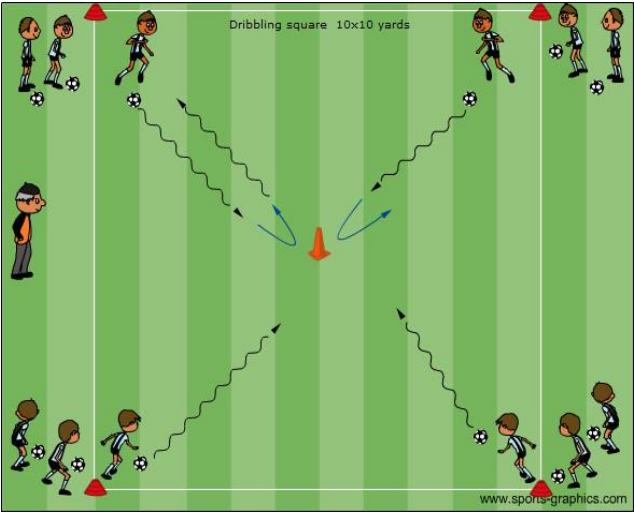


U11/U12: Week Four

Scoring



Warm-up

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:
  - Cruyff Turn (Hook Turn)
  - Conti Turn

Scoring Activity 1

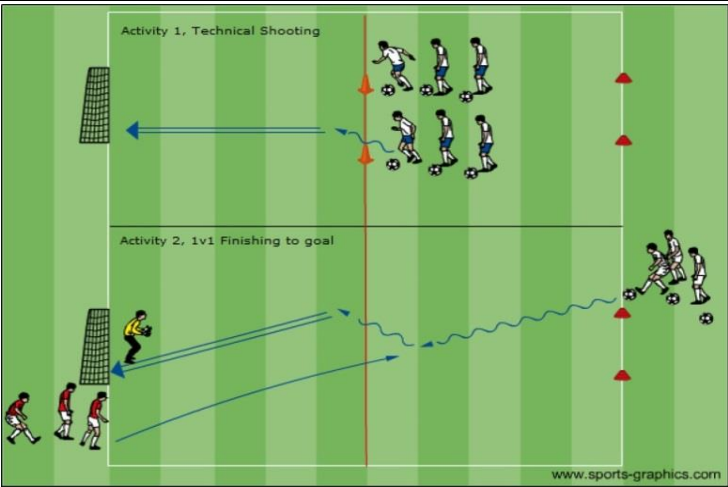
2 lines between 8-14 yds from goal

- 1) On coaches signal, first two players take a touch forward, at an angle, then strike the ball with laces to goal.

- CP's
- 1) Angle of approach
  - 2) Ankle locked, Toe down
  - 3) Body shape, stay over the ball
  - 4) Follow through

Variation

- Add a move before striking ball



Activity 2

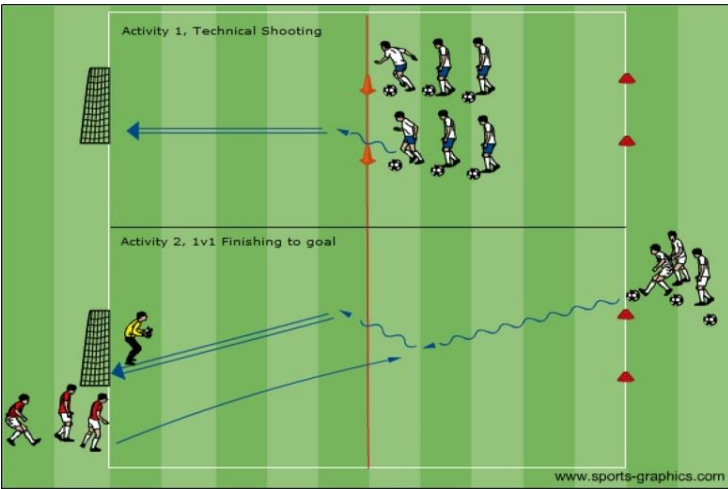
Set up a 12x16 to 12x20 yard area

- 1) Teams play 1v1 to goal.
- 2) Play starts with the attacking team taking a touch on the field, at which point the defensive team can come out to challenge.

Variations:

Players must get to offensive half before shooting

- CP's
- Coach when to dribble vs when to shoot



Small Sided Games

- 1) Finish with 20 minutes of small sided 3v3 or 4v4 games.
  - Reinforce good striking technique when taking opportunities to score within the games.