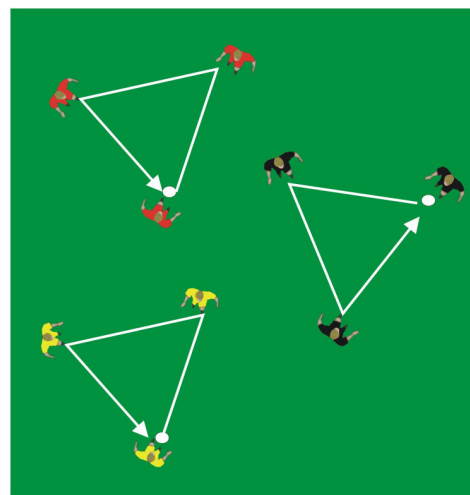
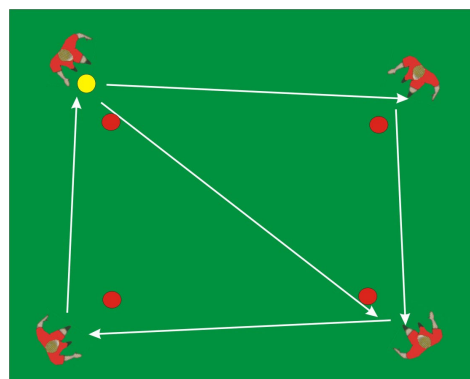


<b>Age Group</b>	<b>U11-12</b>	<b>Warm Up</b>	<b>Passing /Receiving in groups</b>
<b>Technical Objectives</b>	Passing/receiving	<b>Technique Training</b>	<b>Passing and Receiving around a square</b>
<b>Individual Objectives</b>	Individual support		
<b>Tactical Objectives</b>	Keeping possession	<b>Situational Play</b>	3v1 keep away 4v1+4v1 game
<b>Groups Objectives</b>	Support	<b>Theme Game</b>	4v4 to targets

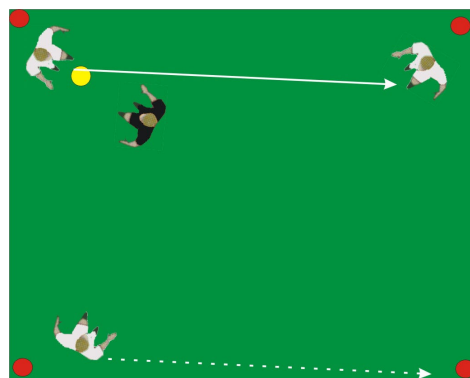
<b>Warm up</b>
<b>Passing and Receiving in groups</b>
<b>Duration</b> 15m <b>Area Size</b> As needed <b>Players</b> groups of 3
<b>Organization</b> Each group will move around the designated area passing the ball to each other with the inside part of the foot. Variations 1. Pass and overlap 2. Wall pass 3. Passing the ball to a different color
<b>Coaching Points</b> Two touches Body open Pace on the ball Communication



<b>Technique Training</b>
<b>Passing and receiving around a square</b>
<b>Duration</b> 15m <b>Area Size</b> 10x10 <b>Players</b> 14
<b>Organization</b> 4 players are set up outside a 10x10 , The will pass the ball to each other around the grid using two touches. Variation: Incorporate diagonal balls Pass and follow.
<b>Coaching Points</b> Quality pass Get behind the ball Open your body



<b>Progression</b>
<b>3v1 Keep away</b>
<b>Duration</b> 10-15m <b>Area Size</b> 10x10 <b>Players</b> 14 gr 4
<b>Organization</b> 3 players play keep away against one defender. Unlimited touches Two touches Change defender
<b>Coaching Points</b> Quality pass Get behind the ball Open your body



### Situational Play

#### 4v1+4v1 Keep away

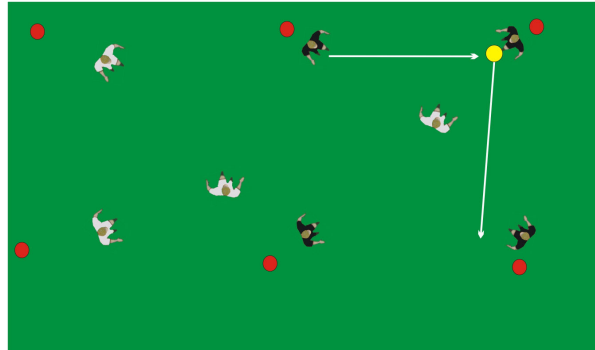
**Duration** 15m    **Area Size** 10x20    **Players** 12-14

#### Organization

A team of 4 players play keep away against a defender. If the defender wins the ball or if the ball goes out of bound the other team in the next grid will get the ball and starts a 4v1 possession. 10 consecutive passes = a goal

#### Coaching Points

Quality pass  
Get behind the ball  
Open your body  
Communication



### Final Game

#### 4v4 with targets

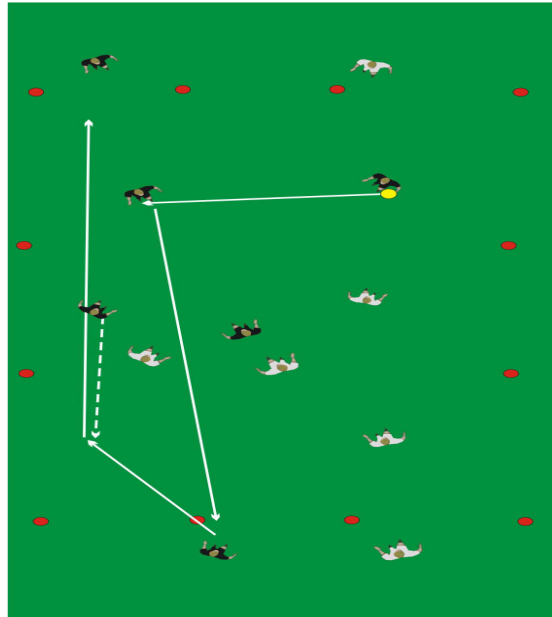
**Duration** 20    **Area Size** 40x35    **Players** 14

#### Organization

2 teams of 4 play against each other. The team in possession will try to pass the ball to a target player outside the grid. A point is score when a team passes the ball to a target player

#### Coaching Points

Quality pass  
Get behind the ball  
Open your body  
Communication



### Coaching Notes