

MONDAY

11-14 yr olds (2010-2012 birth year)

Groups: 2 (8+ per group)

6:00p

6:00-6:15 3v3 game to target

Setup: 20x30 yd field (no cones necessary), PUGG or 6'x10' goals, 3 teams of 3 (pinnies). 15 min

No GK, No boundaries

6:15

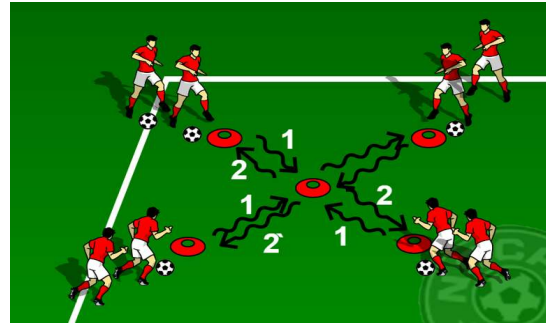
BREAK

6:20-6:30 Training Star

Setup: 10x10yd area with cones in corners and one cone in middle.

Each player with a ball. 6-8 min

Player dribbles to middle cone and changes direction BEFORE reaching cone dribbling back to start position. Coach directs different change of direction skills. Inside cut, Outside cut, Step On Turns, U-Turns, Pull-Push-Behind, Hook Turn



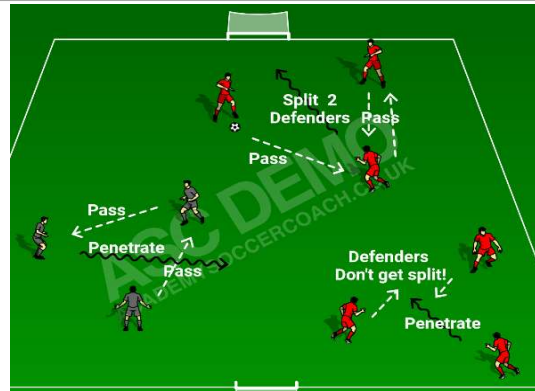
6:30

6:30-6:40 Passing, Penetrating Dribble

Setup: 20x30yd area, no cones, 3 players, 8-10 yds apart

pass ball between them (clockwise or counterclockwise). At any time, a player can "test" the other two's readiness but trying to split the players with a dribble. Play until 2 players got split.

Tips: Attacker-Don't dribble on bad receives; Dribble when a pass made is a good one. Accelerate. 1st touch is starts the penetration. Defenders- anticipate, try not to get split; close the space, try to double team (otherwise 1 pressure, 1 cover).



6:40

6:40-6:50 6-yard Shooting

Setup: All players with a ball.

All Players line up on 6 yard line. One after the other, shoot into back of net. Upon completion, all players that scored move to next 6 yard mark. If you miss, go back to beginning. Score only counts if ball when into back of net in the air. No score if outside of frame, hit frame or hit grass.

Progression: weak foot shot, land on shooting foot

Tips: plant foot beside ball, hop to load, shoe laces

6:45-6:50

BREAK

6:50-7:25 7v7 / 8v8 Game

Setup: 40x80 yd field, 24' goals, 2 balanced teams (pinnies) w/ GK

Rules: No special rules, remind no kicking ball over fence "Control"

Keep Score: Losing Team does 5x (difference in score) PUSH-UPS, Winning team does 1/2 of the Loser's number



7:25

7:25-7:30 Close / Cleanup / Lesson Learned?