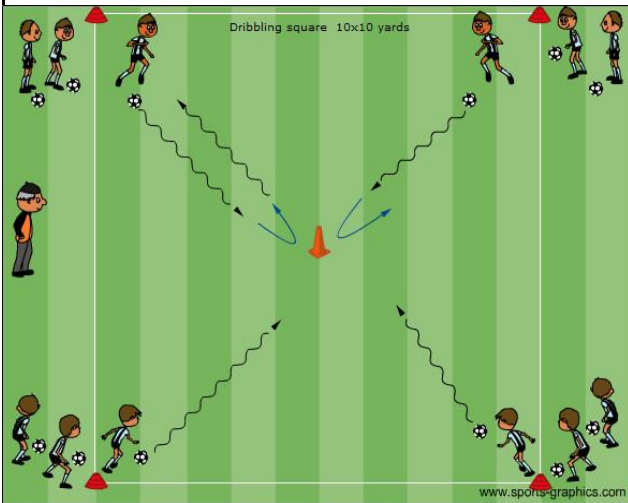


U11/U12: Week 1

Passing



Warm-up

Set up a 10x10 yard square with a big cone in the middle. Place players in the corners evenly.

Activity

- 1) Dribble to middle, perform turn, dribble out.
- 2) Inside/outside cuts, turn, dribble out.
- 3) Toe taps, turn, dribble out.
- 4) Dribble in and perform different turns/cut.

- Inside Cut
- Outside Cut
- Step on Turn
- Cruyff Turn

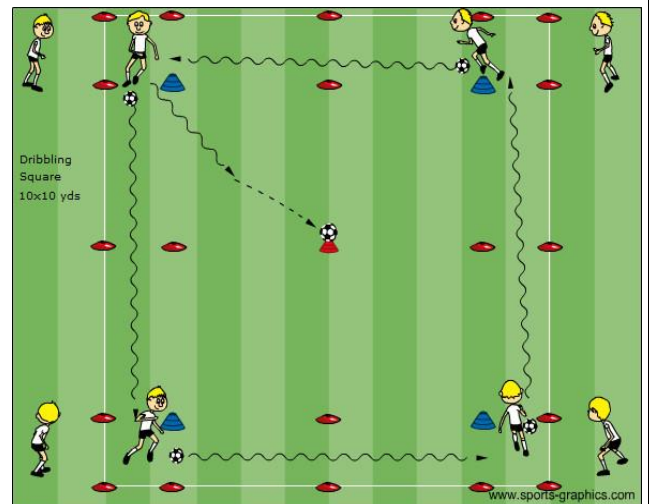
Dribbling Game 1

Make a 10x10 yard area as shown in the diagram. Split players into 4 even teams.

- 1) On the coaches signal, the first player in each group try to dribble around the whole square. When they get back to their square again, they must go around their "blue" cone, then try to pass their ball to knock the ball off the cone in the middle of the area.
- 2) First to get around the square and knock the ball off the middle cone gets a point for their team. Then set up the ball again, and the next set of players go, on the coaches signal.
- 3) After a handful of times going one direction, switch directions.

Variation

- Limit players to using only one foot.
- Add a move that players have to do in each corner.



Activity 1

Set up a field that is approx. 15x20 yards. Split group into 2 even teams. Set up 2 goals on each end line that are 3 yards wide, and placed a few yards off each corner.

- 1) Coach plays a ball into one team, who try to score on either of the two goals on the opposite end line.
- 2) Defending team should try to score quickly on either of their goals when they win the ball.

CP's

- Coach the overlapping run and the give and go combinations.

Small Sided Games

- 1) Finish with 20 minutes of small sided 3v3 or 4v4 games.
 - Positively reinforce the main topic within the games.

