



## U14 Session

Category: Functional: Midfielder  
Difficulty: Moderate

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Individual-Adult Member

### Description

March 2017: U14 Training Session. Dick Bate Inspired Session.

### Warmup

#### Passing Warmup

Activity that involves quick decisions.

Organization:

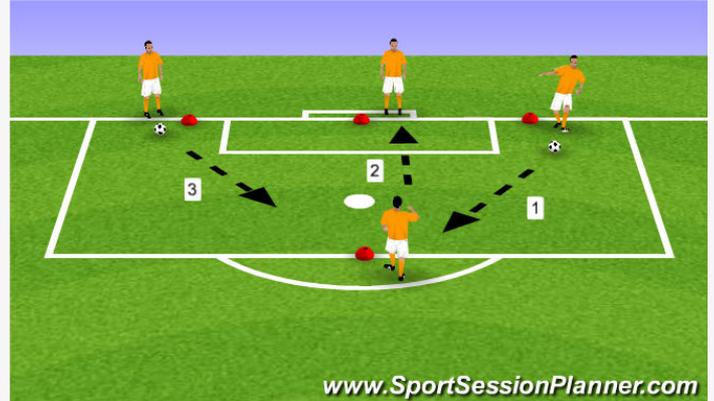
- See Diagram
- 4 Players. 2 Balls. 4 Cones in a triangle shape.

How to Play:

- Either player with ball passes to the target player who then passes to the open player.
- Continue that sequence.
- As soon as ball is released, next pass is played.

Coaching Notes:

- All players always ready to receive a pass.
- Target player, scan field (always be looking up).



### Developing Wide Play

#### Diamond Passing

Activity that helps with wide play.

Organization:

- See Diagram.
- Players at orange cones are wide players / wingers.

How to Play:

- Pass. Follow your pass.

Progressions:

- Check away from cone (defender). First touch forward.
- Add middle player for wall pass.
- Coach holds up a pinnie or fingers, player must look up before receiving pass and say the color or the number of fingers. Helps with scanning the field.
- Shot on goal for wingers.

Coaching Notes:

- First touch must be tight, within touching distance.
- Proper body angle when receiving a pass.



### Final Game

#### 5v5

Small-Sided activity with game-like situations.

Organization:

- See Diagram.
- Red cones, channels / wings
- Orange cones, area to check in to receive pass

How to Play:

- 5v5 to goal
- Orange cone area, player may check in, receive pass and distribute quickly. Put time restriction for that area, 3-5 seconds to get in and get out. If pass is not on, get out and move to new space.

Progressions:

- Must pass to wing player before scoring. This helps with stretching the field and switching the point of attack.
- Add a GK in the orange area. Pass to GK, then they distribute.

