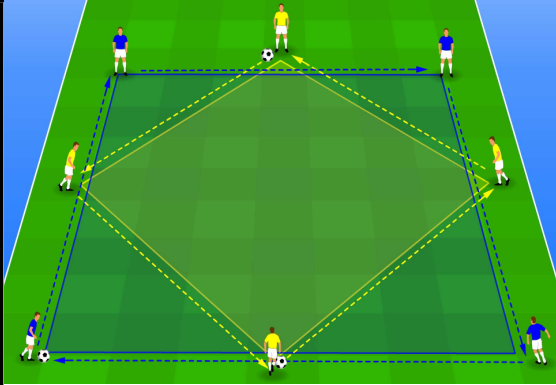




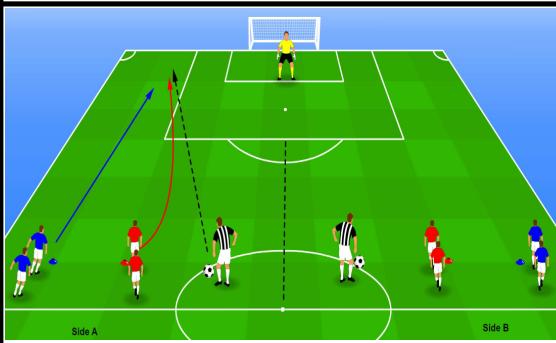
<b>Team</b> U13 Girls	<b>Session Objective</b>
	1. Ability to move the ball quickly (high tempo)
<b>Session Focus</b> Ball Movement & Competing	2. Ability to compete and battle for loose balls in the defensive zone
	3. Defending as a unit (transitioning from 1 defender to 2 defenders)

**Warm Up Activity**

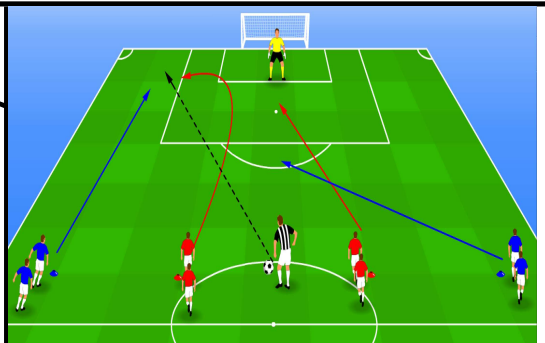


**Activity Focus - Opening Up & Passing in 2 Touches**  
 Set Up the players as pictured. To start, use one ball but then progress to 2 balls quite quickly.  
 The yellow team is passing counter-clockwise and following their pass, the blue team is passing clockwise and following their pass.  
**PROGRESSION**  
 Have players on 3 of the 4 cones and when they pass, they move to the empty cone. This will force the players to constantly survey their surroundings.

**1 vs 1 Activity**



**Team Based Activity**



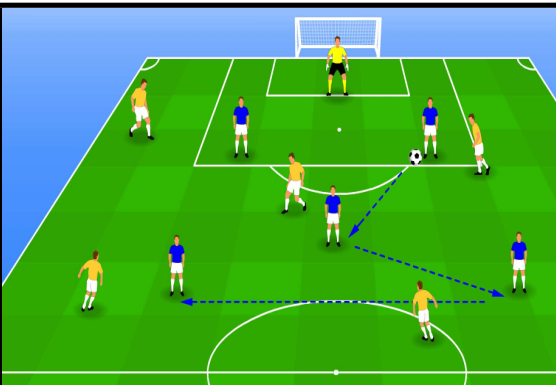
**Activity Focus - Building Compete Levels**

The playing area is split into two sides. The attacker will be closest to the boards and the defender will be central.  
 To start, the coach will pass the ball towards the corner. The attacker and defender will both race towards the ball. If the attacker gets there first, they will try and score on the main goal. If the defender gets there first, they will try to win the ball and pass it back to the Coach or the next players in line.  
 Players will switch lines after their turn so that they get to be both attackers and defenders.

**Activity Focus - Building Compete Levels in Units**

Using the full half of the field, players will be set up the same way as the previous activity. Alternate the corners that you pass the ball into so players develop different skills.  
 From the defending side, can the weakside player drop into the center of the box to protect any passes into the area. The primary defender will defend the original pass

**Game Play**



**Activity Focus - Ball Possession vs Transition**

Split the players into groups of 5 (might be 3 teams if you have 15 players on a team).  
 The Blue team is trying to keep possession of the ball while the Yellow team is trying to win the ball back and score on the keeper.  
 If the Blue team connects 8 passes in a row, they will win the round, if the yellow team scores a goal they win.  
 The losing team is subbed off, the winning team switches roles on the field.