



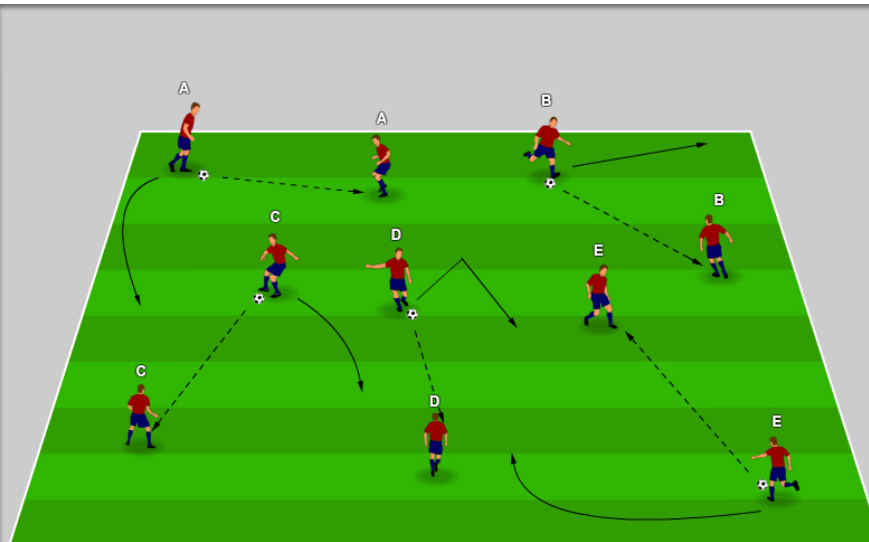
**Coach:** Ryan Gardner  
**Club:** Kingston United  
**Role:** Development Coach  
**Qualf:** USSF 'E' (Canada)

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

**Session:** Passing  
**Objective:**

## U11/12 Week 6

### 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.

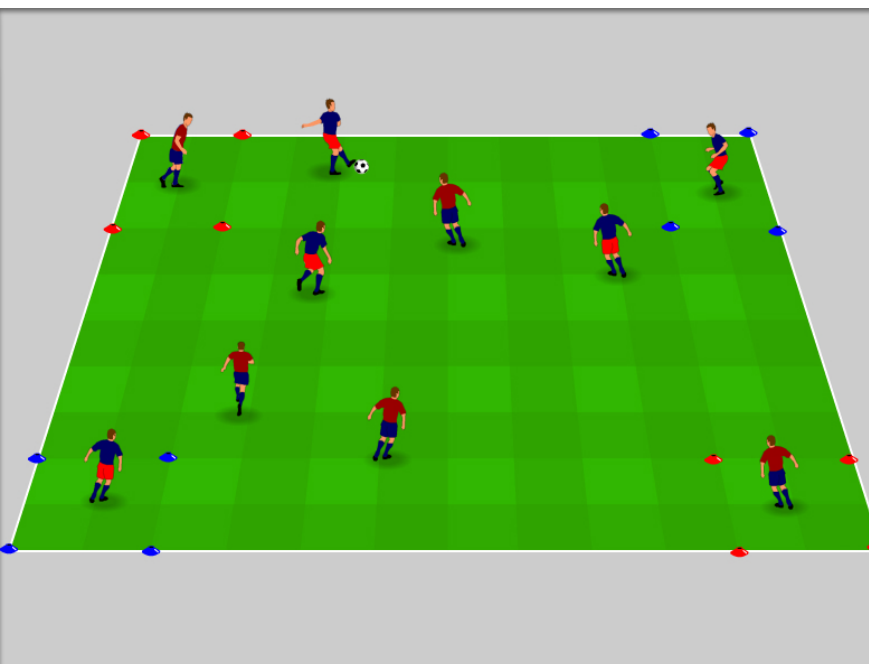
Pace/Timing/Weight 4. Part of foot/ball 5. Follow through

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

### Game with targets in diagonal corners



#### 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 pass to a teammate in the small square in diagonal corners. Players are not allowed to stand in the squares just waiting for a pass. Just let the players play and have fun.

#### Coaching Points:

Just let them play and have fun