

U9G 2012.06.03

TRAINING

6-7:30 F.C.

I. DYNAMIC WARMUP

A.) W/O BALL

B.) W/ BALL (GO/SWITCH/CHANGE)

II. PASSING - LARGE GROUP \Rightarrow 2 GRIDS BACK TO BACK

A.) 50/50 - 2 COLORS \Rightarrow 1 GRID ONLY

1. PASS ONLY TO LIKE COLORS / PASS ONLY TO OTHER COLOR

B.) 50/50 - 2 COLORS \Rightarrow SPLIT EVENLY IN BOTH GRIDS

1. PASS TO LIKE / OTHER COLOR, CHANGE OF PACE TO OTHER GRID

* IF GOOD, SEE IF READY FOR PASSING TO SPACE

(RUNNER FROM SAME GRID MOVING TO OTHER GRID TO REC. PASS

* OR RUNNER FROM OTHER GRID RUNNING IN TO REC. PASS

TECHNIQUE
TECHNIQUE
TECHNIQUE

III. PASSING - SMALL GROUPS \Rightarrow GROUPS OF 3

A.) IN LINE - END PASS TO MIDDLE, MIDDLE PASS TO OTHER END, REPEAT

B.) WE DONT LIKE STRAIGHT LINES.

MIDDLE PLAYER OUT OF, AND FACING, LINE BETWEEN OUTSIDE PLAYERS.

* PASSING TECHNIQUE - WEIGHT & ACCURACY

* NO STATIC PLAY - MUST CLOSE SPACE & MEET (ATTACK) INCOMING PASS.

IV. 3 LINE GAME - IF #'S PERMIT

"N" PASSES TO PLAY BALL TO OTHER END

V. SSG.

A.) 4 v 4 OR SIMILAR \rightarrow 3 IN DEF $\frac{1}{2}$, 1 IN ATTACKING $\frac{1}{2}$

- PLAYER MAY ONLY JOIN ATTACKING $\frac{1}{2}$ PLAYER(S) AFTER RECEIVING PASS FROM THEM

- ONCE BALL IS LOST TO OTHER TEAM AND THEY CROSS $\frac{1}{2}$, MUST RETAIN

3 DEFENDERS.

B.) FREE PLAY TO LARGE GOALS