


MoniveaAbbey U13	Session Focus (Shooting) 30 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>Shooting on the run: 10 mins Focus: encourage players to continue their run when receiving offload and shoot on the run</p> <ol style="list-style-type: none"> 2 sets of players at blue cones. 1 player from each side jog/sprint/solo out around D – offload pass chest height and receiving player continues run and shoots on the run Swap sides to work both feet/hands 	
<p>Backs V Forwards: 20 mins Focus: so many options / variations to work on here. Use zones to help with player positioning</p> <ol style="list-style-type: none"> Coach initiates plays and varies the way ball is delivered to forwards Defenders must work ball out to coach without coach moving from spot 	