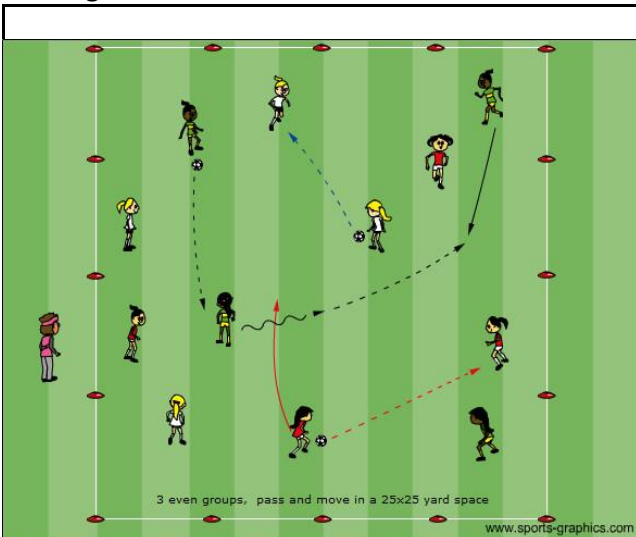


U11/U12: Week Six

Passing



Warmup-

Use the whole gym. Split players into 3 even teams in different colors.

Activity 1)

Each group has one ball. Players pass and move freely within their own group.

Activity 2)

Introduce wall pass and overlapping runs within activity 1

Activity 3)

Contest between groups. Which group can complete 20 passes first. Also, which group can get the most passes in one minute.

Passes must be longer than 5 yards.

**As a restriction, players must perform a combination.

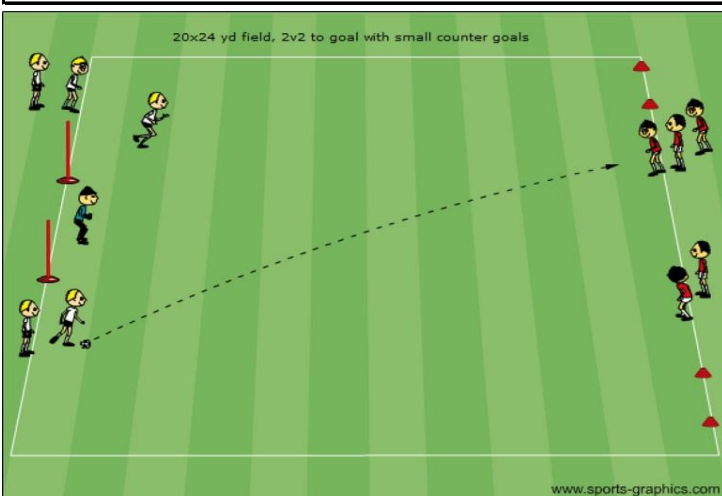
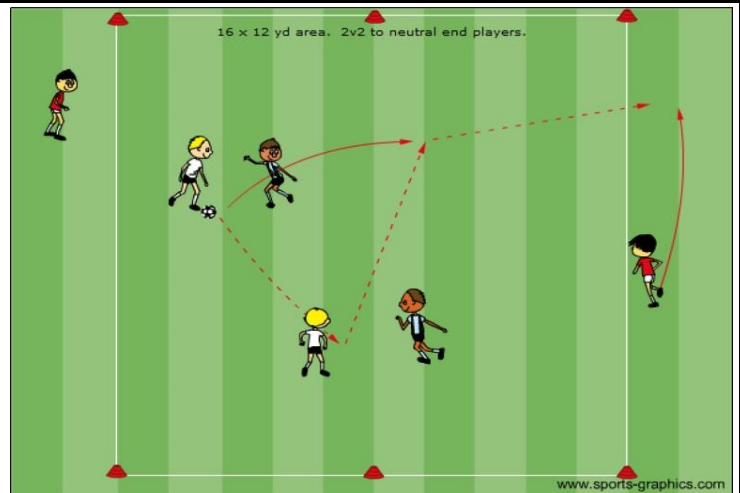
Passing Technical Activity- 16x12 yd area, 2v2 plus 2 end players

1) Players play 2v2 in the middle of the field, with 2 neutral end players

2) Players try to go from one end player to the other to score a point. End players can not pass directly to each other. The ball must go to a player in the middle before it can be played into the opposite end player.

Variations:

- Players must combine with wall pass or overlapping run in the middle first
- Middle players must complete a set number of passes before playing to opposite end player



IF Time Permits:

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.

- Coach the topic from activity1 within the games.