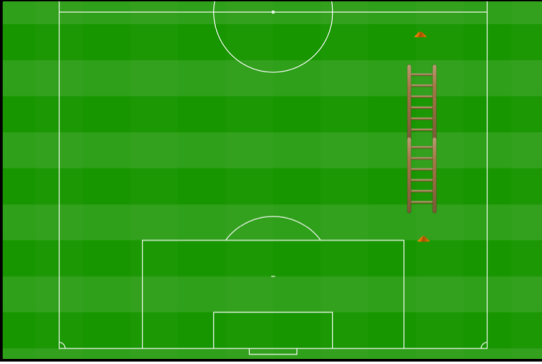


Day 11

Date: 4/11/16, 11:03 AM

Warmup



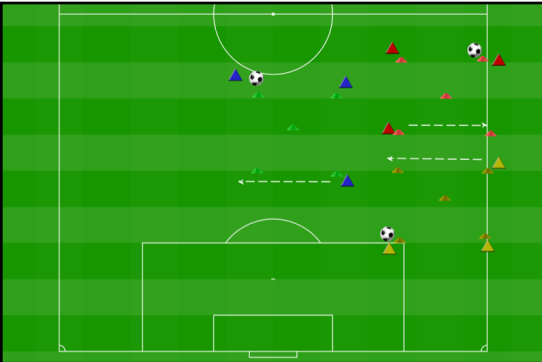
Warm-Up Speed Ladder

Speed Ladder

Speed Ladder. Each one twice. Finish at cone.

1. One Foot In.
2. Two Feet In.
3. Sideways 2 Feet High Knees/Switch Sides.
4. Zig Zags (Ickey Shuffle).
5. Zig Zags Backwards (Ickey Shuffle).
6. Sideways Two Feet In/Switch sides.
7. Boxer Shuffle Sideways.
8. One Foot Hops/Each Foot.
9. Hop Scotch.
10. Hop Scotch Two Feet In Two Out
11. Two Up One Back

Exercises

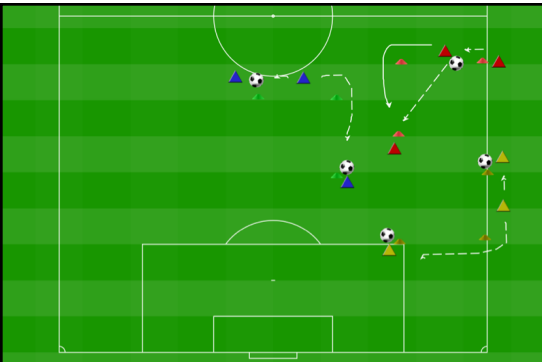


Day 11

Open cone passing

Simple passing warm up 3 players, 5 cones, 1 cone in the middle. Depending on where the ball is played, the other players need to change cones to open up to receive the ball. You can either player but can not pass the ball diagonal across the square. 2 touch then 1 touch, play and move quick.

As always, call for the ball.

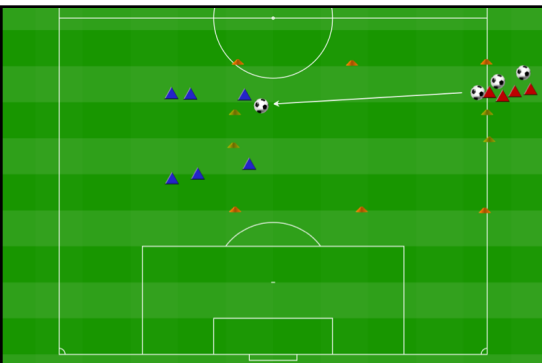


Day 11

Passing/opening up

Groups of 3 players, 2 balls, and a set of cones. 2 players on outside has the ball, the player in the middle is working and checking to the player outside each time and must get around the cone and create a good angle to receive the ball and show support. Go for about 30 second each. 1. 2 touch trap pass (right foot one side/ left foot the other). 2. 1 touch. 3. (1 ball) Player checks to one side (open hips) and traps with far foot and pass with same foot to other player. Runs around and same on other side. 4. Player checks one side, traps with far foot and passes with other foot.

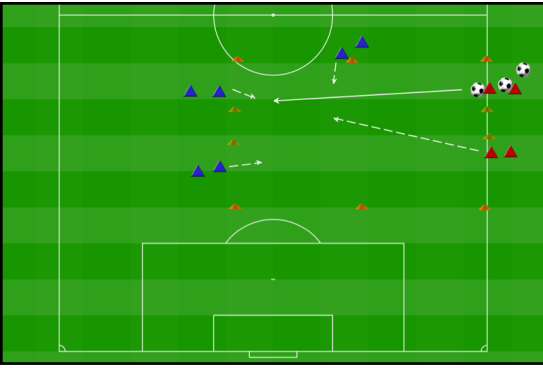
U10 can try 1 touch, player checks in, plays back one touch, then plays the ball across while player in the middle is getting around the cone to receive the next ball.



Day 11

2v1

2v1 to goal. 2 attacking lines by goal, 1 defensive line by their goal. Defender plays ball to either attacking player and the game is live. The player who receives the ball should dribble at the defender, take the space while the other player is opening up wide to receive it. Two things will happen if they do it right, if attacking player dribbles at the defender with pace, the defender will be forced to step, that's when the attacking player should pass to team who is in a open area to receive the ball. Or what will happen is the defender will go with the player who is making the run and the player with the ball will be able to take the ball himself.



Day 11

3v2

3v 2 to goal. Should always be an open player. 2 attacking lines by the goal, one line at the half way point, both defenders at their goal with ball. Ball is played in from defender to either attacking player on the end line, after that, the first pass should be to the wide player on the side line. Ideally I would like that side line player to pass the ball backwards to start the attack. This way the defender would normally follow the ball (chase the drop pass) and then the other two players must open back up to receive the ball again. Really stress spacing moving off the ball and it is ok to play backwards. If defenders win it they can score.