

U11G 2010-08-31 TRAINING

NO ONE TOUCH
DURING PLAY AT
ALL TODAY!

COMMUNICATION

I. WARM UP -

- A. DYNAMIC (NOTES NOT INCLUDED THIS SESSION, FOLLOW PREVIOUS)
- B. GRID WORK - MATTHEWS FEINT → EXPAND TO MATTHEWS MOVE (TOUCH & HOLD)
- C. GROUPS OF 3 = PASS TO FEET, CLOSE QUICKLY, PASSIVELY DEFEND BACK TO LINE.
?? → CONTINUE GRID WORK INTO LARGE SETUPS BELOW, MORE SPACE = DEMAND BETTER CHANGE OF PACE

II. LARGE GRID WORK - 3 LARGE SETUPS ≈ 7 PLAYERS PER GRID

A. "5 v 2 POSSESSION"

- 1.) TIMED
- 2.) AUDIO DEFENSIVE SPLIT

COACHING POINTS: <u>QUALITY OF PASS</u> <u>MOVEMENT</u>		
<u>IND. SKILL</u>	<u>ANGLES</u>	<u>DEFENDING (TIMING/POSTURE)</u>

III. 4 v 4 + 2 - 2 MED/LG FIELDS

A. 4 v 4 ON EACH FIELD

- 1.) + 2 ON WINGS OUT OF TOUCHLINE - PROTECTED - ALWAYS ON ATTACK
- 2.) + 2 ON FIELD - ALWAYS ON ATTACK
- 3.) + 1 FOR EACH TEAM AS TARGET PLAYER - PLAY TO FEET FOR POINT

IV. TRANSITION GAME (EXPANDED) - 2 MED/LG FIELDS W/ MED/LG GOALS

A. 4 v 4 ON EACH FIELD, 1 TEAM RESTING

- 1.) ON GOAL := SCORING TEAM RECOVER BALL AND IMMEDIATELY ATTACK OTHER END

- TEAM SCORED ON QUICKLY OFF FIELD, REPLACED BY RESTING TEAM

* RESTING TEAM MONITOR BOTH GAMES FOR GOALS SCORED

V. SSG ??

VI. COOLDOWN

THURSDAY =
SKILLS
PASSING
SHOOTING/FINISHING

SUNDAY =
SHOOTING/FINISHING
SSG'S (4 v 4)
FINISH 8 v 8