

MoniveaAbbey U13	Session Focus (Kick Outs) 20 Mins
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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	Running/Sprinting	Create Space & Deny Space
Catching	Support play	Body Resistant exercise	Support vocally
Movement	Positioning	Feint & Side Step	Always looking for best option
Tackling	Gain/Maintain possession	Explosive legs exercise	No Play / 1 Play games
			Handpassing games

<p>Create space for targets to run: 20 mins Focus: empower the goalkeeper to make decisions. Create the environment for player to make correct call based on situation</p> <ol style="list-style-type: none"> 1. Corner backs fall into corners to draw players away and create space. If attacker does not go with defender, then easy option 1 2. Wing backs tuck into middle to create space down the sides. This allows mid field targets to decide which side they want ball. Communication with goalkeeper is key. Timing of runs & support play all important. 3. Once target mid fielder gains possession, support player from wing back / corner back needs to follow and receive offload / support if needed 4. Variations – goalkeeper makes decisions based on what they see in front of them 	