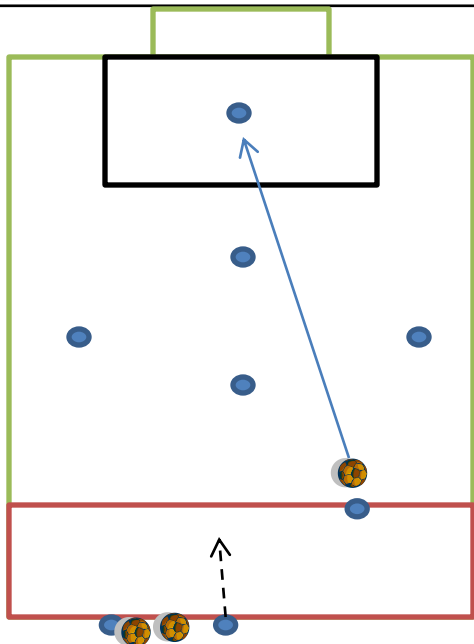




Formation



Organization

Area ½ the field 10 players
 Formation set out in cone. Practice begins with a player dribbling the ball to the goalkeeper and following their pass. Object of the practice is to pass and follow and dribble the ball into the end zone or find a checking forward

- Add another ball
- Players can switch cones off the ball
- Players can miss a link with a pass (U10)

Coaching Points

- Communication
- Quality of pass
- Body shape
- Check to receive
- Awareness of other ball
- Leading pass

Area full field 30x40 with a center zone
 Each team has 1 Goalkeeper 1 defender 2 wide players and 1 forward

Coach plays as the midfielder for both teams
 Teams are restricted to their zone Scoring

- 1 point if defending team dribbles into mid zone
- 1 point if defending team passes to coach
- 2 points if defending team passes to forward
- 3 points if forward scores in the goal

On receiving a pass or from a zone goal coach restarts

- Pass to the goalkeeper
- Pass in behind the defender or wide players
- Pass into a forward

Allow dribbling player to cross over
 Finish with a final game and free play

- Awareness of pressure
- Awareness of central players
- Recognition of dribble or pass
- Movement off the ball
- Play the way you face
- Compactness in defense
- Spread out in attack

