

Summer Fun 3

Date: Jul 23, 2019 6:00 PM - 8:30 PM



U7-U9 Warmup

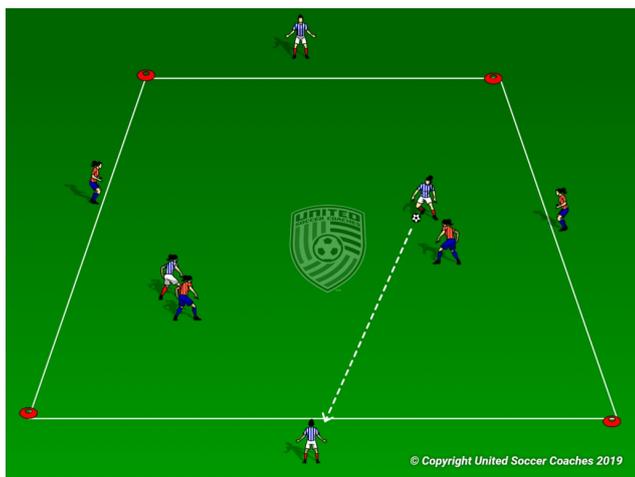


Setup: 20 X 20 Grid with 8-10 attackers with the ball and 4 defenders. In center of grid have 2-3 puggs facing outward.

Execution: Start the warm up with players in pairs and a ball between them. When told to players try to win the ball and keep it. Let them play 1 V 1 for possession for 30 seconds and restart. Progress to two players with ball between them and two teammates near buy. Now have player win the ball and play 2 V 2 keep away. Finish with 8-10 players with the ball spread throughout the grid. Trying to keep the ball, 4 defenders try to steal a ball and put it in the net. Attackers try to get it back before it goes in the net. If it goes in the net, the attacker is now an additional defenders. When defenders numbers increase can team to get scores.

Variations:

2 V 2 + targets



Setup: In 20 X 20 Box 4 V 4 game. 2 V 2 inside the box. The targets on outside. One team across the vertical, the other team across the horizontal.

Execution: Players play keep away trying to get ball from 1 target to the next. If defenders steel, they try to get ball to go in other direction.

Variations: Add a goal outside of box behind the targets. After played to target, can get a shot on net.

Coaching Points/objectives: This is a drill game to promote fast passing and ball control on offense and attack and cover on defense. Passing ask if players can create space for a through ball. When defense wins the ball, where is the pass to space. Can the players move with direction and change of speed to open up for a pass forward.