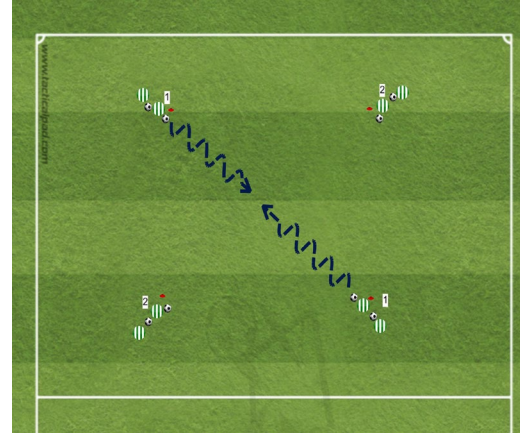
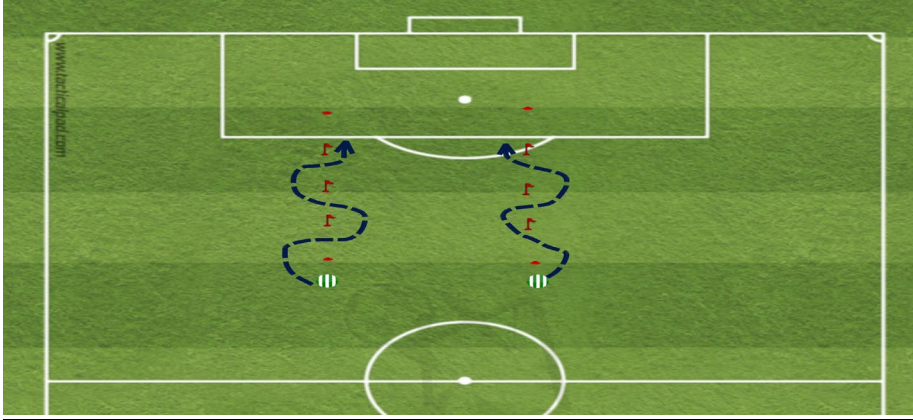
-Encourage players when team has possession to make the field as big as they can by providing length, width and depth.

- Coach in the flow of the game or natural stoppages in play.

### SRCIMMAGE

Play 9 v 9 or 11 v 11 if you have the numbers.

**U13/U15 | WEEK 1 Part 2 | Dribbling**



Unopposed Feint Moves

Feint Moves

1. Fake & Take
2. Scissors
3. Inside Outside

Fake & Take- Player dips shoulder to take the ball one way and then explodes away using outside of their other foot.

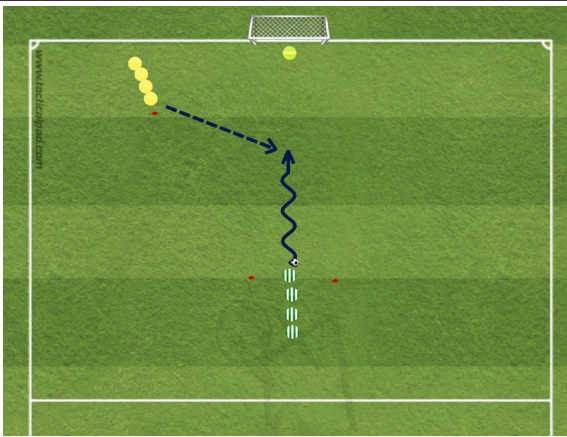
Inside Outside- Player takes a touch with the inside of their foot and explode away with the outside of the same

Refer to dynamic warmup/fast feet hand out.

**WARM UP**

**DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE**

-Encourage players to dribble straight towards another then when close enough use appropriate feint move. Make sure players are aware of the space to attack.



1 V 1 Dribbling using Feint Moves

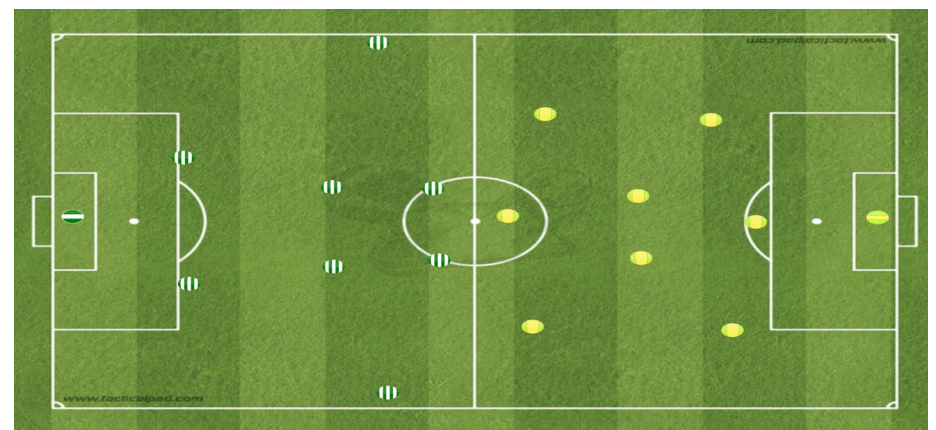
Setup

Two teams -Attacking team start with the ball and have 2 minutes to score as many goals as they can.

- First attacker begins dribbling and try's to beat defender and then get a shot off on goal.

- If defenders win the ball that passage of play is over and then play begins with 2 new players.

-Encourage Attackers to be positive and attack the space the defender is giving them.  
- Encourage Attackers to realize if it makes sense to use feint moves worked on earlier.



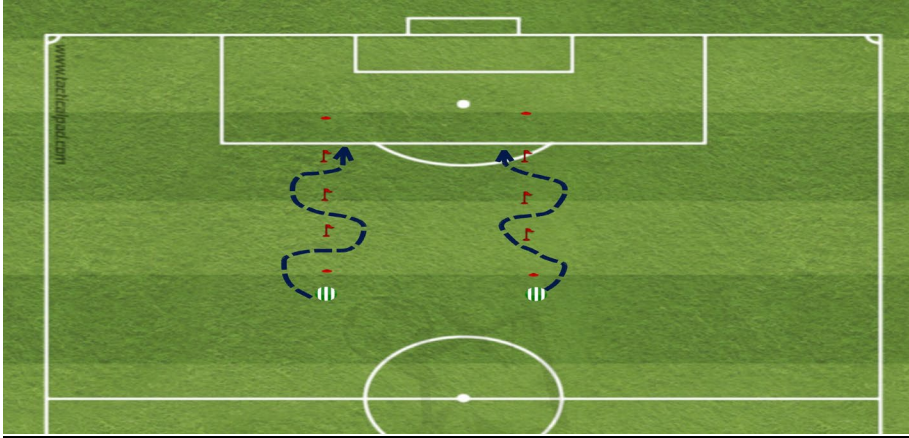
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SRCIMMAGE

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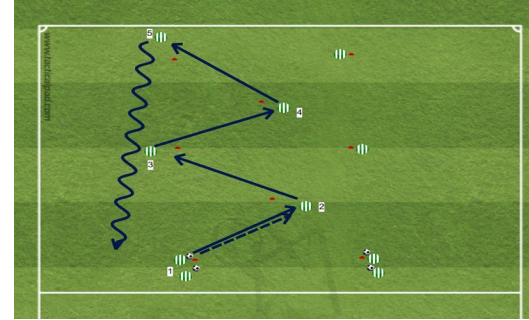


**U13/U15 | WEEK 2 | PASSING & RECEIVING/POSSESSION**



Refer to dynamic warmup/fast feet hand out.

**WARM UP**  
**DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE**



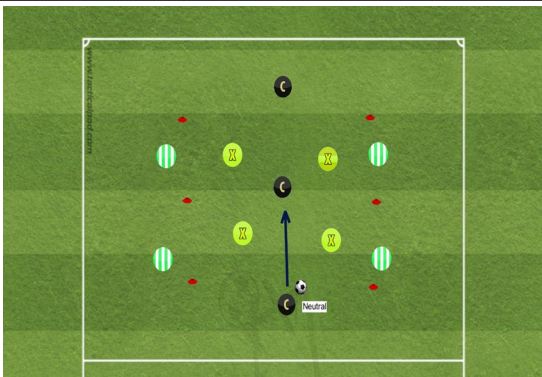
-Encourage players to play firm passes using inside of their foot. Players should pick their heads up and make eye contact before making pass.  
  
-Players should receive the ball using the inside of their foot taking a touch in the direction they want to take the ball next.

Passing & Receiving

Setup

Two lines – 6 balls,  
Maximum 14 players  
  
Play 1 passes 2, 2 passes 3,  
3 passes 4 and 4 passes 5.

5 will dribble the ball the way back to the start of the line.  
  
The sequence then starts on the opposite side and players follow their pass.



-Encourage players in possession to keep the space as big as they can to make it harder to the four defenders.  
  
-Encourage middle neutral player to try and get into gaps between defenders to receive passes.

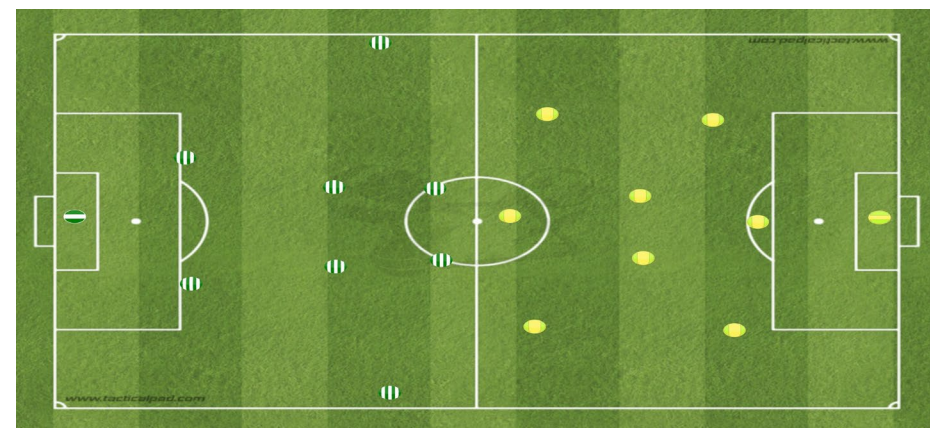
Positional Possession

Setup

7 v 4 – The four Greens on the outside and three neutral players try to keep the ball away from the volts.

If they can complete 5 passes without losing the ball they receive a point.

If the four defenders win the ball they play 4 v 1 against the one neutral player in the middle and have to make 5 passes to get a point.

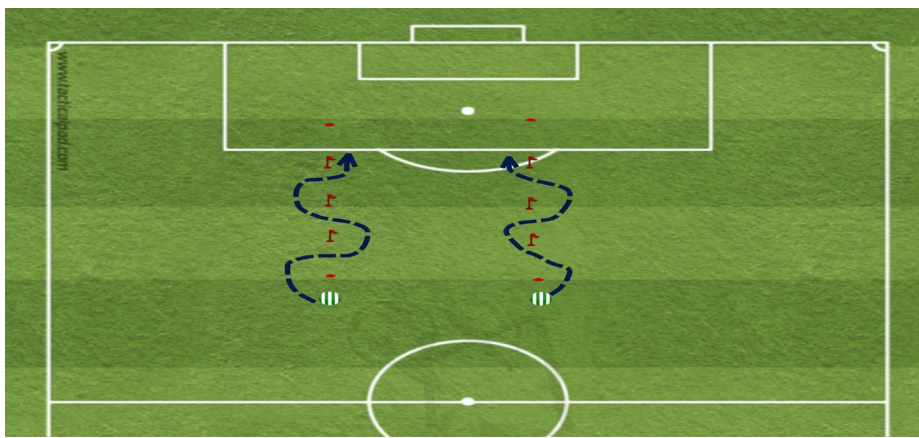


-Encourage players when team has possession to make the field as big as they can by providing length, width and depth.  
  
- Coach in the flow of the game or natural stoppages in play.

SRCIMMAGE

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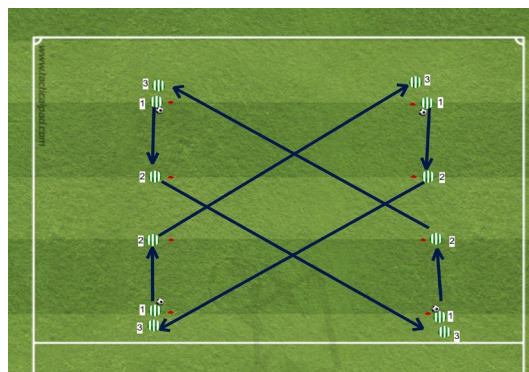
# U13/U15 | WEEK 2 Part 2 | Passing & Receiving



Refer to dynamic warmup/fast feet hand out.

### WARM UP

**DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE**



-Encourage players to play firm passes using inside of their foot. Players should pick their heads up and make eye contact before making pass.

-Players should receive the ball using the inside of their foot taking a touch in the direction they want to take the ball next.

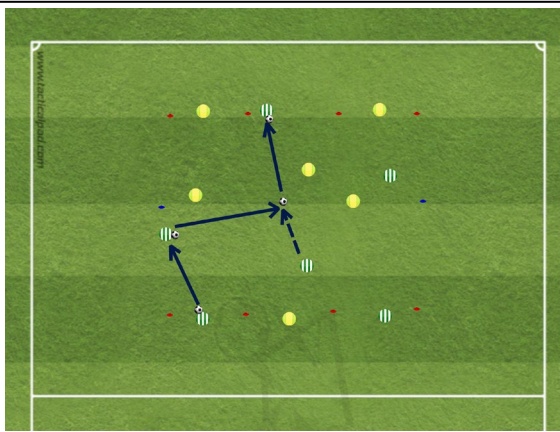
### Passing & Receiving

#### Setup

4 balls, 16 players

All four balls will start at the same time.

Player 1 plays to Player 2, Player 2 plays diagonal pass to player 3 and then pattern starts again. Players follow their passes.



-Encourage three players in the middle to try and receive the ball from bumper players so they can play forward if possible. In possession of the ball make the area as big as you can so it is harder to the defending team.

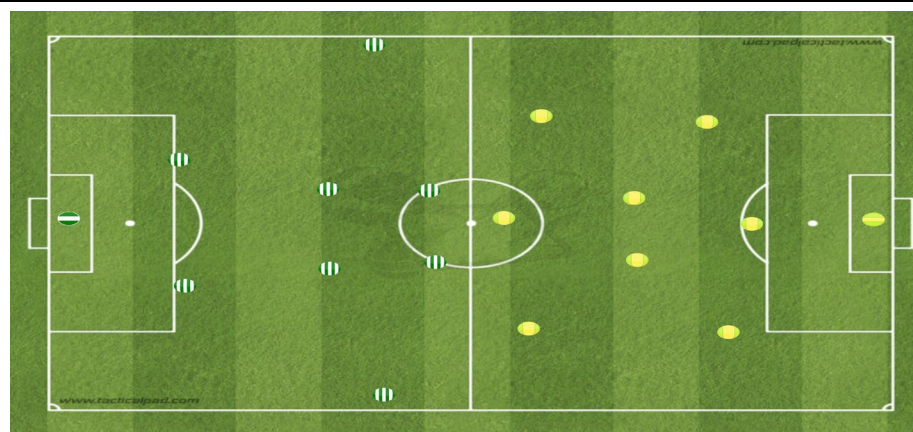
### Possession to bumpers

#### Setup

Two teams

3 v 3 plus 3.

Each team has three bumper (Target) players and three players taking part in the exercise. The game is non directional, and therefore the way teams receive points by playing the ball forward from one bumper player to the other bumper player on the other side. Bumpers cannot play directly to one another.



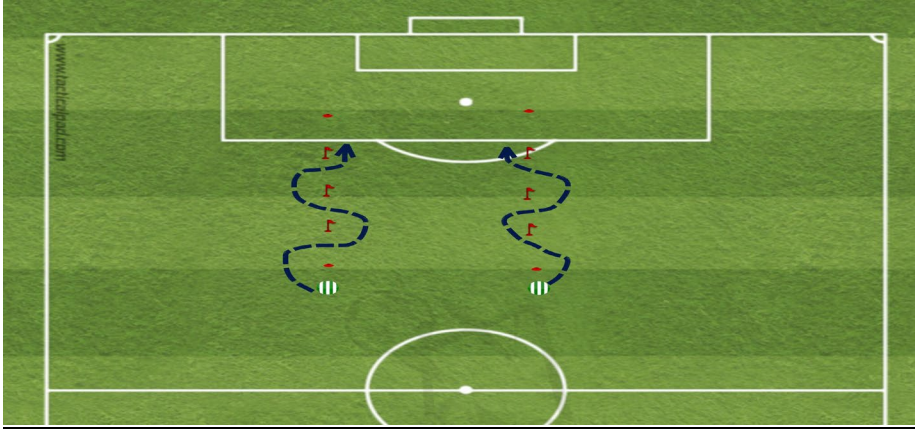
-Encourage players when team has possession to make the field as big as they can by providing length, width and depth.

- Coach in the flow of the game or natural stoppages in play.

### SRCIMMAGE

Play 9 v 9 or 11 v 11 if you have the numbers.

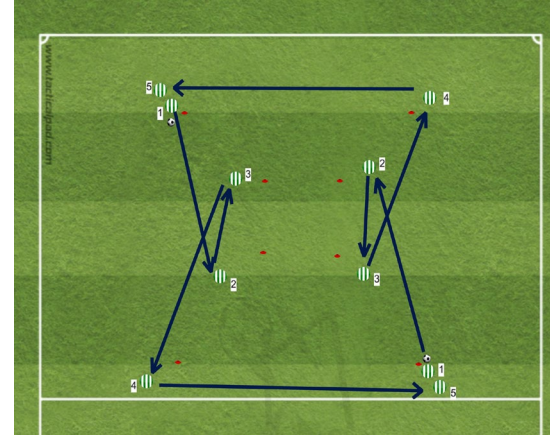
# U13/U15 | WEEK 3 | Passing & Receiving / Possession



Refer to dynamic warmup/fast feet hand out.

### WARM UP

**DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE**



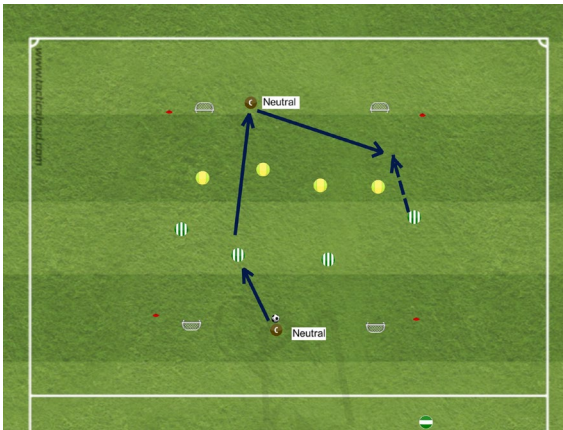
-Encourage players to make nice firm passes to one another. Players should make eye contact with one another before the pass is made.

### Passing & Receiving

#### Setup

Two Balls – Maximum of 16 players.

Player 1 plays the ball to Player 2, who sets the ball back for Player 3 who then plays a pass to player 4 who passes to Player 5. All players follow their previous pass.



-Encourage players to make forward passes into neutral players when they can.

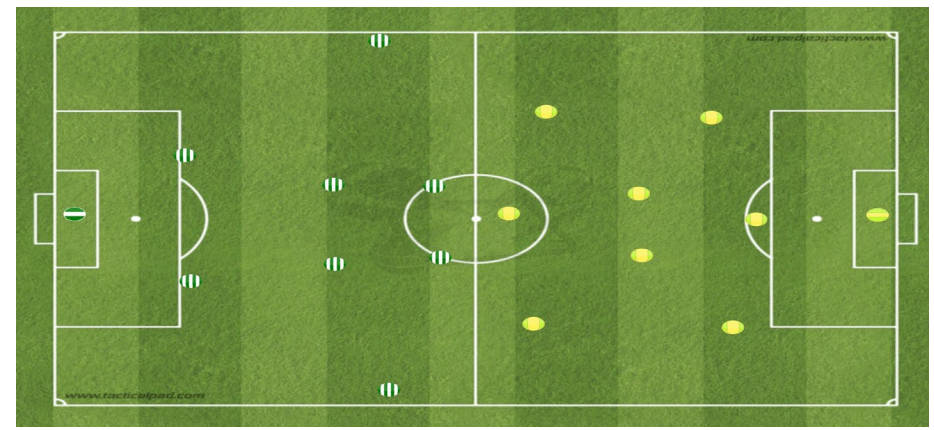
- Team in possession should make the field as big as they can which will allow for more space to open up to play forward.

### Possession into targets

#### Setup

Two teams – Two neutral players.

A team can try to score on one of the two pug goals once they have played a forward pass into one of the neutral players who will then lay the ball off. If the attacking team scores they will then attack the other two pug goals.

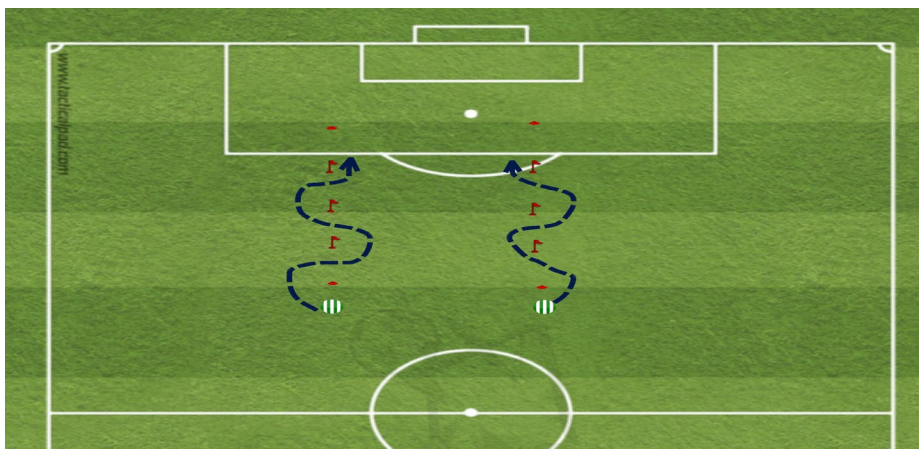


-Encourage players when team has possession to make the field as big as they can by providing length, width and depth.

- Coach in the flow of the game or natural stoppages in play.

#### SRCIMMAGE

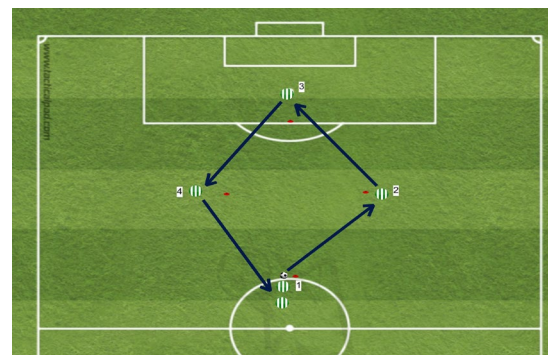
Play 9 v 9 or 11 v 11 if you have the numbers.



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**WARM UP**

**DYNAMIC IN ORDER TO  
RAISE PLAYERS HEART RATE**



Passing & Receiving

Setup

Maximum of 8 people per diamond.

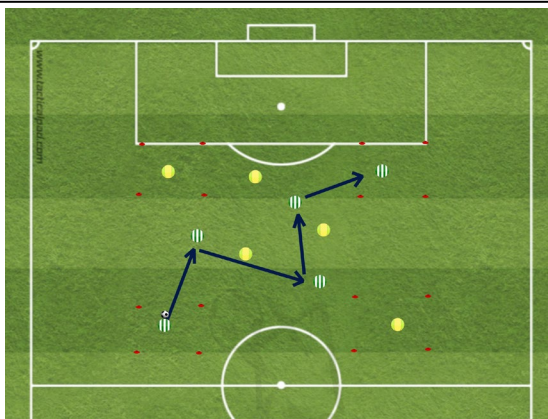
Player 1 plays to Player 2, Player 2 plays to Player 3 and Player 3 plays to Player 4 who passes the ball to the start and the pattern begins again. Players follow their pass.

Progression

Same exercise but the ball moves clockwise.

-Encourage players to play firm passes using inside of their foot. Players should pick their heads up and make eye contact before making pass.

-Players should receive the ball using the inside of their foot taking a touch in the direction they want to take the ball next.



Possession to bumpers

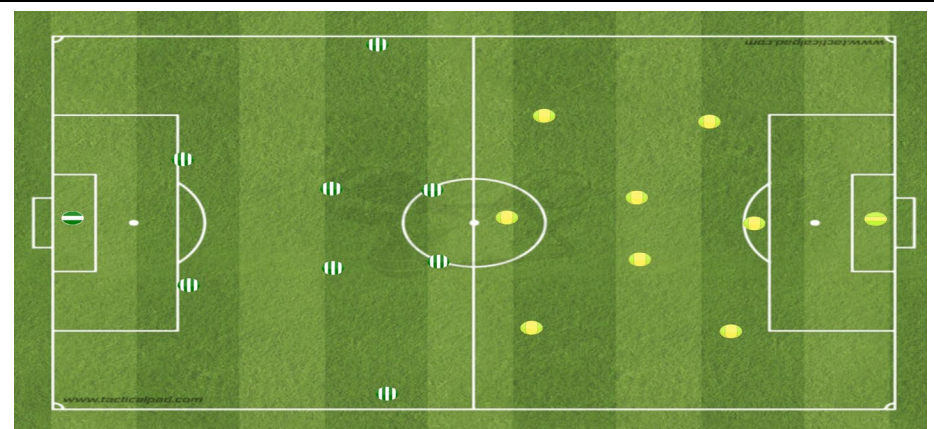
Setup

Two teams 3 v 3 - Both teams have two bumper players who are located in diagonal squares.

Teams get a point if they are able to transfer the ball from one bumper to the other. Bumpers cannot play direct passes to one another the ball must go through a player in the middle first.

-Encourage players without the ball to get into good spaces to support the player with the ball.

-The team in possession should make the area as big as they can.

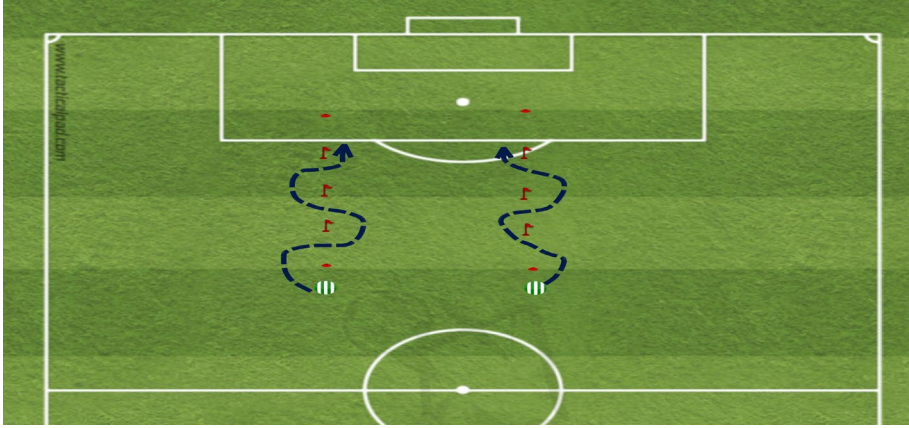


-Encourage players when team has possession to make the field as big as they can by providing length, width and depth.

- Coach in the flow of the game or natural stoppages in play.

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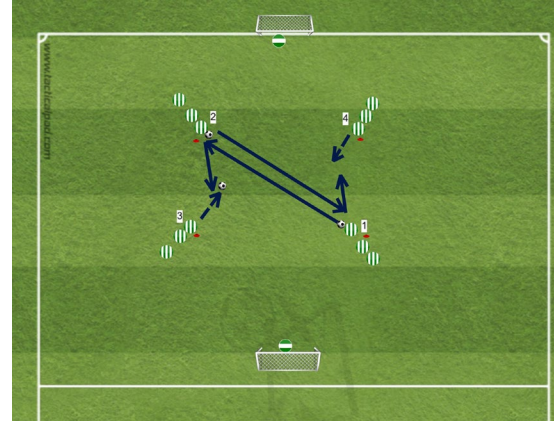
Play 9 v 9 or 11 v 11 if you have the numbers.



Refer to dynamic warmup/fast feet hand out.

**WARM UP**

**DYNAMIC IN ORDER TO  
RAISE PLAYERS HEART RATE**



-Before the player shoots they must pick their head up to see where the keeper is.

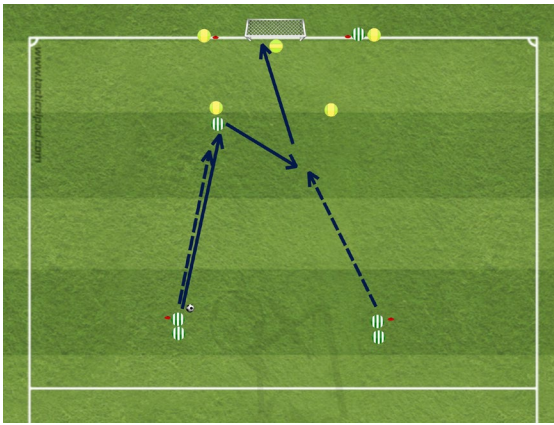
- Players should focus on accuracy over power.

Finishing Unopposed

Setup

Maximum number of players 16.

Player's 1 play a diagonal pass to one another at the same time. Once both players receive their new balls they will play the ball to Player 2 who will take a big touch out of their feet and shoot at the goal ahead of them. Players who are in opposite lines trade positions with each other.



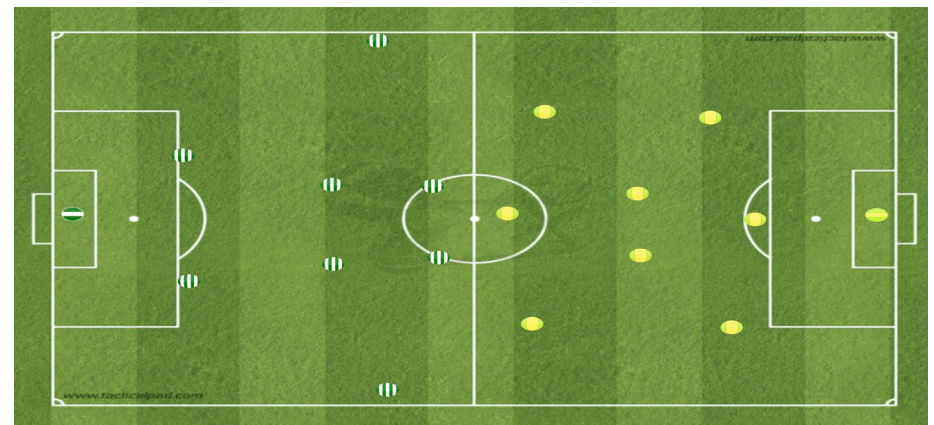
-Encourage attackers to attack at speed to make the most of their player advantage to get shots on goal when they can.

3v2 Finishing

Setup

Two teams- The attacking teams always attack with 3 players. Defenders will defend with two players.

Play begins with one of the two attacking players playing a ball forward into the higher attacker. Once the ball gets to the higher attacker the other two attackers support to make it a 3 v 2.



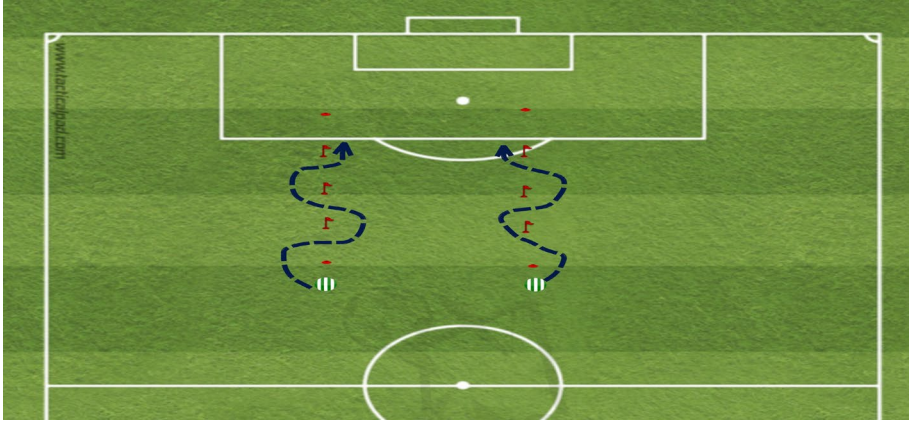
-Encourage players when team has possession to make the field as big as they can by providing length, width and depth.

- Coach in the flow of the game or natural stoppages in play.

SRCIMMAGE

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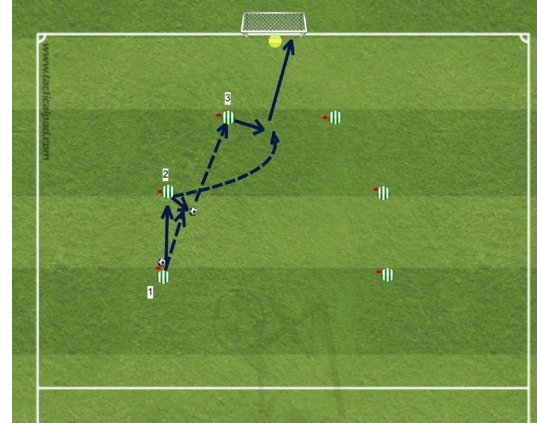
# U13/U15 | WEEK 4 Part 2 | Finishing



Refer to dynamic warmup/fast feet hand out.

### WARM UP

**DYNAMIC IN ORDER TO RAISE PLAYERS HEART RATE**



-Before the player shoots they must pick their head up to see where the keeper is.

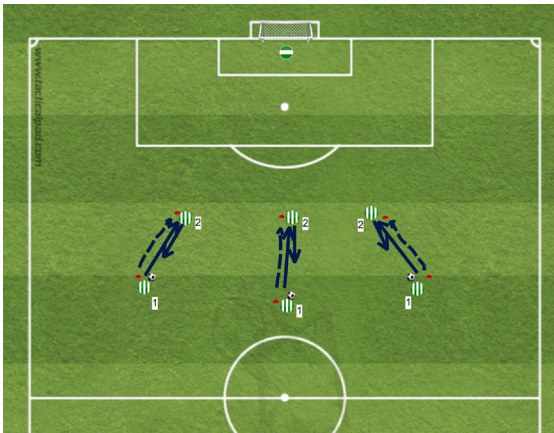
- Players should focus on accuracy over power.

### Finishing Unopposed

#### Setup

Maximum number of players 16.

Player 1 plays to Player 2 who plays the ball back to Player 1. Player 1 plays the ball to Player 3 who lays the ball off to Player 2 who shoots on goal. Players move onto next cone and then the exercise starts again on the opposite side.



-Encourage players to get the ball out of their feet before they shoot which gives them time to pick up their heads to see where the goalkeeper is.

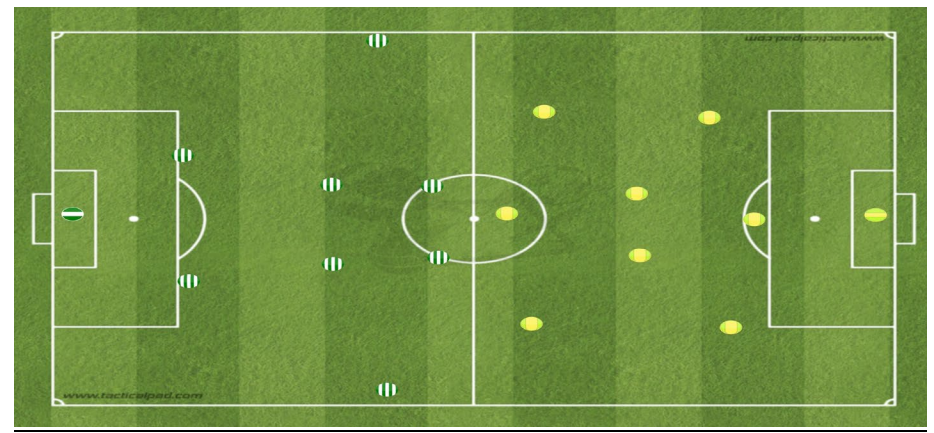
### 3 Way Finishing

#### Setup

Make sure there is a cone setup to the left, center and right side of the 18 yard box.

The exercise starts on the left side. Player 1 plays the ball to Player 2 who plays the ball back to them.

Player 1 dribbles towards Player 2 and then takes a touch either way towards goal to have a shot. Player 1 rotates to where Player 2 was. Player 2 gets the ball and heads to next line.

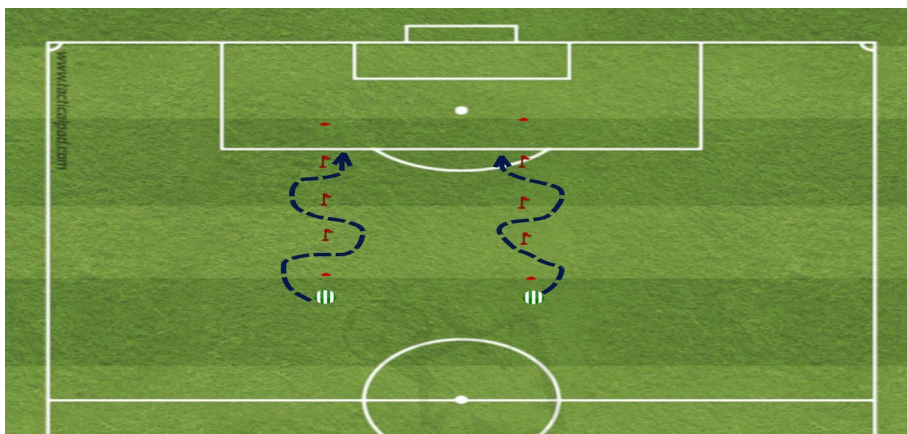


-Encourage players when team has possession to make the field as big as they can by providing length, width and depth.

- Coach in the flow of the game or natural stoppages in play.

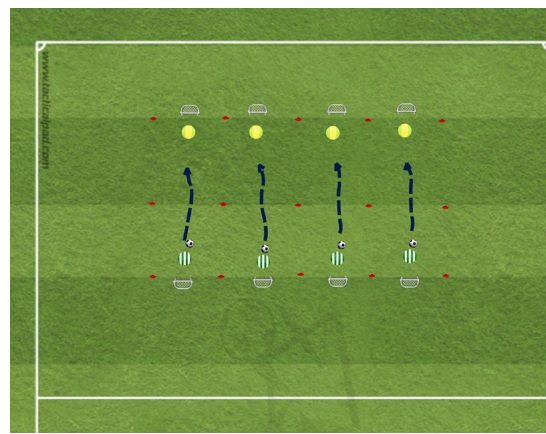
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Play 9 v 9 or 11 v 11 if you have the numbers.



Refer to dynamic warmup/fast feet hand out.

**WARM UP**  
**DYNAMIC IN ORDER TO**  
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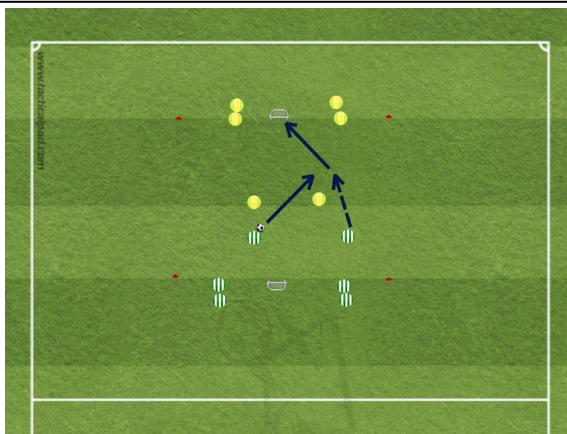
-Encourage defenders to apply pressure to the ball. Try to make play as predictable as they can by trying to limit the attacker's options by the way they position their bodies.

Defending 1 v 1

You can set up as many mini channels as you like, it all depends on the amount of players you have.

Players will play 1 v 1 against opponent for 1:10 seconds.

Once game is done the player who concedes the least goals will move up to the next field.



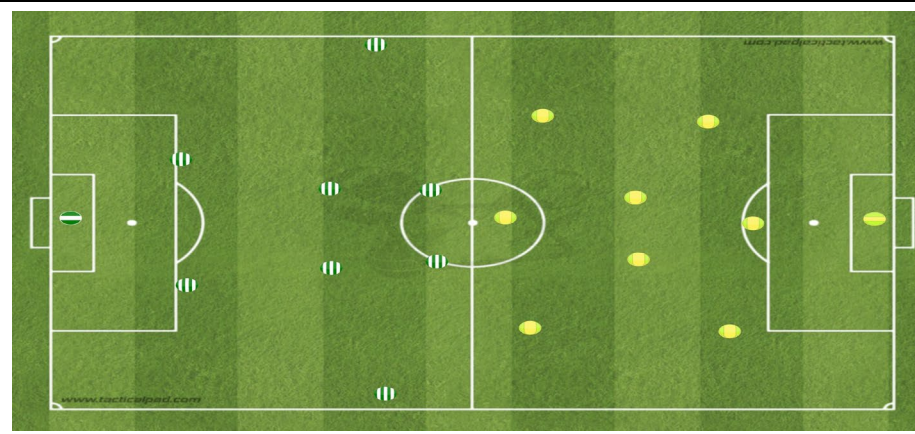
-Defending team now must communicate. One player must apply pressure to the ball while the other must provide support/cover. Defenders should be aware of attackers at all times by trying to keep them in front of them.

2v2 Defending

Setup

2 v 2 - If the attackers score in the opposition pug goal or the ball crosses the opposition's end line they remain on the field and defend two new players.

If the ball goes out on either side line all four players leave the field. The coach will then restart the game by saying which team will bring the new ball onto the field.



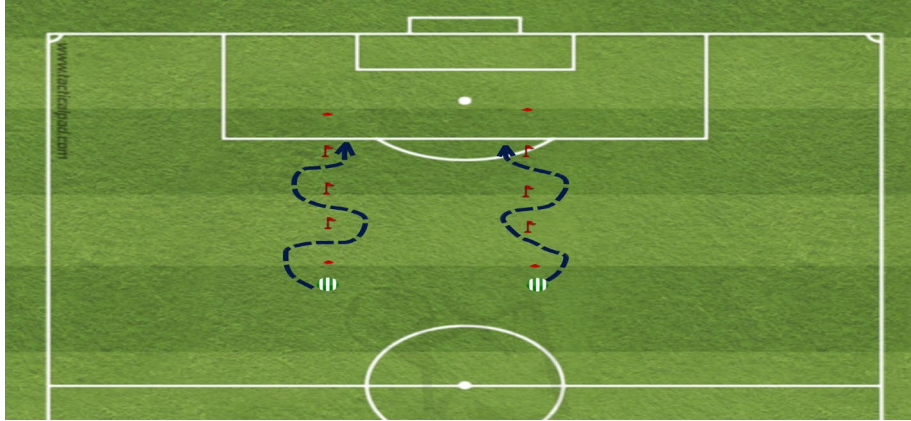
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- Coach in the flow of the game or natural stoppages in play.

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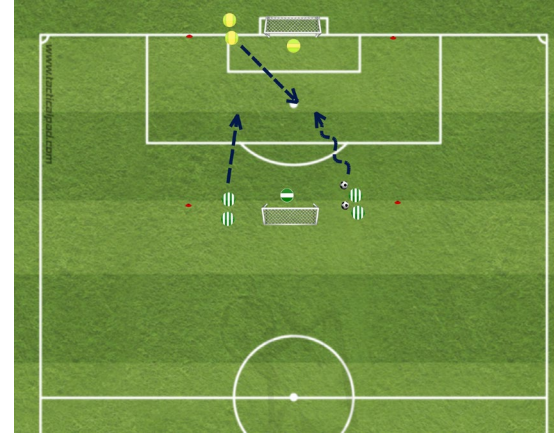
Play 9 v 9 or 11 v 11 if you have the numbers.

# U13/U15 | WEEK 5 Part 2 | Defending



Refer to dynamic warmup/fast feet hand out.

**WARM UP**  
**DYNAMIC IN ORDER TO**  
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-When defending against two players the one defender should try their best to make the attacker with the ball do what they want them to do – make play predictable.

Defending 2 v 1 to 1 v 1 Transition

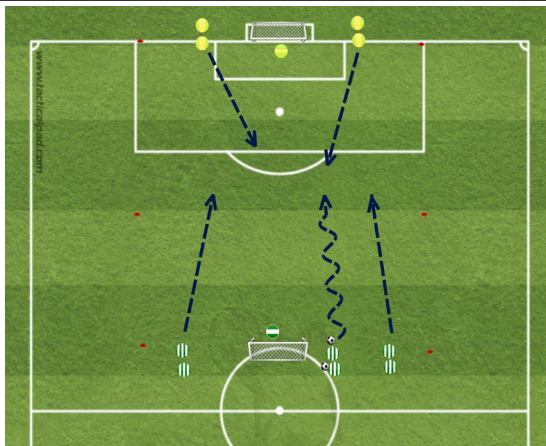
Setup

Two teams

The Green team start with the ball and attack 2 v 1 against the yellows.

If a one of the green scores a goal or loses the ball they automatically become a defender and defend 1 v 1 against the yellow.

Play always restarts with two green attackers.



-When defending down a player there must be pressure applied to the ball. Both defending players must work together to try and turn 3 v 2 into a 2 v 2 by making play predictable and having the attackers do what the defenders want them to do.

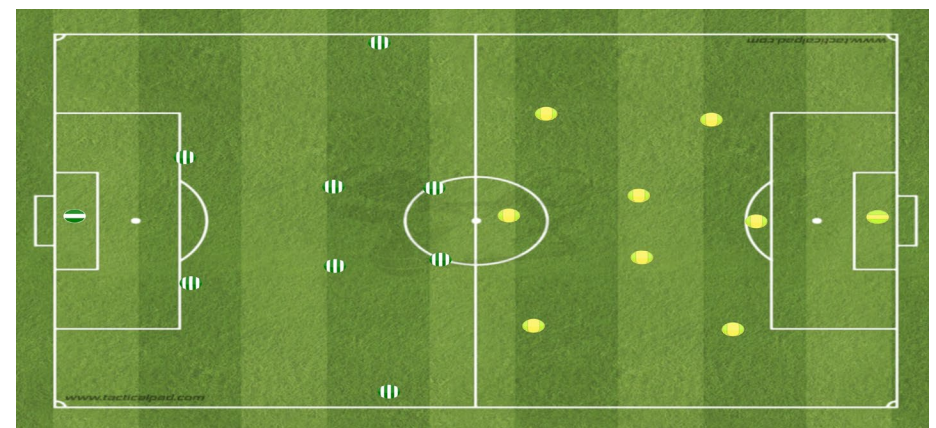
Defending 3 v 2

Setup

Three Green attackers try to score against two green defenders as quickly as they can.

If a one of the green scores a goal or loses the ball they automatically become a defender and defend 2 v 1 against the yellow.

Play always restarts with two green attackers.

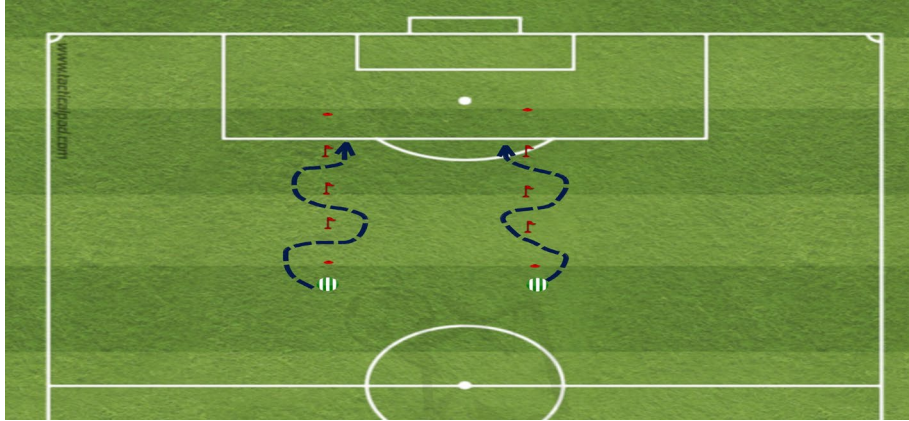


-Encourage players when team has possession to make the field as big as they can by providing length, width and depth.

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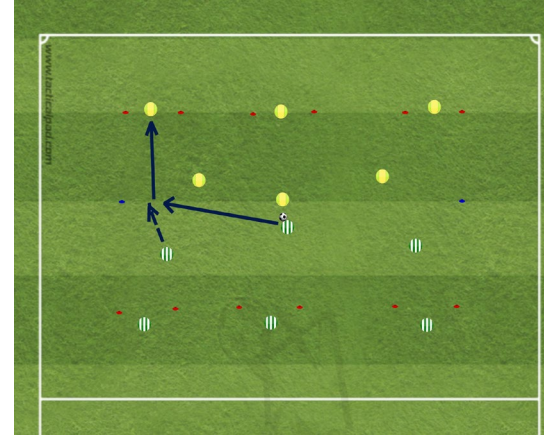
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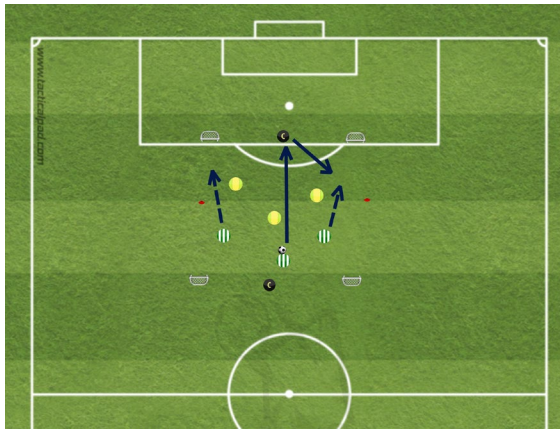
3 v 3 Transition to gates

Setup

Two teams – 3 v 3

The Green team starts with the ball and try to pass the ball between one of the three gates. The yellows are trying to win the ball and do the same. Whichever team scores between any of the gates stays on the field and three new players from the opposite team attack.

-Encourage team in possession to move the ball quickly to try and play forward when they can. Once your team doesn't have possession they need to all be thinking about defending.

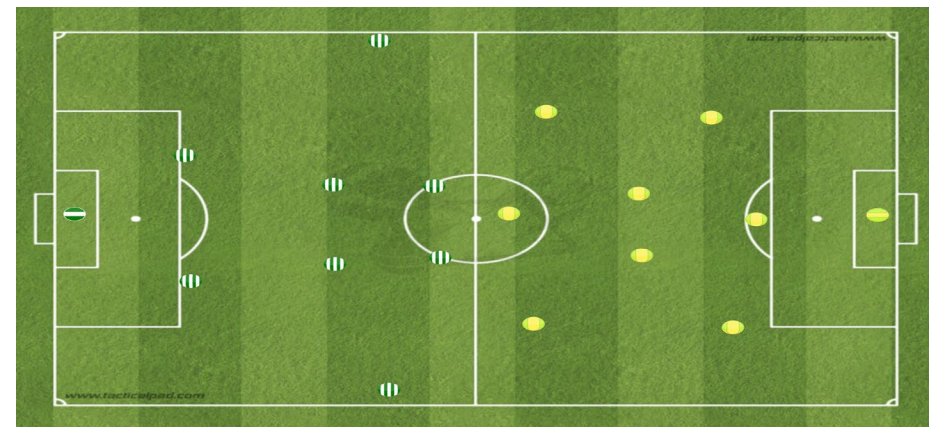


3 v 3 Transition to targets

Setup

Two teams – 3 v 3 with two neutral players. The game is non directional but will start with each team knowing which two pug goals they are attacking. The only way the team in possession can score is by getting the ball into the neutral player who will lay the ball off for one of the upcoming players to finish with one touch. If a goal is scored the team attack the opposite goal.

-Encourage team in possession to play forward into the neutral player when they can and support that player with movement off the ball.



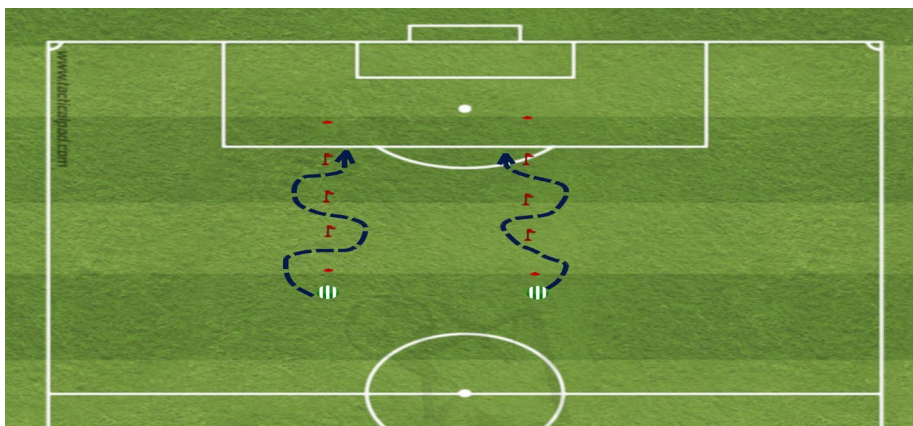
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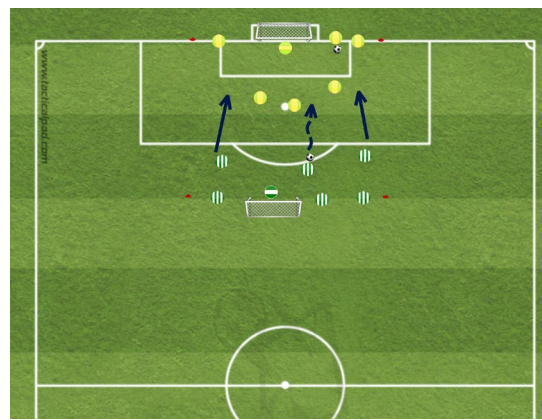
Play 9 v 9 or 11 v 11 if you have the numbers.

# U13/U15 | WEEK 6 Part 2 | Transition



Refer to dynamic warmup/fast feet hand out.

**WARM UP**  
**DYNAMIC IN ORDER TO**  
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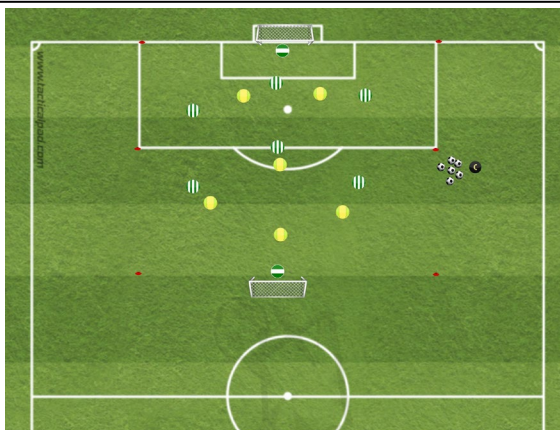
### 3 v 3 Transition to goal

#### Setup

Two teams

The game starts with the three green players attacking at speed trying to score. If the yellows win the ball they try to do the same. Whichever team scores stays on the field to defend three new players who bring a new ball onto the field. If neither team score after 10 seconds both teams leave the field.

-Encourage team in possession to attack at speed and be positive when they can. As soon as they don't have the ball can they win it back?



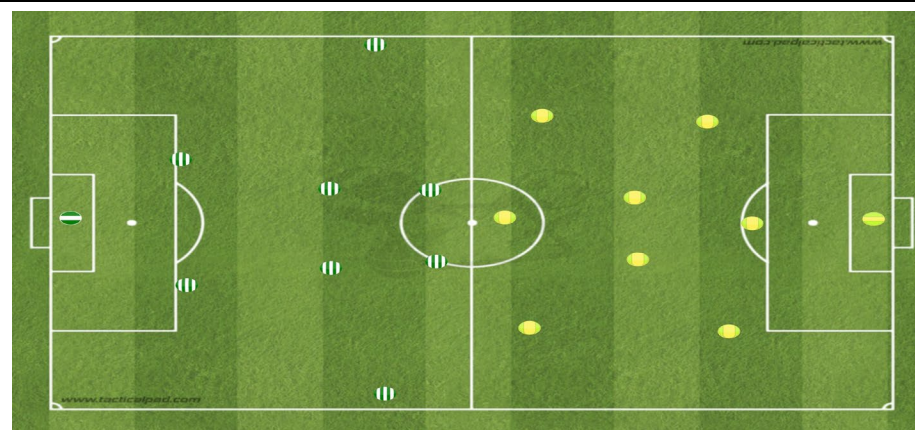
### Non – Directional 6 v 6 game

#### Setup

Two teams of 6.

Game starts by coach playing the ball into the area. Whichever team gain possession first and decided which goal they want to attack. If the ball goes out of play or into the goal, the game restarts by the coach playing a new ball into the playing area.

-Encourage team in possession to attack quickly.

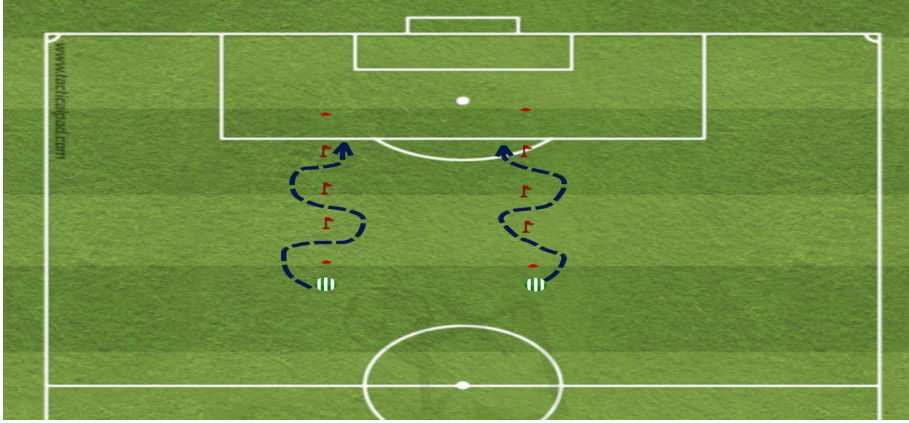


-Encourage players when team has possession to make the field as big as they can by providing length, width and depth.

- Coach in the flow of the game or natural stoppages in play.

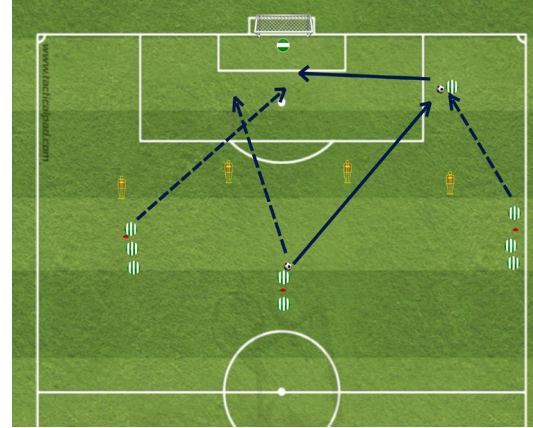
#### SRCIMMAGE

Play 9 v 9 or 11 v 11 if you have the numbers.



Refer to dynamic warmup/fast feet hand out.

**WARM UP**  
**DYNAMIC IN ORDER TO**  
**RAISE PLAYERS HEART RATE**

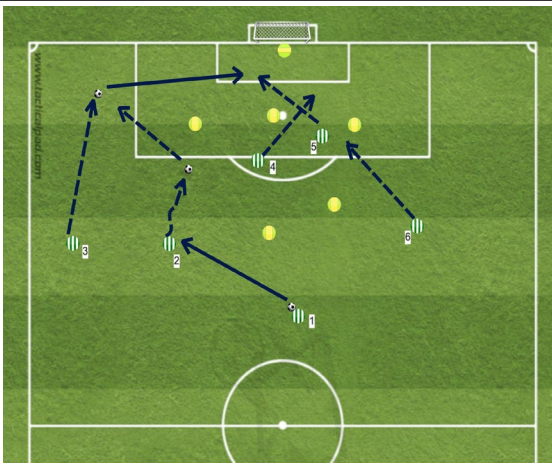


-Encourage players attacking the ball to time their runs so they are not standing and waiting for the ball, but are rather arriving in the box to meet the ball.

Crossing & Finishing  
Unopposed

The ball starts with the middle player who plays a diagonal slitting pass to the player on the right. That player crosses the ball into the box for two attacking players.

The exercise starts again with the ball being played to the player on the left to cross the ball this time.



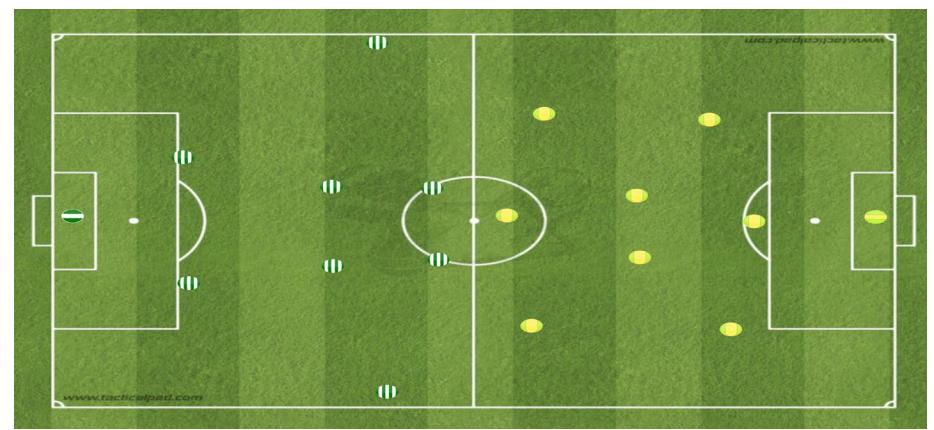
-Encourage wide players to stay wide which will stretch the defense out. Get crosses into the box early and make sure the attacking team have enough players in the box to potential score.

Crossing & Finishing  
Opposed

Setup

6 v 5 plus Goalkeeper

Play starts with player 1 passing the ball to player 2 who dribbles towards goal which creates space for player 3 to overlap on the outside. Player 3 then receives the ball and crosses it into the box for players 4, 5, and 6 to attack.



-Encourage players when team has possession to make the field as big as they can by providing length, width and depth.

- Coach in the flow of the game or natural stoppages in play.

SRCIMMAGE

Play 9 v 9 or 11 v 11 if you have the numbers.