

TRAVEL DIVISION

U11/U12

Youth Development

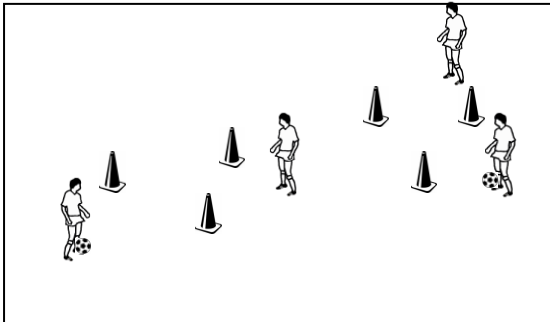
CHALLENGER - TEAM/PLAYER PROGRESSION Ages – U11/U12	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Open	Open
PASSING INTO SPACE										
SHOOTING TO CORRECT HEIGHT / ANGLE										
TRAPPING WITH THIGH										
FEINTING AND DRIBBLING										
PUTTING OPPONENTS OFF BALANCE										
RUNNING WITH BALL INTO SPACE										
TURNING/ CHANGE OF DIRECTION										
PRINCIPLE OF ATTACK (DEPTH/WIDTH)										
DECOY RUNS										

U11/U12 WEEK 1

Unopposed

Passing

Organization



Implementation

- Players are set with a partner and a triangle of cones
- Players have to pass the ball through to their partner who must touch the ball round and pass through a different gap

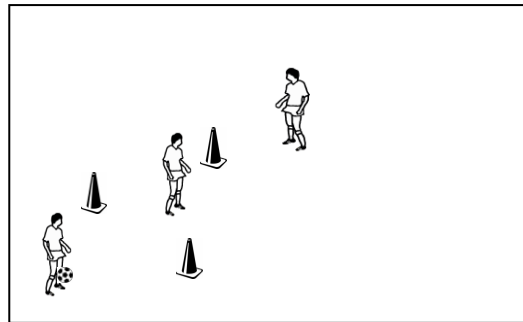
Coaching Points

- Good first touch to the side
- Pass with inside of the foot
- Strike through the ball, don't stab at it
- Eye contact with other player

Game Related

Passing

Organization



Implementation

- Same exercise as before only 1 defender is placed inside the triangle
- They cannot challenge for the ball but can try and stop it passing through to other player
- Size of triangle can be adjusted

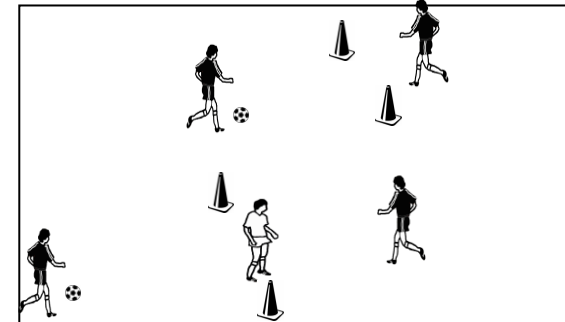
Coaching Points

- Repeat coaching points in previous drill
- Emphasis on touching ball to the side to create angle of pass
- Short sharp passes to keep defender thinking
- Head up

Conditioned Game

Passing

Organization



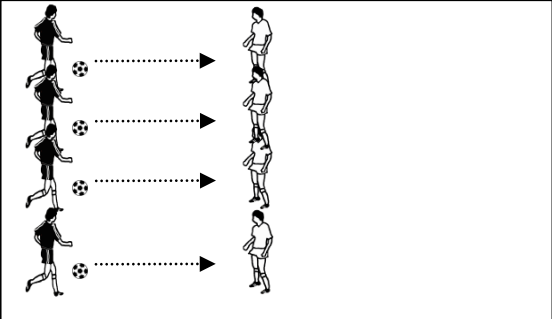
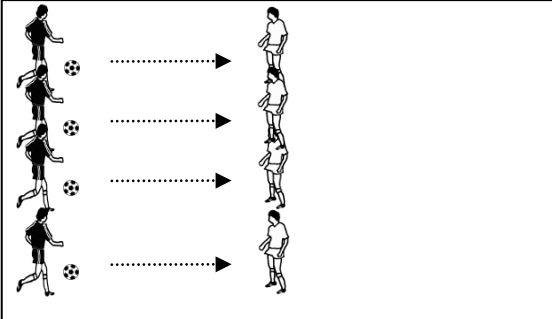
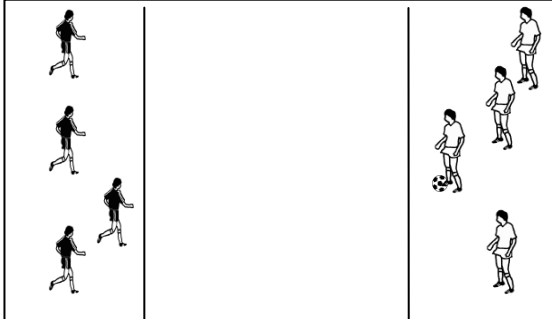
Implementation

- Players are with a partner and must move around grid and attempt to pass the ball through a gate to score a point
- Set number of Defenders have to try and stop the passes by blocking the gates

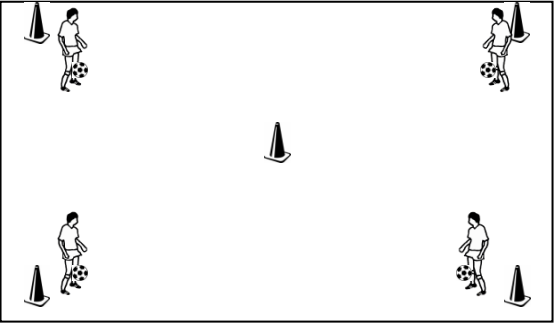
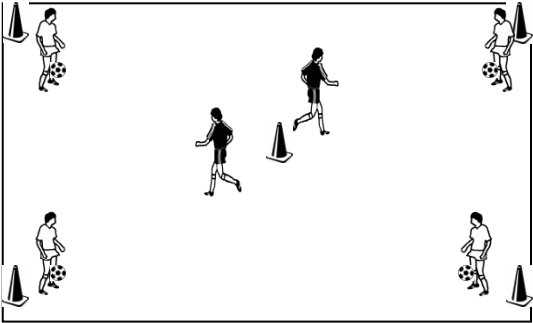
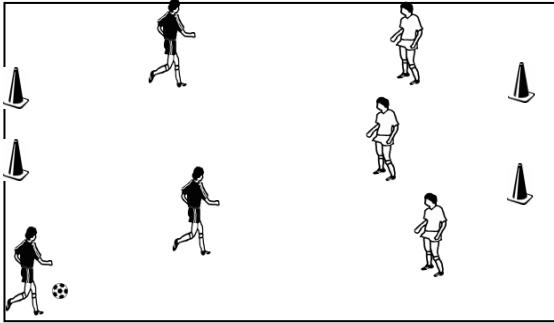
Coaching Points

- Same as before
- Look for open space

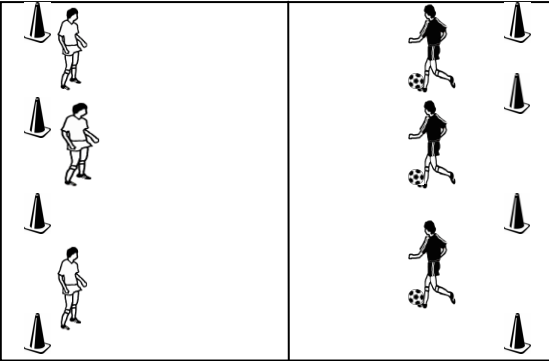
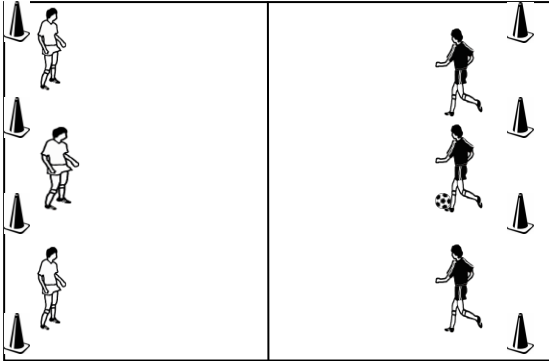
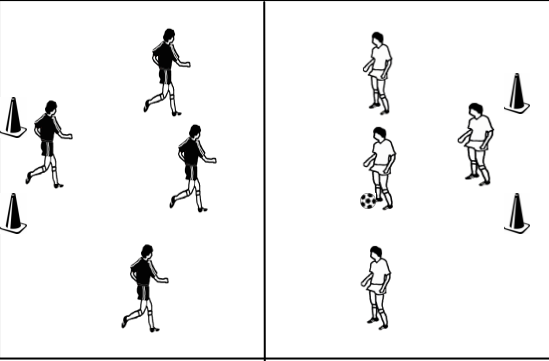
U11/U12 WEEK 2

Unopposed Dribbling: Feinting & Moves Organization	Game Related Dribbling: Feinting & Moves Organization	Conditioned Game Dribbling: Feinting & Moves Organization
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">  </div> <p>Implementation</p> <ul style="list-style-type: none"> • Players partner off and one set face off 10 yards apart • Players with the ball dribble towards their partner who jogs backwards always watching the ball • The Players change over after reaching the other side <p>Coaching Points</p> <ul style="list-style-type: none"> • Encouraging moves , feints and shoulder dips as they move with the ball • Keeping their head up • Going at a pace in which they can control the ball • Having the ball out from under their feet 	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">  </div> <p>Implementation</p> <ul style="list-style-type: none"> • Same as before only defenders now challenge for the ball upon the coaches call • Players score points for going past the defender and again they change at the other side <p>Coaching Points</p> <ul style="list-style-type: none"> • Players must now have close control of the ball • Encouraged to go at speed to put defender off balance • Perform different moves 	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">  </div> <p>Implementation</p> <ul style="list-style-type: none"> • Each team must attempts to dribble into the other teams defending zone. • Ball must be dribbled across the line to gain a point and players are encouraged to attack open space <p>Coaching Points</p> <ul style="list-style-type: none"> • Moving with ball into space • Use of moves e.g. stop and start to go round defenders • Keep the ball close when dribbling • Have head up at all times • Attack open space

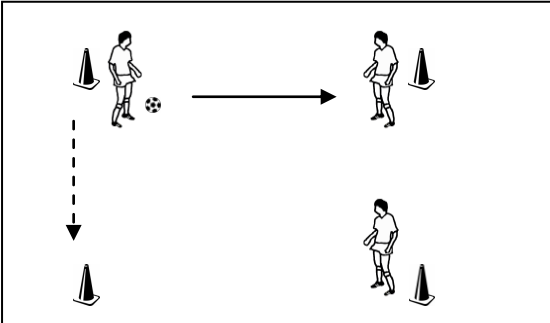
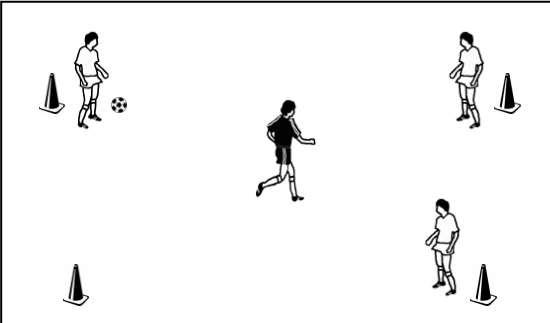
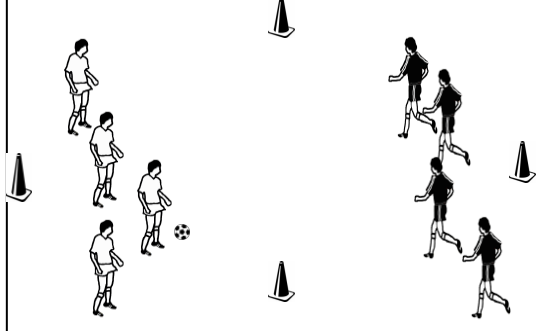
U11/U12 WEEK 3

<p>Unopposed</p> <p>Turning: Changing of Direction</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players dribble from the corners into the middle cone and perform a turn • Variation of turns, outside , inside cruyff, drag back <p>Coaching Points</p> <ul style="list-style-type: none"> • Slow into turn i.e. approaching cone • Arm out, spin • Knee's bent • Chop down on ball with outside/ inside of the foot • Accelerate away from turn 	<p>Game Related</p> <p>Turning: Changing of Direction</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Same exercise as before only 2 defenders stay in close to the middle. • They cannot challenge for the ball but if a player gets to close they may knock the ball away <p>Coaching Points</p> <ul style="list-style-type: none"> • Repeat coaching points in previous drill • Pace of dribbling into the defender • Turning at correct moment 	<p>Conditioned Game</p> <p>Turning: Changing of Direction</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are in teams of 3 & play against each other. • Both teams can score into either goal for a point (but cant score into the same goal twice unless the ball has been in play) <p>Coaching Points</p> <ul style="list-style-type: none"> • Short sharp turns to open up space of attack • Be aware of open space • Using correct turning technique to allow for further attacking options
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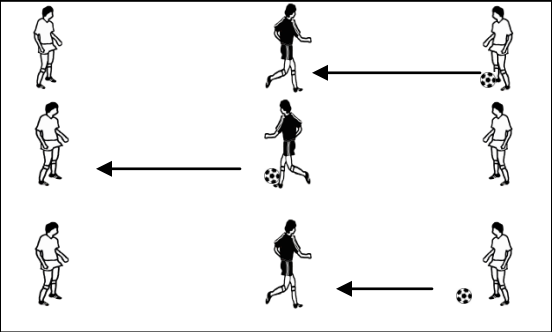
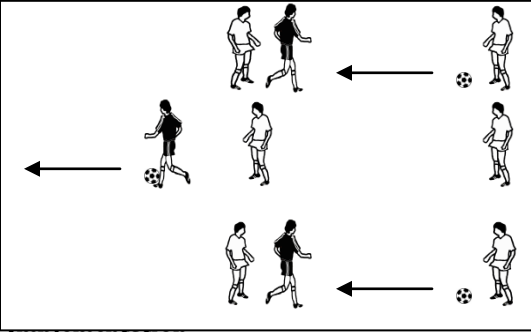
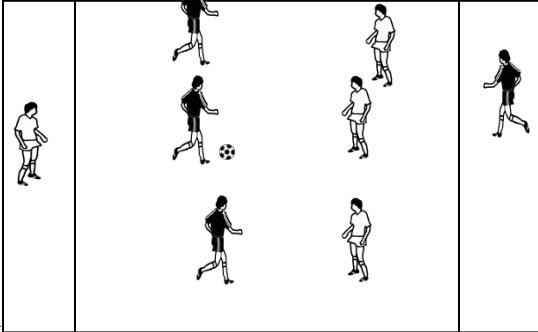
U11/U12 WEEK 4

Unopposed	Game Related	Conditioned Game
<p>Shooting: towards a target</p> <p>Organization</p> 	<p>Shooting: towards a target</p> <p>Organization</p> 	<p>Shooting: towards a target</p> <p>Organization</p> 
<p>Implementation</p> <ul style="list-style-type: none"> • 3v3 with two teams in each grid. 1 team starts with the ball and have to shoot across the grid to score into one of the 3 goals. • Team without the ball are not allowed to stop the shots but have their chance to shoot once the other team have taken all their shots • 3 points are given for the corner goal and 1 for the middle • Players cannot cross into the other half <p>Coaching Points</p> <ul style="list-style-type: none"> • Angle of approach to striking the ball • Preparation, contact and follow through • Target • Work on moving with ball before hitting 	<p>Implementation</p> <ul style="list-style-type: none"> • Same as before only with one ball and players are encourage to pass the ball to set up and angle for a shot • Teams can now defend the shots but are not allowed to use their hands <p>Coaching Points</p> <ul style="list-style-type: none"> • Decision of when to shoot • Preparation, contact and follow through • Accuracy of shot • Can develop and change to have one player from each team attack opposition half 	<p>Implementation</p> <ul style="list-style-type: none"> • 2 teams with players having a normal game only they must shoot once in opponents half <p>Coaching Points</p> <ul style="list-style-type: none"> • Working angle for a shot on goal • Moving ball towards goal • Shooting on sight • Support of players • Preparation, contact and follow through

U11/U12 WEEK 5

<p>Unopposed</p> <p>Passing & Moving</p> <p>Organization</p> 	<p>Game Related</p> <p>Passing & Moving</p> <p>Organization</p> 	<p>Conditioned Game</p> <p>Passing & Moving</p> <p>Organization</p> 
<p>Implementation</p> <ul style="list-style-type: none"> • Players can only pass the ball across or down. • Once the player makes the pass they must move to the open cone <p>Coaching Points</p> <ul style="list-style-type: none"> • Stay on your toes and look to receive the ball with your head up. • Take a touch into the area you wish to play the ball • Do not move until you are sure the ball is going to the opposite player • Use both feet 	<p>Implementation</p> <ul style="list-style-type: none"> • There is now a defender who is placed into the box • Defender can be adjusted to allow for ability of group e.g has to hop, cant tackle <p>Coaching Points</p> <ul style="list-style-type: none"> • Players must now actively be aware of where the defender is and take their first touch away from pressure and toward the pass they want to make • Move the ball quickly 	<p>Implementation</p> <ul style="list-style-type: none"> • Players are split into 2 teams and can't run with the ball or tackle for the ball. • Coach can teams fun names • Teams must intercept the pass to gain possession • Teams score by getting ball to an outside cone • Players cannot crowd 1 man and 5 yard space rule is applied. <p>Coaching Points</p> <ul style="list-style-type: none"> • Making runs into space • Keep ball moving • Passing into space for players to run onto

U11/U12 WEEK 6

<p>Unopposed</p> <p>Passing: Passing and Receiving</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are in groups of 3. • One ball between 3 with player in the middle receiving passes from the outside players. • Pass should be light and to the players feet • Middle player receives, turns and passes to the other side <p>Coaching Points</p> <ul style="list-style-type: none"> • Encourage players to move to meet the ball. • Encouraged players to pass the ball with the inside of their feet • First touch to set up pass to the other side • Placement of non kicking foot • Relax Weight of pass and control • Face where you want the ball to go 	<p>Game Related</p> <p>Passing: Passing and Receiving</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players now have one of the side players acting as a defender • Once the ball is played the side player moves to place them under pressure • Middle player can pass back or try and turn the defender and move to the other side • Coach can adjust the practice to suit each skill level e.g. delay defender <p>Coaching Points</p> <ul style="list-style-type: none"> • Use the inside of the feet to pass • Relax with pass and have correct weight • Placement of non kicking foot • Strike through the ball • Eye contact when receiving pass • Correct decision on passing back or turning 	<p>Conditioned Game</p> <p>Passing: Passing and Receiving</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are set into 2 teams • Each team has a player in the attacking zone. Only set player can be in this area • Each team must work the ball through to this player. • Player in the attacking zone can move up and down the line • Additional players can be placed in attacking zone <p>Coaching Points</p> <ul style="list-style-type: none"> • Team must work to keep possession and make the thru pass at the correct time • Movement of player in attacking zone to make themselves available • Creating angles for pass
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U11/U12 WEEK 7

Unopposed

Dribbling: Moving with the ball

Organization



Implementation

- Each player has a ball and is allowed to dribble around the grid.
- The coach calls out “go” players then have 30 sec to dribble through as many gates as possible

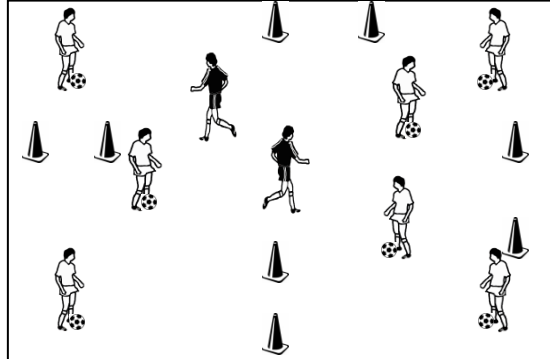
Coaching Points

- Players should keep the ball close to them and have lots of touches
- Head up and look for space
- Slow down when going through gate, speed up once through

Game Related

Dribbling: Moving with the ball

Organization



Implementation

- Each player has a ball except a designated number of defenders
- Players have to dribble through gates whilst avoiding defenders
- If defender gets the ball they now switch roles

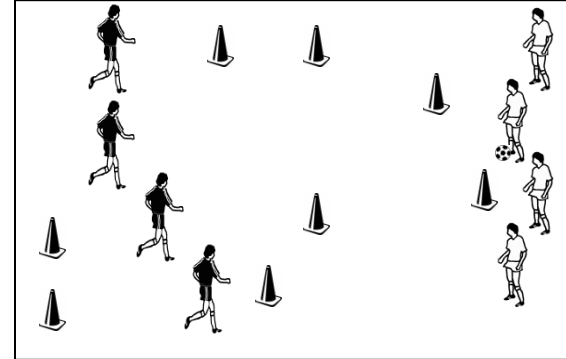
Coaching Points

- Players should keep the ball close to them
- Keep their head up and look for space
- Be going at a pace which allows them to stop the ball
- Encourage feints, moves Burst of pace to go round defender

Conditioned Game

Dribbling: Moving with the ball

Organization



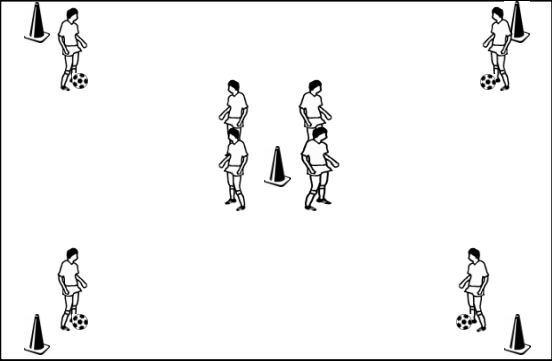
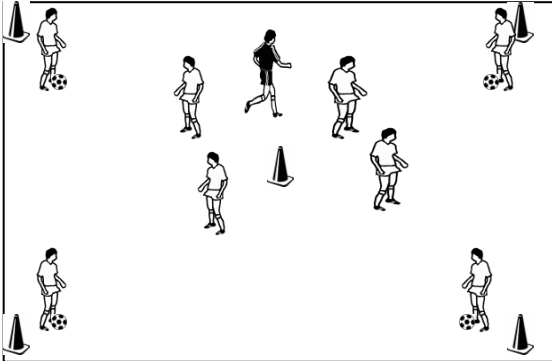
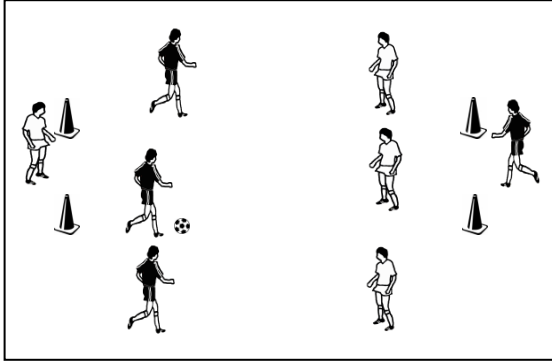
Implementation

- Each team must attempt to dribble through gates to gain a point
- Team without the ball can defend the gates and then turn defending into attack

Coaching Points

- Moving towards open gates
- Use of moves e.g. stop and start to go round defenders
- Feints and different moves
- Burst of pace to go round defender
- Keep the ball close when dribbling
- Have head up at all times

U11/U12 WEEK 8

Unopposed	Game Related	Conditioned Game
<p>Passing: Passing and Receiving</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are split into 2 groups with 1 group inside small grid within the box. Other group on the outside of the box with a ball. • Players on the inside must move to a feeder to receive a pass and then pass the ball to the feeder <p>Coaching Points</p> <ul style="list-style-type: none"> • Players are encouraged to pass the ball with the inside of their feet • Avoid Queuing for a pass by moving to open feeder • Placement of non kicking foot • Pass is made with communication • Weight of pass and control 	<p>Passing: Passing and Receiving</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • 1 Defender is now in place to place the players in the middle under pressure • Number of defenders is changed upon coaches request <p>Coaching Points</p> <ul style="list-style-type: none"> • Players in the middle must look and listen for the defender • Run towards feeder with no defender present • Control ball to create angle for pass, get ball out from under feet • Relax with pass and have correct weight • Eye contact when receiving pass and call their persons name when making the pass 	<p>Passing: Passing and Receiving</p> <p>Organization</p>  <p>Implementation</p> <ul style="list-style-type: none"> • Players are set into 2 teams each player has a ball except 2 for each team who are behind a coned off area • Each team must pass the ball to their player in the attacking zone • If they are successful in getting the ball to the player the score a point <p>Coaching Points</p> <ul style="list-style-type: none"> • Players must look for the correct time to make the thru pass • Movement off the ball