



U9-u11 Recreational Session 11

Category: Technical: Passing & Receiving

Difficulty: Moderate

Am-Club: Waterloo Minor Soccer Club
Carl Horton, Waterloo, Canada

Description

Dribbling/passing and receiving combination (10 mins)

Organization:

Half the players each have a ball inside a 24 x 40 yds area; The other half of the players are placed into pairs, with 1 ball per pair.

Procedure:

The players that have a ball each dribble inside the area changing direction when necessary or every 4 touches. Players that are dribbling should be asked to express themselves by performing moves that will enable them to beat players when faced with a 1v1 situation. As the players dribble coaches should also ask the players to perform things such as Toe taps or bells. (Coaches be creative). The pairs are asked to pass and move at the same time looking to work on a variety of passes (short and long) as well as receiving the ball with different parts of the foot. All players are working in a chaotic environment so should be encouraged to play with their heads up and make appropriate decisions based on what is happening around them.

Switch players up every 2 minutes.

Emphasis:

Dribble with head up, correct part of foot (laces) Accelerate into spaces.
Pace and accuracy of pass, decision on first touch (into space)



4v4 to 2 target players (10 mins)

Organization:

12 players are set up inside the area as show. The area is 25 x 25.

Procedure:

Play a game with 2 teams. Each team has 2 gates to defend and 2 gates to score in. 2 players of each team are located at gates. Play a 4 v 4 game in the middle. Each team score a goal, by passing the ball to one of the team mates, located in opposite gates and after pass is made they switch places (passer goes in gate, player in gate, joins his team in middle). Continuous game.

When ball is out of bounce, game re starts by the team who was in Def.

Coaching points:

Accuracy of the pass
Eyes on the ball
Pace/weight of the pass
Part of the foot/Part of the ball
FUN.



2v2 SSG (10 mins)

Organization:

10-12 players

see diagram for set-up and equipment
area approx. 16x16

Procedure:

On coach's call (red yellow) 2 players for each team must react, touch that colour cone, then run around their net, with coach passing ball in, to play 2v2, can score in either goal, if win the ball attack opponents net.

Coaching Points:

See the ball/See the player
Change of speed/direction
Keep head up
Use all parts of both feet
Decision making, Should I dribble or pass?
Have FUN



Regular 5v5/6v6 (10 mins)

Organization:

10-12 players placed into 2 teams of 5 or 6. The playing area will be 25x20m (adapt for age/ability/numbers)

Regular 5v5/6v6 small-sided game. Play with a Retreat Line - after a goal, if the ball goes out on the end or GK secures the ball, the opposition must back-up behind the line. Cannot cross line until first touch is taken. If ball goes out of play, ball can be passed or dribbled in.

Coaching Points:

Accuracy of the pass

Eyes on the ball

Pace/weight of the pass

Part of the foot/Part of the ball FUN.

