



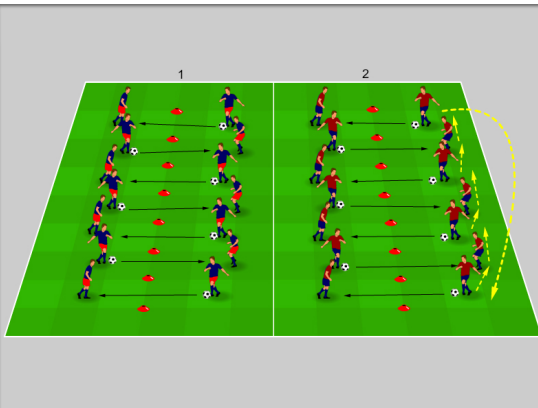
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

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

Session Passing
Objective:

U11/12 Week 8

Line Pass



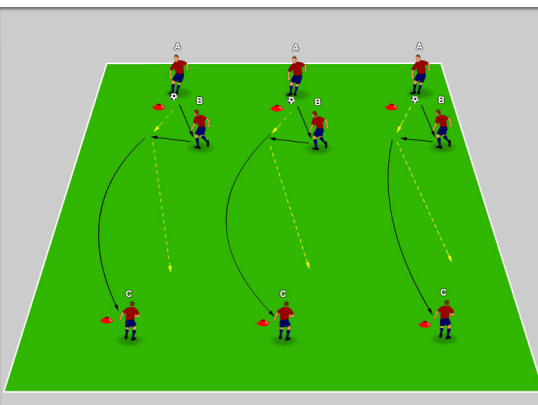
Description:

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

Short, short, long



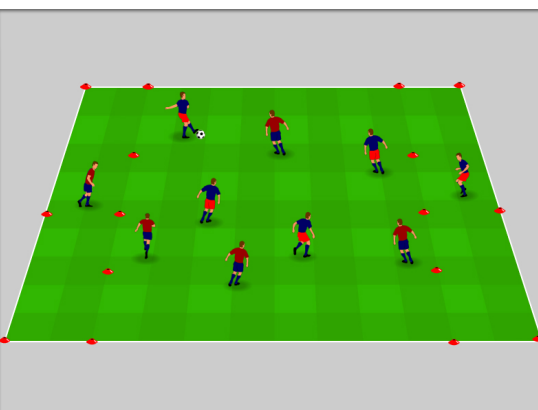
Description:

Set up 2 cones 20-30 yards apart depending on the skill of your players. Repeat the set up to accommodate the whole team. Player A passes to B. B lays the ball off for A to play a long ball to C. B takes A's spot. After the long pass, A runs towards C to receive a short pass and the pattern restarts. Add players into the session at one of the end cones if your numbers are not divisible by 3.

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

Endzone 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 pass to a teammate in the endzone. Just let the players play and have fun.

Coaching Points:

Just let them play and have fun