



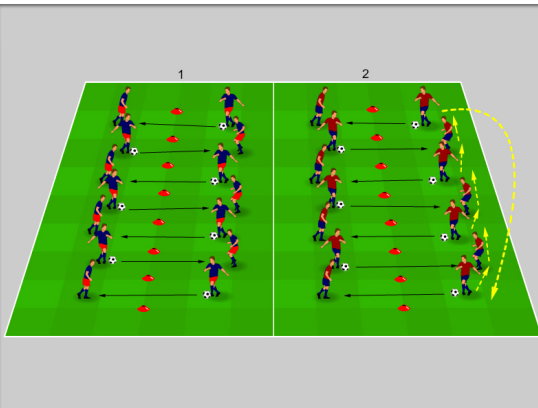
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

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

Session Passing
Objective:

U11/12 Week 2

Line Pass



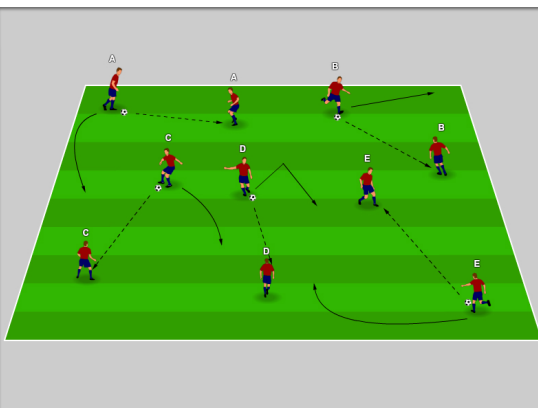
Description:

1. Players are in 2 lines facing each other as shown. Players pass the ball back and forth through the cones, checking back to attack the ball before receiving.
2. Same as 1 except one of the lines move to the next player after passing the ball. Once a player reaches the end of the line, they must sprint back to the beginning. Work for 2 minutes and then have the other side move.

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

Paint the field



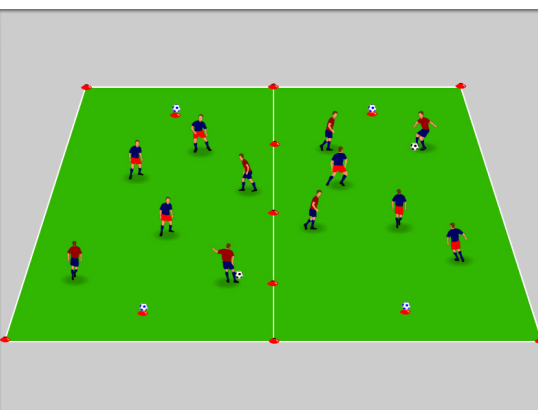
Description:

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

3V3 Games



Description:

Set up 2 games as shown in your half of the field. Divide the players into 4 teams of 3 players each. 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.