



Colorado United U11-U15 Academy Program

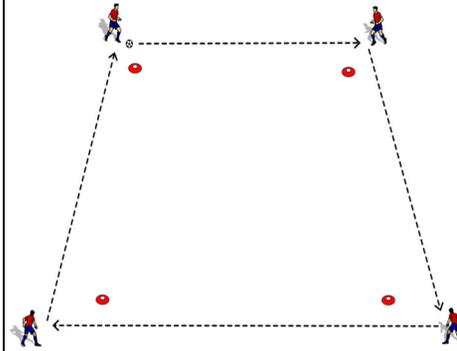


Session Date:	Week 2	Time:	75 mins	Age Group:	U11-U15
Session Theme:	Possession (Passing & Receiving)				

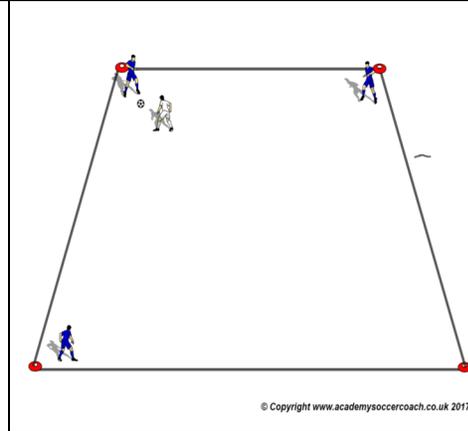
Whole: First and Last 15 Minutes

Objective: Team must complete 4-5 passes before they could shoot.

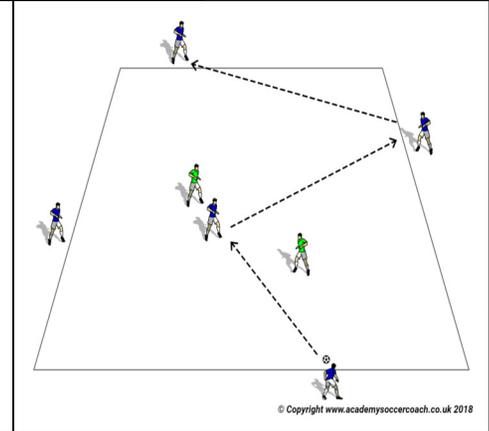
Using half the field, split the team in half, one side defends the big goal, one defends two small 2-3 yard goals on the half-way line. If you have odd numbers use a neutral player so both sides have a numbers up scenario when in possession.



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Training objective:

1. **Body shape**, we want our players to have their body facing the center of the field to allow them to have the most options.
2. **Body position**, where players are on the field. We want our players open, able to receive a pass and not behind or marked by a defender within passing distance of teammate.
3. Teach the players how to **receive across their body** to allow more time and give them more options in their decision making. First touch outside their shoulder to keep the ball moving in the direction it is going, touch across the body if they can't continue the way they are going.
4. Teach the players how to give their teammates **two options at all times**. This allows the players to dribble but pass if they can't dribble forward.

AJAX PASSING SQUARE

15 minutes

10 x 10 square grid.

5 players per grid. Players are outside the cones (body position). Players are facing the diagonal cone (body shape). Where there is 2 players, they start passing the ball to the right and follow their pass. Players receive across their body, taking their first touch outside their far foot shoulder. After 3 minutes to the right go to the left.

Key coaching points : body shape and body position.

See attachments for variations.

3V1 RONDO

15 minutes

10 x 10 square grid.

COMPLETE THE TRIANGLE: player with the ball should have a pass to their right and left.

Three players work to keep the ball away from one defender in the middle. Play timed games of 1 minute. Rest 1 minute.

Key coaching points : body shape and body position.

5v2 Rondo

If ready to move on 15 minutes.

12 x 12 grid.

5 try to keep the ball from 2. One player on each end line and one player in the middle. Players in possession work on body shape and body position and completing the triangle with the middle player. Every 5 passes completed is a point. Looking to maintain the ball and for the players to move to constantly give teammates two options.

Timed 1 minute games. Then switch middle and defenders.