

Boston Breakers
U14 Practice # 2

Minutes 0 to 10

Dribbling

10 to 20

5 v 2

You could say:

“You five: always support the ball right and left and have two ‘deep’ players ready to receive a long pass.”

Water

25 to 40

3 v 2 + keeper.

You could say:

“Try to make a 2 v 1 – or a 1 v 1 near the goal.”

“You defenders: work together, help each other, stay connected!”

40 to 50

One bounce passing, juggling, pairs’ juggling.

Water

55 to 85

4 v 4

Emphasis on body position and stance of attackers: ‘deep’ or front players should receive the ball ‘sideways on’, wide players should face the field. Stay ball side of your immediate opponent and beat her to the ball.

Cooldown