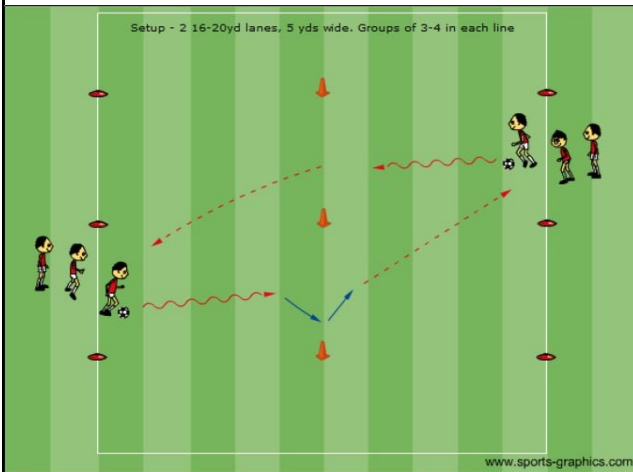


U11/U12 : Week Three

Passing



Warm-up 1

Set-up, 10x20 yd area split into two 5yd wide lanes.
Groups of 3 or 4 in each line.

Activity

- 1) Dribble to middle, then pass to next in line in opposite lane
- 2) Inside/outside cuts
- 3) Toe taps, step-ups and drags
- 4) Add to the middle: 1v1 moves

• Fake behind

• Scissors

Scissors variations:

• Double scissors, Dummy scissors

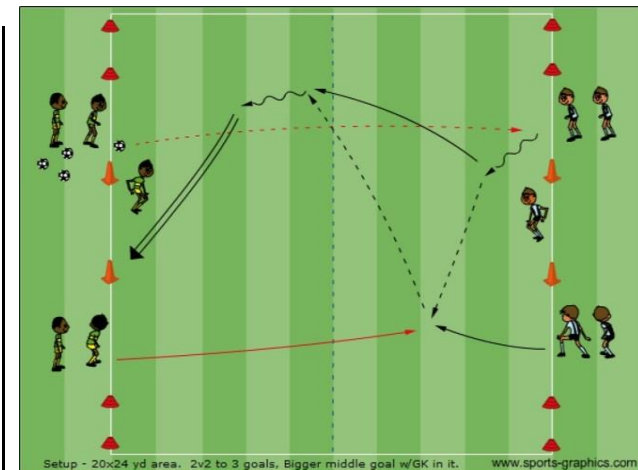
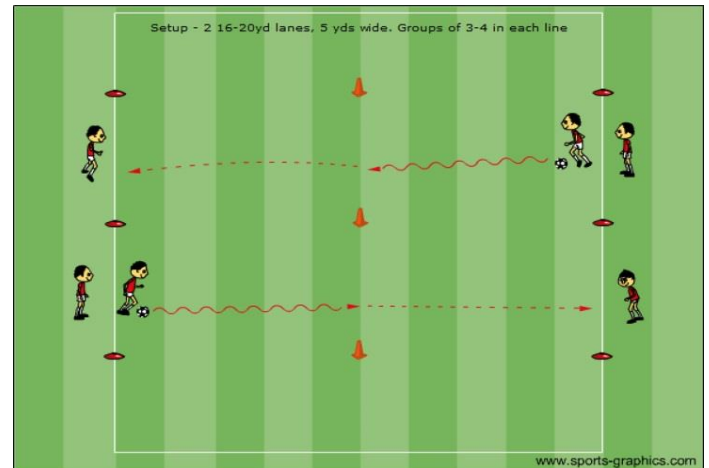
Warm-up 2 Split groups in half opposite

- 1) On Coaches signal, each group competes to see who can get more passes in one minute.
- 2) Players must dribble half way, then pass between end cones for points to count.

Variations

- 3) Players must do 2 touch.
- 4) Players must do one touch.

- Variations
- Limit players to using only one foot.
 - Add restrictions to the first touch (distance/angle)



Activity 1

Set-up, 20x24yd area with 3 goals on each end line. Middle goal is bigger.

Start without GK then add one in each middle goal

- 1) One team plays ball in to other, teams play 2v2 and can score by either shooting on middle goal or by passing into either of the 2 small corner goals.
- 2) Teams must be in the offensive half before they can score

CP's

- Coach the overlapping run and the give and go combinations.
- Coach decision making on when to pass vs when to dribble/shoot.

Small Sided Games

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