



Colorado United U11-U15 Academy Program



Session Date:	Week 3	Time:	75 mins	Age Group:	U11-U15
Session Theme:	Possession (Passing & Receiving)				

<p>Whole: First and Last 15 minutes</p> <p>Objective: 2 points for scoring off of a cross and 3 using combination to score.</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 half way line. If you have odd numbers use a neutral player so both sides have a numbers up scenario when in possession.</p>			
<p>Teaching Shooting Technique :</p> <ol style="list-style-type: none"> 1. First touch is towards the goal and to the side of your shooting foot. 2. Big hop to plant next to the ball, try not have stutter steps. 3. Lock the ankle so the toes are pointing down. 4. Always look at the ball as you are striking, ball could move. 5. Keep your body leaning forward over the ball and head down. 6. Shooting leg goes all the way back to go forward. 7. Land on the shooting foot. 	<p>Shoot Combine Cross</p> <p>A dribbles at the cone does a move and shoots. After they shoot A receives a pass from B and they play a wall pass for B to shoot on goal. Once B has shot, C dribbles towards the end line, A and B recycle and make a run to the near and far post respectively, and plays a cross into the middle of the box. After the progression is done all three players go get the ball. A rotates to B, B rotates to C and C rotates to A.</p>	<p>1v1 to 2v1 to 3v2</p> <p>A passes to C and they play 1v1 towards the goal.</p> <p>Once the A stops the ball or a shot is taken, C checks to D to receive a pass. Once C receives the pass C and D play against A in a 2v1 situation.</p> <p>Once a shot is taken or A stops the ball, B passes the ball out to E. C, D and E attack A and B.</p>	<p>1v1 to 2v1 to 3v2 is about the players making their own decisions. Allow them to play without too much coaching. Look to correct the technical aspects and allow them have creativity.</p> <p>This activity is best done fast. Once a group is done the next group starts.</p> <p>Key for this activity is technical adjustments and helping bring the energy and intensity up high to a game like level.</p>