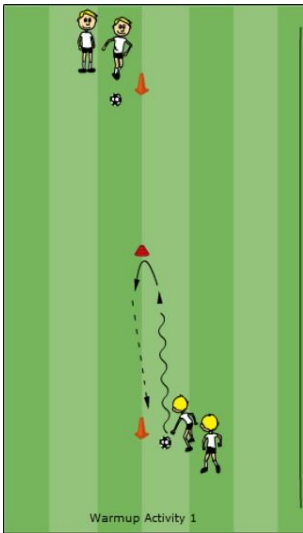


U11/U12: Week Two

Passing



Warm-up 1

Set up 2 cones 16 yards apart with a cone in the middle
Partners or groups of 3 max.

Activity

1) Dribble to middle, perform turn, pass back.
Specific Turns:

- Step-Over Turn
- Step-On Turn

CP's

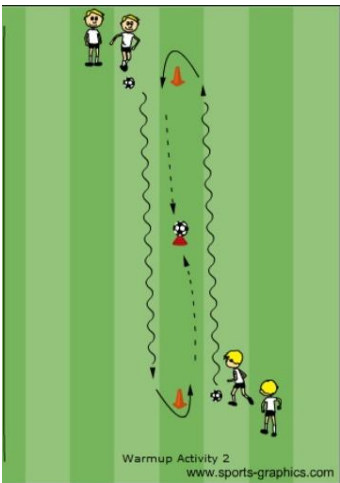
- 1) Toe down, heel up = laces to dribble
- 2) Change direction = change speed
- 3) Over-exaggerate the turn using deceptive body language

Warm up 2

Set Up 2 Cones 16 yards apart with a cone in the middle

- 1) On the coaches signal, the first player in each group try to Dribble around the farthest cone, and back toward middle cone, trying to knock the ball off the middle cone first.
- 2) First to get around the cone 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.

Variation • Limit players to using only one foot.



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 cues for both the overlapping run and give and go combinations.
- Coach decision making on when to pass/create 2v1 opportunities vs when to dribble 1v1/into space.



Small Sided Games

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