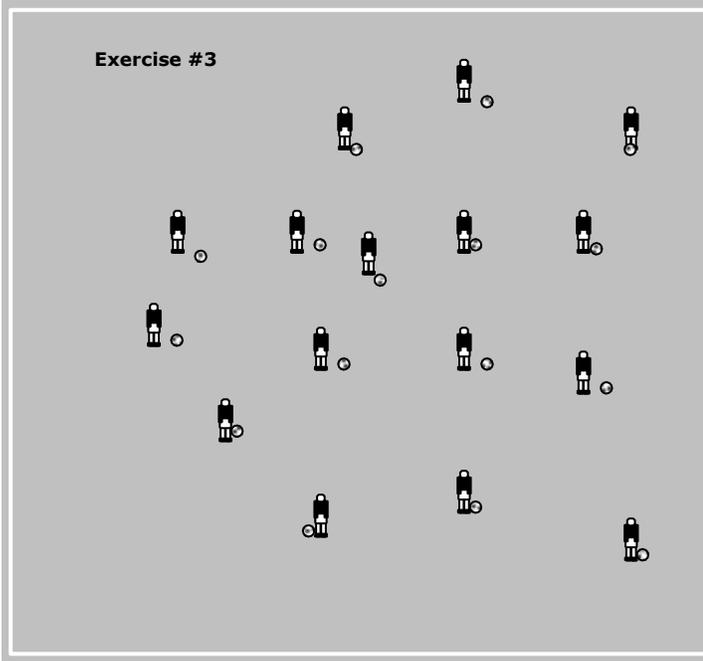


U11 BALL CONTROL SESSION (INDIVIDUAL SKILLS)

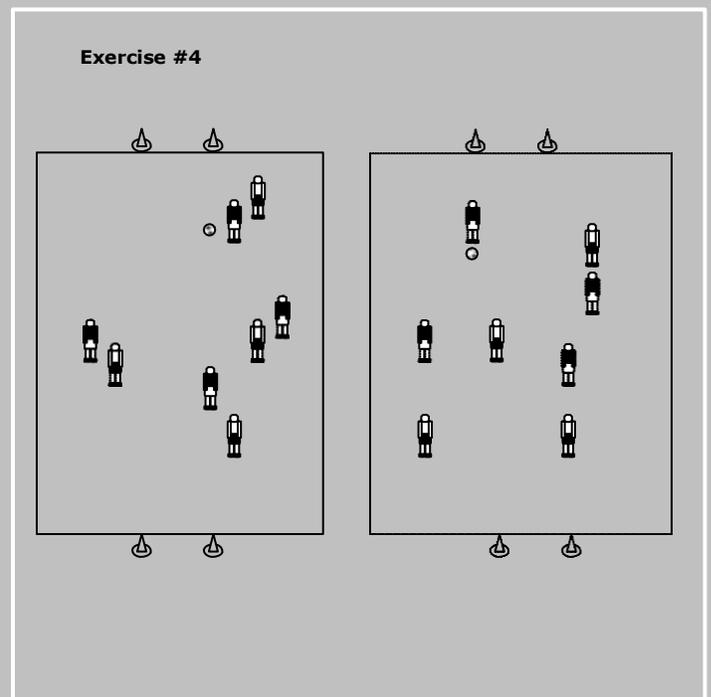
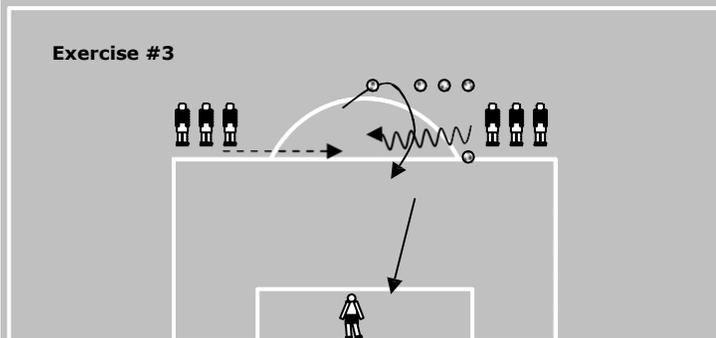
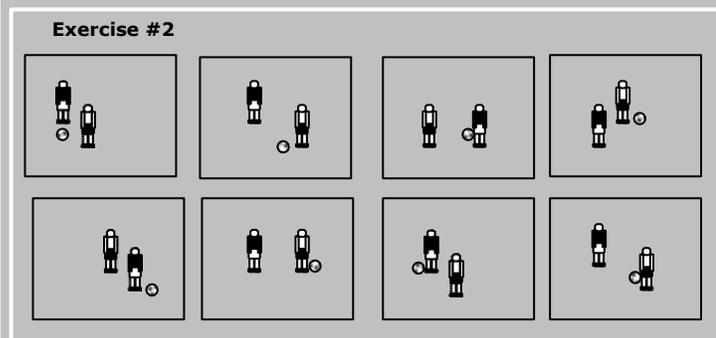
CATEGORY	TOPIC	AGE	DIVISION	CODE
Ball Control	Individual Skills	U11	Youth	U11A
Exercise #1	Organization	Coaching Points		
Juggling U11: Challenge players by giving instructions on which body parts to use. Feet only, thigh/foot, high/low, below equator around the world. Have them try to beat their record. (see pg. 23; doc. 310 96) <i>Time: 15 min.</i>		Players should not use hands to start juggling or catch ball. Make sure players' ankle is locked and toe is pointed. Stay positive throughout the session. 4:1 on positive to instructional comments throughout session.		
Exercise #2	Organization	Coaching Points		
Footwork 23,24,25,26,27: 1 ball for each player in 40x20 yard grid: (see pg. 22; doc. 310 95) Inside outside, step over, drag, pirouette, Cruyff. <i>Time: 15 min.</i>		Players should have clean touches on ball. Knees should be bent. Player should be on toes. 100% effort for 30 seconds, then rest.		
Exercise #3	Organization	Coaching Points		
Self Throws: Player tosses ball to self and controls with various parts of the body. As player feels more comfortable, tosses (sometimes punt) should be higher. Control with laces, inside/outside/sole of foot, thighs, and chest. <i>Time: 15 min.</i>		Player should let ball come down to foot, not bring foot too high. When trapping with inside/outside/sole, player should wedge ball between foot and ground. Relax upper body looking fluid in movement. Player should accelerate 5-10 yards after controlling ball. Find positives moments to comment on.		
Exercise #4	Organization	Coaching Points		
8v8 Small Goal Game: <i>Time: 45 min.</i>		Let players play as much as possible. Coaching points should be minimal. Emphasis on players' first touch and ball control. Encourage players to take players on. Experiment with different sizes of field size (using tighter spaces). Become a fan of the game and have fun with this.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U11 DRIBBLING SESSION (SHIELDING)

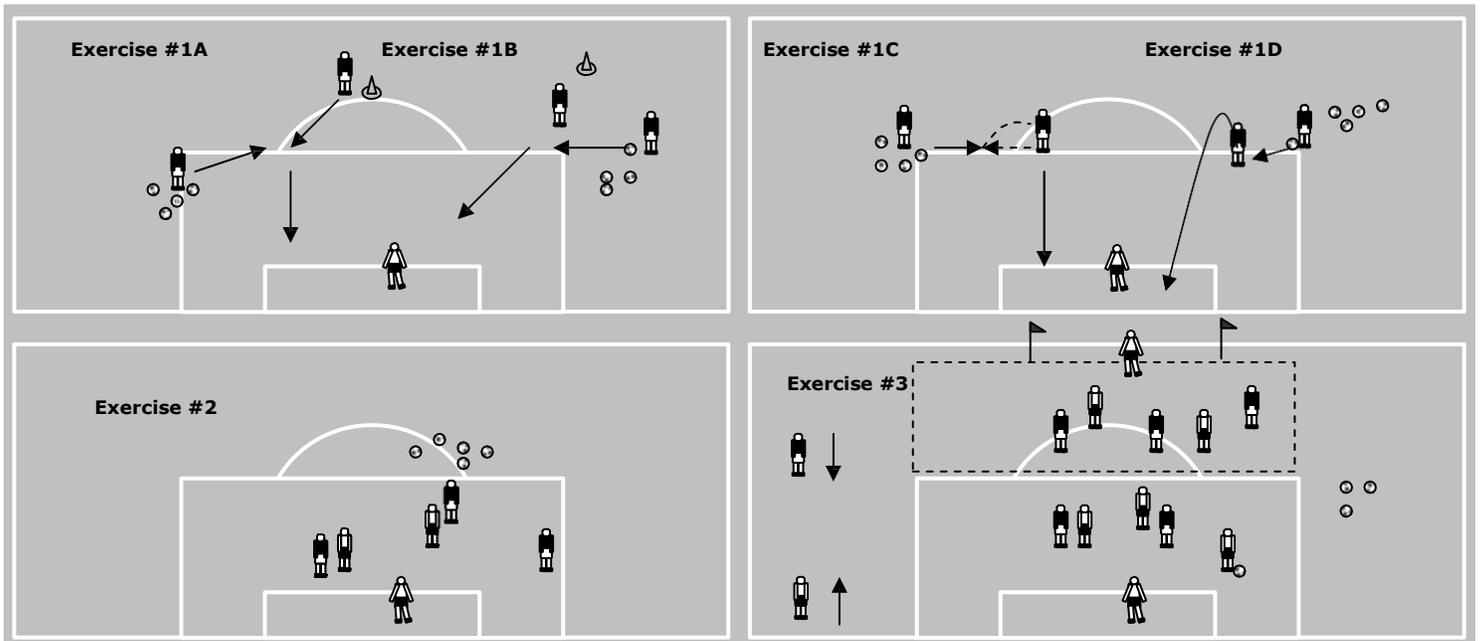
CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Shielding	U11	Youth	U11B
Exercise #1	Organization	Coaching Points		
Footwork 23,24,25,26,27: Each player has a ball working on various moves: Inside outside, Step over, Drag, Pirouette, Cryuff. (see pg. 22; doc. 310 96) <i>Time: 15 min.</i>		The focus of this exercise is on change of speed and direction. Dribbling should be done going from slow to fast. Look for high intensity in short periods of time. Players should have time to stretch during this exercise. Stay 4:1 on the positive to instructional comments throughout session.		
Exercise #2	Organization	Coaching Points		
Shielding: 1v1 in 10x10 yard grid. Emphasize shielding. Each game should last no more than 30 seconds. <i>Time: 15 min.</i>		Keep body over the ball and maintain possession by keeping your body between the ball and the opponent. Good use of your arms is important in keeping the ball. Do not allow the players to "avoid", encourage them to shield.		
Exercise #3	Organization	Coaching Points		
Take Over; Fake Take Over; 2v1: A) Take over with a shot. Two lines facing each other at the top of the box, one line with balls. Players A dribbles toward B, B meets A, and performs a take over and proceeds with a shot on goal. B) Fake take over with a shot. C) Add a defender. <i>Time: 20 min.</i>		A) Player A dribbles the ball with the foot furthest from goal (right foot). Player B takes ball off the foot of A with the same foot as the attacker is dribbling with (right foot). B shoots on goal. A follows the shot. B) Player A keeps the ball and shoots. (Fake take over) C) Let the players choose to do take over or not.		
Exercise #4	Organization	Coaching Points		
4v4 Small Goals: Play 4v4 in a 30x20 yard grid. Play 5 minute games and rotate teams. <i>Time: 40 min.</i>		Allow the players to have some fun by encouraging freedom in their play. Coach over the game while looking for tackling and shielding opportunities.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U11 FINISHING SESSION (1 TOUCH)

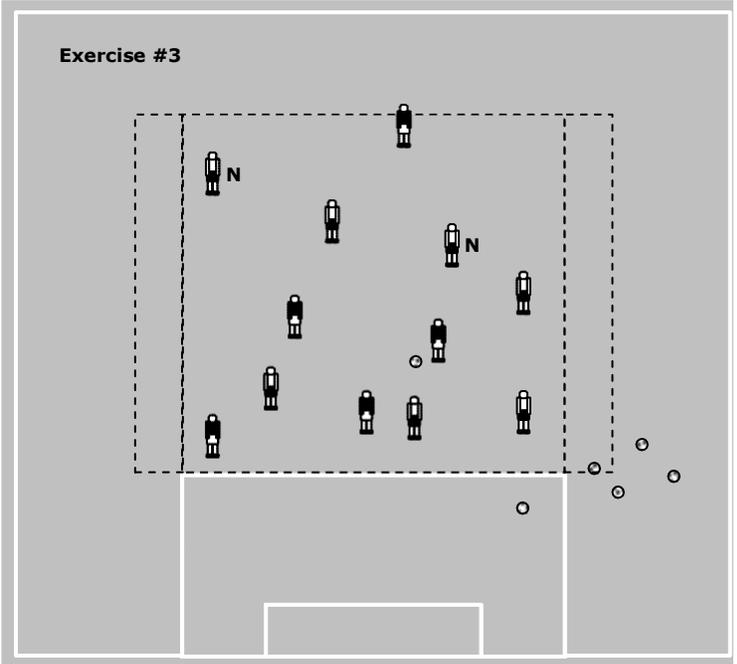
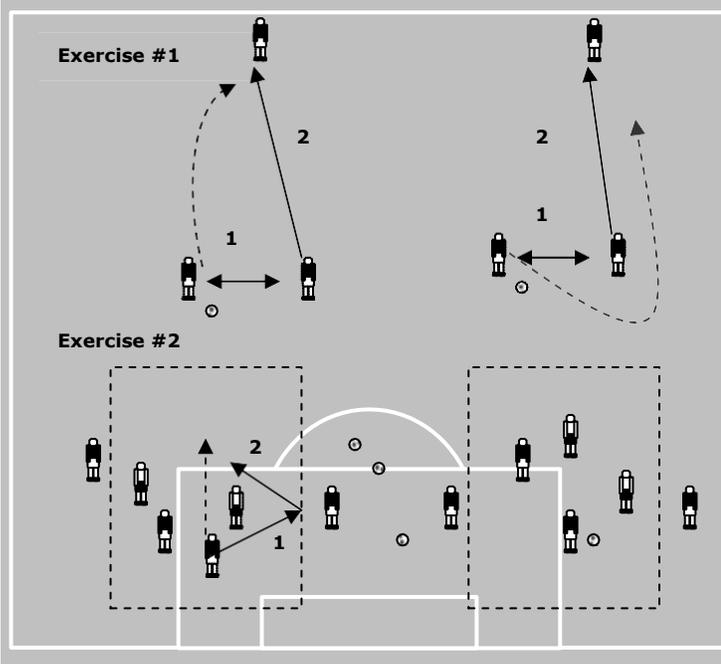
CATEGORY	TOPIC	AGE	DIVISION	CODE
Finishing	1 Touch	U11	Youth	U11C
Exercise #1	Organization	Coaching Points		
Different Types of Shots: 1 touch, A) Near foot, near and far post, 1 touch. B) Cross over, two touch, farthest foot – with laces, from 18 yards out, both feet, receiving from a player 5 yards away. C) Through legs from player 5 yards away, one touch. D) Turn and shoot. <i>Time: 20 min.</i>		Ankle should be locked and toe pointed down when striking with laces. Toe up and ankle locked when using inside of foot. Close range, use inside of foot and shoot into corners. 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
3v2 in the Box: Unlimited touch: 3 attackers and 2 defenders. 3 teams. Attackers try to score in big goal. Defenders don't let attackers score. Balls on outside of penalty box. When goal is scored or ball leaves box, new ball is played in. Switch team every 1 min. <i>Time: 15 min.</i>		Take as many shots as possible. Shoot or set your teammate up for a shot. Inside the box you should be looking to score. Find good moments in the game to comment on. Encourage players to have fun with this.		
Exercise #3	Organization	Coaching Points		
3v2/2v3 Box on Box: Big goals with GK's: Teams of 5, 2 attackers and 3 defenders. Cannot cross midfield. Must stay on your side. 1 minute games. <i>Time: 20 min.</i>		Encourage as many shots as possible. Combination and starting position of two forwards. Good service into forwards from defenders.		
Exercise #4	Organization	Coaching Points		
5v5 w/ GK's; Box on Box: (variety of finishing) 5v5 with one team resting. No restrictions. Winner stays on. <i>Time: 35 min.</i>		Encourage lots of shots from anywhere on field. Shoot or set teammate up for shot. Become a fan of the game, create excitement for the players by being excited about their finishing.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U11 PASSING SESSION (3 PLAYER COMBINATIONS)

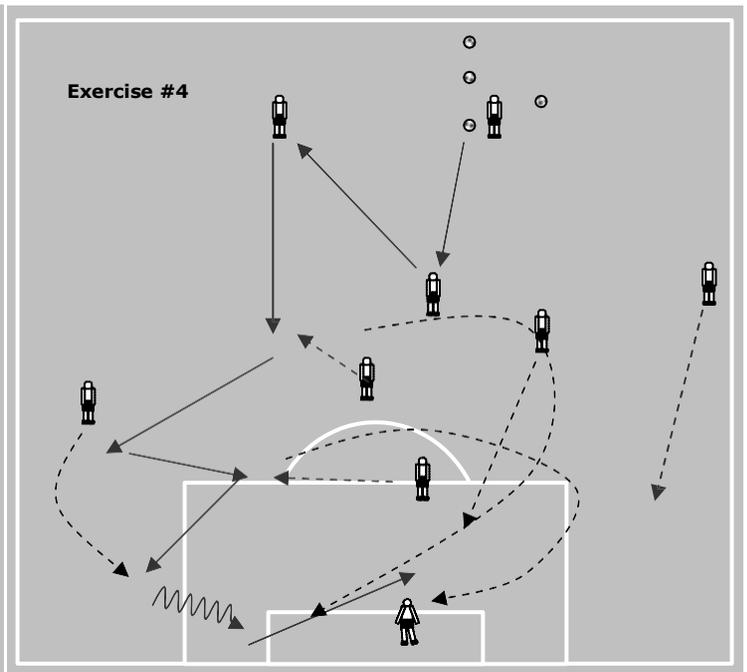
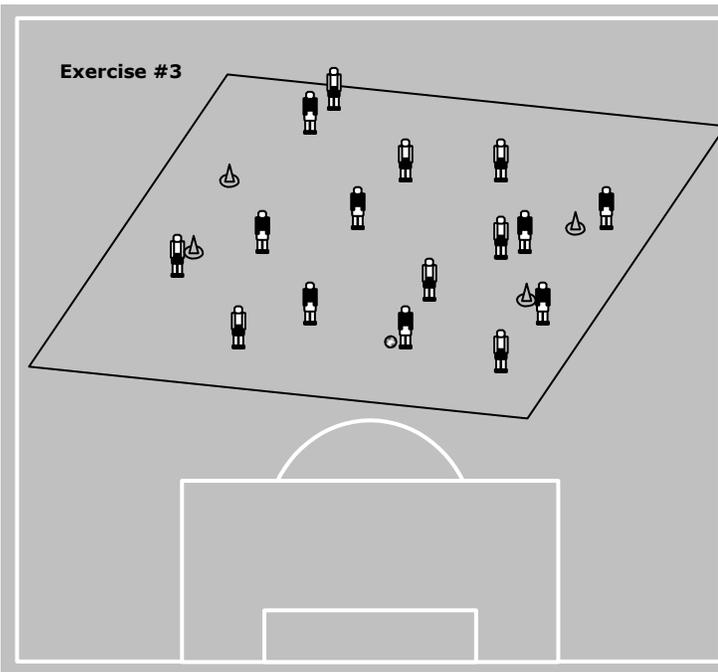
CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	3 Player Combinations	U11	Youth	U11D
Exercise #1	Organization	Coaching Points		
3 Player Combinations: Groups of 3 players with 1 ball, introduce combination play using half of the field. 1) Short passing, check long ball with 2 players on one side, after ball is played, 1 player goes to join the other. 2) Overlap 3) Wall pass 4) 3 rd man run. <i>Time: 15 min.</i>		Technique of pass should be sharp with the toe flexed up. Make sure the pace of the pass in regards to the runner is correct. Introduce verbal and non verbal communication between players on and off the ball. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
2v2 w/ Bumpers: 2v2 in 20x15 yard grid with 2 supporting players on the side. The supporting players have one touch. Players in possession are now 4v2. <i>Time: 15 min.</i>		Emphasis on the wall pass and change of pace after the initial pass. Player receiving ball must be ready to play ball one touch, and into the runners path. Focus on the technique of both players.		
Exercise #3	Organization	Coaching Points		
5v5 + 2 Neutral (N): 40x50 yard grid with 3 yard zone. Players must play it in zone (by dribbling or passing) then must connect one more pass with teammates outside of the zone to count as a point. <i>Time: 15 min.</i>		Movement of players off ball. Finding cues from defenders to initiate combination play. Emphasis on the wall pass.		
Exercise #4	Organization	Coaching Points		
7v0 Pattern Play: Set up players in a 2-3-2 formation. Create pattern play for 7 players, showing wall pass, overlap, and third man runs – repetition. <i>Time: 10 min.</i> 7v7 w/ GK's: After repetition of ball movement, move into a 8v8 game. (see pg. 32; doc. 310 151) <i>Time: 35 min.</i>		Coach over the game, focus on combinations. Allow players to have some fun. Be very positive by finding good things in their play. Become a fan!		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U11 RECEIVING SESSION (RECEIVING GROUND BALLS)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Receiving	Receiving Ground Balls	U11	Youth	U11E
Exercise #1	Organization	Coaching Points		
4v2, 2-touch: 10x10 yard grid. Make a few grids to include all players including GK's. 4 attackers play keep away from 2 defenders. <i>Time: 10 min.</i>		First touch moves ball away from pressure. Let the pressure dictate where the ball is played. Encourage players off the ball to move for support. Ask players to become more deceptive in their pass. Find positive comments.		
Exercise #2	Organization	Coaching Points		
In 3's Short, Short, Long: 1-touch and 2-touch. 2 players are close to each other while the 3 rd player is 15-20 yards away. The 2 play short, short, and then a long pass, the player who plays long, supports the 3 rd and repeat. <i>Time: 10 min.</i>		Encourage the pace of the pass to be appropriate, accuracy-play to correct foot, ask players to use the inside and outside of foot. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #3	Organization	Coaching Points		
8v8 Hockey Style 2-touch: Can play behind the goals, only score through the face. (see pg. 44; doc. 310 211) <i>Time: 50 min.</i>		Coach through the run of play, emphasize first touch away from pressure. Allow players to have some fun. This is where the Ronaldinho's are made. Encourage creativity, etc. Become a fan!		
Exercise #4	Organization	Coaching Points		
11v0 Patterns 2-touch: See an example of a pattern below. Add 11v4 for the next progression. <i>Time: 20 min.</i>		Play the ball like they are in a game, at game speed. Ask players to perfect their technique within the patterns. Players should start to understand the timing of runs (every position).		

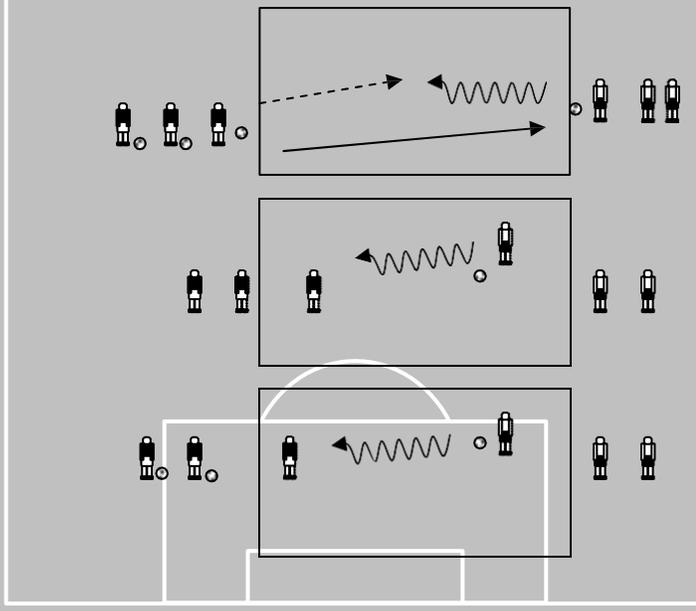


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U11 CHALLENGING SESSION (TACKLING)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Challenging	Tackling	U11	Youth	U11F
Exercise #1	Organization	Coaching Points		
Slide Tackling: Start in hurdler stretch. Be sure the "picture" of a slide tackle is executed properly. When player feels comfortable, stand up, then go back down into same hurdler stretch. Repeat several times. Have player step back and repeat process, increasing speed and tenacity. <i>Time: 10 min.</i>		Tackles need to be strong and with the toe up. Leg is flexed, one arm on the ground to break the fall while the other arm is up to protect the face.		
Exercise #2	Organization	Coaching Points		
1 st Defender 1v1 w/ Lanes: set up two 15x10 yard grids, attacking player attempts to dribble across opponents end-line, attacking player gets a point for crossing end-line, keep score. <i>Time: 10 min.</i>		Close down space, bend knees and get low to ground without bending over, shorten strides as you get closer to ball, must win ball from poor first touch, ball and man must not beat you/tackle when necessary, use of body. Do not add competitions too early; allow for experimenting.		
Exercise #3	Organization	Coaching Points		
1st Defender 7v7/1v1: Match up with a player from the other team, you can only defend that player. Full 1/2x44 yards. <i>Time: 10 min.</i>		Very important for 1st defender to close down ball quickly, winning 1v1 battles, tackle when necessary.		
Exercise #4	Organization	Coaching Points		
8v8 w/ GK's: (see pg. 37; doc. 310 156) <i>Time: 60 min.</i>		Emphasis on defending, close ball down quickly, win balls/tackle from poor first touch, do not allow man and ball to beat you.		

Exercise #2



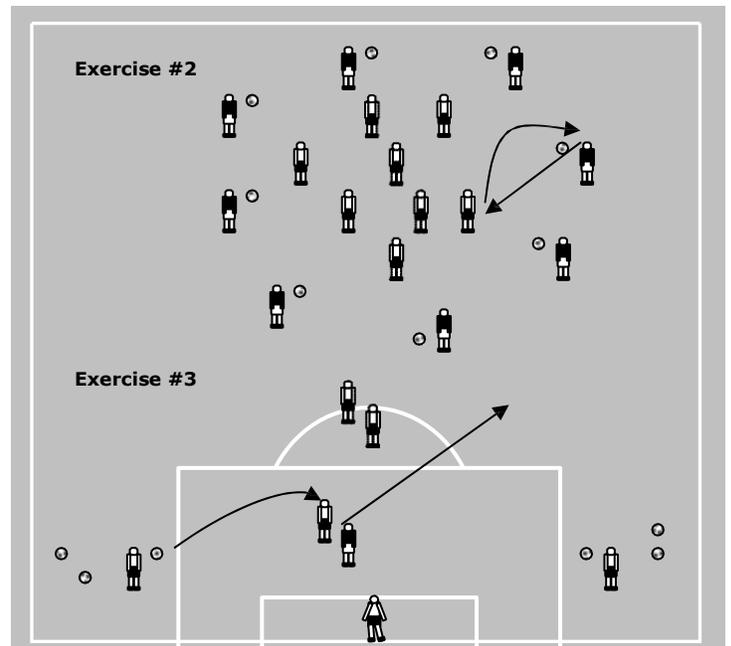
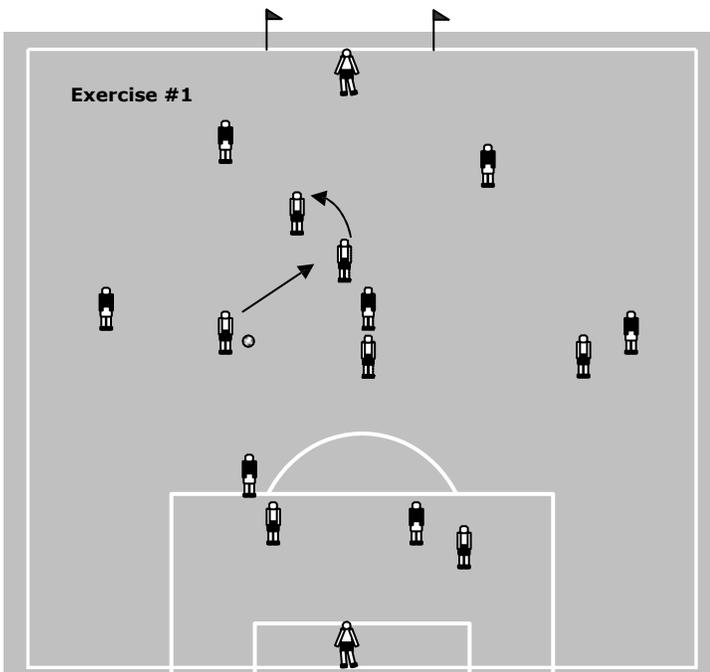
Exercise #3



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U11 HEADING SESSION (TECHNIQUE)

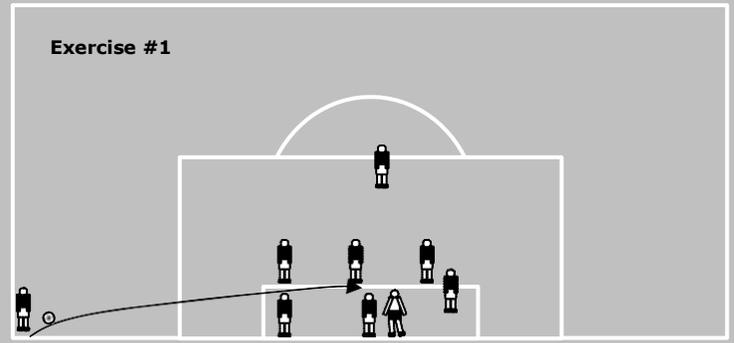
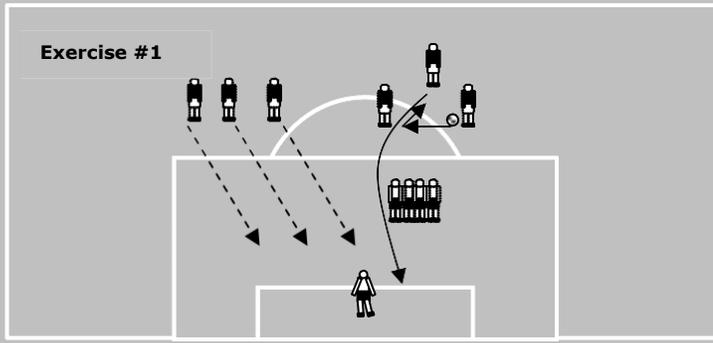
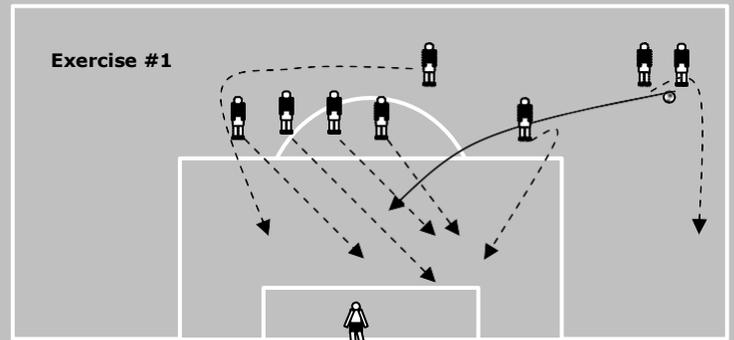
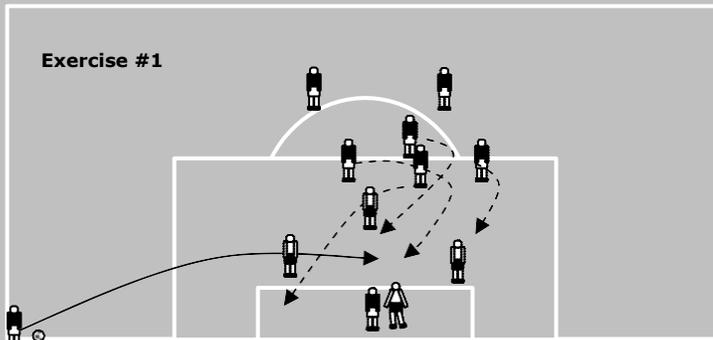
CATEGORY	TOPIC	AGE	DIVISION	CODE
Heading	Technique	U11	Youth	U11G
Exercise #1	Organization	Coaching Points		
<p><u>Head/Catch/Throw</u>: Split the team up in half with one ball. Throw/head/catch – one player throws, the next head, the next catches. Score by heading the ball in a goal or over an end line (and catching). Players can challenge in the air with their head. If the ball drops it changes possession. <i>Time: 15 min.</i></p>		<p>This is a warm up; emphasize movement, dynamic stretching can be incorporated. Encourage players that heading is an attitude and it is important to become comfortable heading. Stay 4:1 on the positive to instructional comments through out the session.</p>		
Exercise #2	Organization	Coaching Points		
<p><u>Windows</u>: Different Types. Half players on outside of circle with ball in hand, half players in middle of circle. Players in middle receive head balls from players on outside, 30 seconds, then switch. Incorporate heading, jumping headers, defensive headers, and diving headers. <i>Time: 10 min.</i></p>		<p>Details to watch for - bend at waist, snap through the ball, eyes open, contact with forehead, attack ball, don't let it hit you. Use high energy, create excitement. Find good technique to showcase and comment on.</p>		
Exercise #3	Organization	Coaching Points		
<p><u>Defensive Heading</u>: One player tosses ball up as 2 players challenge for it. This exercise should be done in front of goal. Set up 4 goals in order to utilize as many players as possible. <i>Time: 10 min.</i></p>		<p>Elbows up to protect yourself and your space, try to reach ball at its highest point. Move your feet while the ball is in flight. Heading takes an attitude and desire; encourage players to want to head the ball.</p>		
Exercise #4	Organization	Coaching Points		
<p><u>7v7 w/ GK's</u>: Half field. (see pg. 37; doc. 310 156) <i>Time: 55 min.</i></p>		<p>Allow the players to have some fun. Be very positive. Find good things in their play. Become a fan!</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U11 ATTACKING SESSION (SET PIECES)

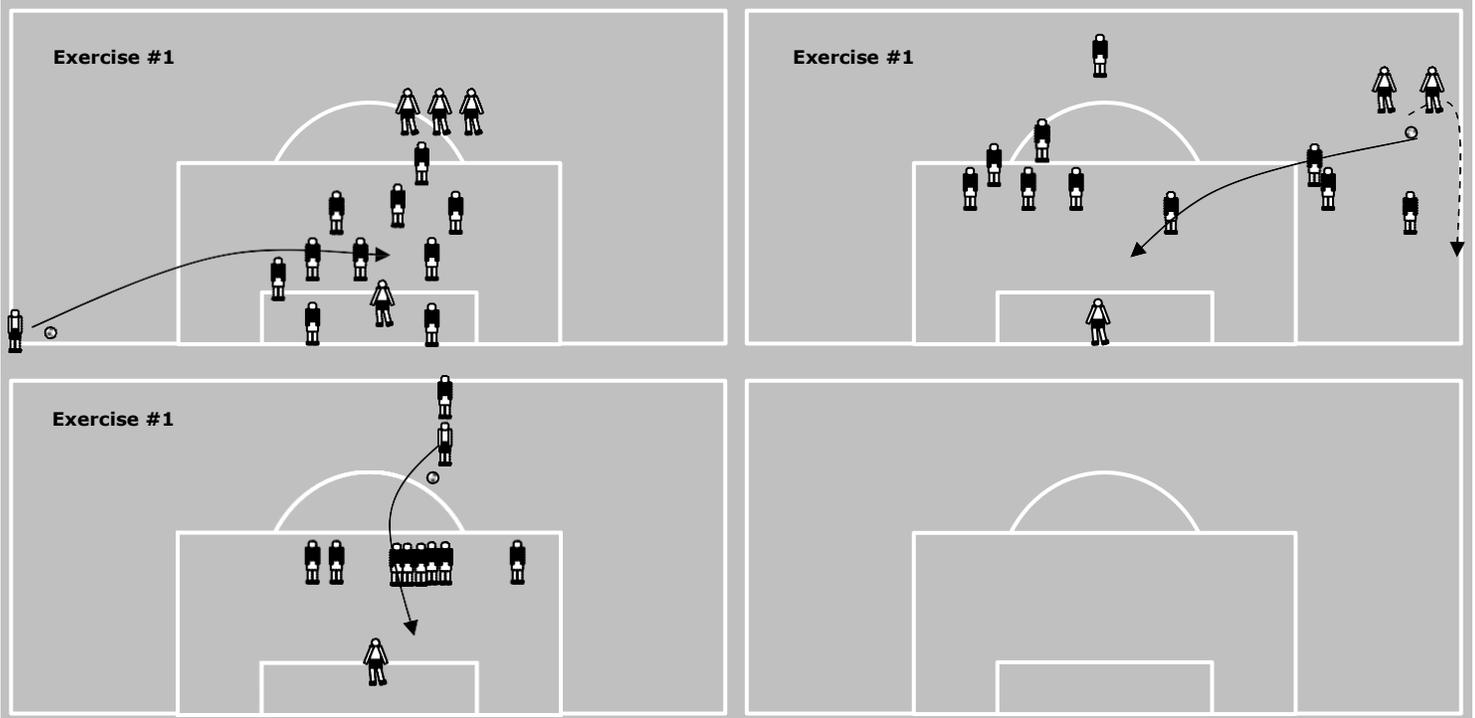
CATEGORY	TOPIC	AGE	DIVISION	CODE
Attacking	Set Pieces	U11	Youth	U11H
Exercise #1	Organization	Coaching Points		
11v4 Walk Through: Free kicks, penalty kicks, short and long corner kicks, and throw-ins should all be covered. Four defenders should apply minimal pressure. For specific set plays, please refer to the set pieces section in the technical manual. <i>Time: 15 min.</i>		Every player should know their role as well as the roles of the players around them. Keep set pieces simple. Look to play quickly whenever possible. Set pieces are often times the difference between a win and a loss.		
Exercise #2	Organization	Coaching Points		
11v11 w/ Stoppages: Full field 11v11. Coach should make phantom calls and award as many set pieces as possible in the attacking half of the field. <i>Time: 25 min.</i>		One option for corner kick is to place 6 offensive players inside the 6 yard box surrounding the GK. The service should be sent inside the 6. GK's at this age have a difficult time judging air balls.		
Exercise #3	Organization	Coaching Points		
11v11 w/ Coach on Field: Full field 11v11. Coach is on the field helping players organize and making sure players are in the correct position. <i>Time: 25 min.</i>		Players should know difference between indirect and direct kicks. If referee has his arm raised, it is an indirect kick and ball needs to be touched by at least 2 players before entering the net. Direct kicks can be scored by only one player touching the ball.		
Exercise #4	Organization	Coaching Points		
11v11 Coach off Field: Full field 11v11. Normal game with emphasis on attacking set pieces. Coaches should not be on the field. They should be coaching during the run of play. <i>Time: 25 min.</i>		Players need to know their roles. Help organize each other. Quick restarts whenever possible. Player should know how to execute set pieces from right and left side.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U11 DEFENDING SESSION (SET PIECES)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Defending	Set Pieces	U11	Youth	U11I
Exercise #1	Organization	Coaching Points		
11v4 Walk Through: Free kicks, penalty kicks, short and long corner kicks, and throw-ins should all be covered. Four attackers should go through various set plays while eleven defend against. Please refer to set pieces in technical manual for specific set pieces. <i>Time: 15 min.</i>		Player nearest ball should stand in front to delay and allow team to get organized. All players should know their specific roles as well as the roles of players around them. When marking players in box, players should be very tight, obstructing the run of the attacking player. (see doc 305 64 prelude) for more on defensive set pieces.		
Exercise #2	Organization	Coaching Points		
11v11 w/ Stoppages: Full field 11v11. Coach should make phantom calls and award as many set pieces as possible against the defending team. <i>Time: 25 min.</i>		GK should call out how many players he/she wants in wall. Designated player to set up defensive wall, standing directly behind ball and near post. Line 1 st player's inside shoulder with ball and post.		
Exercise #3	Organization	Coaching Points		
11v11 Coach on Field. Full field 11v11. Coach is on the field helping players organize and making sure players are in the correct position. <i>Time 25 min.</i>		Players need to know their roles. Help each other to organize quickly. Wall should not give 10 yards unless instructed by referee. Wall move forward as unit and be as big as possible without breaking apart.		
Exercise #4	Organization	Coaching Points		
11v11 Coach off Field: Full field 11v11. Normal game with emphasis on defensive set pieces. Coaches should not be on the field. They should be coaching during the run of play. <i>Time: 25 min.</i>		Delay restarts as much as possible to allow team to organize. Restarts can be the difference between winning and losing. Set pieces may change depending on the score of the game. (see doc 305 64 prelude) for more on defensive set pieces.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



PROGRESSION