

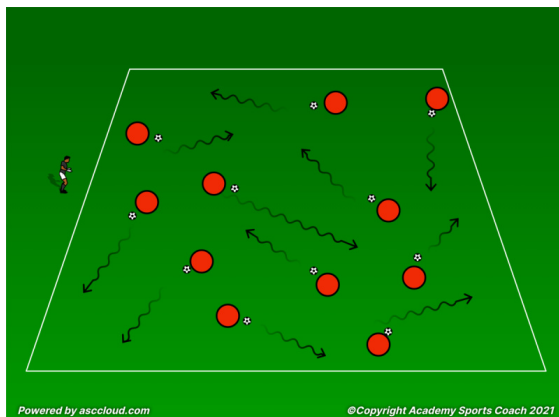
3 August 2021

u7-u12 Recreational Program Week 3

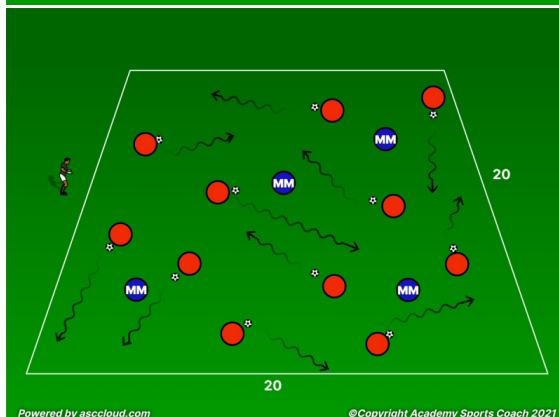
Select team

Individual 1v1 attacking

60 minutes

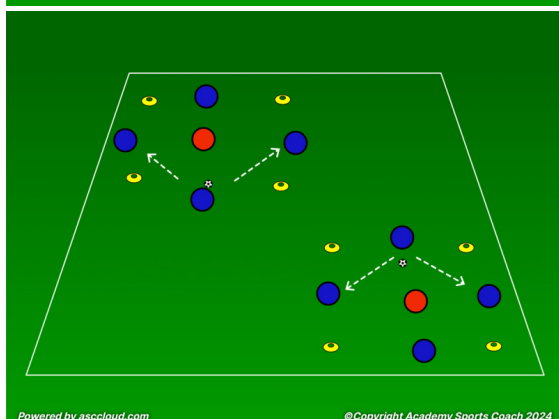


Ball Mastery warm up.
 Players utilize the full field to dribble in any direction
 Players are asked to express themselves as they get lots of touches on the ball. Every 4 touches the player should change direction by showing either a turn or a move to beat someone.
 As the players dribble, the coach calls out foundation touches such as toe taps, inside inside, inside outside, Brazilian roles etc.
 Coaches can make this a competition to see how many touches a player can get in 60 seconds or how many turns/moves a player can do in 60 seconds.
 As a coach, be creative with what you are asking the players to do.

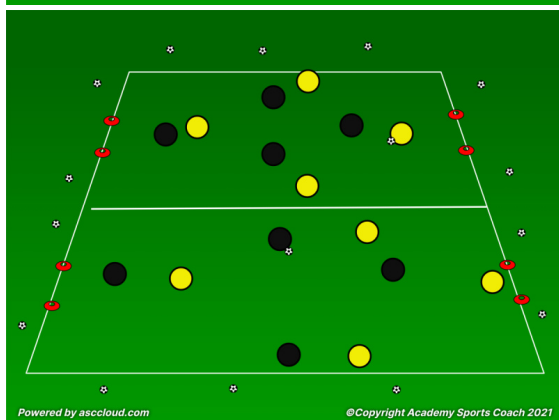


Mud Monsters!
Organization:
 Set up a 20m x 20m grid, 4-6 players become Mud Monsters with the rest of the players inside the area with a ball.
Procedure:
 On Coaches call the catchers try to tag the players dribbling inside the area. If a player gets tagged they stand with their legs apart shouting Help, Help I'm stuck in the mud To be freed a player can crawl through the back of their legs. If the Mud Monsters catch and freeze all the players they win. If after 60 seconds the players are still dribbling, they win.

Emphasis:
 FUN, Listening, Dribbling, Changing Direction, Balance, Agility, Coordination, Decision making based on where the mud monsters are.



Name: Monkey in the Middle
Organization: Set up a small grid square with 1 player standing between each set of cones. Have one player stand in the middle of the grid, they will be the defender.
 The players on the outside will have to complete 10 good passes without the defender stopping the ball.
 If the defender gets the ball they will swap out with the player who passed it.
 If the players get 10 passes they get one point and the game restarts.



2 games of 4 v 4. Players are given freedom to explore and bring out the 1v1 skills that have been worked on during the session.
 If the ball goes out allow the team to collect the closest ball and start the game with a dribble in.
 Try not to stop the game to coach but manage the players if needed. Celebrate success when you see successful 1v1's or attempts at 1v1's.