

Every session starts with a Dynamic warm up focused on as much ball work as possible

2023 U13 focus was on below skills for individual/team

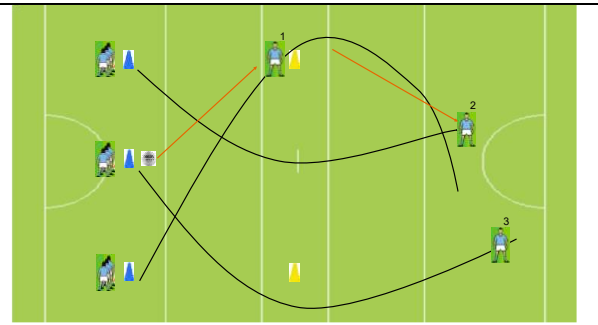
Following **bold** skills are targeted in this drill/drills

Technical Skills	Tactics	Physical Fitness	Team Play
Kicking	Decision Making	<b>Running/Sprinting</b>	Create Space & Deny Space
<b>Catching</b>	<b>Support play</b>	Body Resistant exercise	<b>Support vocally</b>
<b>Movement</b>	<b>Positioning</b>	Feint & Side Step	Always looking for best option
Tackling	<b>Gain/Maintain possession</b>	Explosive legs exercise	No Play / 1 Play games
			<b>Handpassing games</b>

**3 Man Weave: 10 mins**

Focus: Fast hands & communication

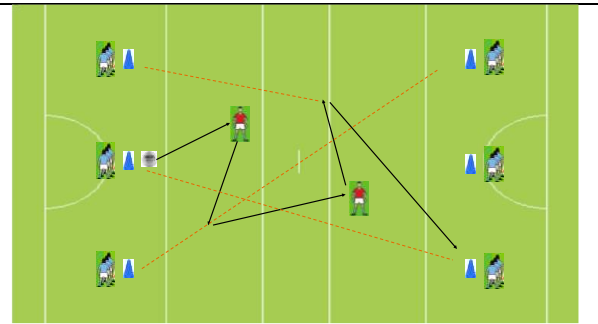
1. Players need to time runs and take ball off shoulder
2. Create decoy runners
3. Vary drill with coaches on D feeding balls to players running decoy
4. Scores with left and right foot



**3 Man Weave with Reverse Pass: 10 mins**

Focus: Timing of running

1. With this variation timing is vital
2. Use extra players in red to reverse pass ball to best option
3. Run angles at pace
4. No ball hitting ground



**Pass in front / Run Behind: 10 mins**

Focus: Fast hands & explosive change of direction

1. Players in pairs pop hand pass and run behind the player cutting across
2. Go around cones at pace
3. Communicate

