



U9-u11 Recreational Session 3

Category: Technical: Coerver/Individual Skills
Difficulty: Moderate

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

Description

Coerver- Ball Mastery (10 mins)

ORGANIZATION:

20x20 grid or square.

1 Player, 1 Ball & 2 cones.

Each player standing in between two cones with a ball.

INSTRUCTIONS:

Technical Warm-Up 10 minutes.

The session begins with players dribbling their ball inside the square looking to express them self's by executing moves that will beat players. THE COACH SHOULD DEMONSTRATE MOVES FROM THE PREVIOUS SESSION. Upon the coach calling out the following "Foundation Touches" the individual player performs the specific skill on the spot for 10 seconds, gaining as many touches as possible.

Bells, Toe Taps, Sole Drags, Inside Outside.

The AGHC should manage the players accordingly and adjust the activity as needed to ensure the intensity is high. Coaches can add competition to the activity to keep players motivated and engaged.

COACHING POINTS:

See the ball/See the player

Change of speed/direction

Keep head up

Use all parts of both feet

Have FUN



Individual Keep away (10 mins)

SET UP:

Players are placed inside the playing area with a partner in which they will compete against. 1 player will have a ball.

INSTRUCTION:

On the coach's command players will play 1v1. For the player in possession of the ball their objective will be to keep possession and score as many points as possible by dribbling across the lines. Once a player has dribbled across one line, for them to score the next point they must dribble across a different line as shown in the picture above. If the defender wins possession he/she then becomes the attacker and has the same objective. Play the game for 60-90 seconds and then change partners to create different competition.

Progression: Place the players into 2v2 situations. Now the players are faced with a different situation and have to make a decision on what is the best option. Dribble or Pass?

COACHING POINTS:

See the ball/See the player

Change of speed/direction

Keep head up

Use all parts of both feet

Have FUN



SSG- 1vs1 (20 mins)

ORGANIZATION:

20x20 grid or square. Coaches may need to set this up twice depending on numbers.

INSTRUCTIONS:

The session begins with the coach rolling a ball in to the area. Players are positioned as shown. Once the ball is rolled into the area the players compete 1v1. Encourage the player on the ball to check the shoulder so that they are aware of where the defender is.

The player on the ball can score on either goal emphasizing change of direction, creativity and cuts.

COACHING POINTS:

See the ball/See the player

Change of speed/direction

Keep head up

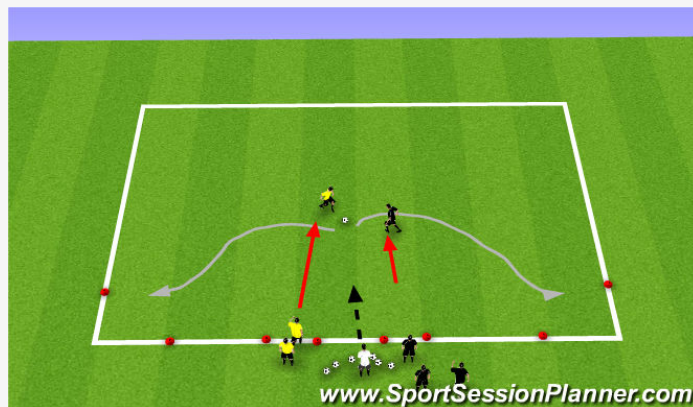
Use all parts of both feet

Have FUN

PROGRESSIONS:

Adjust pressure to come from front or side instead of from behind.

Add more small goals.



5v5 with Retreat Line (20 mins)

Organization:

Players placed on to a field as shown. If you have lower numbers it is OK to play 2v2, 3v3 or 4v4

Procedure:

If the ball goes out of the field players can make the decision to either pass or dribble in, once the ball has been saved or gone out for a goal kick defensive team must retreat to the retreat line at half way. Allow the players to play.

Coaching Points:

See the ball/See the player

Change of speed/direction

Keep head up

Use all parts of both feet

Have FUN

