

TUESDAY Week #5

9-10 yr olds (2013-2014 birth year)

Players: 20, Groups: 2 (10 ea)

6:00p

6:00-6:15 3v3 game to target

Setup: 20x30 yd field (no cones necessary), PUGG or 6'x10' goals, 3 teams of 3 (pinnies). 15 min. No GK, No boundaries

6:15

BREAK

6:20-6:30 Dribble/Pass: Create an opening

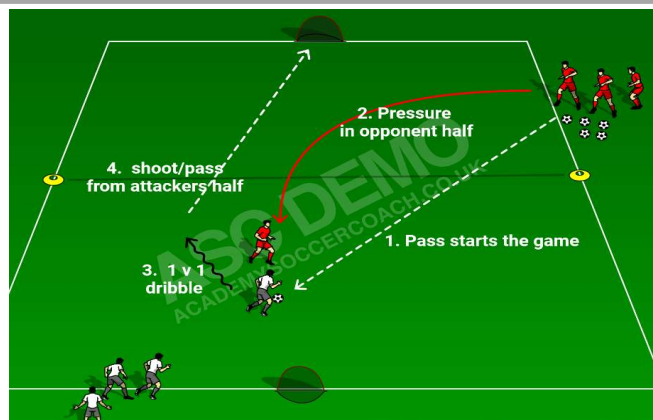
Setup: 8x15 yd area, 2 lines, 2 cones mark halfway/midfield, balls w/ defending line

Defender begins game w/ a pass to attacker in the attacking half. Defender immediately pressures the ball in the opponent's half. The attacker must play 1v1 and shoot before crossing midfield

Tips:

attacker: quick changes in direction to create an path to the goal

defender: bend run and close the space quickly



6:30

6:30-6:40 2v1 Pass or Dribble?

Setup: 8x15 yd area, 2 lines, balls w/ attacking line, def line at side

Attacking player begins game w/ a vertical/parallel pass to target. Target passes ball back and pops wide either side to create space and form a 2v1 attack. 1st attacker makes decisions to either penetrate up the opposite side w/ dribble or pass to the target. Decision based on defenders movement.

P1: Add Crossing to finish



6:40

6:40-6:50 2v2 to 2v1 Transition

Setup: 10x15 yd area, 4 lines, balls with one of the lines on each side

Start w/ 2v2 game. Once a player shoots, the game is over and the defending team exits the field and the attacking team stays. Shooter must run around the goal which brings on 2 new players to attack a 2v1.



6:45-6:50

BREAK

6:50-7:25 7v7 / 8v8 Game

Setup: 40x80 yd field, 24' goals, 2 balanced teams (pinnies) w/ GK

Rules: No special rules, remind no kicking ball over fence "Control". Keep

Score: Losing Team does 5x (difference in score) PUSH-UPS, Winning team does 1/2 of the Loser's number

7:25

7:25-7:30 Close / Cleanup / Lesson Learned?

