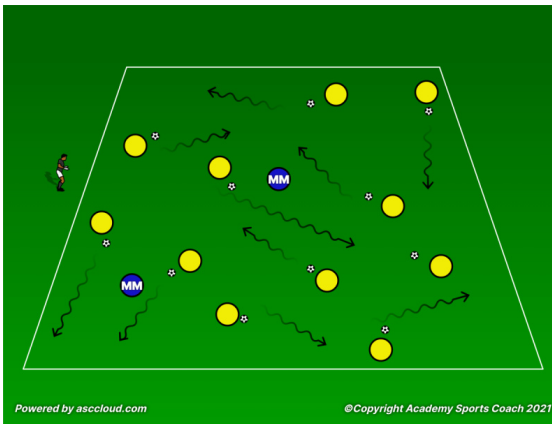Select a Date | u7-u12 Program Week 6 | Select team

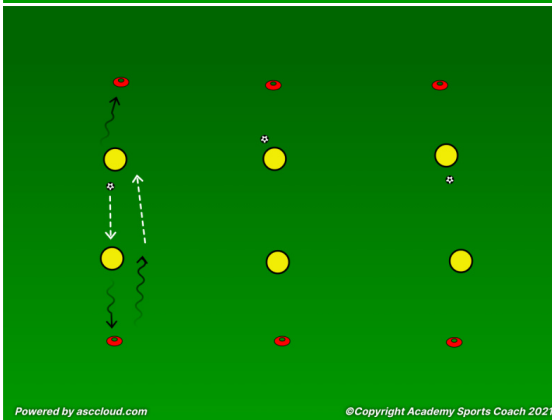Passing and Receiving | 60 minutes

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)
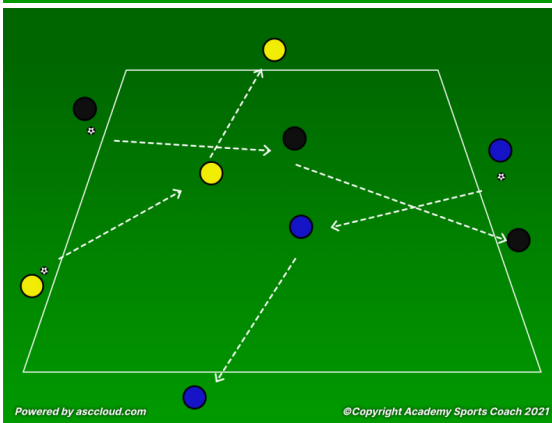
Procedure:
On Coaches call the catchers try to tag the players dribbling inside the area. If a player gets tagged they stand with their legs apart shouting Help, Help I'm stuck in the mud To be freed a player can crawl through the back of their legs. If the Mu Monsters catch and
freeze all the players 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)
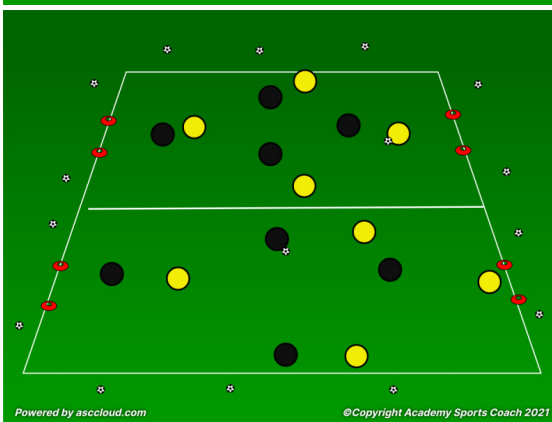

Passing and turning activity.
Players are in pairs approx. 8yds apart.
Play in to your partner who receives "sideways" on. and dribbles to the red cone. When approaching the red cone execute a turn (drag back, inside hook, outside hook etc) turn and dribble back and play to your partner who does the same.

Coaching points:
Receive sideways on
Exaggerate your turn
Explode out of turn
Accuracy of pass

Players placed into groups based on numbers.
1 player in the middle from each group and 2 on the outside from each group. Each group of 3 play with each other.
Ball starts on the outside and is played into the middle player, who turns and looks to play to the 3rd player who is moving on the outside of the square. Player in the middle works for 60 seconds.
Players in the middle can move anywhere inside the square and players on the outside can move any where on the outside.

Focus should be on the:
Quality of the pass
Receiving touch
movement off the ball

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.