

Boston Breakers  
U14 Practice # 4

Minutes 0 to 10

Dribbling: emphasis on relaxation, balance, creativity. Turning 180 degrees, 360 degrees, using the sole of the foot, outside of the foot, etc.

10 to 20

3 v 1 in a small rectangle. The three try to make five consecutive passes three times. If they do that, they win. The one defender tries to intercept the ball and dribble it out of bounds. If she does that, or the ball goes out of bounds any way (bad pass, poor control of a pass, knocked out – but not dribbled out – by the defender) five times, she wins.

You could say:

“Come on, you three! Stay light on your feet! Move quickly to help the player with the ball. Receive and pass, receive and pass – roll it around and don’t let that defender get near it!”

“If you do get stuck with the ball, don’t worry! Turn sideways, block her off, and pass it on.”

“Defender: try to keep the ball in front of you – come to the ball at an angle and try to force it against the line or into a corner.”

Water

25 to 45

4 v 2: 2 wingers plus 2 keepers v 2 ‘shooters’.

Water

50 to 85

4 v 4 tournament: three nine-minute games, so that the four teams can play each other once. Before the games begin and between games, pull everybody together for a coaching point.

You could say:

“Let’s be really assertive and dynamic on the ball today: ask for it energetically from your teammates, dribble it and see what happens, shoot whenever you can.”

“Make a nice pass! Think about how your teammate would like to have the ball passed to her.”

If you lose the ball, work together to win it back. Put pressure on the player with the ball and mark the other players tightly. Don’t give anybody any space!”

Cooldown