

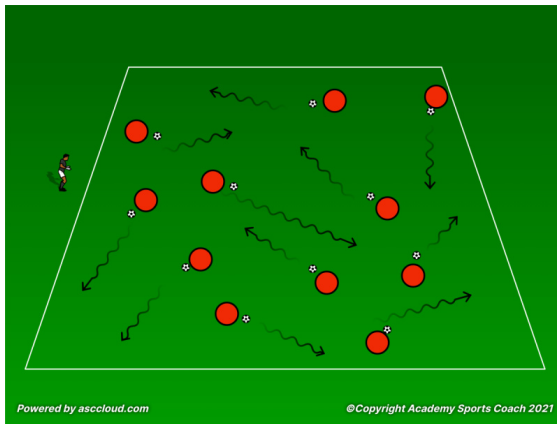
Select a Date

u7-u12 MHYSC Week 11

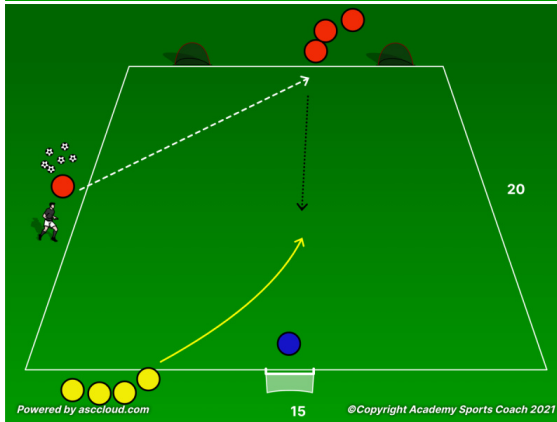
Select team

1v1 with pressure from the front leading to recovery defender and support

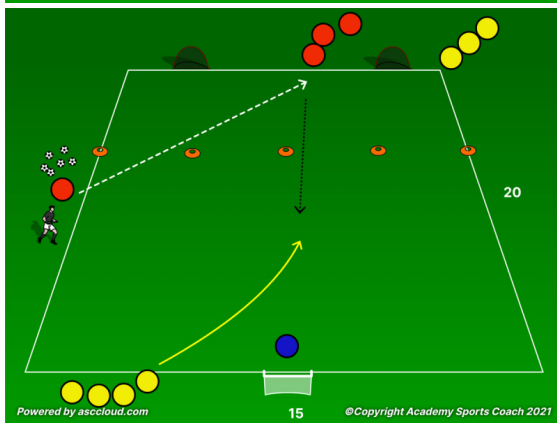
60-90 minutes



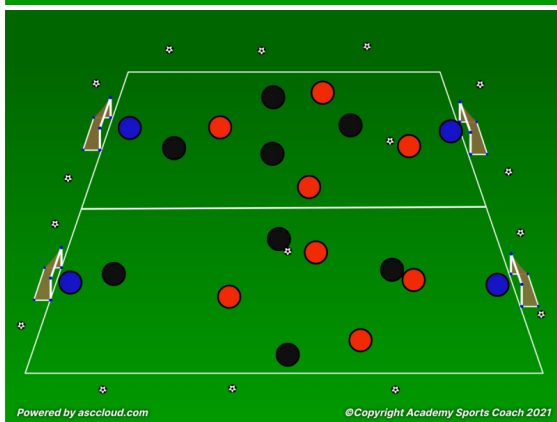
Ball Mastery warm up.
 Players utilize the full field to dribble in any direction
 Players are asked to express themselves as they get lots of touches on the ball. Every 4 touches the player should change direction by showing either a turn or a move to beat someone.
 As the players dribble, the coach calls out foundation touches such as toe taps, inside inside, inside outside, Brazilian roles etc.
 Coaches can make this a competition to see how many touches a player can get in 60 seconds or how many turns/moves a player can do in 60 seconds.
 As a coach, be creative with what you are asking the players to do.



1v1 Game to goal: Pressure from the front.
 6-8 Players. Players play as individual players and keep account of the number of points they score.
 Attacker's objective is to receive a pass, take a positive first touch and beat the defender to score in the goal that has a GK. Defender's objective is to close the attacker's space quickly and stop their forward progress, they look to win the ball and score in one of the other 2 goals.
 1 point awarded if the attacker scores
 2 points awarded if the defender scores
 Rotate players each action. Server to attacker, attacker to defender, defender to server.
 Coaching Points:
 Attack ball
 Positive 1st touch out of your feet
 Attack defender at speed
 Change direction to go behind defender
 Accelerate to beat defender



1v1 Game to goal with recovering defender and support player: Pressure from the front.
 6-8 Players. Players play as individual players and keep account of the number of points they score.
 Attacker's objective is to receive a pass, take a positive first touch and beat the defender to score in the goal that has a GK. As the attacker has their 1st touch the recovering defender joins the game to make it a 1v2. Once the attacker crosses the line of cones, the server can join to make it a 2v2 game.
 Defender's objective is to close the attacker's space quickly and stop their forward progress, they look to win the ball and score in one of the other 2 goals.
 1 point awarded if the attacker scores
 2 points awarded if the defender scores
 Rotate players each action. Server to attacker, attacker to Recovering defender, Recovering defender to defender, defender to server.
 Coaching Points:
 Attack ball
 Positive 1st touch out of your feet
 Attack defender at speed
 Change direction to go behind defender



5 v 5 (Max). Players are given freedom to explore and bring out the 1v1 skills that have been worked on during the session.
 If the ball goes out allow the team to collect the closest ball and start the game with a dribble in or pass in.
 Try not to stop the game to coach but manage the players if needed. Celebrate success when you see successful 1v1's or attempts at 1v1's.
 Coaching Points:
 Attack ball
 Positive 1st touch out of your feet
 Attack defender at speed
 Change direction to go behind defender
 Accelerate to beat defender
 Finish with a positive action (Shoot, pass, cross)