

MONDAY Week #6

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 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

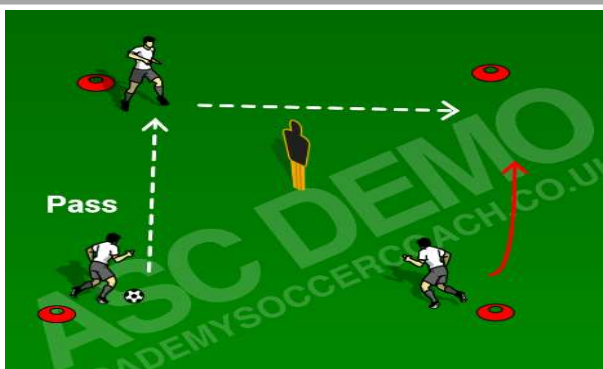


6:30

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?

