

MONDAY Week #2

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

Players: 17, 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

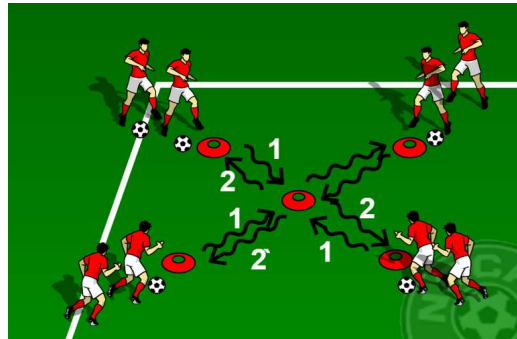
BREAK

6:20-6:30 Training Box

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 1v1 4 PUGG Goals

Setup: 4 PUGG goals facing outward, 5x5x5yds apart within 15x15 yd grid, 2 teams lots of balls w/ coach, 6 goals win

Coach: serves a ball, starts a 1v1 battle. Score in any goal. +1 point per goal

P1 : +1 bonus max for change of direction move or fake

P2 : -1 point if def kicks out of grid



6:40

6:40-6:50 1v1 North South vs East West

Setup: 12x12 yd box, 1 ball 2 teams. Split 2 teams in half. Team A make a single line on opposite sides of grid, north and south. Team B makes single lines opposite sides. 10-15 min

Coach plays a ball to north line to start an attack. One east-west defender enters for 1v1 game. 1st Attacker dribbles to their team (south) across the box and gives ball to waiting mate. Must be within 2 yards of edge to pass (no pass across the field, it's a dribbling game). South now plays 1v1 to north side and repeats.

If east-west defg player wins the ball, they immediately play an outlet ball to either side. No Dribble unless protecting ball

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?