


TOPIC: Moves and Activities

WYSA U11 Centers For Excellence

Key:

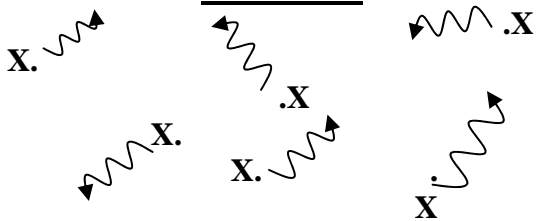
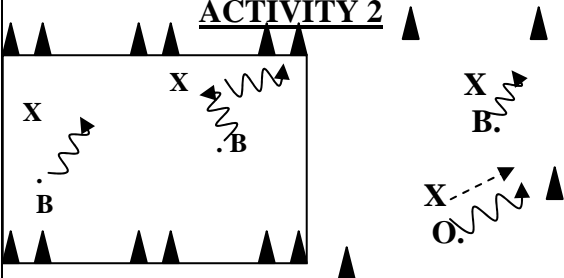
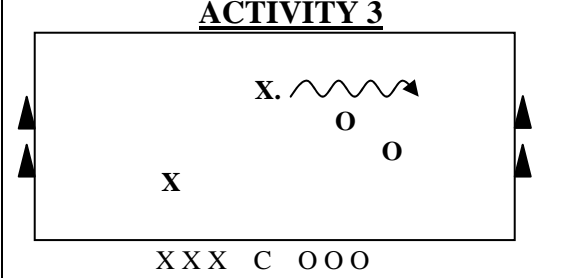
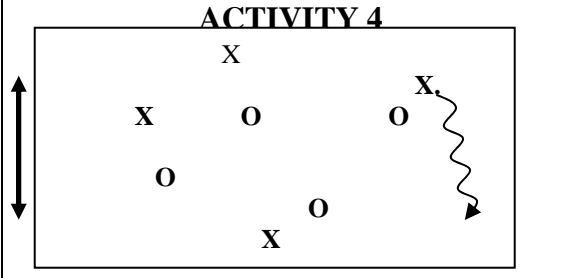
Running without the ball 

Running with the ball 

Pass 

Coch Name: Chris Brown

Wisconsin State Director of Coaching

<p>WARM-UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> • Ball each • Random movement • Ball manipulation progressions • Introduce moves 	<p>KEY COACHING POINTS</p> <p>Six Major Groups of Moves</p> <ul style="list-style-type: none"> • Body feints • Ball feints • Fakes • “V” cuts • Turns • Combo moves
<p>ACTIVITY 2</p> 	<p>1 v 1</p> <ul style="list-style-type: none"> • Fakes – 3 goal game • Feints – 1 large goal • Turns – 2 cone game 	<p>Fakes</p> <ul style="list-style-type: none"> • Fakes or shoot in one goal & cut to another <p>Turns</p> <ul style="list-style-type: none"> • Lead defender to one cone, turn to another • Recognize when to turn – explode away <p>Feints</p> <ul style="list-style-type: none"> • Look at defender to see if they make mistake • Use feints if needed to unbalance defender • Threaten one direction and look to get behind in another
<p>ACTIVITY 3</p> 	<p>2 v 2</p> <ul style="list-style-type: none"> • “Out of There” • 2 attackers vs. 2 defenders – scorers stay on 	<ul style="list-style-type: none"> • When to dribble and how to make it work • When not to dribble • Spacing of attackers
<p>ACTIVITY 4</p> 	<p>4 v 4</p> <ul style="list-style-type: none"> • Play to 4 v 4 lines or end zones • Finish with small-sided games with goalkeepers 	<ul style="list-style-type: none"> • Reinforcing the points above