

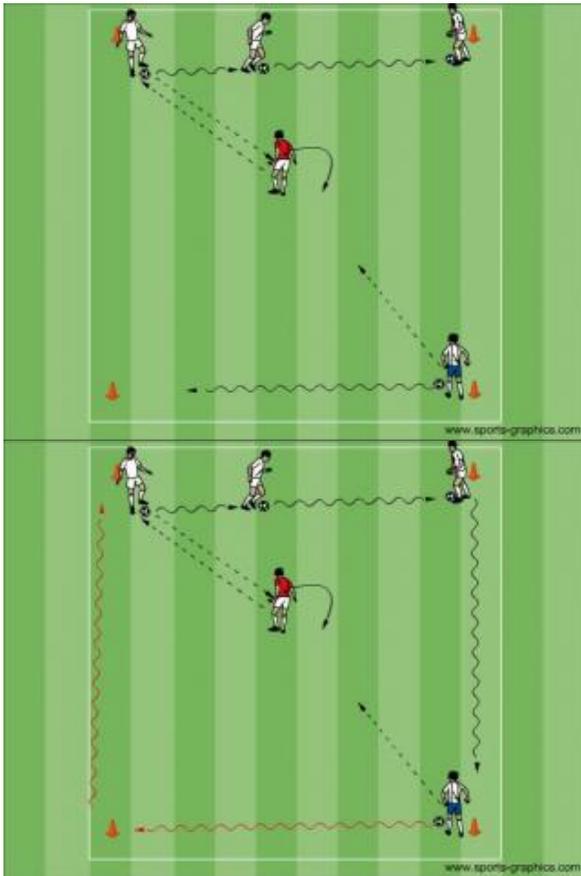


**Date:** 02/12/13      **Group:** Strikers  
**Length:** 90 mins  
**Start Time:** 6:00pm      **Focus:** Passing  
**End Time:** 7:30pm      **Level:** U11

Length	Start	Drill Name	Category	Notes
8	6:00pm	Juggling	Ball Skills	Restrict to different parts of the body (feet, thighs, head) Then combine
10	6:08pm	Grid -Cone to Grid	Technical Warm Up Activities	10X10 grid 4 cones 2 balls/grid 4 player option-have two players in the middle (back to back)
15	6:18pm	Baseball Passing	Passing/receiving	Nobody leaves their base in this drill. 4 cones 4 players 2 balls Baseball diamond about 10 yard base paths.
10	6:33pm	Dutch square	Technical Warm Up Activities	4 cones Inside players with a ball.
10	6:43pm	Corner Kick - Long and Short	Set Pieces	X1 can serve to X3 at the back corner of the 6 yard box. X1 can also go short to X7 for short corner and shot.
10	6:53pm	4V4 or 5V5 end zone	Small sided games	8 cones 1 ball
20	7:03pm	8V8 Scrimmage with Goalkeepers	Scrimmage	watch passing and receiving
7	7:23pm	Pass & move in line	Conditioning with a ball	4 cones 1 ball Passers must move out of the way of the next pass. Run to touch the cone and avoid the ball.

**Notes:** Focus on the players execution when passing the ball off the dribble. They cannot be so predictable with where they are passing the ball. Watch the body position of the players receiving the pass. We want them to receive the ball while still being able to see as much of the field as possible.

**Drill Title:** Grid -Cone to Grid (2 Diagram s)



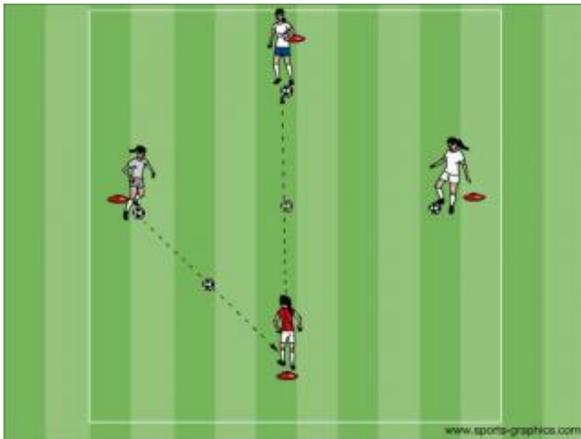
1-Pass on the ground alternating with middle player. Corner players move back and forth between 2 cones. Change middle player every minute.

2-Same as above but corner players now move around the entire grid from cone to cone after each pass. (corner players move in the same direction)

With both variations you can progress and require the corner players to pick up the ball each time and throw it under hand to the middle player and they must chest trap, thigh trap, or head the ball back. Use this progression for more skilled players.

**Key Points:** Grid drill for multiple touches on the ball.

**Drill Title:** Baseball Passing (1 Diagram )

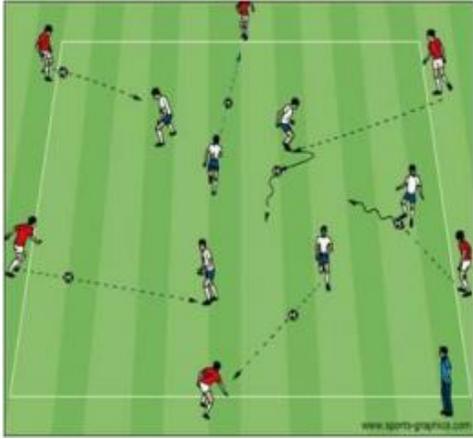


Home plate is the player working. They must pass to player that does not have the ball and cannot pass back to where the ball came from.

Balls start at 1st and 3rd base. Anyone on a base always passes to home plate only.

**Key Points:** Excellent passing drill that makes players think ahead.

**Drill Title:** Dutch square (1 Diagram )



Half the players on the inside of the square with a ball and half the players on the outside without a ball. Inside players pass the ball to the outside players. The outside players pass the ball back with one or two touches to the inside players. Inside players receive the ball and look for another outside player to pass too. After a few minutes switch inside and outside players.

Progress:

1-balls in the air from the outside players.

2-pass to outside players and move to another outside players to get a different ball back.

3-pass to outside player & the outside player dribble the ball in & is now the inside player and passer becomes outside player.

Key Points: Warm up passing drill with variations to progress too.

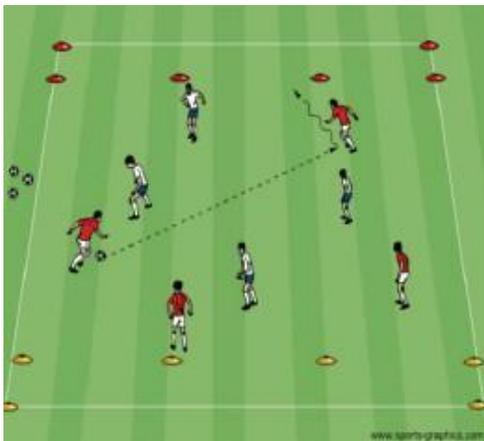
**Drill Title:** Corner Kick - Long and Short (1 Diagram )



Near Players make runs along the six yard box.  
Top of the box players make runs toward keeper depending on flight of ball.  
Corner kick is driven ball to head of the closet (near)player making a run towards the ball.  
2nd near player flicks ball back into 6 yard box.  
top of the box players crash the ball.  
Other player look for the ball to pop out and make sure ball does not go all the way through.

**Key Points:** Quality delivery of ball. Timing of runs.

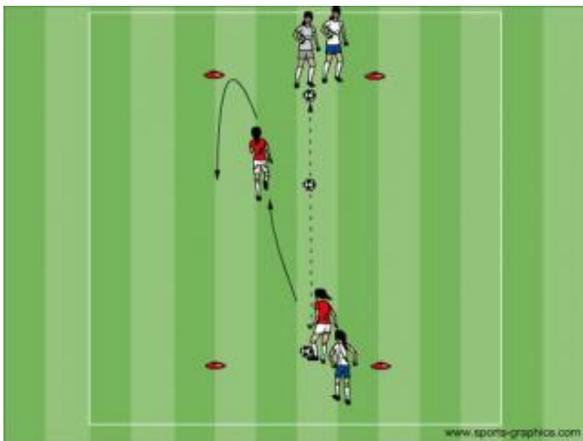
**Drill Title:** 4V4 or 5V5 end zone (1 Diagram )



Two teams try to score by dribbling or passing the ball to a teammate running into the opponent's end zone (created with discs). The player can score by dribbling into the end zone or receiving by timing his/her run into the end zone.  
Coach: Stress recognizing opportunities and timing of passes and receiving the ball into space.

**Key Points:** Recognize early which direction to go with the ball Proper 1st touch Do not stop the ball Speed of support and mobility and finding good spaces to receive the ball

**Drill Title:** Pass & move in line (1 Diagram )



Set up in groups of 4 or 6 with one ball. Players split up evenly on two sides of the 10x10 grid.  
The first player pass the ball across the grid to the teammate and runs across the grid to touch the cone and runs back & returns to their line.  
The sequence continues.

**Key Points:** Conditioning with the ball.