U14 | WEEK 1: POSSESSION UNDER PRESSURE

90-MINUTE SESSION

AGE-GROUP PURPOSE

Position-specific decisions, tempo, pressing cues, final-third play and rapid transitions under realistic pressure.

PLAY / ARRIVAL - Scan + One/Two Touch — 15 min

SETUP	Mark a 20x20-yard square. Put four outside servers, one on each side, with balls; 4-6 working players move inside without balls.
SHOW IT	Working player checks a shoulder, calls a server's name, receives side-on and returns the pass in one or two touches. Show the scan happening before the server releases the ball.
RUN IT	Work for 60 seconds, then swap inside and outside players. First round uses two touches; second allows one touch when body shape and passing angle make it possible.
COACH	Scan early; arrive at an angle; first touch prepares the pass; do not force one touch when the picture is closed.

ACTIVITY 1 - 5v2 / 6v3 Rondo — 20 min

SETUP	Mark a 18x18-yard square. Place 5 attackers around the outside and 2 defender(s) inside; keep spare balls with the coach. If numbers differ, create two identical grids.
SHOW IT	Walk the ball around the outside once: show an open passing lane, side-on receiving shape and first touch away from pressure. Then let a defender apply half speed so players see when to pass rather than hold it.
RUN IT	Attackers keep possession; defenders switch with the player whose pass is intercepted or leaves the grid. Restart from a coach-served ball within three seconds. Begin unlimited-touch, then reduce only if successful.
COACH	Move to create an angle; scan before receiving; firm ground pass; defender curves the run and blocks one option.

ACTIVITY 2 - 6v6+3 Positional — 25 min

SETUP	Mark a 18x18-yard square. Place 6 attackers around the outside and 6 defender(s) inside; keep spare balls with the coach. If numbers differ, create two identical grids.
SHOW IT	Walk the ball around the outside once: show an open passing lane, side-on receiving shape and first touch away from pressure. Then let a defender apply half speed so players see when to pass rather than hold it.
RUN IT	Attackers keep possession; defenders switch with the player whose pass is intercepted or leaves the grid. Restart from a coach-served ball within three seconds. Begin unlimited-touch, then reduce only if successful.
COACH	Move to create an angle; scan before receiving; firm ground pass; defender curves the run and blocks one option.

FINAL GAME - 8v8 Game — 30 min

SETUP	Build a 75x50-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 8; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 8v8. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

New coach: set up before players arrive; show one complete repetition; ask "Where do you start?" and "How do you score?"; then begin.

U14 | WEEK 2: RECEIVING & PLAYING FORWARD

90-MINUTE SESSION

AGE-GROUP PURPOSE

Position-specific decisions, tempo, pressing cues, final-third play and rapid transitions under realistic pressure.

PLAY / ARRIVAL - Half-Turn Receiving — 15 min

SETUP	Set four 12x8-yard rectangles. In each, a server stands at one end, receiver begins at a central cone and a target player or gate is at the opposite end. One ball per group.
SHOW IT	Receiver checks away, scans over the shoulder, returns side-on and receives with the back foot. Show the first touch traveling past the cone into the next action, then pass to the target.
RUN IT	Ball travels server-receiver-target; each player follows the pass. After two minutes reverse direction. Add a passive defender behind the receiver, then allow live pressure if success remains high.
COACH	Scan before the pass; open hips; cushion across the body; protect with the arm and play the next action quickly.

ACTIVITY 1 - Third-Man Passing — 20 min

SETUP	Build a 16x16-yard diamond with one player at each cone and 2-3 players with balls at the start cone. Add a 2-yard target gate beyond the final cone.
SHOW IT	Walk through the pattern once without pressure: pass, move immediately, receive side-on and play the next teammate. For a wall pass, show pass-and-go around a cone; for an overlap, show the runner going outside the ball carrier.
RUN IT	Run clockwise for three minutes, then reverse so both feet are used. Players follow their pass. Progress by adding one passive defender in the middle or finishing through the target gate.
COACH	Correct passing weight; communicate; time the run after the pass; first touch points toward the next action.

ACTIVITY 2 - Directional Possession — 25 min

SETUP	Mark a 18x18-yard square. Place 4 attackers around the outside and 1 defender(s) inside; keep spare balls with the coach. If numbers differ, create two identical grids.
SHOW IT	Walk the ball around the outside once: show an open passing lane, side-on receiving shape and first touch away from pressure. Then let a defender apply half speed so players see when to pass rather than hold it.
RUN IT	Attackers keep possession; defenders switch with the player whose pass is intercepted or leaves the grid. Restart from a coach-served ball within three seconds. Begin unlimited-touch, then reduce only if successful.
COACH	Move to create an angle; scan before receiving; firm ground pass; defender curves the run and blocks one option.

FINAL GAME - 8v8 Game — 30 min

SETUP	Build a 75x50-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 8; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 8v8. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

New coach: set up before players arrive; show one complete repetition; ask "Where do you start?" and "How do you score?"; then begin.

U14 | WEEK 3: COMBINATION & PENETRATION

90-MINUTE SESSION

AGE-GROUP PURPOSE

Position-specific decisions, tempo, pressing cues, final-third play and rapid transitions under realistic pressure.

PLAY / ARRIVAL - Passing Patterns — 15 min

SETUP	Build a 16x16-yard diamond with one player at each cone and 2-3 players with balls at the start cone. Add a 2-yard target gate beyond the final cone.
SHOW IT	Walk through the pattern once without pressure: pass, move immediately, receive side-on and play the next teammate. For a wall pass, show pass-and-go around a cone; for an overlap, show the runner going outside the ball carrier.
RUN IT	Run clockwise for three minutes, then reverse so both feet are used. Players follow their pass. Progress by adding one passive defender in the middle or finishing through the target gate.
COACH	Correct passing weight; communicate; time the run after the pass; first touch points toward the next action.

ACTIVITY 1 - Wall Pass / Overlap / Third Man — 20 min

SETUP	Build a 16x16-yard diamond with one player at each cone and 2-3 players with balls at the start cone. Add a 2-yard target gate beyond the final cone.
SHOW IT	Walk through the pattern once without pressure: pass, move immediately, receive side-on and play the next teammate. For a wall pass, show pass-and-go around a cone; for an overlap, show the runner going outside the ball carrier.
RUN IT	Run clockwise for three minutes, then reverse so both feet are used. Players follow their pass. Progress by adding one passive defender in the middle or finishing through the target gate.
COACH	Correct passing weight; communicate; time the run after the pass; first touch points toward the next action.

ACTIVITY 2 - Split the Defenders — 25 min

SETUP	Mark a 16x12-yard channel with a 3-yard gate at each end. Pair players; attacker with ball starts on one end and defender begins 6 yards away, slightly goal-side.
SHOW IT	Demonstrate the defender sprinting halfway, then shortening steps into a low side-on stance. Show the three D's: delay the attack, deny the central route and dictate play toward the sideline.
RUN IT	Attacker tries to dribble through the far gate; defender wins and counters. Play 20-second rounds, switch roles, then rotate partners. Add a second pair only after spacing is understood.
COACH	Approach under control; stay an arm's length away; watch the ball; tackle when the touch escapes the attacker.

FINAL GAME - 8v8 Game — 30 min

SETUP	Build a 75x50-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 8; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 8v8. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

New coach: set up before players arrive; show one complete repetition; ask "Where do you start?" and "How do you score?"; then begin.

U14 | WEEK 4: ATTACKING IN NUMBERS

90-MINUTE SESSION

AGE-GROUP PURPOSE

Position-specific decisions, tempo, pressing cues, final-third play and rapid transitions under realistic pressure.

PLAY / ARRIVAL - 1v1 Activation — 15 min

SETUP	Make two 15x10-yard fields, each with a 3-yard gate on both end lines. Attacker and defender start 2 yards apart at one end; balls with coach on the sideline.
SHOW IT	Show attacker's first touch toward one gate, a clear body feint, then acceleration. Show defender approaching quickly, slowing at arm's length and steering play toward a sideline.
RUN IT	Coach serves to attacker. A controlled dribble through the far gate scores; if defender wins it, they attack the opposite gate. Limit each duel to 25 seconds and rotate immediately.
COACH	Attacker: creativity and fearlessness, change speed after the move. Defender: delay, deny the direct route and dictate direction.

ACTIVITY 1 - 3v2 / 4v3 Transition — 20 min

SETUP	Create a 30x22-yard directional field with a 5-yard goal at one end and two 2-yard counter-gates at the other. Attackers begin at three spaced cones; defenders start 5 yards inside the field. Balls with coach.
SHOW IT	Walk through the ball carrier drawing the defender, then either passing to the free teammate or attacking the open lane. Show support players staying wide and slightly behind the ball until the moment to run forward.
RUN IT	Coach serves to attackers. Play live to the main goal; if defenders win it, they counter through either small gate. End on a goal, ball out or 30 seconds, then rotate roles.
COACH	Attack with speed but keep spacing; commit one defender before passing; defender delays and protects the center.

ACTIVITY 2 - Final-Third Game — 25 min

SETUP	Create a 35x28-yard field with two 3-yard goals on each end line, placed near the corners. Mark a 6-yard central zone with flat cones. Form two equal teams; balls with coach at halfway.
SHOW IT	Show the team in possession spreading to both sides. Walk through switching from a crowded goal to the opposite goal with two quick passes. On loss, nearest player pressures while teammates recover inside.
RUN IT	Teams score by passing or dribbling through either attacking goal. Coach serves immediately to the team that reacts first after each ball out. For transition emphasis, a goal within six seconds counts double.
COACH	Create width and depth; scan the far side; move as the ball travels; secure the middle immediately after losing possession.

FINAL GAME - 8v8 Game — 30 min

SETUP	Build a 75x50-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 8; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 8v8. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

U14 | WEEK 5: FINISHING & CROSSING

90-MINUTE SESSION

AGE-GROUP PURPOSE

Position-specific decisions, tempo, pressing cues, final-third play and rapid transitions under realistic pressure.

PLAY / ARRIVAL - Finishing Activation — 15 min

SETUP	Set a 28x22-yard area with a 5-yard goal on one end and a shooting line 10-14 yards away. Create two angled starting cones; balls at both lines and a goalkeeper or cone targets in goal.
SHOW IT	Show the approach at a slight angle: plant foot beside ball, ankle locked, head steady. Demonstrate laces for power and inside of foot for placement, finishing toward a named corner.
RUN IT	Players alternate lines, shoot, retrieve outside the field and join the other line. Add a pass or passive defender after technique is clean. Count accurate shots, not only goals.
COACH	First touch sets the shot; select power or placement; follow through toward target; react for rebounds.

ACTIVITY 1 - Crossing & Finishing — 20 min

SETUP	Use a 36x30-yard area with a full-size or 7-yard cone goal. Mark 5-yard wide channels on both sides. Put servers with balls in one channel, two attackers central and one defender; goalkeeper optional.
SHOW IT	Show the wide player taking a touch forward, looking up and driving a low cross between goalkeeper and defenders. Demonstrate one attacker near-post and the other arriving behind, finishing with one touch.
RUN IT	Attack begins from a wide pass. Play until a shot or clearance, then rotate server, attackers and defender. Alternate sides every four attacks; progress from passive to live defending.
COACH	Quality of service; timed runs, not early standing; finish across goal; weak-side attacker attacks rebounds.

ACTIVITY 2 - Power/Finesse Under Pressure — 25 min

SETUP	Set a 28x22-yard area with a 5-yard goal on one end and a shooting line 10-14 yards away. Create two angled starting cones; balls at both lines and a goalkeeper or cone targets in goal.
SHOW IT	Show the approach at a slight angle: plant foot beside ball, ankle locked, head steady. Demonstrate laces for power and inside of foot for placement, finishing toward a named corner.
RUN IT	Players alternate lines, shoot, retrieve outside the field and join the other line. Add a pass or passive defender after technique is clean. Count accurate shots, not only goals.
COACH	First touch sets the shot; select power or placement; follow through toward target; react for rebounds.

FINAL GAME - 8v8 Game — 30 min

SETUP	Build a 75x50-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 8; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 8v8. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

New coach: set up before players arrive; show one complete repetition; ask "Where do you start?" and "How do you score?"; then begin.

U14 | WEEK 6: DEFENDING & PRESSING

90-MINUTE SESSION

AGE-GROUP PURPOSE

Position-specific decisions, tempo, pressing cues, final-third play and rapid transitions under realistic pressure.

PLAY / ARRIVAL - Defensive Movement — 15 min

SETUP	Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines.
SHOW IT	Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed.
RUN IT	Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active.
COACH	Many soft touches; head up between touches; both feet; after the move, take a larger escape touch.

ACTIVITY 1 - 1v1 Delay-Deny-Dictate — 20 min

SETUP	Make two 15x10-yard fields, each with a 3-yard gate on both end lines. Attacker and defender start 2 yards apart at one end; balls with coach on the sideline.
SHOW IT	Show attacker's first touch toward one gate, a clear body feint, then acceleration. Show defender approaching quickly, slowing at arm's length and steering play toward a sideline.
RUN IT	Coach serves to attacker. A controlled dribble through the far gate scores; if defender wins it, they attack the opposite gate. Limit each duel to 25 seconds and rotate immediately.
COACH	Attacker: creativity and fearlessness, change speed after the move. Defender: delay, deny the direct route and dictate direction.

ACTIVITY 2 - 4v4 Press & Counter — 25 min

SETUP	Mark a 16x12-yard channel with a 3-yard gate at each end. Pair players; attacker with ball starts on one end and defender begins 6 yards away, slightly goal-side.
SHOW IT	Demonstrate the defender sprinting halfway, then shortening steps into a low side-on stance. Show the three D's: delay the attack, deny the central route and dictate play toward the sideline.
RUN IT	Attacker tries to dribble through the far gate; defender wins and counters. Play 20-second rounds, switch roles, then rotate partners. Add a second pair only after spacing is understood.
COACH	Approach under control; stay an arm's length away; watch the ball; tackle when the touch escapes the attacker.

FINAL GAME - 8v8 Game — 30 min

SETUP	Build a 75x50-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 8; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 8v8. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

New coach: set up before players arrive; show one complete repetition; ask "Where do you start?" and "How do you score?"; then begin.

U14 | WEEK 7: SWITCHING PLAY & TRANSITION

90-MINUTE SESSION

AGE-GROUP PURPOSE

Position-specific decisions, tempo, pressing cues, final-third play and rapid transitions under realistic pressure.

PLAY / ARRIVAL - Long Pass Activation — 15 min

SETUP	Make three parallel 28x8-yard lanes. Place one player at each end and one checking player in the middle; one ball per lane. Put a 3-yard target gate at both ends.
SHOW IT	Show the passer approaching at an angle, planting beside the ball and striking the lower half with the instep. The receiver moves behind the target gate, cushions the first touch forward and plays the middle player.
RUN IT	Play end-middle-end, with players following their pass. After three minutes, require the long pass to travel through the target gate; reverse direction and change the striking foot.
COACH	Scan before the ball arrives; firm ankle; support foot points to target; receiving touch stays within playing distance.

ACTIVITY 1 - Switch Through Zones — 20 min

SETUP	Create a 35x28-yard field with two 3-yard goals on each end line, placed near the corners. Mark a 6-yard central zone with flat cones. Form two equal teams; balls with coach at halfway.
SHOW IT	Show the team in possession spreading to both sides. Walk through switching from a crowded goal to the opposite goal with two quick passes. On loss, nearest player pressures while teammates recover inside.
RUN IT	Teams score by passing or dribbling through either attacking goal. Coach serves immediately to the team that reacts first after each ball out. For transition emphasis, a goal within six seconds counts double.
COACH	Create width and depth; scan the far side; move as the ball travels; secure the middle immediately after losing possession.

ACTIVITY 2 - Transition Game — 25 min

SETUP	Create a 35x28-yard field with two 3-yard goals on each end line, placed near the corners. Mark a 6-yard central zone with flat cones. Form two equal teams; balls with coach at halfway.
SHOW IT	Show the team in possession spreading to both sides. Walk through switching from a crowded goal to the opposite goal with two quick passes. On loss, nearest player pressures while teammates recover inside.
RUN IT	Teams score by passing or dribbling through either attacking goal. Coach serves immediately to the team that reacts first after each ball out. For transition emphasis, a goal within six seconds counts double.
COACH	Create width and depth; scan the far side; move as the ball travels; secure the middle immediately after losing possession.

FINAL GAME - 8v8 Game — 30 min

SETUP	Build a 75x50-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 8; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 8v8. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

New coach: set up before players arrive; show one complete repetition; ask "Where do you start?" and "How do you score?"; then begin.

U14 | WEEK 8: INTEGRATED MATCH DAY

90-MINUTE SESSION

AGE-GROUP PURPOSE

Position-specific decisions, tempo, pressing cues, final-third play and rapid transitions under realistic pressure.

PLAY / ARRIVAL - Technical Activation — 15 min

SETUP	Mark a 20x20-yard grid with four color cones in the corners and four small cone stations inside. One ball per player; players spread evenly with no lines.
SHOW IT	Show the named move slowly from the front and side: supporting knee bent, correct foot surface on the ball, then a positive touch away. Repeat at game speed and point out the change of direction or speed.
RUN IT	Players dribble freely. Every 30-45 seconds call a move and corner color; players perform the move then accelerate into open space toward that color. Coach corrects individuals while everyone stays active.
COACH	Many soft touches; head up between touches; both feet; after the move, take a larger escape touch.

ACTIVITY 1 - Possession Competition — 20 min

SETUP	Mark a 18x18-yard square. Place 4 attackers around the outside and 1 defender(s) inside; keep spare balls with the coach. If numbers differ, create two identical grids.
SHOW IT	Walk the ball around the outside once: show an open passing lane, side-on receiving shape and first touch away from pressure. Then let a defender apply half speed so players see when to pass rather than hold it.
RUN IT	Attackers keep possession; defenders switch with the player whose pass is intercepted or leaves the grid. Restart from a coach-served ball within three seconds. Begin unlimited-touch, then reduce only if successful.
COACH	Move to create an angle; scan before receiving; firm ground pass; defender curves the run and blocks one option.

ACTIVITY 2 - Phase-to-Game Challenge — 25 min

SETUP	Create a 35x28-yard field with two 3-yard goals on each end line, placed near the corners. Mark a 6-yard central zone with flat cones. Form two equal teams; balls with coach at halfway.
SHOW IT	Show the team in possession spreading to both sides. Walk through switching from a crowded goal to the opposite goal with two quick passes. On loss, nearest player pressures while teammates recover inside.
RUN IT	Teams score by passing or dribbling through either attacking goal. Coach serves immediately to the team that reacts first after each ball out. For transition emphasis, a goal within six seconds counts double.
COACH	Create width and depth; scan the far side; move as the ball travels; secure the middle immediately after losing possession.

FINAL GAME - Free Match — 30 min

SETUP	Build a 55x38-yard field with two 5-yard end lines and a 3-yard cone goal centered on each end. Make teams of 6; place spare balls beside both goals for immediate restarts.
SHOW IT	Show one 10-second example: attack the open goal, spread out when your team has the ball, and recover goal-side when it is lost. Demonstrate a scored goal followed by an immediate restart from the opposite end.
RUN IT	Play 6v6. No goalkeepers unless your normal game format uses them. Coach serves a new ball whenever one leaves. Rotate substitutes every 2-3 minutes; stop only for safety or one brief coaching picture.
COACH	Let players solve the game; praise the week's theme when it appears. Width in attack; quick recovery in defense; closest player pressures the ball.

New coach: set up before players arrive; show one complete repetition; ask "Where do you start?" and "How do you score?"; then begin.