



Colorado United U11-U15 Academy Program

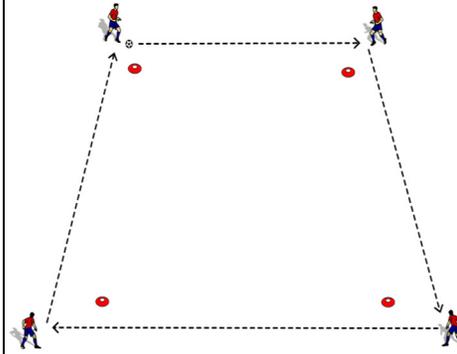


Session Date:	Week 2	Time:	75 mins	Age Group:	U11-U15
Session Theme:	Team training, Possession (Passing & Receiving)				

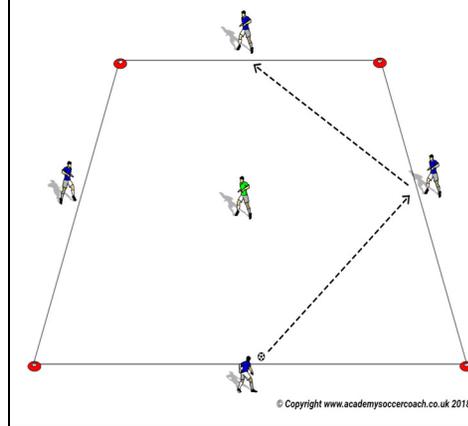
Whole: First and Last 15 Minutes

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

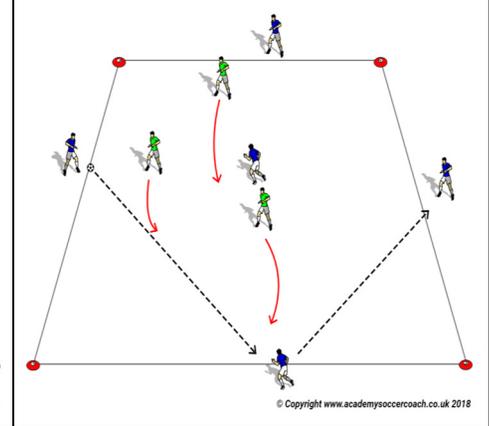
Using half the field, split the team in half, one side defends the big goal, one defends two small 2-3 yard goals on the half-way line. If you have odd numbers use a neutral player so both sides have a numbers up scenario when in possession.



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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.

4v1

15 minutes

10 x 10 square grid

4 players aim to keep the ball from 1 defender. Players are in between the cones moving and creating two options at all times. Players look to play the far foot to keep the ball going around the grid. If it goes to their near foot, they should look to play back to where it came from. The ball should move around the square not through.

Body shape and body position are the main objectives of this activity.

5v3 outside the box

15 minutes

12 x 12 or 15 x 15 square grid

4 players on the outside and one player on the inside look to keep the ball away from three defenders inside the box. The central attack is looking to creating triangles with the players on the outside. Attackers are looking for the split pass across the grid to break the line of the defenders. Encourage your team to try to play quickly by limiting the touches on the ball.