

Individual and small group Technical Training – ODP U14's

by Mike Smith, US Soccer Instructional Staff

Split into groups of 4 players, with each group having 1 ball. Play 3v1 for periods of 45 seconds. Instruct the players to always keep the ball moving, even if an individual is holding onto it. Emphasize the importance of the first touch and setting the ball up to play quickly. After one rotation, have competition to see the highest number of consecutive passes with defender chasing in 45-60 seconds.

Then divide groups into 2 players with one ball. 2 touch passing and then 1 touch. Challenge the players to gradually move further apart and then come closer again.

Then introduce a pattern. For instance receive with inside of left and play pass with inside of right. Then switch. This challenges players to cushion the ball where they want it with their first touch.

Then go inside left, outside right. Ball needs to be cushioned to a different angle!

Then any pattern they want.

Then juggling patterns individually. Foot, thigh, chest, head and back. Then twice on each part. Then once on each but include weaker side; left foot, right foot, left thigh, right thigh, chest, head and back! Take turns.

Then juggle with partner. Player tosses ball to partner who receives it one touch with foot (setting it up to head) and heads it back. Graduate to thigh then head back, then chest and head back, head up and head back. Take turns.

Heading game!

Play 1v1 in a 5x10 yard grid. Object is to head ball (from one's own hands) over opponent's goal line taking alternate turns. Keep score. After one minute, move up and down ladders.

Heading game!

Play 2v2 in a 5x10 yard grid. Object is to head ball to partner taking alternate headers and over opponent's goal line. Once ball drops on floor it is the other team's turn. Keep score. After one minute, move up and down ladders.

Go back to playing 3v1 for periods of 60 seconds in a 10x10 grid. The aim is to get the highest number of consecutive passes without the defender getting a touch. If the defender nicks the ball, the 3 start counting again from zero. The challenge is to give the defender the largest # of star-jumps as possible, which equate to the highest # of consecutive passes between the 3.