

U11G 2010-09-28 TRAINING

I. TECHNICAL WARM-UP \Rightarrow DYNAMIC

- A.) LARGE GRID, SLOW DRIBBLE - INTENTIONAL MOVEMENTS
 - 1.) STOPS FOR DYNAMIC STRETCHES
- B.) #'S PASSING $\frac{1}{4}$ TO $\frac{1}{3}$ WITH BALL
 - 1.) ONLY PASS TO # ONE UP OR ONE DOWN FROM YOURS
- ★ COMMUNICATION
- C.) ONE TOUCH PASSING - CLOSE PROXIMITY
 - 1.) IN 3'S, SOFT 1 TOUCH PASSING
 - a.) SLOWLY INCREASE PACE
 - b.) SLOWLY INCREASE DISTANCE

II. "LINK 10" GAME - NEED FULL FIELD - BOTH HALVES

- A.) 6 v 3 OR 6 + GK v 3 OR SIMILAR
 - 1.) ROTATE THRU ATTACKERS & DEFENDERS OFTEN
 - a.) SHOT (NOT GOAL) = POINT FOR ATTACKERS
 - b.) "X" # OF PASSES $\dot{\bar{e}}$ THRU MIDFIELD = POINT FOR DEFENDERS

★ VARIATION \rightarrow DEFENDERS = NO RUNNING WHEN IN POSSESSION \rightarrow SPEED WALK
ONE FOOT ALWAYS ON GROUND = SLOW POSSESSION GAME DOWN

III. SSG'S

- A.) 4 v 4 OR 5 v 5 TO END ZONE
 - 1. PENETRATE TO END ZONE FOR POINT
- B.) 4 v 4 SLOW SOCCER
 - 1. ALL SPEED WALK
- C.) 4 v 4 FREE PLAY