

Boston Breakers  
U14 Practice # 3

Minutes 0 to 10

Dribbling: quick feet, turning 180 degrees, left foot only, some basic 'moves' that you can show them, etc. Emphasis on control and balance and change of speed.

10 to 20

5 v 2

Emphasis on the five keeping the space big – and the ball moving.

You could say:

“Don't run so much! Just run a little – but quickly and intelligently!”

Water

25 to 40

3 v 3

You could say:

“See if you can make a 2 v 1 somewhere – or a 1 v 1 near the goal.”

“Be ambitious and decisive with the ball! Score a lot of goals!”

“When you lose the ball, fight to get it back right away! Get in tight on the ball possessor and try to 'get her head down'. Then 'don't let go' : stay with her until you have the ball.”

40 to 50

Heading game: 2 v 2, line to line.

Water

55 to 85

4 v 4

You could say:

“When your team has the ball, make the field as long and wide as possible.”

If you want the ball, run away, then come back quickly (faster than your opponent) to receive it.”

“Control your opponent – think faster, be quicker!”

Cooldown