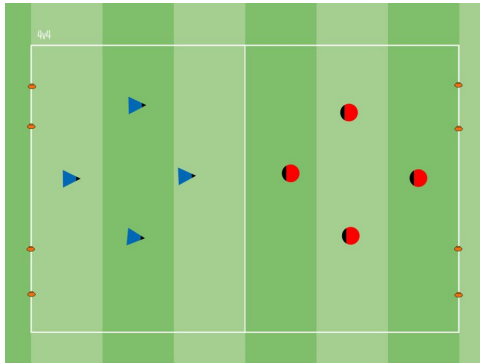# TRAINING SESSION: 13 AND 14U MOBILITY WINTER SESSION

Objectives

To increase the mobility of our players off and on the ball

4v4 4 Goal Game Mobility

4 v 4

cones for field and small goals, balls, pennies for teams

Intensity: 7

10:00 min
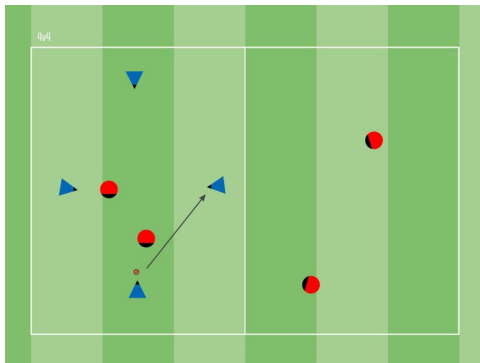(x 00:00 min, 00:00 min rest)

Coaching Points

1. Support the playerwith the ball2. Moving to better positions with and without the ball3. Defending compactly

Description

Standard 4v4 game 30x20 yardswith 2 small goals per team.

4v2 Possession in 2 Grids (Mobility)

4 v 2

cones, balls, pennies for teams

Intensity: 7

15:00 min
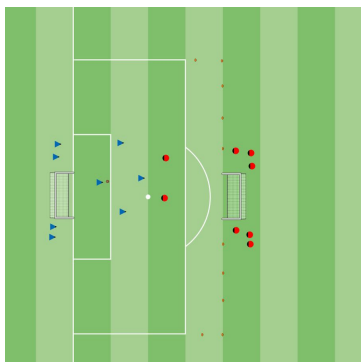(x 00:00 min, 00:00 min rest)

Coaching Points

1. Proper movement to support your teammates (Eyes on ball, hips open to the field, and shuffling to create passing lanes)2. Keep the ball on the ground, keep the ball moving, incorporate ball fakes,and let the ball dothe work (less dribbling).3. Coach the players off the ball more than the players on the ball. Movement must be purposeful and allow the ball to see the player at all times. Encourage competition between teams.

Description

In 2 20x15 yard grids, play 4v2 inside the grid. The team in possession (Blue)tries to

4v2 to Full Size Goals (Mobility)

4 v 2

2 full size goals, cones, and penny's

Intensity: 7

15:00 min
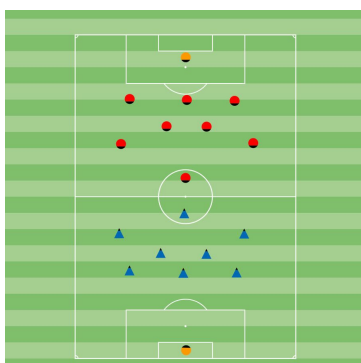(x 00:00 min, 00:00 min rest)

Coaching Points

1. Always be prepared to finish!2. Create passing angles and shooting lanes by movement off the ball. (Overlaps, 2v1 principles, ball to the middle)3. Spacing off the ball needs to be 8-10 yards and angled. Be realistic with transition. Coach the players off the ballmore than the decisions on the ball. Make sure they are positioned properly to shoot first touch and can see the ball so they are a legitimate option and not hiding behind a defender.

Description

Extend the penalty box to 25 yards long and place a second full size goal there. Play

9v9 game

9 v 9

normal field

Intensity: 7

20:00 min
(x 00:00 min, 00:00 min rest)

Coaching Points

Description