

MONDAY Week #3

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

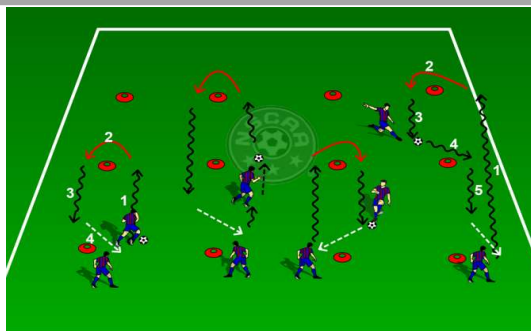
BREAK

6:20-6:30 Training Lines

Setup: 4-5 lines of 2-3 players per line, 1 ball per line. 3 cones, 4 yards apart. 6-8 min

Player dribbles up right side around 1st cone, return and pass diagonally to next player. Repeat. Work left and right side. Coach calls skill moves: Inside cuts, Outside cuts, Step On Turns, U-Turns, Pull-Push-Behind, Hook Turn.

P1: Dribble to 2nd cone, around then cut across before the middle cone. Pass diagonally. repeat. Coach directs skills



6:30

6:30-6:40 1v1 2 PUGG Goals (Reversed)

Setup: 2 PUGG goals facing outward, 12-15yds apart within 25x25 yd grid, 2 teams lots of balls, 7 goals win

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



6:40

6:40-6:50 2v1 Pass or Dribble?

Setup: 8x15 yd grid, 2 lines, balls w/ attacking line, def line at side

Attacking player begins game w/ a vertical/parallel pass to target. Target passes ball back and pops wide either side to create space and form a 2v1 attack. 1st attacker makes decisions to either penetrate up the opposite side w/ dribble or pass to the target. Decision based on defenders movement.

P1: Add Crossing to finish



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?