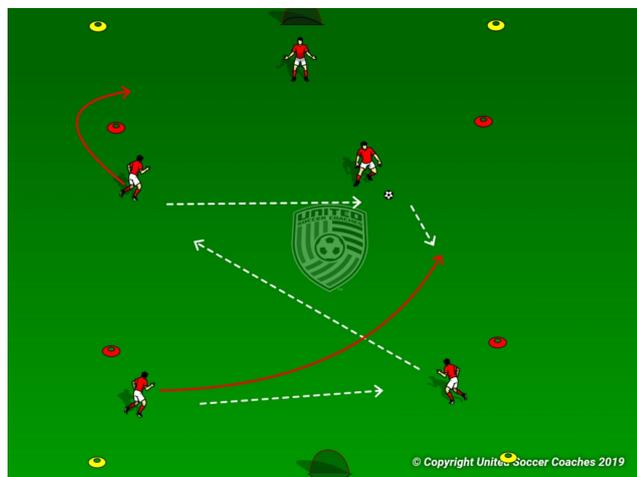


U11/12 Passing with a purpose

Fitness: 20% Technique: 40% Tactics: 0%

Attack, Passing, U13, U11, Main, Team, 0 Goalies



Setup: In 25X35 grid with a smaller 25 X 25 grid inside set up 10 players to grid.

Execution: 4 V 4 games to start. After pregame, move to sequence passing (2 sets of 4 players in smaller grid). 1 pass to 2, pass to 3, pass to 4, pass to 5, pass to 1...

Provide direction in passing. Pass with left foot. Can you pass between two players on opposite team? Observe the movement, watch receive control and strength weight of the pass. Discuss ball strike and 1 touch. 15-20 minutes.

***** Drink Break *****

set up two teams in a 2-2-1 formation. 2 players in defense, 2 midfielder, 1 striker. Start with each team having a ball and pattern passing. Ball starts in defense. Defender passes to other defender and then goes into midfield. 2 defender passes to midfield. 1 midfielder passes to 2 midfielder and then goes into striker zone. Second midfielder passes to defender that just came into zone. Defender then passes to striker. Striker passes to midfielder that just came into striker zone (they are now defenders going the other way) Striker now moves into midfield zone. Pattern starts over again going in the other direction.

Coach Questions/Objectives:

Can you receive the ball to set up the next pass? Can you change sides with a pass in each zone? How fast can you move the ball through the patter<

Progress to sequence passing, must move the ball from one end to the other with at least 2 passes in each zone.

Coaches Questions/Objectives

Can you pass to space for a player to run on to? How does a player know to turn or pass back?

(20 minutes)

***** Drink Break *****

Closing Game. Leave the grids in. Observe. Are they playing with the height, depth and width spacing. Are the changing the field in the back field? Do they pass the way they face? Are passes to feet and are players turning. If you can mix in goalies and large net to set up cross and shot in final third zone, great.