



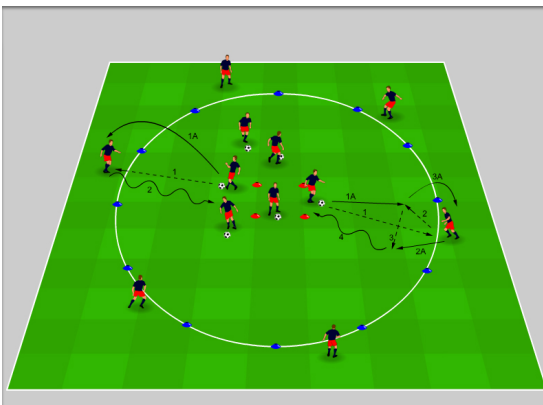
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

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

Session Passing
Objective:

U11/12 Week 3

Windows



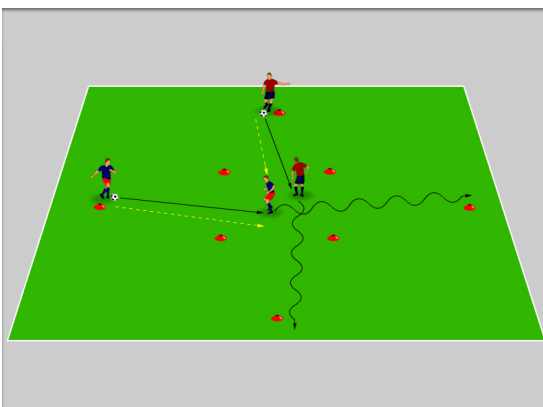
Description:

Create a circle 30 yds in diameter. Half the players outside circle. Half the players with a ball in the middle. Inside players pass a ball to a player on the outside and take their spot. Receiving players dribble to the middle square before looking for an outside player to pass to. Add a 1-2 and/or a dribbling move inside the square.

Coaching Points:

Passing: Eye on the ball, Follow through towards target, Strike pass with pace, Accuracy in pass
 Receiving: Eye on ball, Open body position, Body behind the ball, 1st touch control

Receiving under pressure 1



Description:

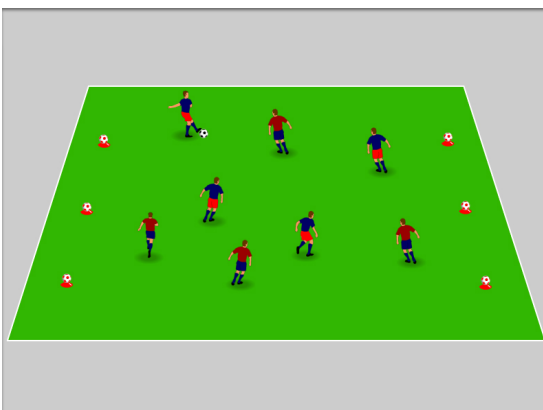
2 x 25x25 areas with 5x5 square in the middle. Players work in pairs with 1 player on the outside with the ball & partner in the square waiting to receive.

Player on outside of the square passes to teammate in the square then follows the pass. Player receiving must turn, dribble to opposite cone then perform a turn. Repeat from the other way. Players must be aware of the other groups performing the same practice in the same area.

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