

INSTRUCTOR: Ian Bradley

COURSE:

DATE:



TOPIC: Receiving Ground Balls U11/U12

STAGE	ORGANIZATION (DIAGRAM)	RULES +OBJECTIVES	COACHING POINTS
<p>TECHNICAL WARM-UP</p>		<ul style="list-style-type: none"> ▪ 2 equal teams - Half on outside of circle with ball ▪ Middle players check to ball – receive and pass back to server ▪ After pass check back to center and receive ball from another server ▪ Progression - Two servers on the outside start without a ball ▪ The inside players check to receive ball, turn or take their first touch to space - pass to player without ball 	<ul style="list-style-type: none"> ▪ Change of speed to meet pass ▪ On your toes to receive the ball ▪ Cushion the first touch ▪ Communication ▪ Eye contact between passer and receiver ▪ Vision when turning
<p>SMALL-SIDED ACTIVITY 2 v 2 to Targets</p>		<ul style="list-style-type: none"> ▪ Training area 20 x 15 yards with small goals ▪ Organize the players into two teams of five, numbered 1- 5 on opposite end lines ▪ The coach calls out a number, feeds a ball and those two players play 1 v 1 to two small goals ▪ Progression – create 1 v 1, 2 v 1, 1 v 2, 2 v 2 situations 	<ul style="list-style-type: none"> ▪ Body position: Open to the field ▪ Selection of surface to control the ball ▪ Angles and distance of support
<p>EXPANDED SMALL-SIDED ACTIVITY 4 v 4 + GKs</p>		<ul style="list-style-type: none"> ▪ Divide players into two equal teams. ▪ Training area 30 x 40 yards with end zones ▪ A player scores by dribbling and controlling the ball over the other team's end line ▪ There are no throw-ins or kick-ins. If the ball goes out of bounds the coach feeds in a new ball ▪ Condition/Progression: Cannot pass forward 	<ul style="list-style-type: none"> ▪ Set up forward pass with first touch ▪ Play to target as early as possible
<p>MATCH</p>		<ul style="list-style-type: none"> ▪ The Game – 4v4 – 7v7 + GKs 	