

30 APR 2009

U9 GIRLS training session

Passing & Receiving (possession)

- ① Warm up inside/outside
 - (1) pass back to outside player
 - (2) turn w/ ball + kick to other outside player
 - communication
 - passing technique
 - receiving technique
 - support angles

- ② Activity 1 3 v 3 (keep away w/ outside targets (support))
3 passes consecutively for point

- ③ Activity 2 3 v 3 to end targets
connect targets for point

- ④ SSG 2 v 2 + 1 to triangle goals