

# MONDAY Week #4

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

6:15

BREAK

## 6:20-6:30 Rock-Paper-Scissors

Setup: Open area (no boundaries). Two players, One ball. Play for 5-10 minutes.

Players stand 2 ft apart with ball on ground between. Play Rock-Paper-Scissors game. Winner immediately tries to kick the ball at the loser below the knees. Loser tries to avoid getting hit. Both race to ball  
P1: Add shield after winner kicks the ball. Race to ball, first player in shields the opponent for 4 seconds.

P2: shield then score in any goal except closest one

Tips: bend the knees wide and don't be too close. Opponent runs

6:30

## 6:30-6:40 Passing: Pass & Follow Warm-up

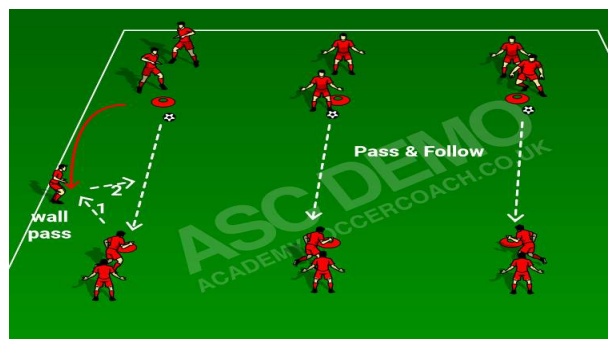
Setup: 2 lines of 3 players per line, 1 ball per line. 2 cones, 8 yards apart. 6-8 min

Player passes the ball across and follows the pass to back of line.

Receiving player repeats. 2-touch, inside foot passing

P1: Pass and position for a 1-2 wall pass.

Tips: hop to receive, hop to pass



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?

