Summer Fun U7-U10 week 4

Fitness: 20% **Technique:** 40% **Tactics:** 20%

Attack, Ball control, < U9, U11, Warm-up, Team, 0 Goalies

Setup: U7-U10 In 20 X 20 Grid put 4 goals (2 per side). Start with two teams of 6-8. Set up in pairs one ball between them.
Progression: Set up half of each team on the sides with the goals.
U11-U12 Get players reacting to the first touch of a passer, by finding space as a group, then receiving the pass before laying off and combining to create goal scoring opportunities. Offers forward players variety and repetition in receiving and passing the ball in advanced spaces. Play on half a pitch, six attackers against five mannequins and a goalkeeper (add live defenders as you progress). The server takes a touch. This sets up the movement of the striker and 3 midfield players. The second touch is the pass to the most advanced forward. Then progress with live defenders.

Execution:
Initial warmup. One player must keep a foot on the ball and protect it. Opponent must steal it away, get to space, then hold and shield the ball from the opponent. After 1 minute count players with the ball, team with the most players wins the round. After two rounds provide examples on how to shield, and how to on defense establish position and force attacker off the ball.
Progression: Coach distributes a ball in. Players play 1 V 1 to goal. Coach can have multiple players going at once.
Objectives: Discussion and repetition on shielding the ball and using shielding to change direction and steal the ball.
After round demonstrate how shielding can be used to go to goal and prevent attack.