



Crew Youth Position Specific Expectations & Example Sessions



Central Defenders - #'s 4 & 5

Defensively:

- play even with, behind and in front of backline
- organize team defensively with communication
- establish and control last line of defense and rate of retreat
- offside considerations and proper timing
- marking opposition's forwards
- stepping the team up , communication skills
- deny through balls / intercept passes
- strong in the air and the tackle
- provide cover for other backs
- pressuring the ball and blocking shots

Offensively:

- initiate the build-up or counter-attack with penetrating passes
- support the play from behind
- squeeze the team from behind
- dictate change of field / rhythm of play with accurate, diagonal driven balls
- make 1-2 penetrating runs per half with and without the ball
- join for attacking set plays when appropriate



Wide Defenders - #'s 2 & 3

Defensively:

strong individual defending (1v1)

mark wingers / wide midfielders; when to deny the pass, contain, tackle

mark ball side and goal side and look to intercept pass

recover toward near post

understand zone / man-to-man combination defending

execute offside trap appropriately – see/keep the line the CB sets

skillful in air and tackle

proper decisions on when to attack the ball

provide cover for midfielders and center backs

provide balance when ball is weak side (squeeze centrally)

deny services and shots

Offensively:

proper decisions on distribution (weigh safety vs. risk), and utilization of “check-down” list

establish width / provide early outlet after ball is won

overlapping runs / underlapping runs

squeeze from behind (maintain compactness)

support players with ball (especially center backs & wingers)

provide quality service



Central Midfielders - #'s 6 & 8

Defensively:

- organize midfielders and forwards / communication
- provide cover for pressuring midfielders
- cover dangerous space in front of central defenders
- provide balance in midfield
- mark opponent's central midfielders
- play zonally; slide laterally across the field
- pressure the ball, slow down the attack, prevent counter attack
- double team when and where appropriate)
- join the back line when appropriate
- step and join in pressing situations
- be a ball-winner in the air and the tackle
- anticipate / intercept passes / win 2nd balls

Offensively:

- excellent vision/awareness, first touch/turns and passing ability/variety
- provide support from in front, behind and square – quality angles
- dictate rhythm / tempo of game (slow – fast)
- change point of attack
- keep possession - extremely high rate of passing completion (85% +)
- hit deep penetrating passes when "on"
- ability to drive forward with and without the ball
- ability to combine and play penetrating passes to create goal scoring chances
- finish from distance with accurate/powerful long range shots



Attacking Midfielder - # 10

Defensively:

- play zonally; slide laterally across field
- provide cover for forwards
- deny central passing lanes
- deny change of field through midfield
- pressure ball
- win ball in tackle / air / off interception
- chase back to double team with defensive central midfielder
- track opponent's defensive central midfielder
- step and help forwards "press" when appropriate

Offensively:

- excellent vision/awareness
- excellent skill – passing/receiving/turning/dribbling
- play in advanced areas / close support of forwards
- make runs in advance of forwards
- penetrate defense on dribble / with combination play
- dribble penetrate & play weighted through balls and soft chips in behind
- look for balls laid back and flicked through from forwards
- win knockdowns / 2nd balls
- find ball immediately upon gained possession and initiate counter
- provide immediate outlet to backs in transition
- finish



Wingers - # 7 & 11

Defensively:

- defend the flank
- proper recovery runs (toward near post)
- understand zone / man-to-man combination defending
- provide cover around ball and for wing back when necessary
- squeeze centrally when ball is weak side
- provide balance when ball is weak side (cover back post space) in defensive 3rd
- "roll-up" onto opposing wing back in pressing situations
- track opposing wing back (goal side / ball side)
- contain and delay counters
- strong in air and tackle
- win 1 v 1 duels
- deny service

Offensively:

- ability to run the entire flank
- establish width in attack
- create space for teammates
- penetrate with dribble and combination play
- runs off the ball wide and inside
- provide support/angle for central midfielders, forward and same side wing back
- provide quality service
- ability to get "around the corner" (1v1)
- ability to cut inside with the ball between the midfield line and back line
- ability to finish



Forward - # 9 (& 10 in 2 forward system)

Defensively:

transition to defense immediately

integral part of team defense; initial point of pressure

make play predictable; steer opponents

discipline to be quality defender 1v1 (avoid diving in or fouling)

ability to apply immediate high pressure upon loss of possession – “Press”

discipline to meet opposition at predetermined point

double back to pressure from behind / help midfielders

track opposition’s backs when necessary

Offensively:

show / check for ball (high work rate / mobility)

find gaps and seams between, in front, and behind defensive lines

know when to hold ball vs. lay ball off

ability to beat player 1 v 1 and with combination play

ability to create space for self and teammates

synchronized movement with other forward/ACM

ability to create chances for self and others

finish high percentage of chances

quality runs in penalty box

stretch opponent; provide depth in attack

diagonal and bent runs into space and for through balls

constantly attempt to get behind defense (without being offside)

discipline to maintain & regain on-side position



U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific Back 4/GK	INTENSITY(%): 75%
TARGETS	1. Accurate, long range passing 2. Develop/improve passing variations and ability to apply in proper situations: low driven, bent, clipped, diagonal			

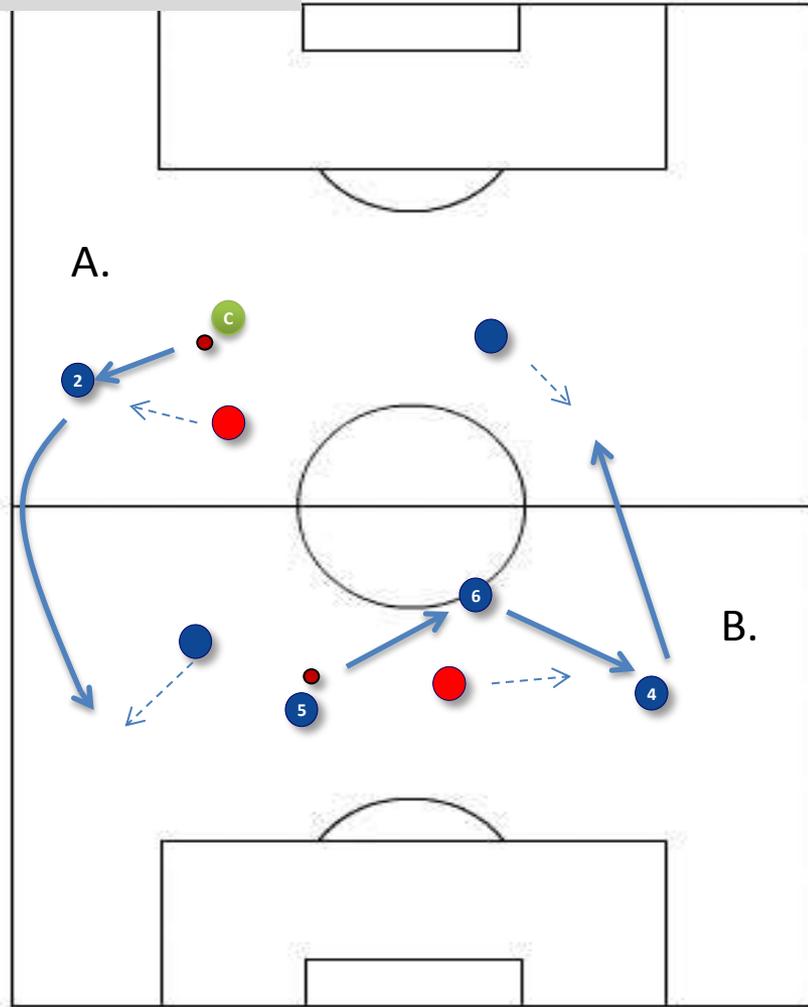
Position-Specific Training: Back 4

Set up:

Middle third
Extra balls
(Small target goals if needed)
BACKS
#2 starter/reserve
#3 starter/reserve
#4 starter/reserve
#5 starter/reserve
Midfield
#6

Work:Rest

1:1, 6x5 sec reps



Coaching:

Open body position, early vision to see target before ball arrives, clean/positive first touch out from feet, firm/accurate pass with proper surface of foot. Utilize resting defenders as mobile targets (or small goals if necessary). Add pressuring opponents.

A. 2/3 variations:

- inside firm pass to a 6/8 feet
- low driven to a checking 9/10
- bent down the line for a 9/10 running thru
- clipped into the channel over the opposing wingback for 7/11/9/10 running on

B. 4/5 variations:

- low driven to 9/10
- low driven or bent with pace to strong side winger
- high driven/diagonal ball to weak side winger

2 and 4 working as shown above, switch to 3 and 5 or do simultaneously if space and numbers allow

POINTS OF EMPHASIS: Proper technique, foot position and surface of foot for longer range/advanced passing. Accuracy/precision of pass. Proper flight/trajectory of the ball (height and speed).



U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific Back 4/GK	INTENSITY(%): 75%
TARGETS	1. Back line dealing with space and balls in behind 2. Back line and GK coordination, communication, decision making 3. Advanced technique to run back toward own end line and turn ball and clear it up the line under pressure			

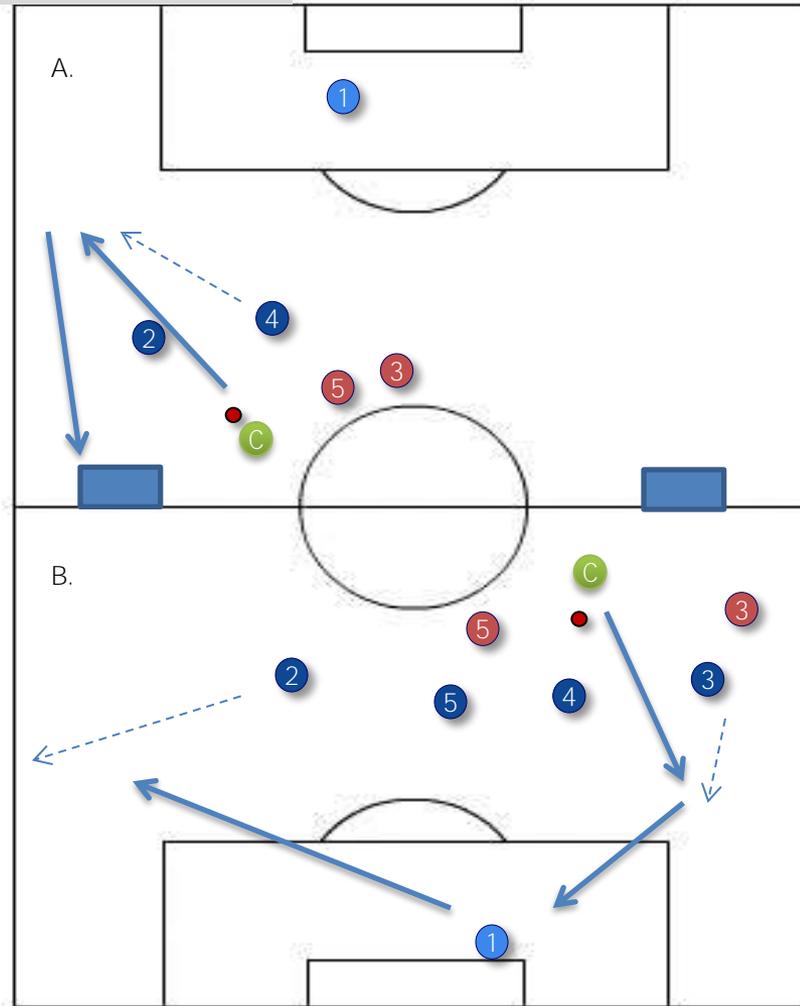
Position-Specific Training: Back 4

Set up:

Half Field
Extra balls
Small target goals
GOALKEEPER
#1
BACKS
#2 starter/reserve
#3 starter/reserve
#4 starter/reserve
#5 starter/reserve

Work:Rest

A. 1:4, 5-10 sec bouts
B. 1:1, 3x10-20 sec bouts
& then rotate reserve group in



Coaching:

- A. Coach plays ball in behind (thru or over top). Rotate between #2 and #4 giving chase and turn ball back up the line or play back to GK. Add pressure of chasing player (3/5). Proper passing and clearance technique, decision making – pass, GK back pass or clear. GK communication and supporting position. GK distribution with feet. Progress to 2v2. Switch to opposite side of field.
- B. Progress to entire back 4 with R/L/C starting positions. Back line and GK coordination – GK ball or clearance, back pass from defense or defense turns out and builds to hit targets. Start with 2 and progress to 3 pressuring players.

POINTS OF EMPHASIS: Communication and decision making between backs and GK. Build/keep the ball when you can, clear danger when you must. Common language – “away, Keeper, time, play-back, turn-out”.



U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific Back 4/GK	INTENSITY(%): 75%
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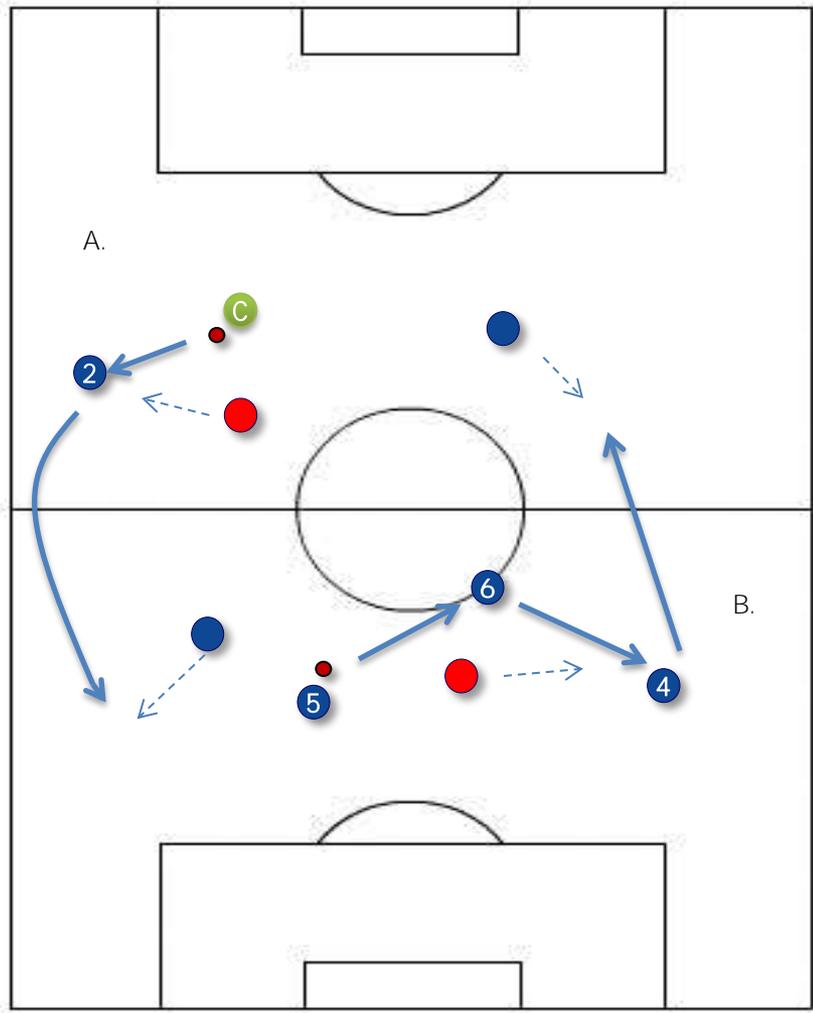
Position-Specific Training: Back 4

Set up:

Middle third
Extra balls
(Small target goals if needed)
BACKS
#2 starter/reserve
#3 starter/reserve
#4 starter/reserve
#5 starter/reserve
Midfield
#6

Work:Rest

1:1, 6x5 sec reps



Coaching:

Open body position, early vision to see target before ball arrives, clean/positive first touch out from feet, firm/accurate pass with proper surface of foot. Utilize resting defenders as mobile targets (or small goals if necessary). Add pressuring opponents.

A. 2/3 variations:

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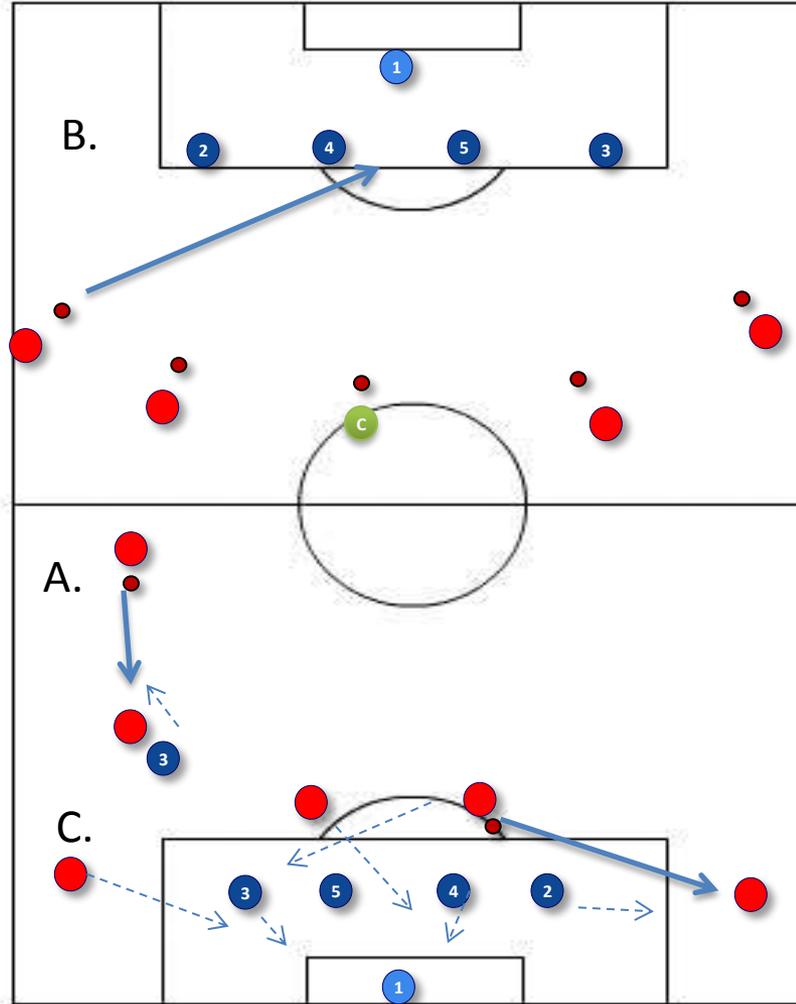


U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific Back 4/GK	INTENSITY(%): 75%
TARGETS	1. Defensive clearances with feet and head 2. Marking/tracking in the penalty box 3. GK considerations/communication			

Position-Specific Training: Back 4

Set up:
 Half Field
 Extra balls
 GOALKEEPER
 #1
 BACKS
 #2 starter/reserve
 #3 starter/reserve
 #4 starter/reserve
 #5 starter/reserve

Work:Rest
 A. 1:2, 10x3 sec reps
 B. 1:1, 15 balls in and switch
 C. 1:1, 3x10-15 sec bouts



Coaching:

- Marking off the shoulder, not directly behind the opponent, time your step and firm inside of the foot volley – “punch”. Same thing step in front and use head. Same thing, but now high ball, make contact with forearm in lower back of opponent and hold ground, then fade back at last moment to win header.
- Back 4 in penalty box dealing with different types of service from different angles/distances. Communication, footwork, attack the ball, good technique, cover for each other, clear and step, or GK claim. (Add opponent).
- 3v4 in penalty box plus a server. Communication, tracking, get position on opponent – ball-side/goal-side. Fight thru picks, deny opponent easy running path. Attack ball to be first, get body into opponent if second. Quality clearance. Stay with mark and “box out” if first ball not in your vicinity. Step out as a unit and prepare for potential 2nd ball in.

POINTS OF EMPHASIS: Proper technique to “punch” the ball out with foot – good contact, avoid big swing. Positioning relative to ball, goal and opponent – really work to gain position on opponent and stay with throughout. Vision and open body position to see ball and opponent – head on a swivel. Cover for teammates/GK and step out as a unit on clearance.

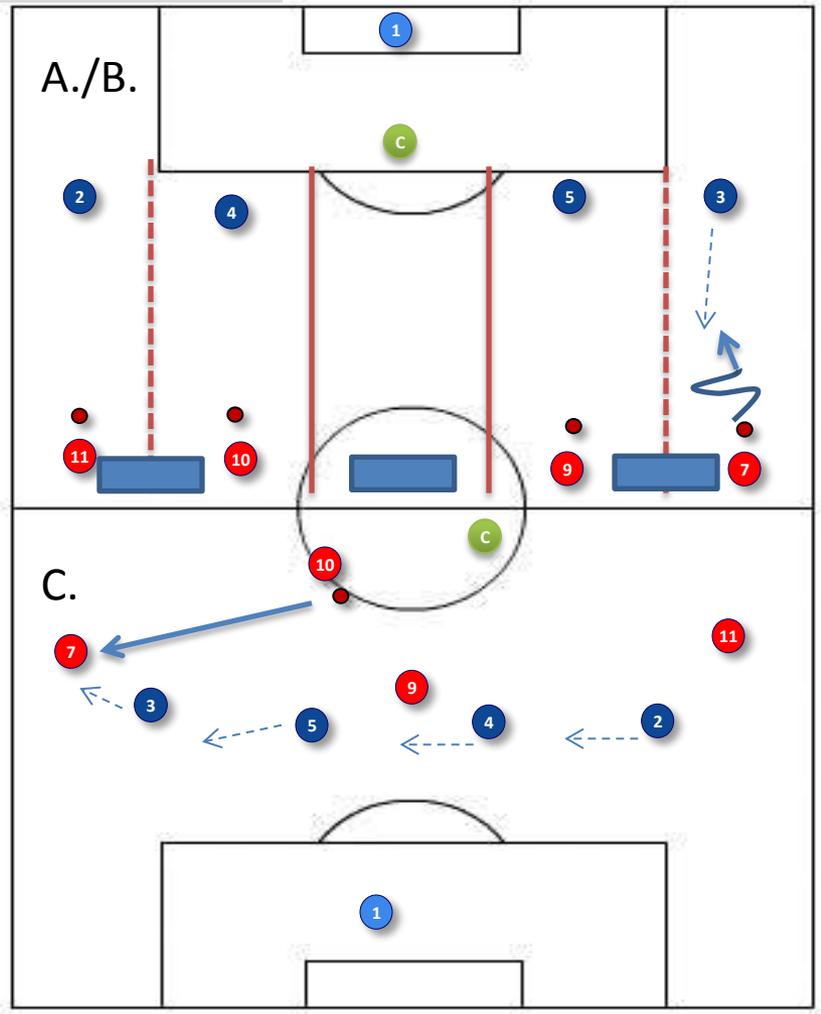


U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific Back 4/GK (6)	INTENSITY(%): 75%
TARGETS	1. Individual defending 2. Defending as a pair 3. Block defending as a back 4			

Position-Specific Training: Back 4

Set up:
 Half Field
 Extra balls
 Small target goals
GOALKEEPER
 #1
BACKS
 #2 starter/reserve
 #3 starter/reserve
 #4 starter/reserve
 #5 starter/reserve
MIDFIELD
 #6 starter/reserve
ATTACKING PLAYERS
 #10/9 starters/reserves
 #7/11 starters/reserves

Work:Rest
 A/B. 1:2, 3x5-10 sec bouts
 C. 1:1, 3x45-60 sec bouts



- Coaching:**
- A. 1v1 defending, footwork, patience, contain/dictate, decision and timing of tackle – block/poke/slide tackles. Step in with body to ride opponent off the ball. Transition to target goals.
 - B. Remove dotted lines and play 2v2. Same as above, but now add second defender who offers cover. Communication, keep shape, avoid crossing when possible, pressure on ball carrier and good angle and distance of cover/support from second defender. Progress to 2v1 with recovering defender – delay/retreat. Same but central with 4/5.
 - C. 3v4 and 4v4 with entire back 4 working as a unit. Squeeze/shift together (N-S & E-W) keeping tight shape to take away passing lanes, pressure, cover, tracking, communicate, 4/5 and GK deal with central space behind, off-sides considerations, transition. (add a #6)?



U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific 6/8	INTENSITY(%): 75%
TARGETS	1. Switching play through midfield 2. 6/8 turning out under pressure 3. 6/8 finding each other and combining to switch play			

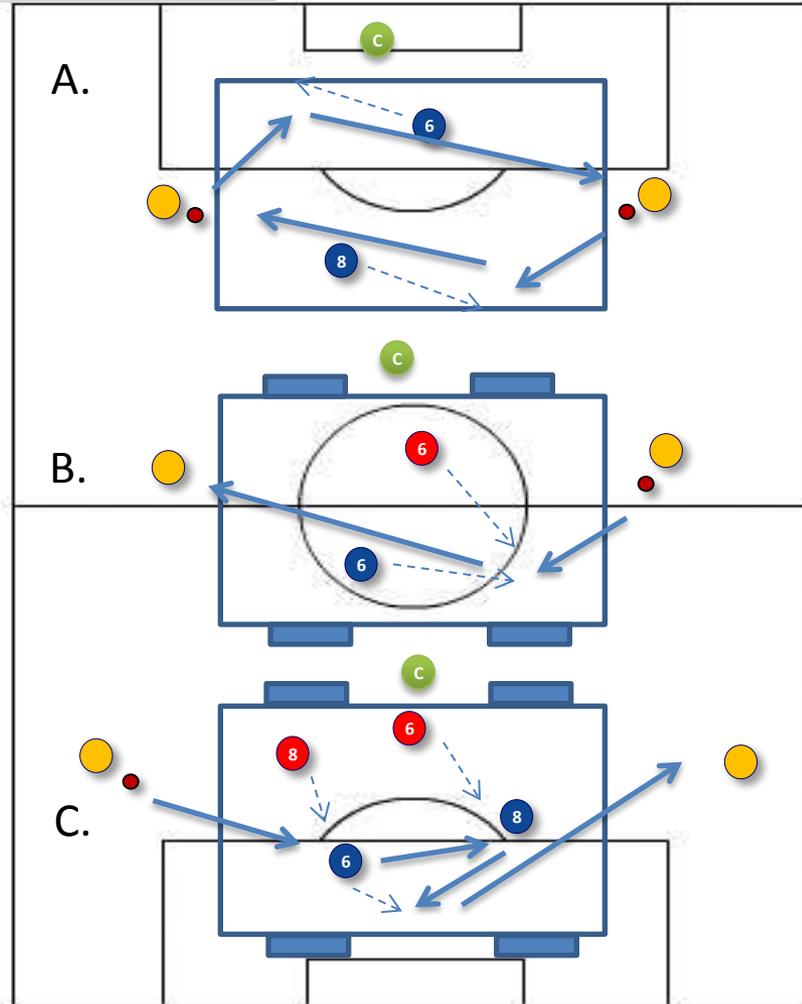
Position-Specific Training: 6/8

Set up:

Middle third of field for A/B/C (not as shown)
 Extra balls
 Cones or flags for small goals
MIDFIELDERS
 #6 starters/reserves
 #8 starters/reserves
 (#10?)

Work:Rest

- A. 1:2, 30-45 sec
- B. 1:2, 1 min bouts
- C. 1:1, 90 sec bouts



Coaching:

- A. Open up, early vision and receive across body, crisp pass to opposite target. Clean first touch and accurate pass. Footwork.
- B. Same as above but now with pressure from a defender in front, so attacking player is facing his own goal. Progress to pressure from a defender from behind so attacker is back to goal. Add deception to create space – movement off ball, body and ball feints. Add small gates North/South to dribble through so defender is honest. Defender can win ball and transition. Targets can move to give angle.
- C. Same as B except now play 2v2. Spread the targets wider so 6/8 have to ping the ball out to the flank. Encourage 6/8 to play off each other in support and combine when on to get out the other side.

POINTS OF EMPHASIS: Supporting angles, ball and body feints to create space for self, decision making - speed and quality of choices, simplicity



U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific 6/8/(10)	INTENSITY(%): 75%
TARGETS	1. Shooting from distance 2. Off the dribble 3. Off the pass			

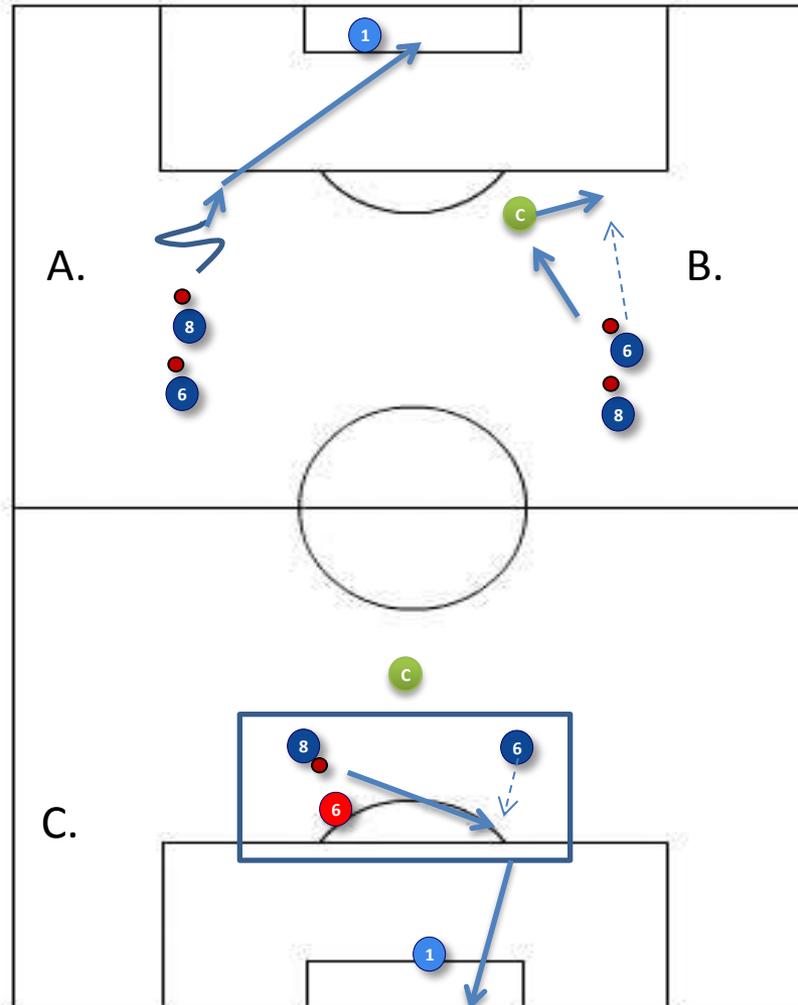
Position-Specific 6/8

Set up:

Final Third
Extra balls
MIDFIELDERS
#6 starters/reserves
#8 starters/reserves
(#10?)
GOALKEEPER

Work:Rest

A/B. 1:4, 3-5 sec reps
C. 1:2, 45 sec bouts



Coaching:

- A. Dribble and shoot, from left, center and right positions. Use both feet. Final prep touch and approach step, clean contact and strike through the ball, plant foot, hips, shoulders, aligned with target, power AND accuracy (on frame/target). Watch for players over-swinging with leg and pulling head/chest back on contact and missing target. Watch for contact low or on side of ball – hook/slice. Have players focus on center of ball.
- B. Same as A, except now with quick touch or dribble and 1-2, prior to strike. Footwork key, plant foot too far and reaching, plant foot too close and get jammed. Adjust steps quickly or take a prep touch if needed.
- C. 2v1 in space at top of the penalty area, draw defender, lay-off or fake lay-off and keep it – quick decisive finishing. Look for rebounds.

POINTS OF EMPHASIS: Pure/clean strike – center of the ball. Explode through the ball, on frame, finish rebounds.



U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific (6)/8/10	INTENSITY(%): 75%
TARGETS	1. Turn and penetrate on the dribble with speed 2. Playing a quality, weighted through ball off the dribble			

Position-Specific Training: 8/10

Set up:

Attacking half

Extra balls

MIDFIELDERS

(#6?)

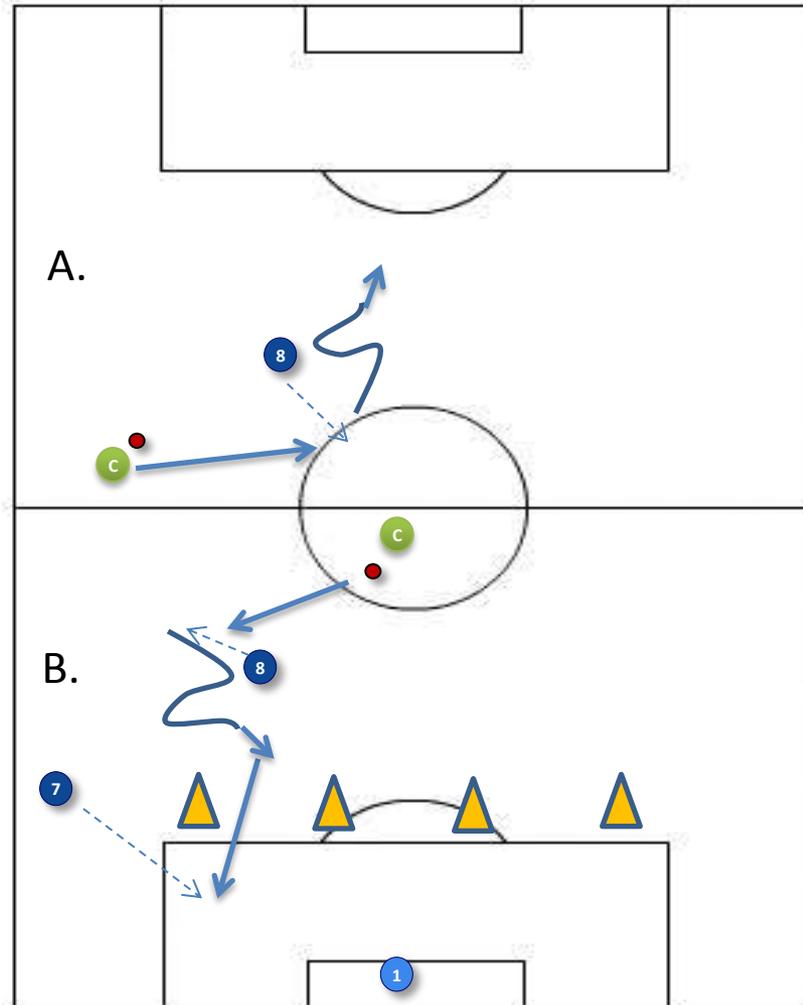
#8 starters/reserves

#10 starters/reserves

Add 9/7/11 & GK for runs and finish

Work:Rest

A/B. 1:4, 3-5 sec reps, walk back for recovery



Coaching:

- Show/pull away to find pocket of space, vision, aggressive first touch forward into space and dribble at speed at central defense. (Add a loose defender to turn and run at. Add a tight defender to spin turn.) Coach and players take up different starting positions in midfield to simulate match.
- Add #9/7/11 to play through balls to with flags or mannequins as back line. Timing and weight of pass - off-sides considerations. Add a defender to step off the back line or chase from midfield. Coach or reserve player take up different positions for entry pass.

POINTS OF EMPHASIS: Off the ball vision, aggressive first touch and explosive first step, speed and control on the dribble, weight/timing/accuracy of through ball. (Soft chip behind back line as an option to the 9 pulling away)? © 2014 Columbus Crew



U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific 6/8/(10)	INTENSITY(%): 75%
TARGETS	1. Shooting/finishing - Volleys 2. Shooting/finishing - Half Volleys			

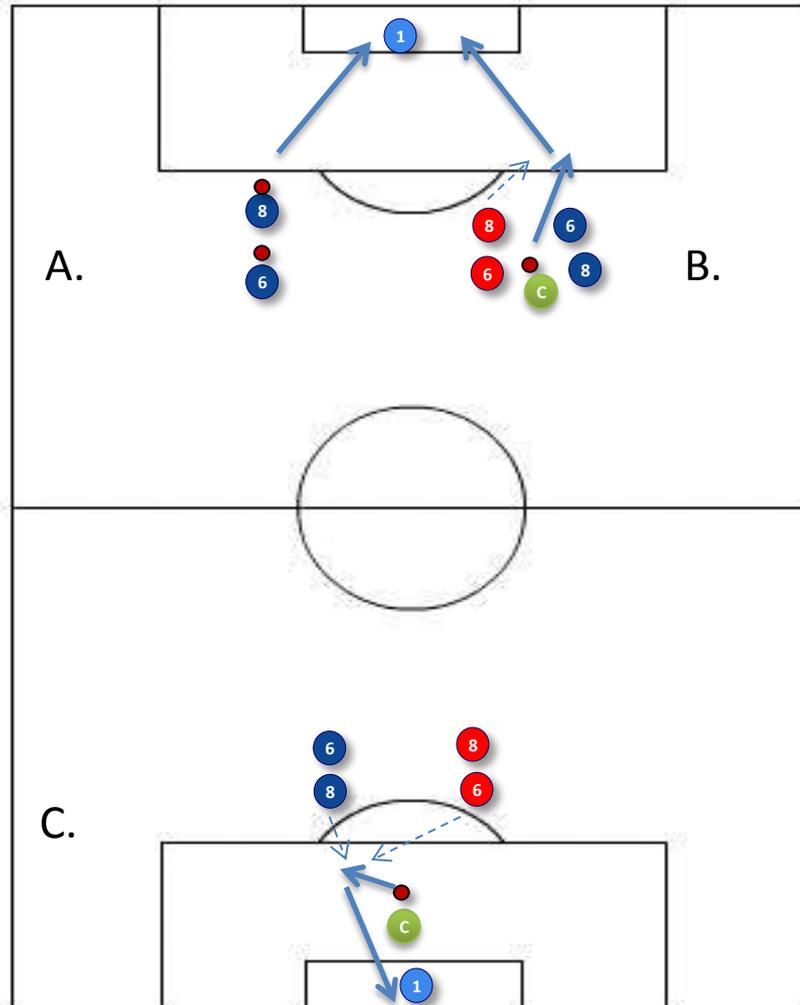
Position-Specific Training: 6/8

Set up:

Final Third
Extra balls
MIDFIELDERS
#6 starters/reserves
#8 starters/reserves
(#10?)
GOALKEEPER

Work:Rest

1:4, 3 sec reps, walk back



Coaching:

- Each player has ball in hand, short run up and volley. Work from right, center and left positions. Utilize full and half volleys. Clean strike, center to just above center of ball. Follow through, go for top spin or no spin. Power and accuracy (on target). Finish rebounds. Progress to player behind throwing ball over shooter's head to volley or half volley.
- 2 players 2-3 yards apart. Coach or player next in line throws ball over one player's shoulder to finish while other applies defensive pressure. Use plant foot to shield when possible.
- Same as B, but now coach throws ball from space in front of goal mouth to simulate a short clearance to top of box space. Players start 5-7 yards apart now.

POINTS OF EMPHASIS: Pure/clean strike – center of the ball or just above center. Run through the ball with chest or thigh if it is at an odd height and then volley rather than wait for ball.

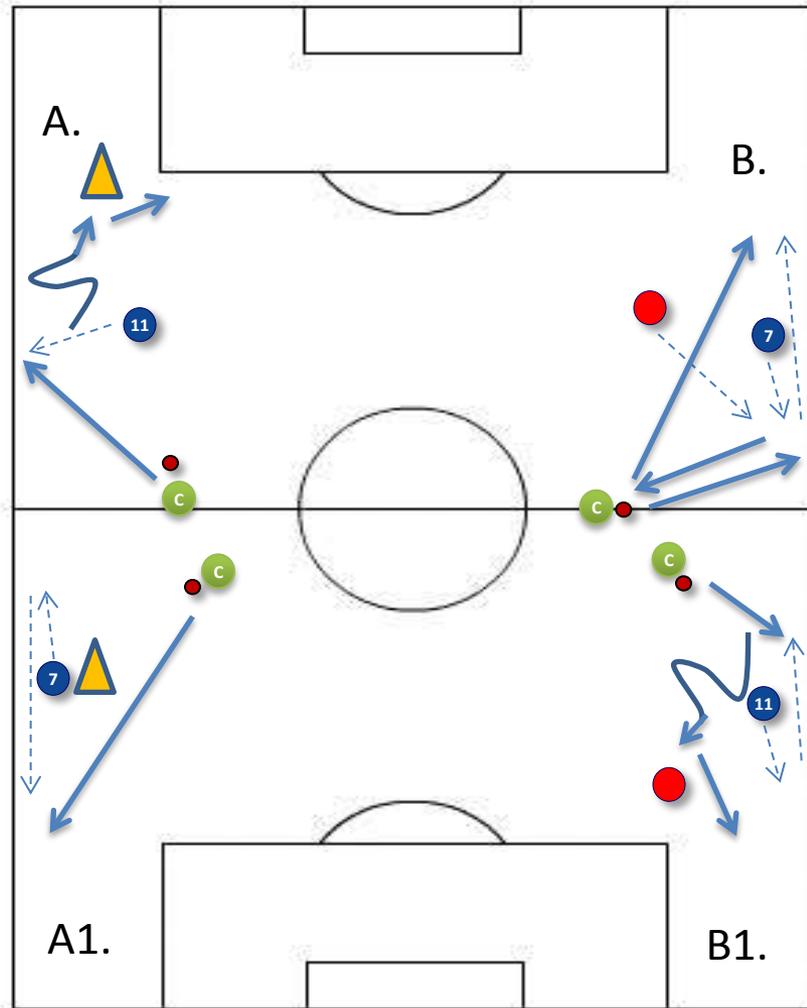


U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific 7/11	INTENSITY(%): 75%
TARGETS	1. Off the ball movement to create space for self 2. 1 st touch and dribble penetrate or combine to break through			

Position-Specific Training: 7/11

Set up:
Attacking half
Extra balls
WINGERS
#7 starters/reserves
#11 starters/reserves
(#2, #3?)

Work:Rest
1:5, 5-7 sec reps, walk back



Coaching:

- A. Open up, explosive first touch and speed dribble at a flag or mannequin, quick move and go by. Same thing, but now work the line – a few hard steps toward endline and then come back for ball to feet. Same, but now show back for feet and then break through (A1).
- B. Same as above, but now with pressuring defender. Loose marking = square up and run at the defender, feint and go by (B1). Tight marking and draw the defender in with hard step toward ball and explode behind. Or draw defender in with a ball to feet- play back and explode behind (double-pass as shown in B). Finish the action with a quality serve if time/space permit.

POINTS OF EMPHASIS: Open up, work the line, be dynamic, choices based on pressure/position and momentum of defender, deception.



U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific 7/11	INTENSITY(%): 75%
TARGETS	1. 1v1 play – attack (and defense) 2. Service 3. Finishing			

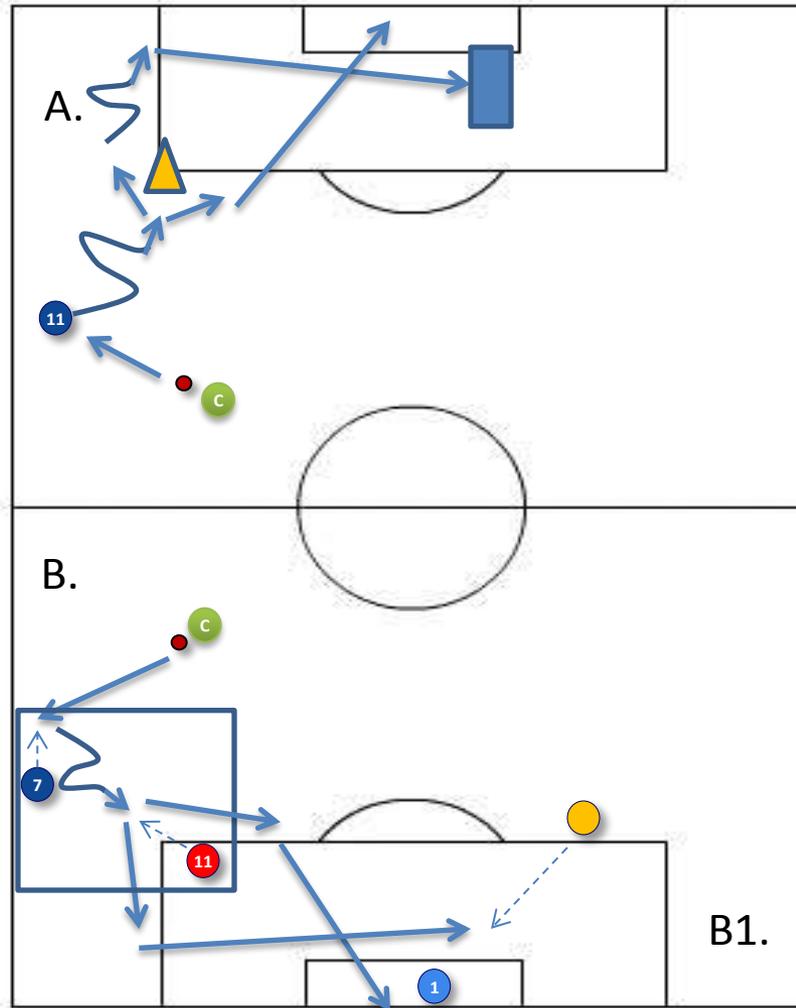
Position-Specific Training: 7/11

Set up:

Final third
 Extra goal or target player
 Extra balls
 Flag or mannequin
 WINGERS
 #7 starters/reserves
 #11 starters/reserves
 (#2, #3?)
 GOALKEEPER

Work:Rest

1:4, 5 sec reps, walk back



Coaching:

- A. Open up, explosive first touch and speed dribble at a flag or mannequin, quick move and go by, finish the action with inside move and decisive finish or outside move and quality cross. Work opposite side. Consider training for non-dominant foot wingers depending on personnel (Robben/Ribery).
- B. Same as above, but add opposite side winger as defender (good for wingers to work on 1v1 defending). Primary focus still attacking the defender with speed, decisive move and explode past. Finish the action with serve/shot. Add a target player or opposite side winger to serve to. At first, defender must stay in grid. Progress to defender can chase outside of grid to pressure or block the serve/shot.

POINTS OF EMPHASIS: Aggressive 1v1 play – go at the front foot with confidence and explode past! Service considerations: pace, accuracy, away from GK. Finishing considerations: driven or curled, near or far – GK position.



U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific 7/11	INTENSITY(%): 75%
TARGETS	1. Early Service behind the back line 2. Aerial Service 3. Drawing the ball back from the endline			

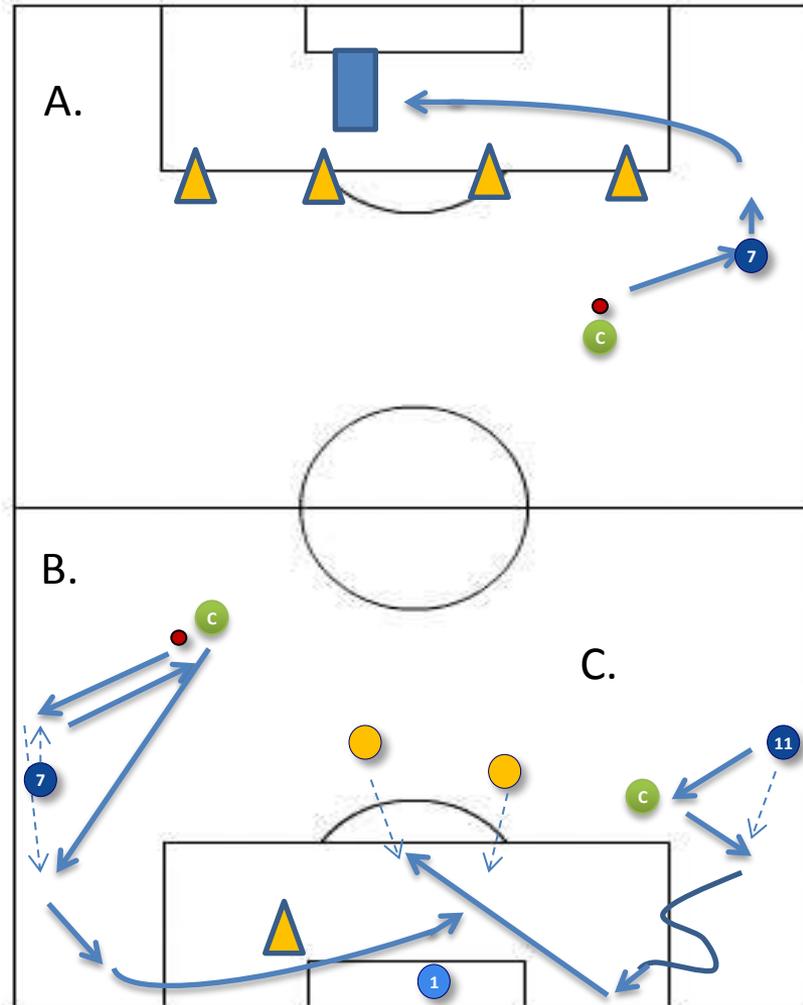
Position-Specific Training: 7/11

Set up:

Final third
Extra goal or target player
Extra balls
Flags or mannequins
WINGERS
#7 starters/reserves
#11 starters/reserves
(#2, #3?)
GOALKEEPER

Work:Rest

1:3, 3-5 sec reps, walk back



Coaching:

- Open up, receive with clean/positive first touch and whip serve hard and low behind the back line. Turn goal sideways or use attacking players to run through and finish. Work both flanks.
- Combine to break through – give and go or overlap or double pass. Then quality prep touch and aerial service that gets over a defender/mannequin in the near post space and bends away from the GK.
- Same thing, but now dribble endline and draw the ball back on the ground to an on-running attacker. (Add a chasing defender for increased pressure)

POINTS OF EMPHASIS: Quality preparation touch, serve with pace, accuracy, height/trajectory, away from GK.

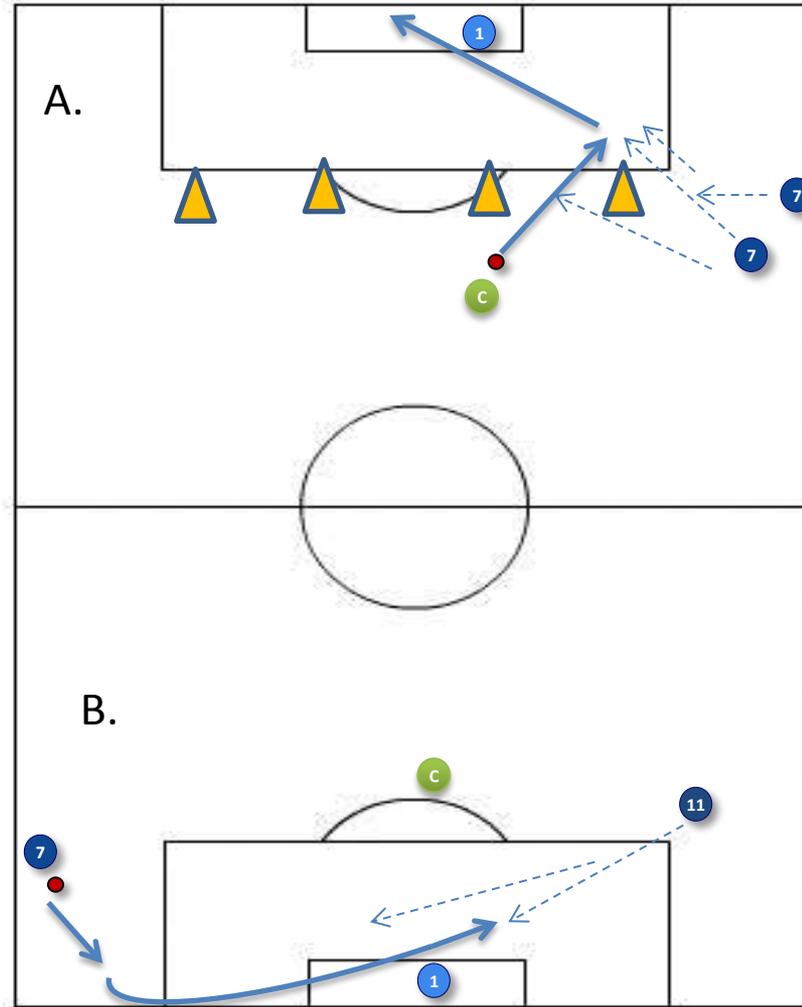


U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific 7/11	INTENSITY(%): 75%
TARGETS	1. Finishing from a through ball 2. Finishing from service			

Position-Specific Training: 7/11

Set up:
 Final third
 Extra balls
 Flags or mannequins
 WINGERS
 #7 starters/reserves
 #11 starters/reserves
 (#2, #3?)
 GOALKEEPER

Work:Rest
 1:3, 3-5 sec reps, walk back



Coaching:

- A. Running through – diagonal run in front or behind defender, based on defender position. Running even with the back line and then darting through. Timing. Clean prep touch out from feet and decisive finish or first time finish. Low hard far post, high near post, curled far post, dink/chip the GK if he comes hard. Work both sides.
- B. Finishing winger to winger. Different service positions. Timing of run and quality of finish – ground balls, volleys, headers. Back post, central and front post finishing positions. Good contact, redirect a serve with pace, beat an out of position GK at the close post or a moving GK back at the post the serve came from. Work both sides.

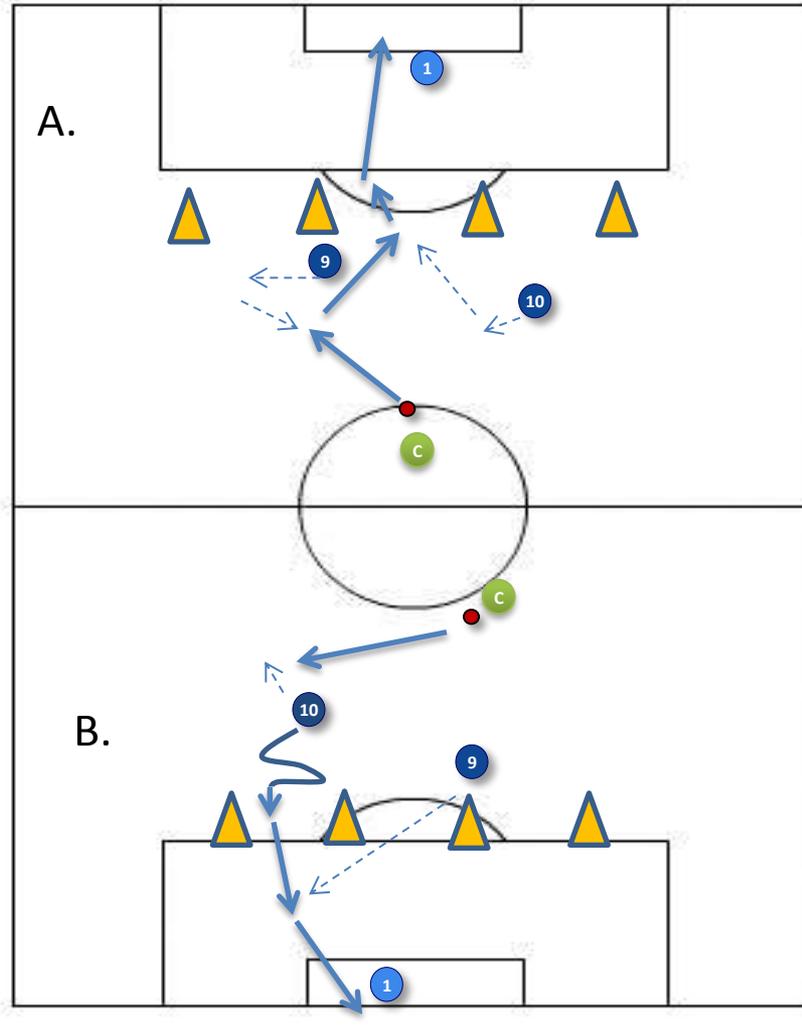


U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific 9/10	INTENSITY(%): 75%
TARGETS	1. Coordinated movement and combinations 2. Finishing			

Position-Specific Training: 9/10

Set up:
 Final third
 Extra balls
 Flags or mannequins
FORWARDS
 #9 starters/reserves
 #10 starters/reserves
 GOALKEEPER

Work:Rest
 1:4, 5 sec reps, walk back



Coaching:

- A. 9 to 10 layoff, timing, weight of pass, prep touch and finish. Same, but now 10 and 9 are in alignment and 10 dummies the entry pass to 9 and 10 bends his run through for the layoff from 9 (Yorke/Cole connection). Coach and forwards take up different starting positions.
- B. 10 turn and dribble penetrate and slip 9 through.
- C. 9-10-9 combination (see diagram on next page). Progress to players' choice – can they read each other and be on the same page?
- D. Now go 2v2 near top of the box and play against a live defense. Defenders must stay in grid initially. See diagram next page.

POINTS OF EMPHASIS: First run for defender (create space) second run for you! Timing and pace of runs – be deceptive and dynamic! Quality prep touch and decisive finish. Consider GKs positioning and type of finish – power, finesse/placement.



U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific 9/10	INTENSITY(%): 75%
TARGETS	1. Coordinated movement and combinations CONTINUED 2. Finishing			

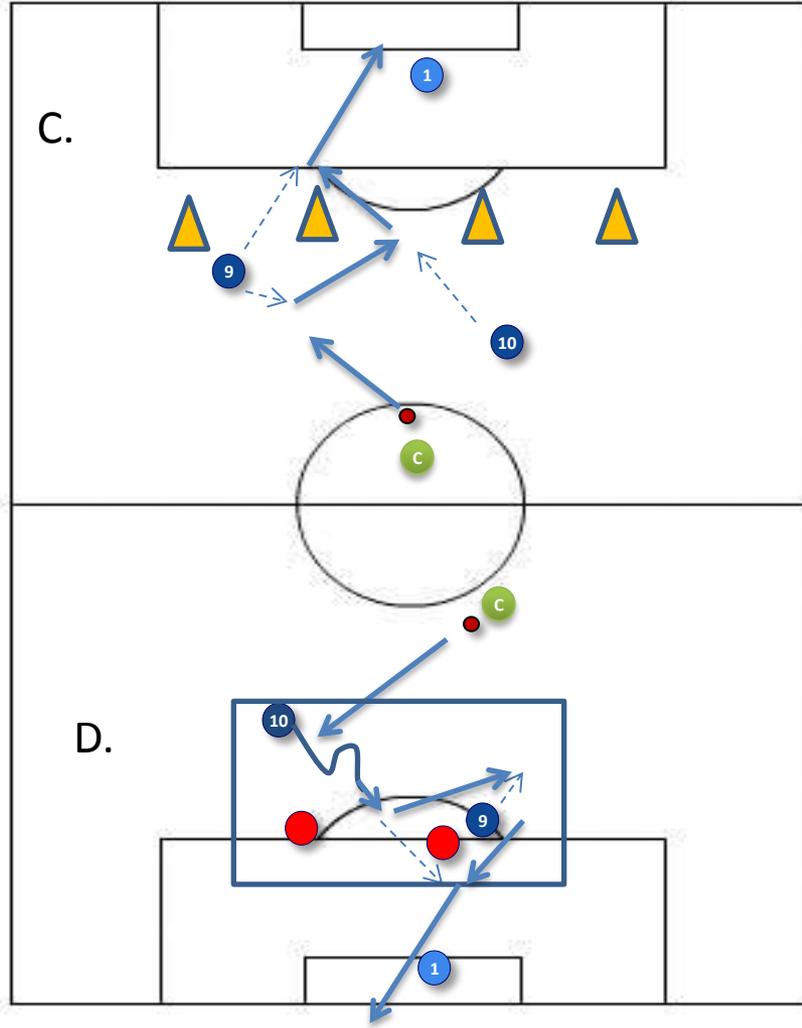
Position-Specific Training: 9/10

Set up:

Final third
Extra balls
Flags or mannequins
FORWARDS
#9 starters/reserves
#10 starters/reserves
GOALKEEPER

Work:Rest

1:4, 5-7 sec reps, walk back



Coaching:

- A. 9 to 10 layoff, timing, weight of pass, prep touch and finish. Same, but now 10 and 9 are in alignment and 10 dummies the entry pass to 9 and 10 bends his run through for the layoff from 9 (Yorke/Cole connection). Coach and forwards take up different starting positions.
- B. 10 turn and dribble penetrate and slip 9 through.
- C. 9-10-9 combination. Progress to players' choice – can they read each other and be on the same page?
- D. Now go 2v2 near top of the box and play against a live defense. Start with 2v1 if necessary). Defenders must stay in grid initially.

POINTS OF EMPHASIS: First run for defender (create space) second run for you! Timing and pace of runs – be deceptive and dynamic! Quality prep touch and decisive finish. Consider GKs positioning and type of finish – power, finesse/placement.



U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific 9/10	INTENSITY(%): 75%
TARGETS	1. 1v1 attacking and finishing			

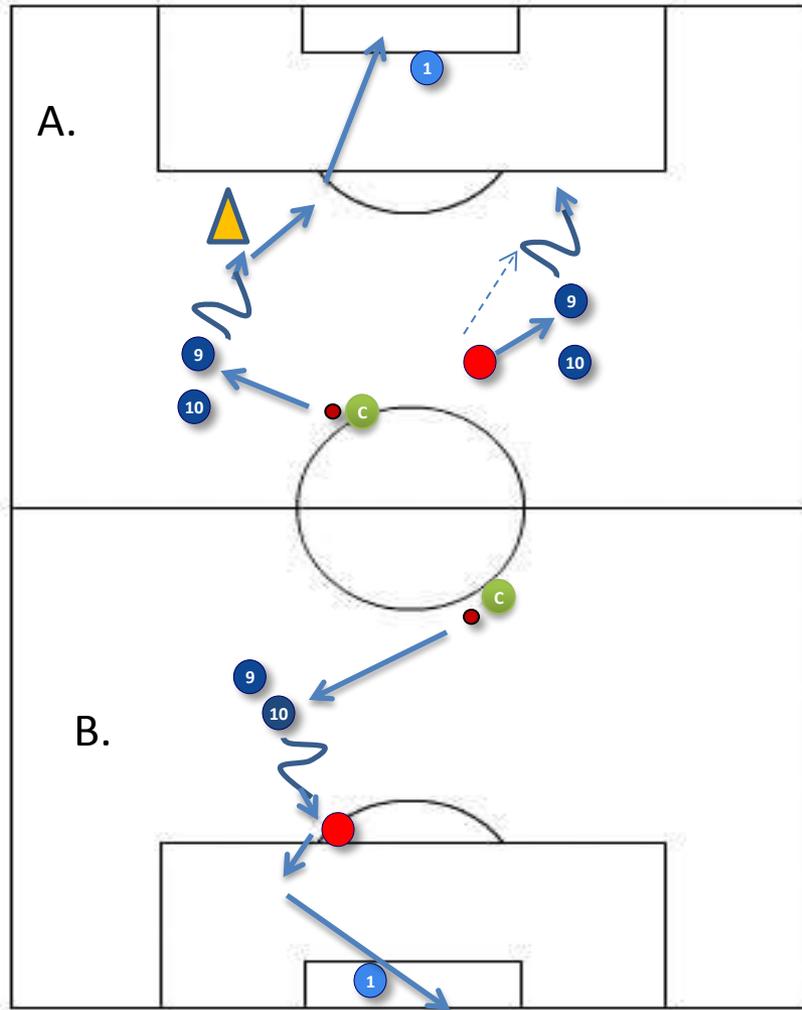
Position-Specific Training: 9/10

Set up:

Final third
 Extra balls
 FORWARDS
 #9 starters/reserves
 #10 starters/reserves
 GOALKEEPER

Work:Rest

1:5, 5 sec reps, walk back



Coaching:

- A. 1v1 attacking vs mannequin or flag, explosive move/feint and decisive finish. Train at right, left and central positions. Take away mannequin and add a chasing defender, also at R/L/C.
- B. Now add a defender in front to go 1v1 against. Initially, defender cannot enter PK box. Progress to back to goal with marking defender. Spin turn if too tight, square up and attack if too loose. Deception and quality first touch if defender applies good pressure. Key is aggressive risk taking and explosive movement. Again, take up R/L/C starting positions.

POINTS OF EMPHASIS: Aggressive 1v1 play, deception/change of pace – explode past, confident, decisive finishing.



U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific 9/10	INTENSITY(%): 75%
TARGETS	1. Off the ball runs 2. Finishing			

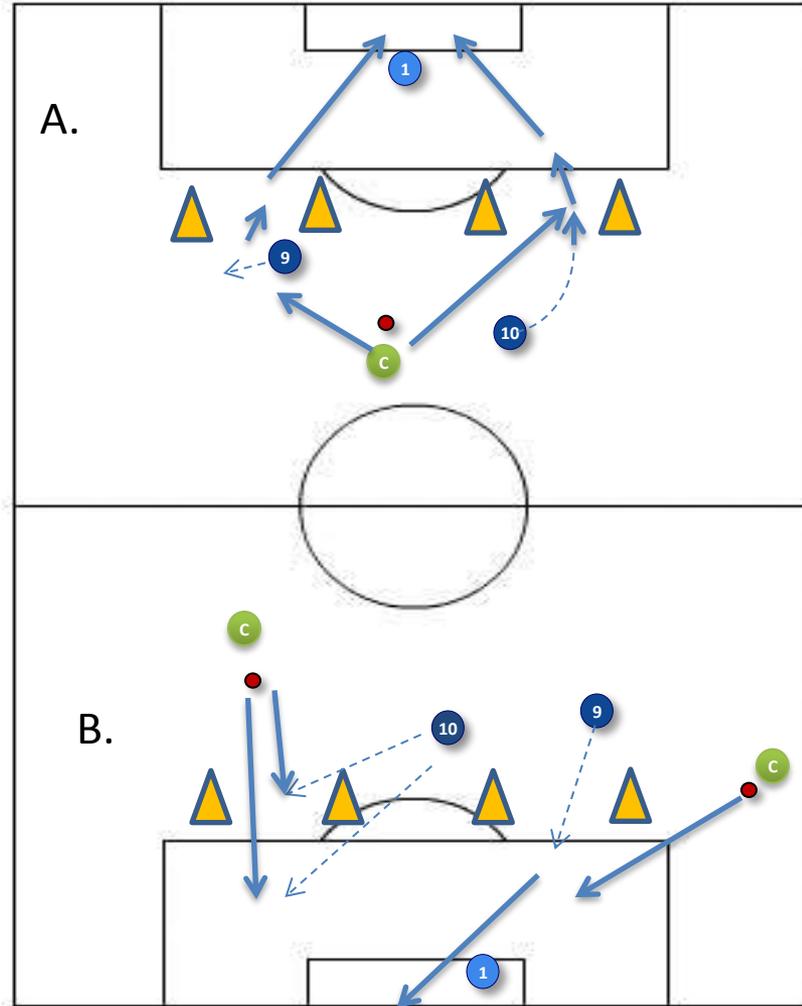
Position-Specific Training: 9/10

Set up:

Final third
Extra balls
Flags or mannequins
FORWARDS
#9 starters/reserves
#10 starters/reserves
GOALKEEPER

Work:Rest

1:4, 4 sec reps, walk back



Coaching:

- A. Bend or pull away from the ball. Players and Coach take up various starting positions. Footwork and movement/spacing, clean prep touch to set up shot, accurate, decisive finishing.
- B. Cut/slash through behind and in front of defender. Prep touch and finish or first time finish. Vary the starting positions. Offsides considerations – timing, or flatten/adjust run if needed.
- C. (May opt to progress to live defenders).

POINTS OF EMPHASIS: Quick/explosive movements, clean first touch toward goal to prepare the finish. Quick look at GK positioning and pick spot. Proper choice of shot – low/high, near/far, finesse/power © 2014 Columbus Crew



U14	TEAM: Crew	SEASON PHASE: Comp	Position-Specific 9/10	INTENSITY(%): 75%
TARGETS	1. Close range finishing 2. Shaking or gaining a step on a defender			

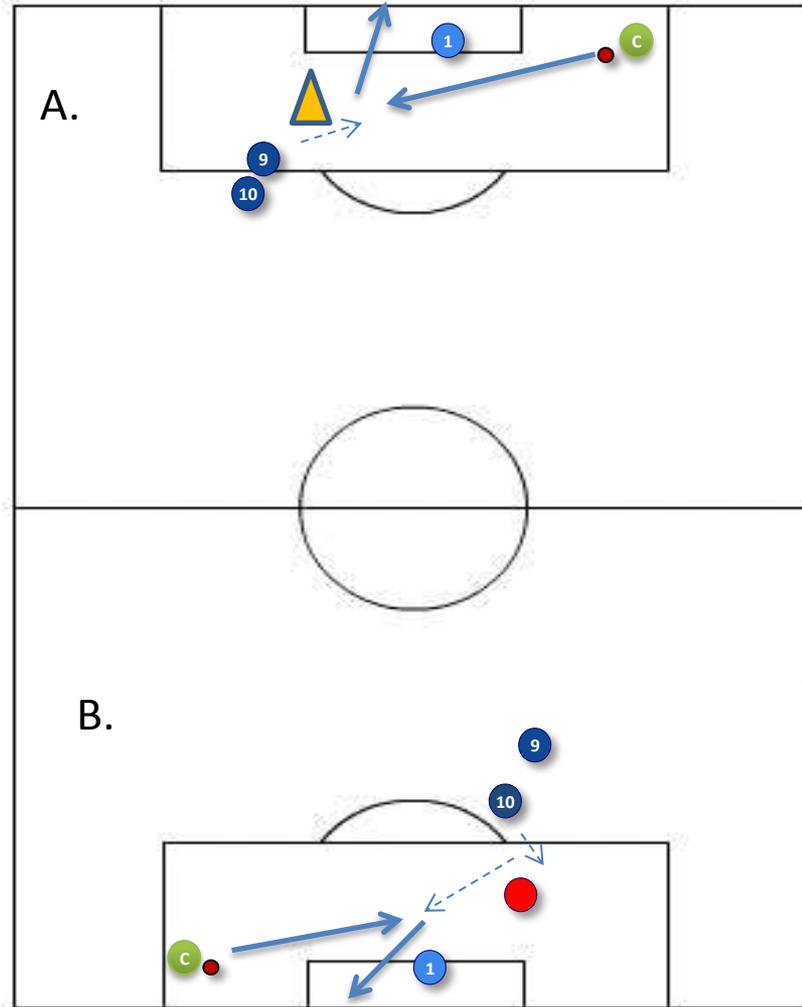
Position-Specific Training: 9/10

Set up:

Final third
Extra balls
Flag or mannequin (optional)
FORWARDS
#9 starters/reserves
#10 starters/reserves
(#7 & #11?)
GOALKEEPERS

Work:Rest

1:4, 3 sec reps, walk back



Coaching:

- Work both sides, good footwork to make adjustments to flight of ball. Utilize appropriate foot/surface. Vary service type: ground balls, bouncing balls, in the air for volleys, in the air for headers. Vary the finishing position – near, central, far. Serve from hands if necessary. Optional: use a mannequin or flag to cut in front of.
- Same as above except now shake a defender. Check far and cut across defender to near. Check near and fade on the defender toward far. Start a run in and then stop and pull back a step to simulate a defense that drops back and stays in line with the ball.

POINTS OF EMPHASIS: Dynamic movement to beat/lose defender. Clean contact, redirect to beat the GK.



THANK YOU!