

MONDAY Week #7

11-14 yr olds (2010-2012 birth year)

Players: 17, Groups: 2 (8+ per group)

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

6:15-6:30 Passing: Pass & Follow Warm-up

Setup: 2 lines of 3 players per line, 1 ball per line. 2 cones, 8 yards apart. 6-8 min

Player passes the ball across and follows the pass to back of line.

Receiving player repeats. 2-touch, inside foot passing

P1: Pass and position for a 1-2 wall pass.

Tips: hop to receive, hop to pass



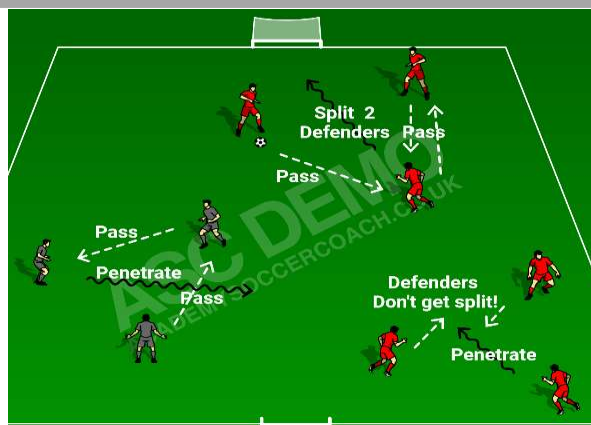
6:30

6:30-6:40 Passing, Penetrating Dribble

Setup: 20x30yd area, no cones

3 players, 8-10 yds apart, pass ball between them (clockwise or counterclockwise). At any time, a player can "test" the other two's readiness but trying to split the players with a dribble. Not over until 2 players got split

Tips: Attacker-Don't dribble on bad receives; Dribble when a pass made is a good one. Accelerate. 1st touch is starts the penetration. Defenders- anticipate, try not to get split; close the space, try to double team (otherwise 1 pressure, 1 cover).



6:40

6:40-6:50 Passing 4v1 Rondo game

10x10 yard area, 4 players, one ball, 1 pinnie for defending player.

Three players play keep-away from one defender. Defender holds pinnie. Defender must win the ball to change role. Drop pinnie for Player who makes mistake and must retrieve pinnie before defending.



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?