



Colorado United U11-U15 Academy Program Staff Training Session Week 1



Session Date:	Week 1	Time:		Age Group:	U11-U15
Session Theme:		Possession— Individual Ball Control			

<p>Whole: 15 minutes</p> <p>Objective: Team shooting on the goal tries to score in the goal, team defending the goal scores by dribbling through the halfway gates.</p> <p>Using half the field, split the team in half, one side defends the big goal, one defends two small 2-3 yard goals on the halfway line. 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 dribbling technique (toe down, big toe, outside three)</p> <p>Keep the ball close (every step or every other step is a touch on the ball)</p> <p>Head up (be aware of your surroundings)</p> <p>Moves (start the move early, use move to find open space)</p> <p>Encourage players to take players on and for using the proper technique. Looking to help the players gain confidence on the ball.</p>
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15 minutes

Each player has a ball and dribbles in the grid. Place scattered cones to create obstacles. Silly punishment for running into the cones. Grid should be roughly 30x30 to allow movement. As the player dribbles the coach calls out commands. Technical touches and moves. Stop to teach the moves; step over, scissors, outside hook and Cruyff.

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15 minutes

Games of about 2 minutes. 1 minute rest. Switch partners.

In pairs, one on the ball and one defending. Continuous, when attacker loses the ball, they defend. Attacker is trying to use their touches and moves to dribble through the gates. **Use a move to set up open space to dribble through the gates.** Encourage them to be creative.

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15 minutes

2 even teams, or use one neutral, all time offense. Point is scored if a team dribbles through a gate. Possession to open up space to allow teammates to dribble.

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