

**U11GC2 2011-05-04 EPSC Crestwood 6-7:30**

1. Warm-up / Ball Familiarity and Manipulation
  - a. 20x20 Grid. All with a ball. Touches/Turns/Dynamic
    - i. Double Touch (inside/inside) - Side to side, and with hip-flair
    - ii. Tap-tap-roll - (inside/inside/sole to inside)
    - iii. Double Scissors
2. Passing in 3's
  - a. Receive - Pass - Follow (at angle)
  - b. Play to middle, play out to other partner
    - i. Middle player = sideways on
    - ii. Meet the pass, not waiting for it statically
    - iii. Quality passes / quality first touches
3. 2v2+1 attacker each OR 3v3 (or similar) with or without GK
  - a. May only score from your original side/½ of pitch
  - b. Variation: May score only when entire team is in attacking ½
4. 3 Team Quick Transition Game
  - a. Variation: May score only when entire team is in attacking ½
5. 3 Line Game
6. SSG - Free play
  - a. 3v3 if possible
  - b. or similar

