

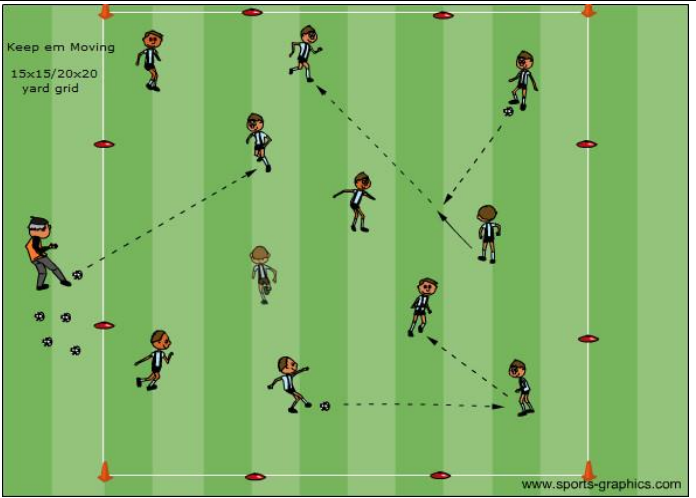
U11/U12: Week Seven

Passing

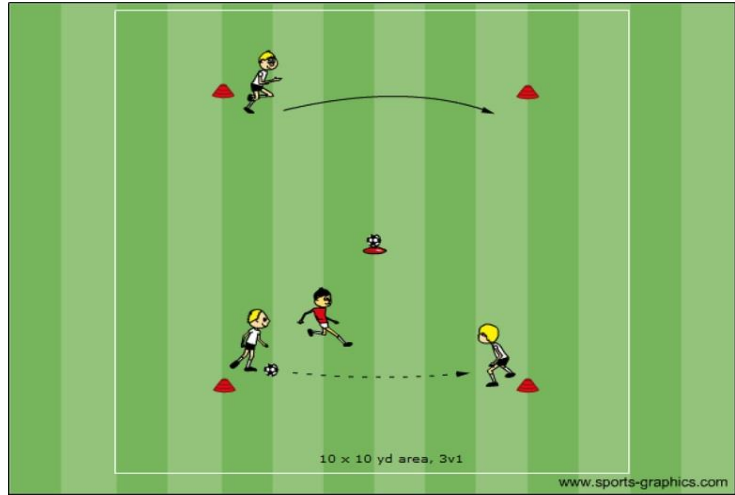
Passing Warm up 1-

Field is 20x20 yard area, with all players spread out evenly in the area.

- 1) The coach starts play by passing a ball into the field, and the players must keep the ball moving. Players are limited to 2 touches.
- 2) After 10 seconds, the coach plays another ball in, and every 10 seconds after that, another ball gets played in, until one of the balls either stops, or goes out of play.
- 3) Then the coach starts over with one ball. How many balls can the team keep moving at one time?



- CP-
- COMMUNICATION!!!
 - First touch, out of feet to keep the ball moving.
 - Vision, finding open players



Activty 1- 10 x 10 yd area, 3v1 posession

- 1) Players pass to keep posession from the defender. Five passes equals one point. Defenders defend for one minute at a time, then switch with an outside player.
- 2) As an option, have a ball on a cone in the middle. Attacking players can either get 5 passes in a row, or knock the ball off the middle cone for a point.

- CP-
- Movement off ball to support player w/ball.
 - Vision and decision making with the ball.

Small Sided Games