



U9-u11 Recreational Session 1

Category: Technical: Attacking skills

Difficulty: Moderate

Am-Club: Waterloo Minor Soccer Club
Carl Horton, Waterloo, Canada

Description

Individual Ball warm up - Activation activity (10 mins)

Dribbling (10 mins)

ORGANIZATION:

30x40 yard area. Adjust to the number of players that are within the group. Cones are spread out as shown to create gates, These gates can be different sizes to allow for players to be challenged. The more advanced players will be challenged by getting through smaller gates and the less developed players will be more comfortable heading through bigger gates. The players have the options though to be appropriately challenged.

Every player on a ball will start the activity with a ball.

INSTRUCTIONS:

The session begins with every player dribbling within the area, looking to attack gates using a variety of cuts or moves. (Ball Mastery) Allow the players to be creative and to express themselves.

Encourage creativity on the ball as they approach the gates. Step overs, scissors, double step over or scissors, inside/outside hook, stop/turn, drag back, cryuff turn.

COACHING POINTS:

Dribbling with all areas of the foot.

Both feet.

Head and eyes up

Change of speed/direction

Acceleration



Dribbling with pressure - 12 minutes

Dribbling with pressure (15 mins)

ORGANIZATION:

30x25 area. Area can be adjusted to be appropriate for the number of players within the group.

12-14 players per group. Half attackers with the ball, the other half defenders without the ball.

INSTRUCTIONS:

Players are now in pairs. One player dribbles and becomes the attacker, the other player becomes the defender. The player in possession of the ball looks to score points by attacking the gates, every time the player gets through a gate they score 1 point. If the defender wins possession they then become the attacker and in transition the attacker becomes the defender.

Players play for 60 seconds and then are provided a rest which is an opportunity to coach and provide the players with information.

PROGRESSIONS:

Rotate the players to ensure they are receiving a different challenge against appropriate competition.

COACHING POINTS:

Encourage an attacking mentality.

Dribbling with all areas of the foot.

Both feet.

Head and eyes up

Change of speed/direction

Acceleration



1v1 to a ball - 12 minutes

Organization:

Players are set up as above. In this picture, the yellow player will start with the ball and the player in black stands in front with her/his legs apart. There is also a target ball that is placed next to the players. This will become the goal.

Procedure:

The yellow player will play the ball through the legs of the player in black. The game is then live and becomes a 1v1 game. The objective of the game is for the person in possession of the ball to score a goal by hitting the game ball against their target ball. Once a goal is scored the players reset and play again.

Progression:

Rotate players to ensure all players receive different competition.

Coaching Points:

Encourage an attacking mentality.

Dribbling with all areas of the foot.

Both feet.

Head and eyes up

Change of speed/direction

Acceleration

FUN



5V5 small sided game - 12 minutes

5v5 with a retreat line.

Organization:

2 fields are set up as shown with the players organized into 4 teams of 5v5. The game can be played 4v4 if numbers dictate. The size of the fields will also be decided based on the amount of space available.

Procedure:

Players play 5v5 soccer with the retreat line placed at the half way line. When the ball goes out of the field to restart the game players are allowed to make a decision to either pass the ball in or dribble the ball in. This decision will be based on what is happening on the field and space available.

Players should be allowed the opportunity to play and coaching should be very limited.

