



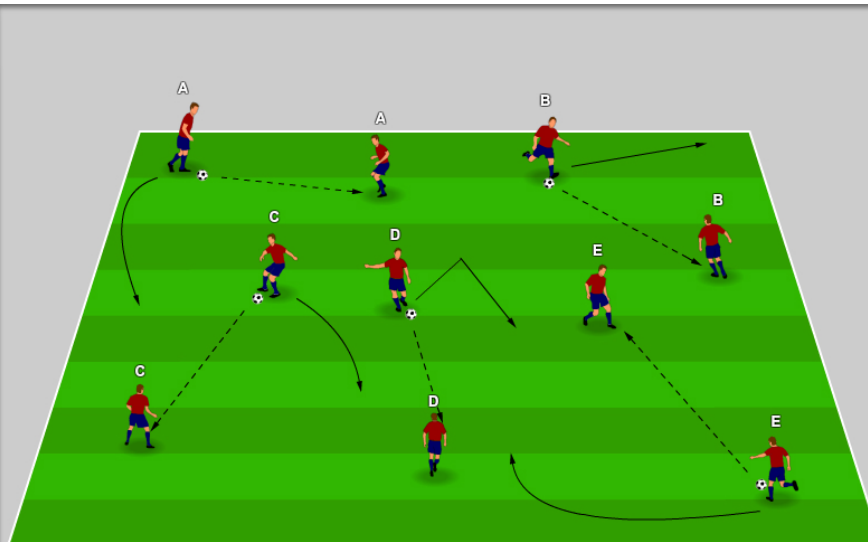
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

Date: 30/May/2016 **Duration:** 00:30 min
Time: 18h 00m **Age/Level:** U11 - U14

Session Passing
Objective:

U11/12 Week 10

Paint the field



Description:

In a 20X20 area, players work with a partner. Players pass the ball to their partner then move to new space to receive the ball back. Players are told that the ball is their paint brush and to use it to paint the whole area. Players should not just run away from their partner but move into space while keeping their eyes on the ball

Coaching Points:

Passing: 1. Eyes on the ball 2. Accuracy 3.

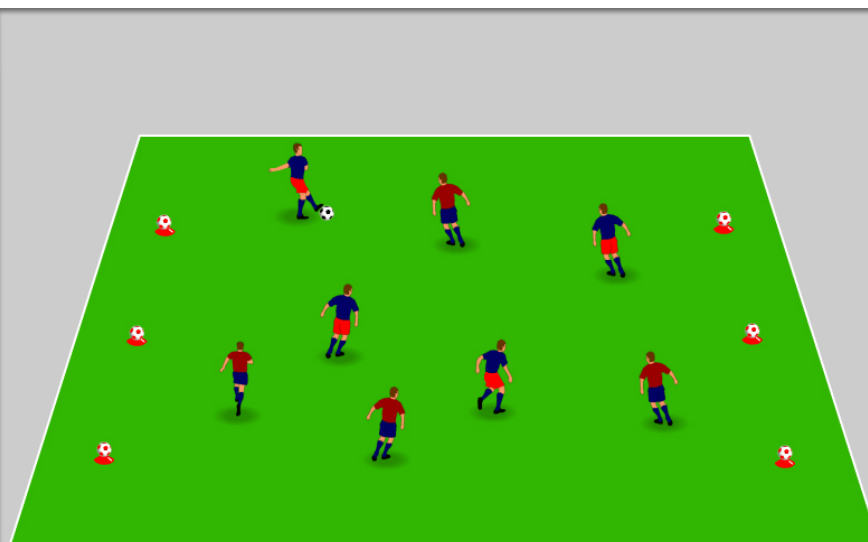
Pace/Timing/Weight 4. Part of foot/ball 5. Follow through

Receiving: 1. Eyes on the ball 2. Body behind the ball 3.

Attack the ball 4. 1st Touch control 5. Open body position 6.

Check shoulders

3 Target Game



Description:

Set up the game as shown in your half of the field. Divide your players into 2 teams. In order to score, a player must strike the game ball to knock a "target" ball off of the cone. Just let the players play and have fun.

Coaching Points:

Just let them play and have fun