

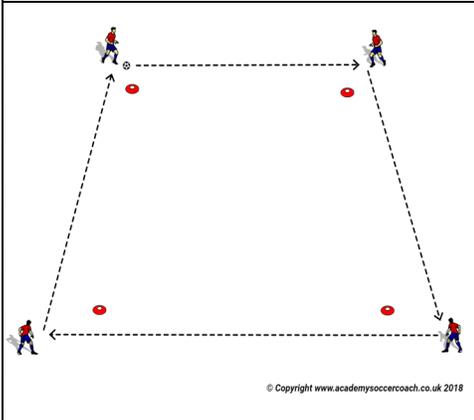


Colorado United U11-U15 Academy Program Team Training Example

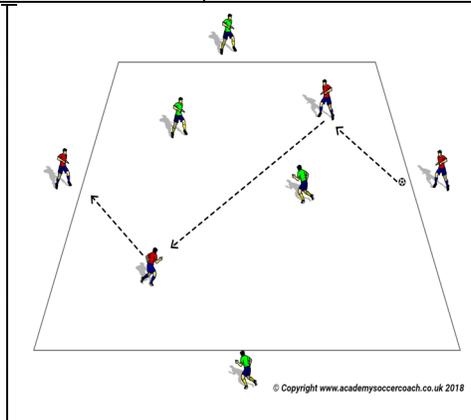


Session Date:	8.16.18	Time:	5:30—6:30	Age Group:	U11-U15
Session Theme:		Possession (switching point of attack) — Passing and Receiving			

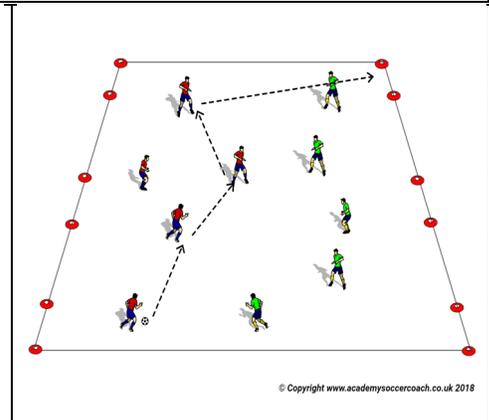
<p>Whole: 15 minutes</p> <p>Objective: Must complete 5 passes before your team can shoot on goal and the ball must go from one side of the field to the other.</p> <p>Split the field in half vertically with cones, even sides, one side defends the big goal, one defends the kick back. If you have odd numbers use a neutral player so both sides have a numbers up scenario when in possession.</p>	<p>Coaching points for the session:</p> <p>Proper passing technique (heel down, toe up, step into the pass)</p> <p>Receiving across the body (body shape open to the center of the field, receive with the inside of the far foot)</p> <p>Create two passing options (body position away from the defenders)</p> <p>Spread out (player make the field as big as possible with their body position)</p>
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Players pass around the grid and follow their pass. All passes outside the grid. Focus on body shape and body possession. Proper passing technique. Change directions after 3 minutes. Variation: Play the way you face, if player receives to near foot play the ball back, still follow their pass.



2 teams. Each team has one player outside the grid opposite each other (like above). Player get a point from going from one outside player to the other. If you have odd numbers use one player as a neutral.



3 goals set up with cones like above. 2 teams try to pass the ball 4 times before trying to pass through the gates. The field should be wider than it is long. Width of the field stresses width in a game.

<p>Whole: 15 minutes</p> <p>Objective: Complete 5-7 passes before your team can shoot on goal. Ball must go from one side of the field to the other. 2 points if you score from an assist.</p> <p>Split the field in half vertically with cones, even sides, one side defends the big goal, one defends the kick back. If you have odd numbers use a neutral player so both sides have a numbers up scenario when in possession.</p>	<p>Coaching points :</p> <p>Proper passing technique (heel down, toe up, step into the pass)</p> <p>Receiving across the body (body shape open to the center of the field, receive with the inside of the far foot)</p> <p>Create two passing options (body position away from defenders)</p> <p>Spread out (player make the field as big as possible with their body position)</p>
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