

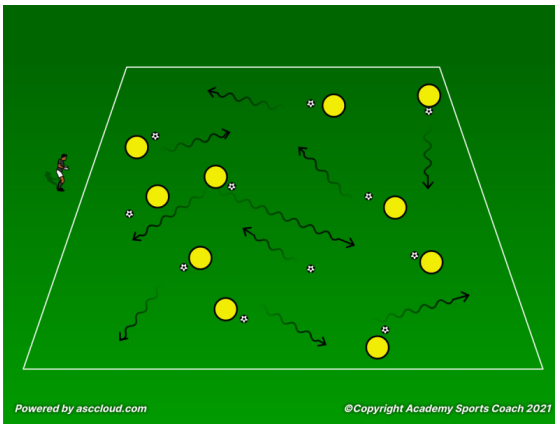
3 August 2021

u7-u12 Recreational Program Week 3

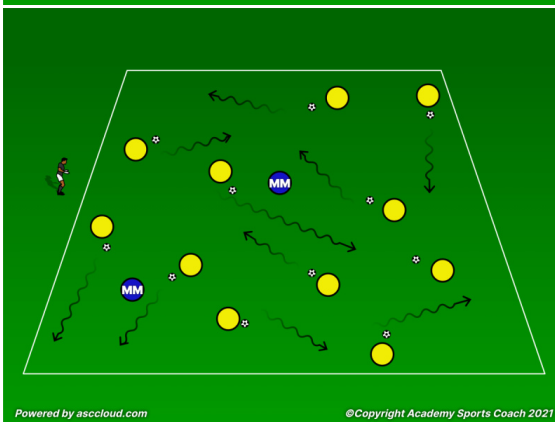
Select team

Individual 1v1 attacking

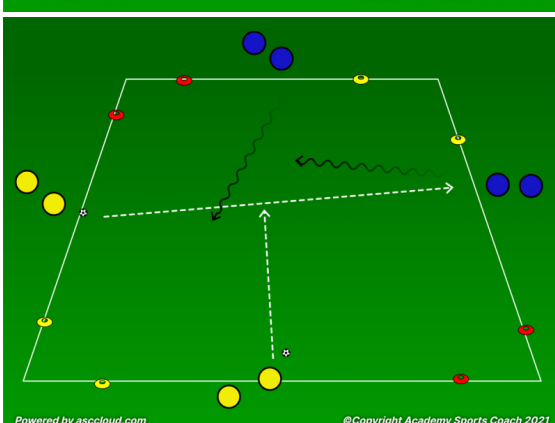
60 minutes



**Ball Mastery warm up.**  
 Players utilize the full field to dribble in any direction ensuring that they keep correct physical distancing.  
 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.

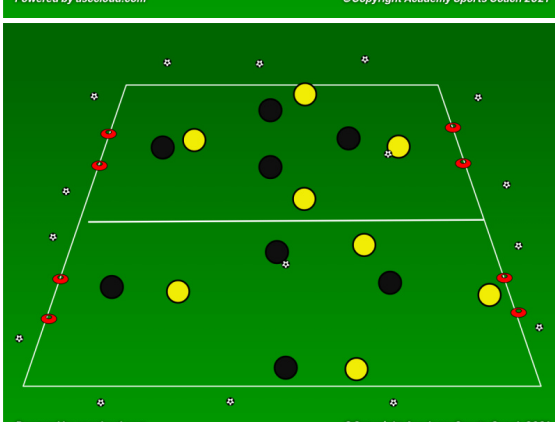


**Mud Monsters!**  
**Organization:**  
 Set up a 20m x 20m grid, 12 players, 10 with the a ball at their feet, 2 players outside the grid as catchers. (Mud Monsters)  
**Procedure:**  
 On Coaches call the catchers try to tag the players dribbling inside the area. If a player gets tagged they stand with their legs apart shouting Help, Help I'm stuck in the mud To be freed a player can crawl through the back of their legs. If the Mu Monsters catch and freeze all the players they win. If after 60 seconds the players are still dribbling, they win.



**Emphasis:**  
 FUN, Listening, Dribbling, Changing Direction, Balance, Agility, Coordination, Imagination Mud Monsters (10 mins)

4 groups of players are set up as shown in the photo. Both yellow groups start the game off by playing to the blue players opposite them. The blue players become the attackers and attempt to dribble through one of the 2 goals in the corners. If the defenders win possession they try to dribble through the opposite goals. 2 games of 1v1 are happening at the same time.



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.