

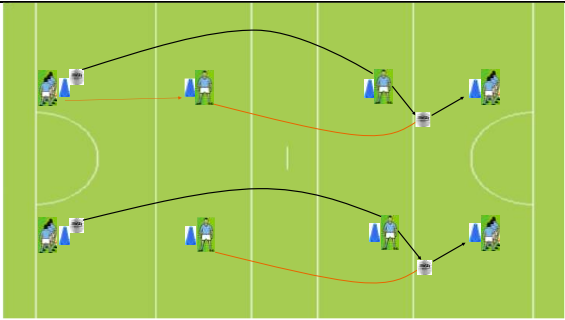
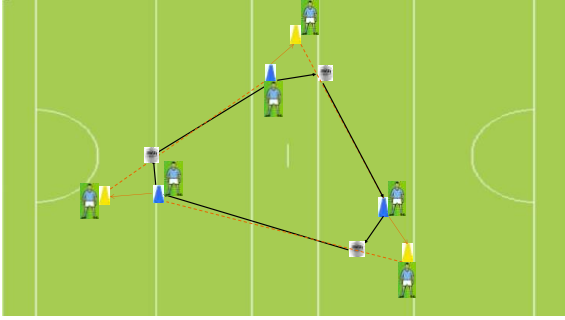
MoniveaAbbey U13	<b>Session Focus (Kick &amp; Hand Pass off Shoulder) 20 Mins</b>
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Every session starts with a Dynamic warm up focused on as much ball work as possible

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
<b>Kicking</b>	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	Gain/ <b>Maintain possession</b>	Explosive legs exercise	No Play / 1 Play games
			Handpassing games

<p><b>Give &amp; Go: 10 mins</b> Focus: Accuracy of kick pass over the head and timing of runs to take offload</p> <ol style="list-style-type: none"> <li>1. Setup 4 cones in line and players as shown.</li> <li>2. From left Player 1 kicks over head to player 3 and moves to next cone. Player 2 runs to take offload from Player 3 and handpass to Player 4. No ball touches ground if done correctly</li> <li>3. Drill continues from right back to left</li> <li>4. Variations (Player 2 kneeling/lying on ground)</li> </ol>	 <p>The diagram shows a football pitch with four cones in a horizontal line across the width of the pitch. Two players are positioned at the left end, and two at the right end. Arrows indicate the sequence of play: a kick from the left player to the right player over the top of the cones, followed by a hand pass from the right player to the left player, and then a return kick from the left player to the right player.</p>
<p><b>Off the Shoulder passing : 10 mins</b> Focus: Accuracy of pop hand pass from blue to yellow cone. Players should take passes at pace. Follow your pass to cone</p> <ol style="list-style-type: none"> <li>1. Ball starts at a blue cone. Pop pass to player running off shoulder from yellow</li> <li>2. Punt kick pass to next blue</li> <li>3. Players giving pop pass always drop back to yellow and ready for run off shoulder.</li> <li>4. Passes always in front of player</li> </ol>	 <p>The diagram shows a football pitch with four cones in a zig-zag pattern across the width of the pitch. Two players are positioned at the left end, and two at the right end. Arrows indicate the sequence of play: a pop pass from a blue cone to a player running off the shoulder from a yellow cone, followed by a punt kick pass to the next blue cone, and then a return pop pass from the blue cone to the player running off the shoulder from the yellow cone.</p>