

Coaches Symposium Developing the U-14 Player

Fun Activities to Highlight Receiving Jan Smisek, US National Staff

13 U-12 players

Warm-up

Have 7 players make a wide circle and each have a ball at their feet. 6 remaining players buzz about for about 1 minute calling for ball receiving and playing back (2 touch). Players get a point for every ball received, but cannot get next point from next person along, therefore they are forced to change directions and not run in a circle. If the ball stops still then the player receiving does not get a point.

Switch groups.

Highlight - first touch should be out from underneath the body.

“If you kill the ball, then you kill the game” Johan Cruyff

Make a competition of it! Point for every reception. Try and better score every time – gets kids quicker & sharper.

Activity #1: The ‘D’ Game (edge of box)

Set up area around penalty box. One goalkeeper, 3 players on post and 3 players 15 yards outside penalty box. X1 on post plays ball out to X2 who has to receive & control the ball into the ‘D’ and then shoot on goal. Keep # of goals. No score if ball in not shot from ‘D’. Goals are also not allowed if shooter has more than 2 touches.

Swap roles.

Then make competition of it. Have 2 lines outside each goalpost and 2 lines of shooters. Receive alternately and shoot, one team against each other. Play 5 minutes or first team to 10 goals.

Activity #2: 4 Goal Game

Use 35x35 yard grid. Set up 4 goals about 5 yards in from each corner. If one player plays ball through goal and it is received and controlled by a teammate, then the goal stands. Restart play with a kick in if the ball goes out of bounds.

Then tell players that they cannot run through a goal to receive a pass (gets players to curve runs!)

If a coach has an odd # of players, use a neutral player to always play with the team that has the ball.

Activity #3: The Zone Game

Play American Football 4v4! To score a team has to play ball into the end-zone where it must be received by a teammate – touchdown! At beginning of session make your own end-zone a safe-zone – other team not allowed in.

Can make up some crazy exercise for an extra point!

Then can restrict time standing in the end-zone (like basketball)

Then if quality is good, introduce off-side??

Activity #4: The Game to 2 Goals!

Play.