

MoniveaAbbey U13	Session Focus (Support Play/Possession) 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>Support player from behind: 10 mins Focus: stay 5 mtrs behind as support player. Get players to go at full pace in different directions. Change outside players to inside every 2 mins</p> <ol style="list-style-type: none"> 1. Players in pairs work for 2 hard mins with extra players outside square 2. Player 1 makes 2 plays & hand pass to player 3 who then hand pass to player 2 3. Player 2 takes 2 plays & pass to different player outside box 4. Player 1 follows and takes return pass from player outside 	
<p>Maintain Possession: 10 mins Focus: Large square 5 vs 5 max. Keep possession with kick pass and hand pass.</p> <ol style="list-style-type: none"> 1. Kick passing 1-2-3-4-5-1-2 etc 2. Each time player kicks he must get outside box (1 push up) back in 3. Reward long kick pass 4. No plays 	