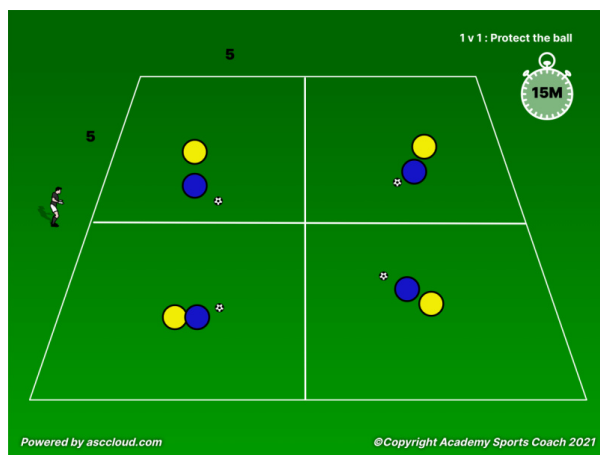


Select a Date

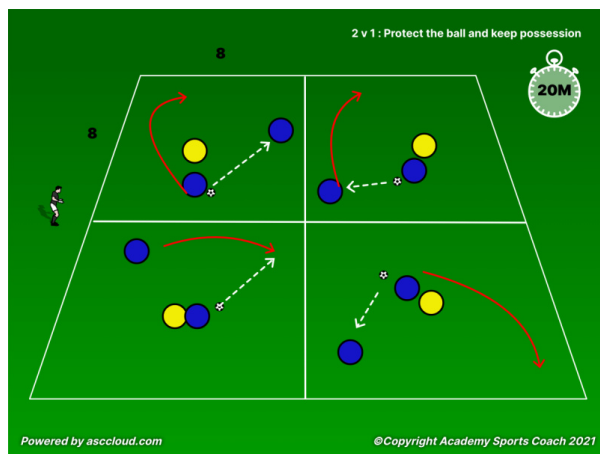
u7 - u12 Recreational Program Week 8 Age group:

1v1 - 2v1 Protect the ball and keep possession

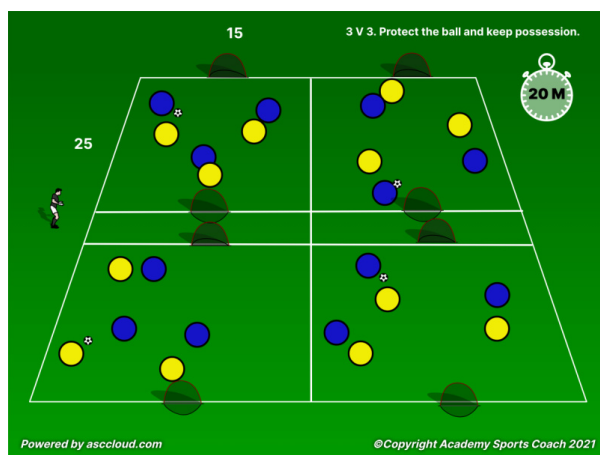
60 minutes



Attacker's objective is to keep possession of the ball.
 Defender's objective is to win the ball.
 30 second blocks.
 1 point awarded to the player with the ball at the end of the block.
 Coaching points:
 Body, Body, Ball (Keep body between the defender and ball)
 Always be in contact with the ball
 Use your back arm to feel for defender
 Keep your knees bent for a low centre of gravity
 Change partner every 3 games.



Attackers' objective is to keep possession of the ball.
 Defender's objective is to win the ball and dribble out of the grid.
 1 point awarded for every 4 passes completed by the attackers.
 1 point awarded for defender winning the ball and dribbling out of the grid.
 Attackers count number of consecutive passes.
 Coaching points:
 Always be "mobile" to support player in possession
 Ensure you are "available" to receive a pass
 Body, Body, Ball (Keep body between the defender and ball)
 Always be in contact with the ball
 Use your back arm to feel for defender
 Keep your knees bent for a low centre of gravity
 Quality of pass to keep possession



Look to bring out the skills that you have worked on in the previous 1v1 and 2v1 activities.
 Coaching points:
 Always be "mobile" to support player in possession
 Ensure you are "available" to receive a pass
 Body, Body, Ball (Keep body between the defender and ball)
 Always be in contact with the ball
 Use your back arm to feel for defender
 Keep your knees bent for a low centre of gravity
 Quality of pass to keep possession

1v1 - 2v1 Protect the ball and keep possession.
 Always be "mobile" to support player in possession
 Ensure you are "available" to receive a pass
 Body, Body, Ball (Keep body between the defender and ball)
 Always be in contact with the ball
 Use your back arm to feel for defender
 Keep your knees bent for a low centre of gravity
 Quality of pass to keep possession