

U11G 2010-09-30 TRAINING

I. WARM UP

A. TECHNICAL WITH DYNAMIC BREAKS

1. CADENCES
2. SKILLS/TURNS/FEINTS
3. FREE DRIBBLE
4. PASS & MOVE

II. POSSESSION - 2 FIELDS APPROX 40 x 40 - 3v3v3 OR SIMILAR

- 2 COLORS MAINTAIN POSSESSION FROM 3rd COLOR
- DEFENDING PLAYERS MUST HAVE DISK BEFORE ACTIVELY DEFENDING
- WHEN DEFENDING TEAM GAINS POSSESSION, DROP DISKS FOR NEXT TEAM
- VARIATION: LIMIT/DEMAND # OF TOUCHES BY POSSESSION TEAMS
- COACH POINTS: QUALITY 1st TOUCH, PASSING TECH., COMMUNICATION

III. SSG - TRANSITION GAME TO END ZONE - MIX 3v3v3 FROM ABOVE

- 2 TEAMS ON FIELD, 1 OFF
- DRIBBLE OR PLAY BALL INTO END ZONE FOR POINT, ATTACK OTHER END
- TEAM SCORED ON ROTATES OFF, RESTING TEAM ON

IV. 3 LINE GAME - IF NEEDED

V. 2 SSG'S - FREE PLAY