



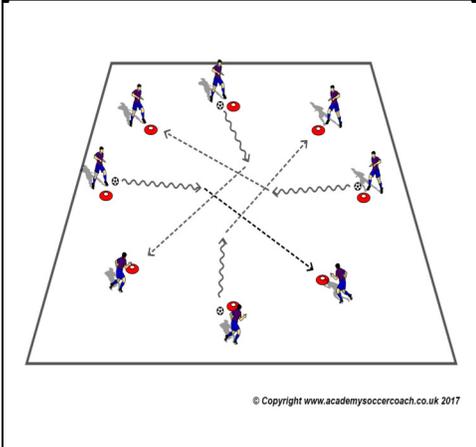
## Colorado United U11-U15 Academy Program Team Training



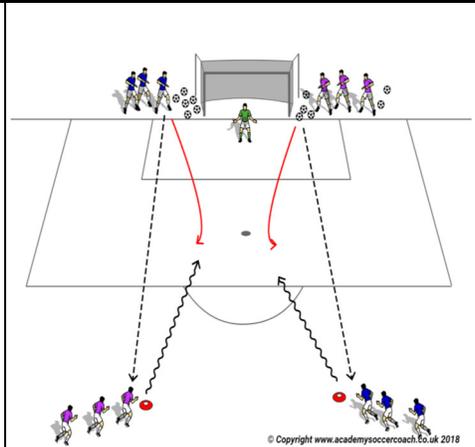
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| Session Date: | 9/4—9/7 | Time: |  | Age Group: | U11-U15 |
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| Session Theme: | Possession (Individual ball control 1v1 to goal) |
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| <p>Whole: 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><b>Proper dribbling technique</b> (toe down, big toe, outside three)</p> <p><b>Keep the ball close</b> (every step or every other step is a touch on the ball)</p> <p><b>Head up</b> (be aware of your surroundings)</p> <p><b>Moves</b> (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; All players outside of circle. (One cone in the middle, 10 yards from the middle cone.) Half with the ball half without. Player with the ball dribbles using 6 technical touches, does a move and passes to a teammate on the outside without a ball. Each technical touch should last for 2 minutes then move on. First touch is into the grid and into the technical touch.



15 minutes; After you defend you go to attacking line and vice versa. One line goes at a time. 2 teams. Each team has a set of defenders and attacker. Defender plays the ball out to their opponent and they defend. Attacker should take a positive first touch away from defender and towards goal. Encourage them to go at the defender not away.



15 minutes

Switch attacking sides halfway through. Attackers are 15 yds outside the box.

Attacking team must play a ball wide before they attack the goal. Once the ball is played the defenders come out and defend. Encourage players to take others on and attack the goal. Coach the decision making (ie. when to pass when to dribble)

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