



CYA Week 4 Session 1: Working in pairs (U12-U15)

Category: Technical: Crossing & Finishing
Difficulty: Moderate

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Description

Warmup

Organization: 1 player 1 ball

Instructions:

- Dribbling around
- 100 right foot inside out
- 100 left foot
- 10 touches - change direction
- 10 touches - turn
- 10 - touches - forward move
- 10 second speed dribble

Coaching Points:

- head up
- find space
- Avoid players with touches

Progressions:



Technical Repitions (15 mins)

Organization:

- 20X20
- Partners -

Instructions:

Partners will dribble while the opposing players are coming the opposite way they will drive to the gate and do a u turn and play the ball to teammate who will play the ball in the gate on the first time.

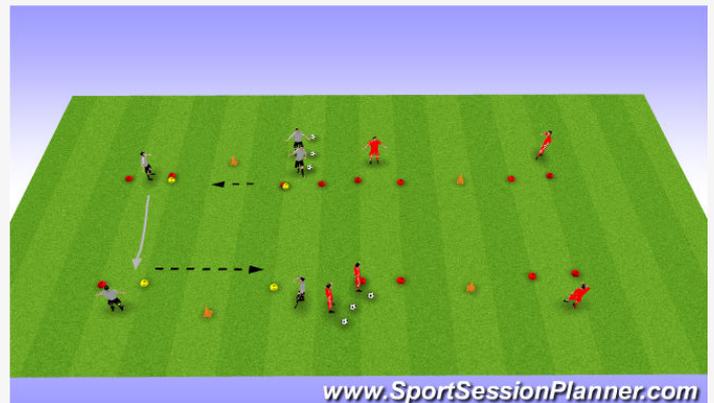
First team to 10 wins

Coaching Points:

- Judge the speed of the ball
- Angled approach
- Position of non-kicking foot
- Contact on ball (changes with technique used)
- Locking ankle
- Follow through

Progressions:

- Change direction
- Change width and location of traffic cone gates



Semi/Opposed (20 mins)

Organization:

Same area as prior
2 lines of defenders on opposite corners facing attackers

Instructions:

2v1 to goal, players must make at least one pass
Defender is passive, pressing the ball

Coaching Points:

Judge the speed of the ball
Angled approach
Position of non-kicking foot
Contact on ball (changes with technique used)
Locking ankle
Follow through

Progressions:

Defender is live, can counter by dribbling across end line



Conditioned Play (25 mins)

Organization:

32x28 area
1 big goal, 2 small counter attacking goals

Instructions:

Play 4v5+1 as pictured, team attacking the big goal must play in a 2-2 formation.
All goals scored must be a 1 touch finish, 3 touch max for passing

Coaching Points:

Judge the speed of the ball
Angled approach
Position of non-kicking foot
Contact on ball (changes with technique used)
Locking ankle
Follow through
Observing GK to determine which technique is most appropriate

Progressions:

Remove conditions of 1 touch finish



Unopposed (20 mins)

Organization:

32x28 area split into two 28x14 areas
2 teams with 2 lines facing each goal with one having the balls, 4 lines in total,

Instructions:

Player with the ball dribbles forward while their partner dribbles along side, the player with the ball passes to the player without the ball who then shoots on the goal. They must score prior to the shaded area which is 9 yards out from the goal. After, they return and rotate lines.

Coaching Points:

Judge the speed of the ball
Angled approach
Position of non-kicking foot
Contact on ball (changes with technique used)
Locking ankle
Follow through

Progressions:

