

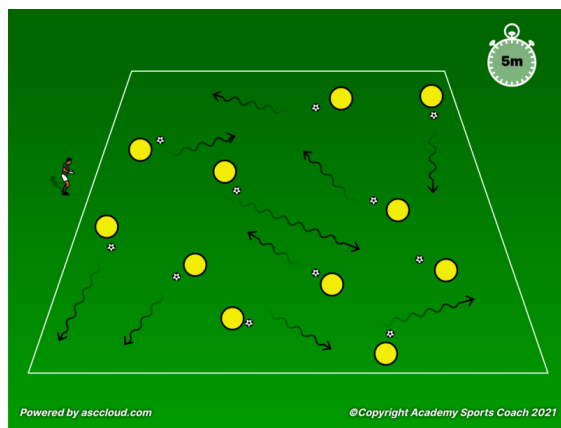
Select a Date

u7 - u12 Program Week 5

Select team

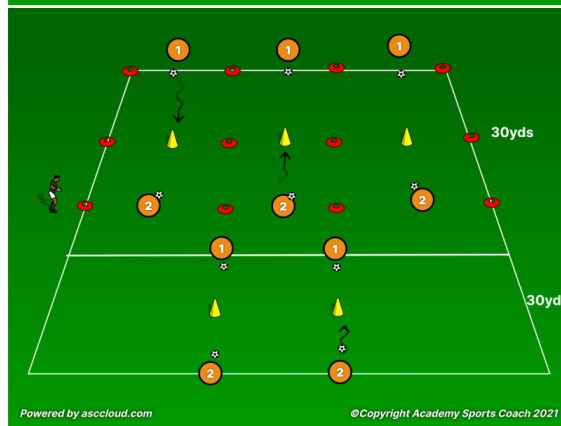
Turning & Shooting

60 minutes



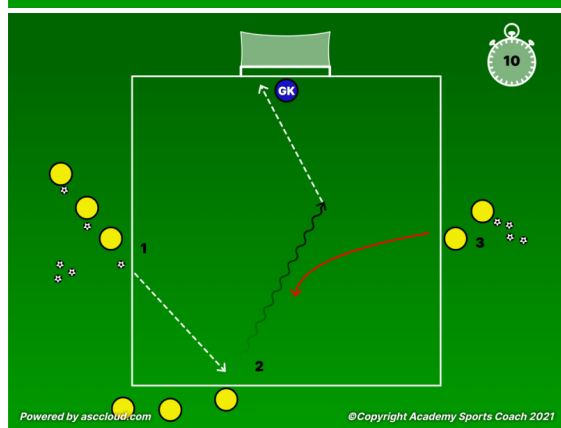
Organization:
 Each player with a ball inside the 20 x 20 area.
Procedure: Coach allows players to express themselves, while encouraging lots of touches. Remind the players to stay within the grid. The coaches call out a different body part every few seconds and the players have to place that body part on the ball and strike a pose until the coach shouts go. For example the coach may shout out nose and the players have to stop the ball and place their nose on the ball. As the players progress you can shout out more body parts at a faster speed. This works on the player's coordination:

Emphasis:
 FUN, Listening, Dribbling, Changing Direction, Balance, Agility, Coordination, Imagination



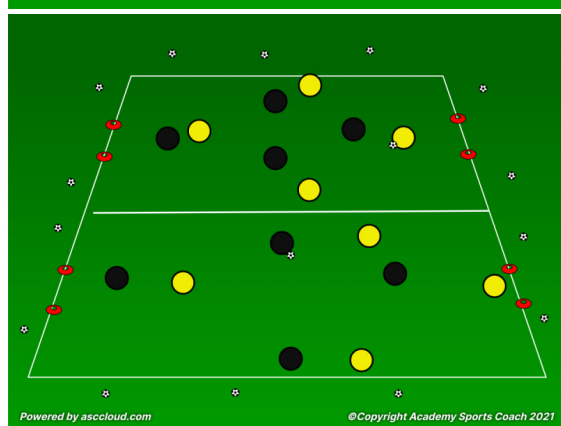
Players are organized above to ensure physical distancing is kept. Players that are number 1 work at the same time and players number 2 work at same time.
 All number 1s dribble towards the yellow cone and produce a turn once they get the cone (defender) Once number 1 turns, number 2 can start. Players continue in this sequence.
 Turns for the players to work on:
 Drag back
 Inside hook
 Outside hook
 Cruyff

Coaching Points:
 Slow down as you approach
 Exaggerate your move with your whole body
 Explode out of your turn
 20 minutes



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.