



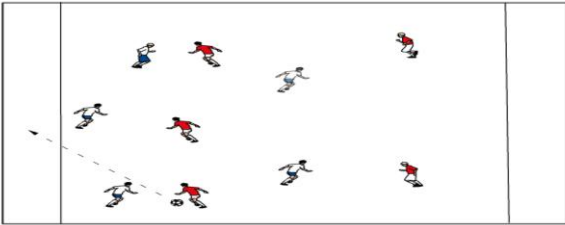
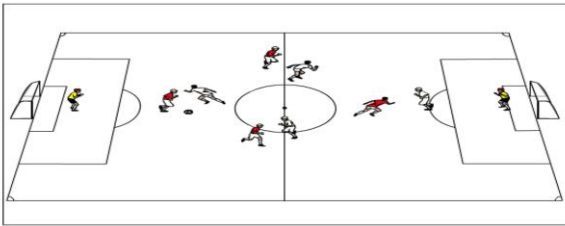
**INSTRUCTOR:** Ian Bradley

**COURSE:**

**DATE:**



**TOPIC:** Receiving Ground Balls U11/U12

STAGE	ORGANIZATION (DIAGRAM)	RULES +OBJECTIVES	COACHING POINTS
<p><b>TECHNICAL WARM-UP</b></p>		<ul style="list-style-type: none"> <li>▪ 2 equal teams - Half on outside of circle with ball</li> <li>▪ Middle players check to ball – receive and pass back to server</li> <li>▪ After pass check back to center and receive ball from another server</li> <li>▪ Progression - Two servers on the outside start without a ball</li> <li>▪ The inside players check to receive ball, turn or take their first touch to space - pass to player without ball</li> </ul>	<ul style="list-style-type: none"> <li>▪ Change of speed to meet pass</li> <li>▪ On your toes to receive the ball</li> <li>▪ Cushion the first touch</li> <li>▪ Communication</li> <li>▪ Eye contact between passer and receiver</li> <li>▪ Vision when turning</li> </ul>
<p><b>SMALL-SIDED ACTIVITY</b> 2 v 2 to Targets</p>		<ul style="list-style-type: none"> <li>▪ Training area 20 x 15 yards with small goals</li> <li>▪ Organize the players into two teams of five, numbered 1- 5 on opposite end lines</li> <li>▪ The coach calls out a number, feeds a ball and those two players play 1 v 1 to two small goals</li> <li>▪ Progression – create 1 v 1, 2 v 1, 1 v 2, 2 v 2 situations</li> </ul>	<ul style="list-style-type: none"> <li>▪ Body position: Open to the field</li> <li>▪ Selection of surface to control the ball</li> <li>▪ Angles and distance of support</li> </ul>
<p><b>EXPANDED SMALL-SIDED ACTIVITY</b> 4 v 4 + GKs</p>		<ul style="list-style-type: none"> <li>▪ Divide players into two equal teams.</li> <li>▪ Training area 30 x 40 yards with end zones</li> <li>▪ A player scores by dribbling and controlling the ball over the other team's end line</li> <li>▪ There are no throw-ins or kick-ins. If the ball goes out of bounds the coach feeds in a new ball</li> <li>▪ Condition/Progression: Cannot pass forward</li> </ul>	<ul style="list-style-type: none"> <li>▪ Set up forward pass with first touch</li> <li>▪ Play to target as early as possible</li> </ul>
<p><b>MATCH</b></p>		<ul style="list-style-type: none"> <li>▪ The Game – 4v4 – 7v7 + GKs</li> </ul>	