

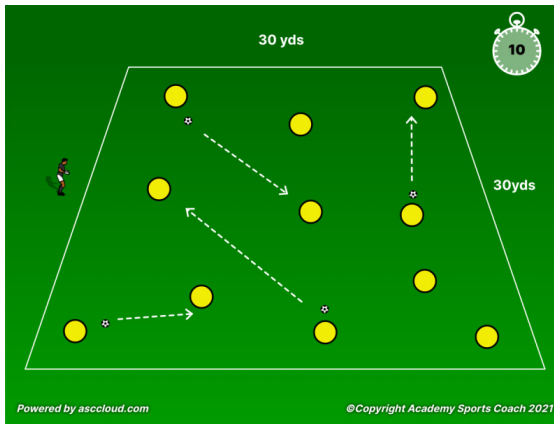
9 August 2021

u7-u12 Recreational Program Week 4

Select team

Passing and Receiving

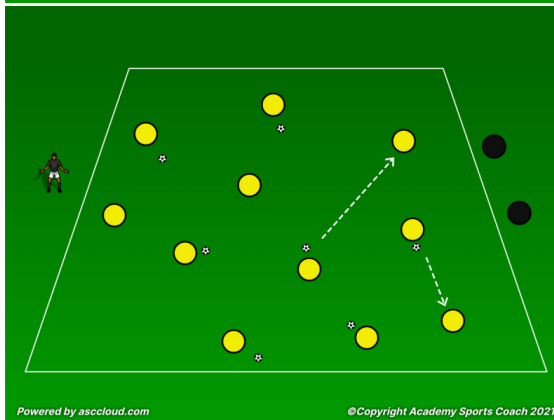
Time:60 minutes



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.

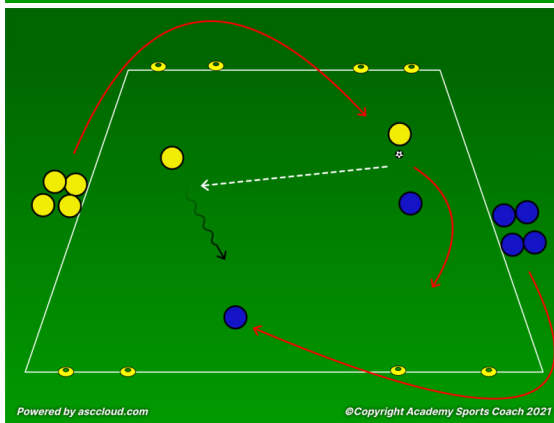
When the coach calls out "Game on" the 2 players that are passing and moving play 1v1, with the aim for the attacker to keep possession of the ball, and the defender to regain possession. At the end of 60 seconds, which ever player has possession of the ball, scores 1 point. Play several times to create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



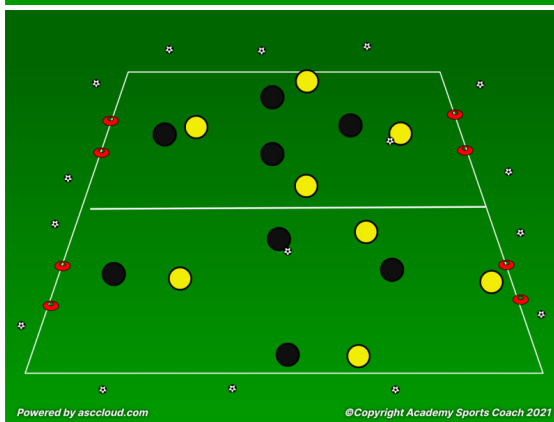
All yellow players start with a soccer ball. The 2 players in black come into the area as defenders and try to kick players balls out side of the square. If your ball gets kicked out you then can work with other players to keep possession of the balls and keep the ball away from the defenders. Make this a competition to see which 2 defenders can get all soccer balls out of the square in the fastest time.

Coaching points:  
 Accuracy of the pass  
 Communication with team mates  
 Movement to support your team mate



Players are set up as shown to play 2v2. When the coach calls go, 2 players from each team run and enter the field between the 2 goals. Players now play 2v2 looking to score in either of the 2 goals that they are attacking.

Coaching points  
 Be positive if you have a 1v1 situation  
 Combine with you team mate with a quality pass  
 Always keep moving to find space.



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.