

Boston Breakers
U14 Practice # 1

Minutes 0 to 10

Dribbling

10 to 20

Keepaway: in circles, through a square, or in a rectangle. Make a mistake and 'you're in'.

Water

25 to 40

4 v 2 (2 + 2 keepers v 2) – game to two goals.

You could say:

“You four: keep the ball moving! Ask for it – then play it on quickly.”

“Don't run so much! Just move intelligently along your line.”

“You two defenders: hunt the ball together! Then shoot quickly once you've taken it.”

40 to 50

2 v 2 heading game.

You could say:

“Eyes open watch the ball as long as possible!”

“Use your arms and shoulders!”

Water

55 to 85

4 v 4

Emphasis on the attacking team making the field long and wide and on keeping the ball moving.

Cooldown