

MONDAY Week #5

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

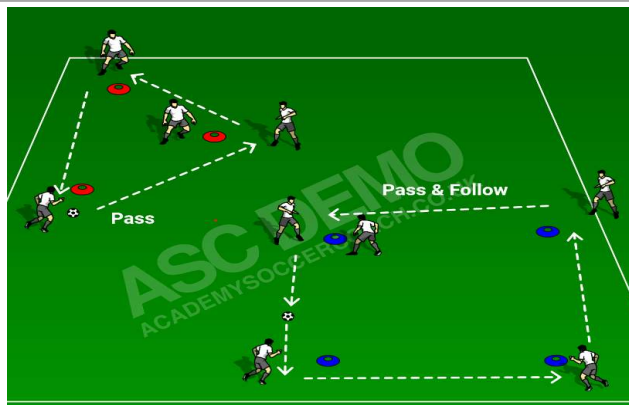
6:20-6:30 Passing: Triangle Passing

Setup: Open area (no boundaries). 3-4 cones, 5-6 yds apart, 3-4 players, One ball. 5-6 min minutes.

Create either a passing square or triangle. Use either 3, 4, or 5 players. One player stands inside the triangle or square. Players pass and follow their pass to the next station.

P1: Use 2 balls for a passing square

Coaching Tips: Body Shape, Receive across body, 2-touch, reduce stutter steps between 1st and 2nd touch

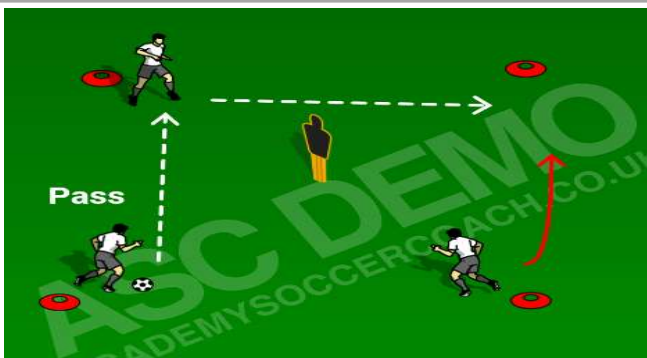


6:30

6:30-6:40 Passing: Rondo 3v0

10x10 yard area, 3-4 players, one ball, 1 pinnie for defending player.

Three players play keep-away from one defender. Defender holds pinnie. Defender must win the ball to change role. Drop pinnie for Player who makes mistake and must retrieve pinnie before defending. 2nd attackers (support) must move sideways to give the 1st attacker (player w/ ball) an option



6:40

6:40-6:50 Passing 4v1 Rondo game

10x10 yard area, 4 players, one ball, 1 pinnie for defending player.

Three players play keep-away from one defender. Defender holds pinnie. Defender must win the ball to change role. Drop pinnie for Player who makes mistake and must retrieve pinnie before defending.

Progression 1 : make 3 passes before the def gets the pinnie

condition #1 - follow your pass

condition #2 - after pass, 1 push-up

condition #3 - must take 3 or more touches



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?

