

U11G 2010-09-09 TRAINING  
- SUNDAY MATCH PREP

## I. WARM UP

A. DYNAMIC

B. GRID WORK

1. BALL EACH

2.  $\approx 3:1$  PLAYER:BALL RATIO

a. RECEIVE, SKILL, CHANGE OF PACE, PASS, MOVE

## II. 8 v 8 - ALL PLAYERS ACTIVE - "TANDEM PLAYERS" WHERE NEEDED

A. BASIC SHAPE

B. ATTACKING SHAPE

C. DEFENSIVE SHAPE

D. QUICK 8v8 GAME.

## III. SPLIT INTO SUNDAY SQUADS FOR REMAINDER OF TIME

## IV. GRIDS

A. PASS & MOVE - NAME / INSTRUCTION WITH PASS

## V. SSG's

A. 4v4 OR SIMILAR (+1 OR +2 IF NUMBERS ALLOW)

1. PASSES = GOAL

2. # OF PASSES BEFORE SHOT (LIMITED - 3<sup>rd</sup> POSSESSION  
MUST RESULT IN SHOT)

3. 4 CORNER GOALS VICE 2 STANDARD

a. ENCOURAGE SWITCHING DIRECTION OF PLAY

4. FREE PLAY

## VI. COOLDOWN & SUNDAY MATCH DAY EXPECTATIONS