

U-11/12 Practice Session
Theme: Mobility and Combination Play
Tom Turner, December 2003

Activity #1 Warm-up

(b)
X
X

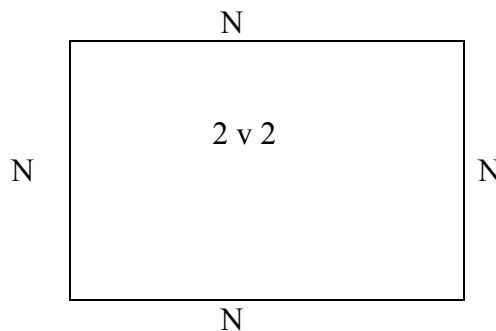
(a) XX .

XX (c)

X
X
(d)

Pattern: (a) passes to a player checking back from (b) who lays the ball off 1st time to (a) and spins out towards (c). (a) passes the ball to a player checking back from (c) who lays off 1st time to (b) who passes to (d). The distance between the lines is determined by passing range

Activity #2a: Coerver Square



Numbers: Play 2v2+4

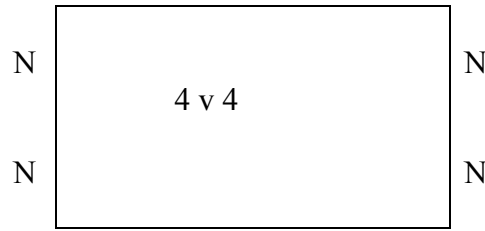
Area: Square of 15-20 yards (depending on ability)

Objective: First to five goals wins round.

Scoring: Combine “both” field players with a neutral player in a 3-player combination

Conditions: Teams maintain possession by using neutral players or each other. Neutral players have two touches to play back into the game. Neutral players taking more than two touches must pass to another neutral player.

Activity #2b: Alternative Exercise



Numbers: Play 4v4+4 to targets

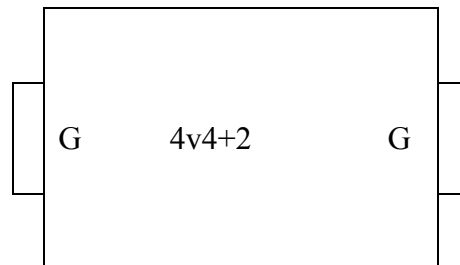
Area: 35 x 25 yards

Objective: First to five goals wins round.

Scoring: Combine two teammates with a neutral player in a 3-player combination

Conditions: Teams maintain possession following each goal. Neutral players have two touches to play back into the game. Neutral players taking more than two touches must pass to another neutral player.

Activity #3: 4v4 +2 to goals



Numbers: 4v4+2

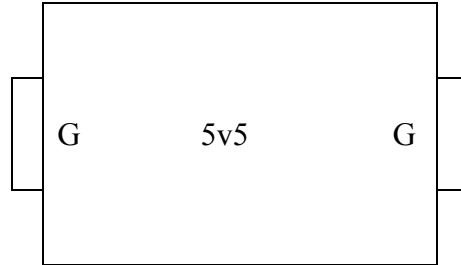
Area: 40 x 30 yards

Objective: First to fifteen points wins round.

Scoring: Goals worth 3 points. 3-player combinations are worth 1 point. Corner kicks worth half a point (no corners)

Conditions: Kick-ins. All fouls indirect.

Activity #4: Game



Numbers: 5v5

Area: 45 x 35 yards

Objective: First to fifteen points wins round.

Scoring: Goals worth 3 points. 3-player combinations are worth 1 point. Corner kicks worth half a point (no corners)

Conditions: Kick-ins. All fouls indirect.