



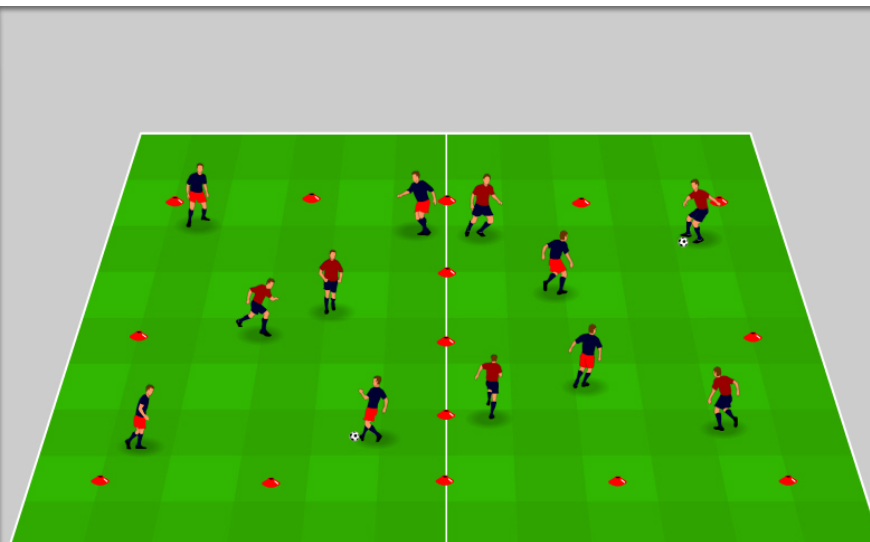
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

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

Session Passing
Objective:

U11/12 Week 7

4 V 2 Rondo



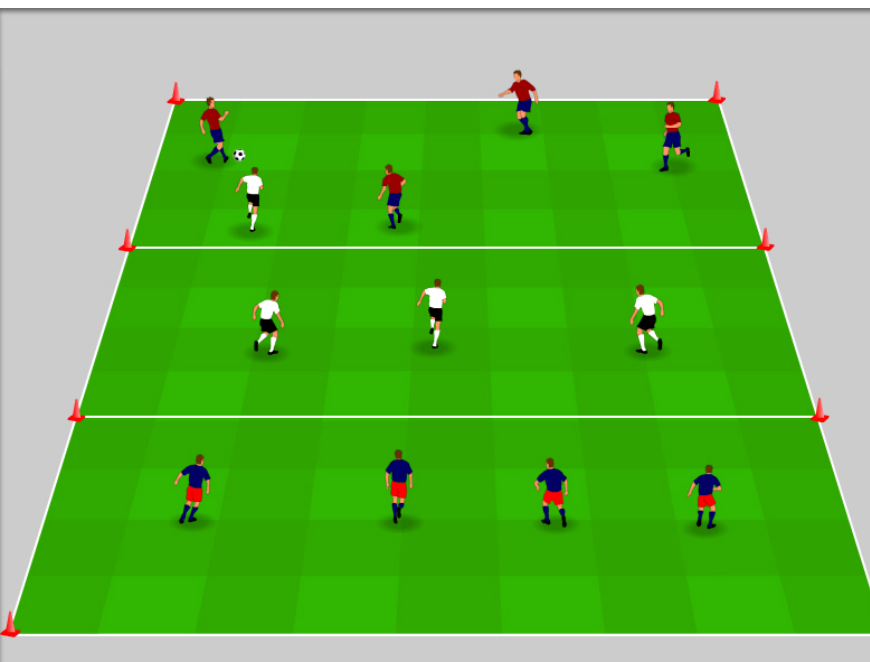
Description:

Set up 2 game grids in your half of the field. Players play 4 or 5 against 2 keep away. The team with the larger number gets a point for every 4 passes completed in a row and a point every time they make a pass that splits the defenders. Defenders get a point for taking the ball and making 2 passes. Switch the defenders every 2 minutes.

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 Zone SSG



Description:

Divide a 30X30 grid into 3 equal areas. Divide the players into 3 teams. Players in the middle area are the defenders. The other 2 teams pass the ball for a certain number of passes before playing it past the center defenders to the team on the other side. The defending team sends 1 player in at a time in order to steal the ball. Defending team can switch with a passing team every time they take the ball or you can use a time limit.

Coaching Points:

1. Eyes on the ball
2. Accuracy
3. Pace/Timing/Weight
4. Part of foot/ball
5. Follow through