

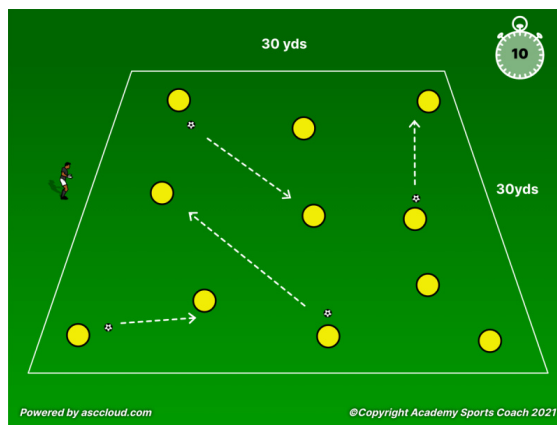
26 July 2021

u7-u12 Recreational Program Week 2

Select team

Individual Technical Work

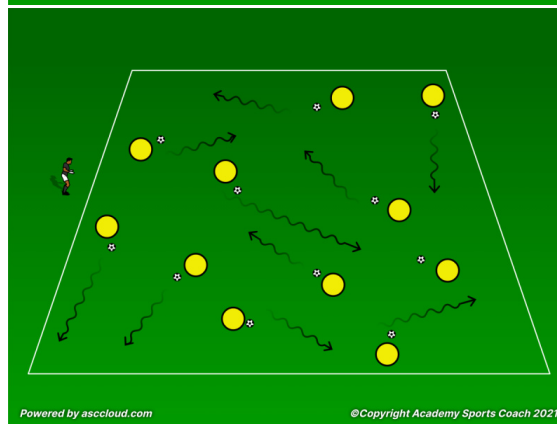
Time: 60 minutes



Players pass and move within the area. Challenge the players to work on different ways to receive the ball and turn away from pressure. Encourage the players when in possession to attack space and play quality passes to a team mate who is looking for the pass.

When the coach calls out "Game on" the 2 players that are passing and moving play 1v1, with the aim for the attacker to keep possession of the ball, and the defender to regain possession. At the end of 60 seconds, which ever player has possession of the ball, scores 1 point. Play several times to create competition between players. Feel free to switch the partners up as you play the game.

**Coaching Points:**  
 Accuracy and weight of the pass  
 Play to the receivers back foot.  
 Check shoulders to be aware of what is around you

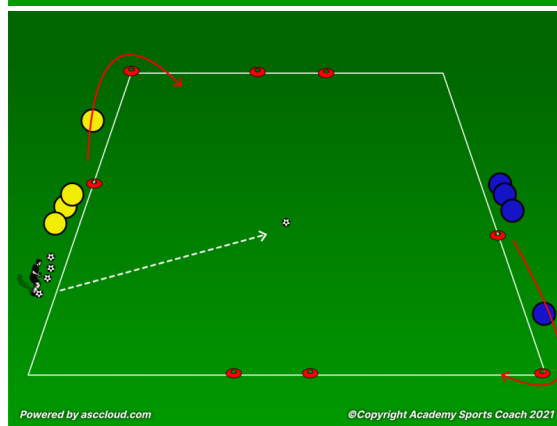


**King/Queen of the Ring**  
**Organization:**  
 All players have a ball each and are placed in an area as shown above. Size of the area will change based on the amount of players.

**Procedure:**  
 Prior to playing the game have the players moving around inside the area to gain touches on the ball, asking them to show you any thing that they can remember from the previous session. (moves etc)  
 Players dribble their ball ensuring that the ball is always moving.

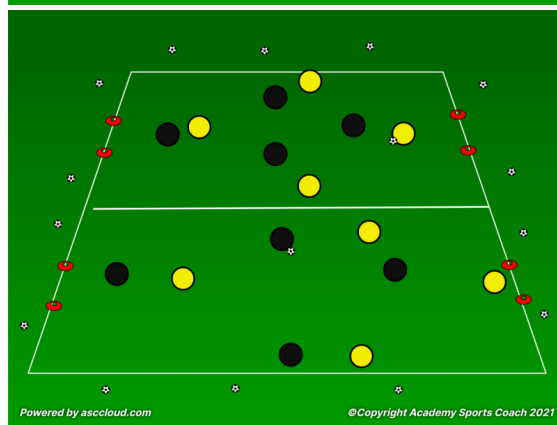
On coaches command all players keep their own under control while attempting to kick other players balls out of the circle. If a players ball is kicked from the circle, they can return after 10 toe taps.

**Coaching Points:**  
 See the ball/See the player  
 Change of speed/direction  
 Keep head up  
 Use all parts of both feet  
 Have FUN



Players line up as show with the playing area set as show. Coach calls a specific number out which could be anywhere from 1-5. That is the amount of players that run around the cone into the field to play.

Emphasis is on players working individually or with a team mate to beat their opponents and score a goal. If the ball leaves the field, the game is over and the coach restarts with a different number of players.



2 games of 4 v 4. 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.

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.