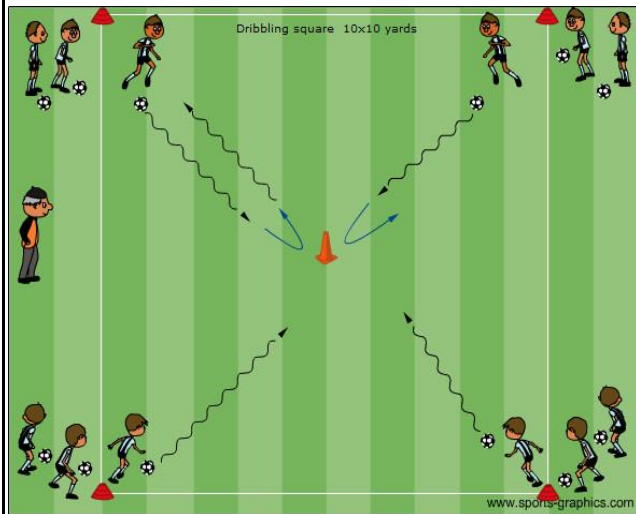


U11/U12: Week Four

Passing



Warm-up 1

Set-up, 10x10 yd area

Groups of 3 or 4 in each line.

Activity

- 1) Dribble to middle, turn, then pass to next in line
- 2) Inside/outside cuts (review previous turns)
- 3) Toe taps, step-ups and drags
- 4) Add the Following Cuts/Turns:

New turns • Cruyff Turn

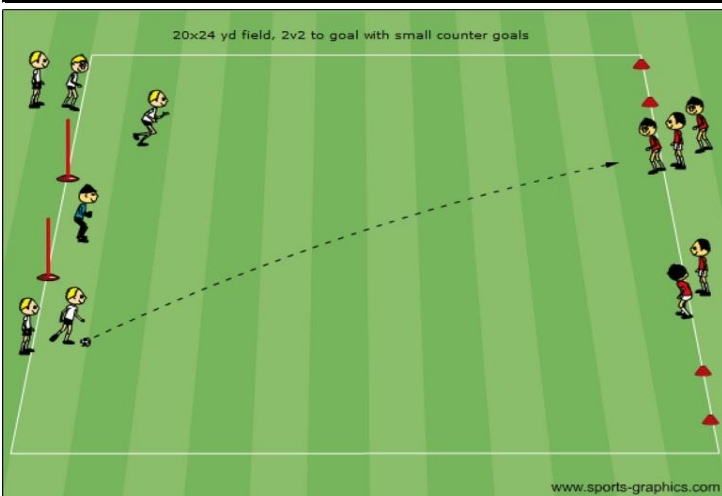
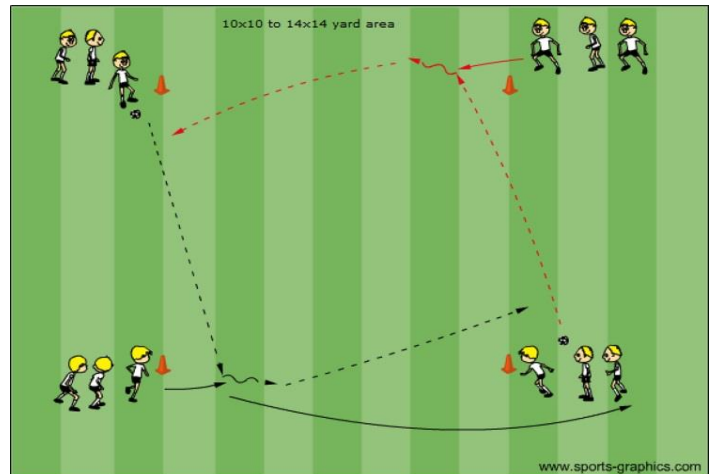
• Conti Turn

Passing Technical Activity 12x12 yard square, adjust as needed.

1) Two balls start in opposite corners, players all start behind the corner cones.

2) Players pass to their right, passing to the inside of cones, receiving players run onto the pass, control with inside right foot on first touch, then pass to next in line to their right. All players follow their pass to the end of the line. Switch directions and feet after some time.

Variation: Play to outside of cone. Or play a give and go only in 2 of the opposite corners.



2v2 Passing

24x20yd field, one side has goal w/goalie
opposite side has 2 counter attack goals

- 1) Defensive team starts by passing into attacking team. Teams play 2v2 with the attacking team going to goal. Defending team can score on the small corner goals.

Key Coaching Points

- Coach the overlapping run and the give and go combinations.
- Coach decision making on when to pass v when to dribble/shoot.
- Coach the techniques of passing.

Small Sided Games

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