



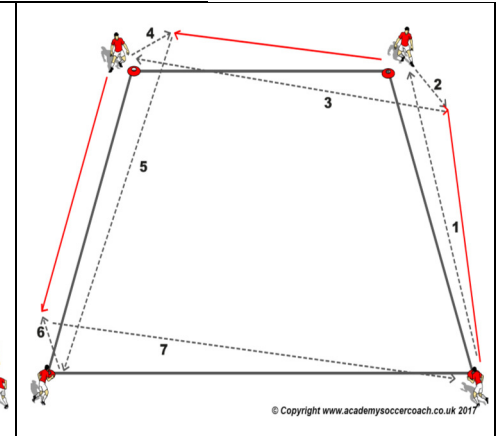
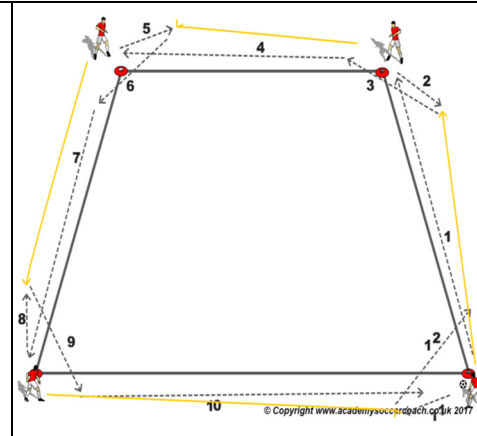
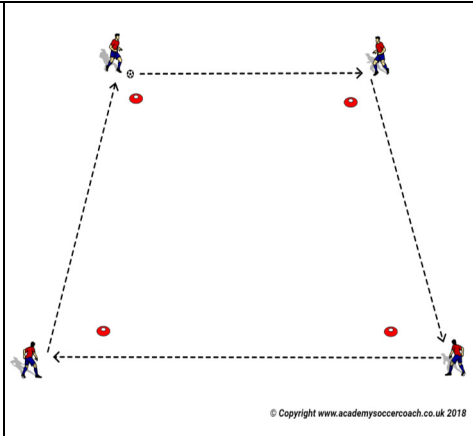
Colorado United U11-U15 Academy Program



Session Date:	Week 2	Time:	75 mins	Age Group:	U11-U15
Session Theme:	Possession (Passing & Receiving)				

Whole: 15 Minutes

Objectives:



The diagrams provide the directions for the activities. The players will always move up one cone in the direction the ball is moving. 5 players is ideal to keep the ball rolling and less lines.

AJAX PASSING SQUARE

Pass and follow the your pass around the grid. Start by going to the right and after 2 minutes or so, go to the left.

Players and passes are outside the cones.

Players use the cones to represent a defender so their body position is diagonally away from the cone. Players are facing the cone diagonal from them.

First touch is outside their shoulder and they aim to play the pass to the far foot of their teammate.

WALL PASS AJAX SQUARE

The ball starts on one corner with two players. First pass is to the right, the player that passes the ball then follows the ball to create a wall pass around the cone. The players continue around the grid doing a wall pass around each cone. After about two minutes switch directions. Players move up one cone in the direction they are going.

UP BACK THROUGH AJAX SQUARE

The ball starts in the corner where there are 2 players. The first pass is long to the right. The player receives the ball and plays it back, then the ball is played diagonal across the grid. The player that laid the ball off then gets the ball back to play diagonal across the grid.