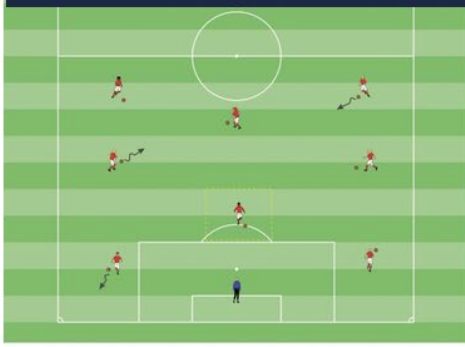


Sample Training Session Age: U-11 & U-12 / 9v9/ 8 Players **Duration:** 45 min



WARM-UP

OBJECTIVE: Physical activation, individual technical ball work

ORGANIZATION: Each player with a ball in their assigned workspace (10 x 10 yds). Players warm up with individual ball gymnastics, juggling combinations, and moves to beat a player, according to the discretion of the coach and the needs of the players.



ACTIVITY 1

OBJECTIVE: Improve agility, quickness, change of speed with ball.

ORGANIZATION: Players are paired up on either end of a neutral zone. One player is the attacker, the other a defender. Players cannot cross over into the neutral zone in between them. The attacker has the ball and for 30-45 seconds must try to fake out the defender and dribble left or right to the pole (flag) before the defender can do the same on their own side. Players keep score and take turns attacking and defending.



ACTIVITY 2

OBJECTIVE: Improve passing

ORGANIZATION: Players now use the same space from Activity 1 to work on technical passing 8-10 yards away. Types of passes and reception can vary (one touch, diagonal, etc.) according to the discretion of the coach and the needs of the players.



ACTIVITY 3

OBJECTIVE: Improve passing with passive opposition

ORGANIZATION: Field is divided into 3 zones (15 x 8 each) Each zone is divided in half by a cone. One player is allowed in each zone and must remain within this zone during play. The two players in the middle zone try to block penetrating passes from the outer two zones, who are trying to score points by connecting passes with each other through the middle zone. Points can be awarded for passes connected and passes intercepted, or players can decide on scoring.