

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

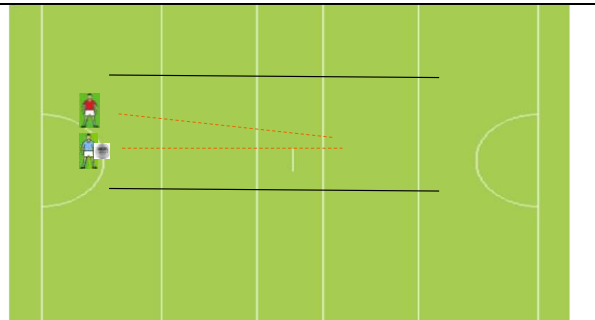
Following **bold** skills are targeted in this drill/drills

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

**Near Hand Tackle: 10 mins**

Focus: Narrow the channel & give player with the ball a head start. No Hand on back or reaching across body

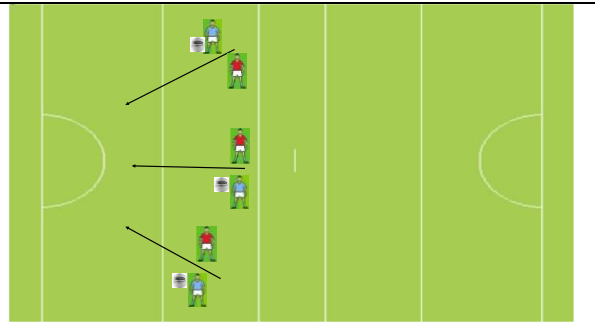
1. Player solo's with outside foot/hand to fend off tackling player
2. Tackling player only allowed near hand to tackle
3. Swap player with ball and swap sides each time



**Near Hand Tackle & stop score: 10 mins**

Focus: Player without ball needs to stop player scoring with near hand only. Guide player away from scoring zone

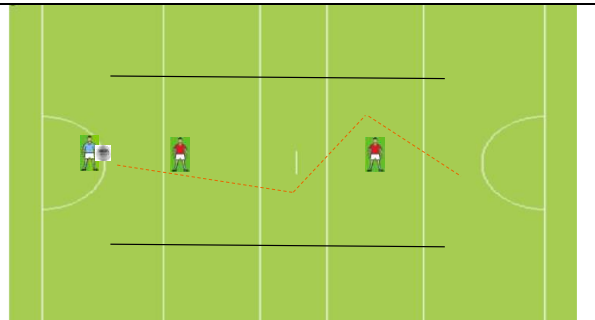
1. Split group into 3 and change left/right/centre each 2 mins
2. Encourage attacker/tackler to make quick decisions and adjust movement



**Shadow Tackling / Double Team: 10 mins**

Focus: encourage tacklers to work as a team. Force attacker down weaker side while also holding up their runs

1. Make wide channel
2. Create zones for tacklers
3. 1<sup>st</sup> tackler should slow the attackers run then guide them down side of channel
4. 2<sup>nd</sup> attacker comes in to help
5. Variations may include 2 attackers / 2 tacklers



Retain possession under intense tackling: 10 mins

Focus: attacking player has the advantage as they decide where to take outside ball and where to give. Tackler needs to work hard for 1 min before roles switch

1. Setup 3 to 4 pairs inside a circle of cones. Time 1 minute intervals and encourage as many offloads to outside players as possible. Tacklers must work harder than attackers to stop them offloading (only 3 to 4 balls in play)
2. Encourage near hand tackle
3. Attacker can also improve movement & Feint & side step skills

