

U11G 2014-07-01

① WARM UP

HANDBALL - 1/2 WITH BALL 1/2 WITHOUT

1. NATURAL MOVEMENT
2. LATERAL MOVEMENT
3. SKIPPING

② WARM UP GAME

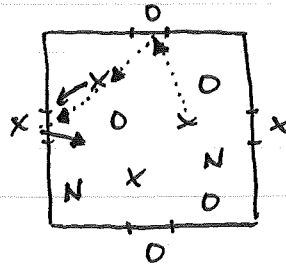
- 3 EVEN TEAMS - STOP BALL, UNDER CONTROL IN HOME GRID



③ 3 v 3 (2 NEUTRALS) PLAYING TO 2 TARGETS (25 x 25 GRID)

- 3 PLAYERS AND NEUTRALS MAY COMBINE W/ OPPOSITE COLORS IN GATES, BUT SWITCH WHEN COMBINE W/ OWN COLOR IN GATE

SWITCH = GOAL



AWARENESS OF OPEN LANES
COMBINATION PLAY
1st TOUCH INTO SPACE

④ SSG

- 1 LARGE FIELD WITH LARGE GOALS
MODERATE NO-GO CREASE IN FRONT OF GOAL
- ONE DEFENDER PERMITTED AS GK IN CREASE
- NEXT GK MUST BE DIFFERENT PLAYER

RESTRICTION - "1-NIL" TEAM MAY NEVER BE AHEAD BY MORE THAN ONE GOAL AT A TIME.