

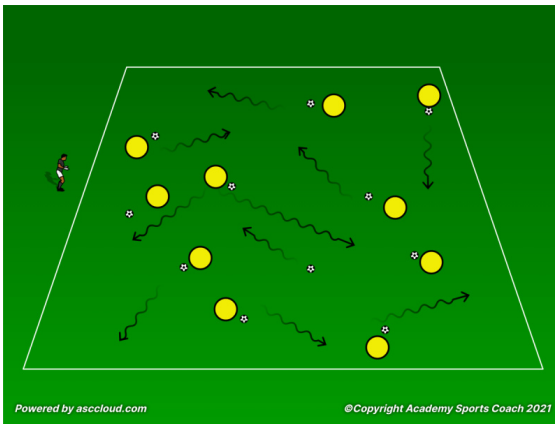
Select a Date

u7-u12 Recreational Program Week 1

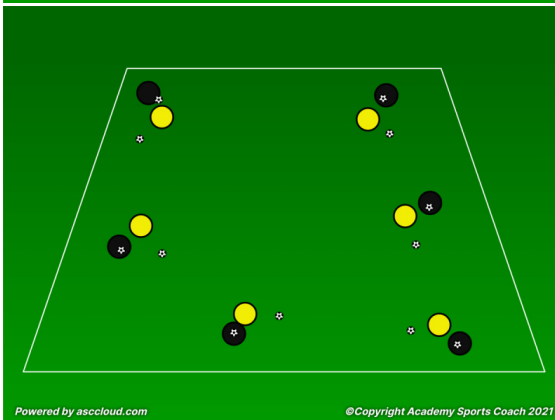
Select team

Individual Ball work and 1v1's

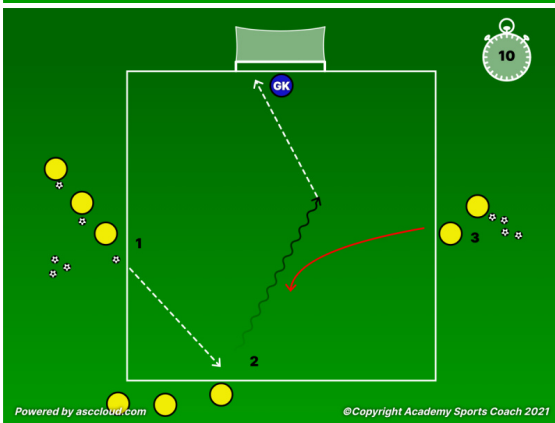
60 minutes



Ball Mastery warm up.
 Players utilize the full field to dribble in any direction ensuring that they keep correct physical distancing.
 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.

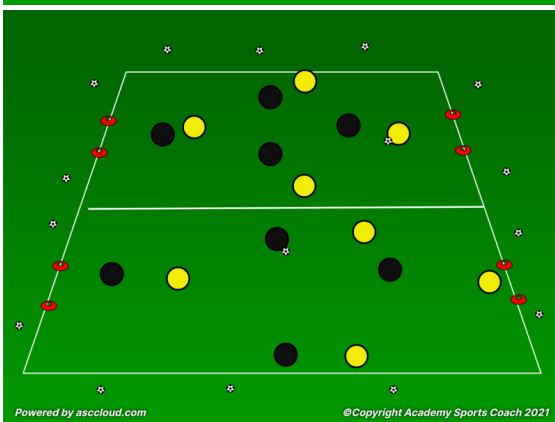


1v1 to a ball
 The player in the back stands behind the yellow player with a ball as shown. The yellow player stands with his legs apart with a second ball beside him, this will become the target ball.
 Once the player in the black has passed the ball between the yellow players legs the players play 1v1 with the objective of hitting the game ball against the Target ball.
 Focus will be on the attacker.
Coaching points:
 Dribble at defender in a positive manor
 Show a skill move to off balance the defender
 Can you get behind the defender?
 Explode pas the defender to score



1v1 to goal
 (1) Plays the pass into (2). As the ball travels 3 closes 2 down to create a 1v1 to goal. Player 2 looks to beat 3 to finish with a shot on the goalkeeper. If 3 wins possession of the ball he must dribble across the line where 2 started.
 Players rotate in numerical order.

Coaching Points.
 Dribble at defender in a positive manor
 Show a skill move to off balance the defender
 Can you get behind the defender?
 Explode pas the defender to score



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.